2016 MAND ANNUAL MEETING
FRIDAY, APRIL 22, 2016

FREE PARKING
CONTINENTAL BREAKFAST
& LUNCH

THE CONFERENCE CENTER AT THE
MARITIME INSTITUTE,
LINTHICUM HEIGHTS, MD

PRACTICE.
8.5 CPEs
for RDNs and
DTRs

BUILD.

GROW.
PAVE THE WAY AS THE NUTRITION EXPERT.

3 LEARNING TRACKS:
- CLINICAL,
- COMMUNICATIONS,
- EMERGING TRENDS / HOT TOPICS

MARYLAND ACADEMY OF NUTRITION AND DIETETICS

eatwellmd.com
THANK YOU TO OUR SPEAKER SPONSORS OF THIS YEAR’S MEETING:

Session Sponsor:
“Billing for MNT: Past, Present, and Future”
Marsha Schofield, MS, RD, LD, FAND

Session Sponsor:
“The Sustainable Diet Debate in the 21st Century: Plant-Based or Local?”
Mark Rifkin, MS, RD, LDN

Session Sponsor:
“The (re)Purpose of Food, Reducing Food Waste at Home”
Judy Barbe, MS, RDN

Speaker Sponsor:
Milton Stokes, PhD, MPH, RD

KEYNOTE SPEAKER:

Dr. Judith Rodriguez
PhD, RD, FADA, FAND
President, Academy of Nutrition and Dietetics, 2010

“Melting Pot or Tossed Salad: Culturally Appropriate Approaches for Effective Nutrition Care”

CLOSING SESSION:

“A Healthy Conversation About Agriculture, Food and GMOs”

Milton Stokes, PhD, MPH, RD
Monsanto

Michael Hansen, PhD
Consumers Union

Jennie Schmidt, MS, RD
Schmidt Farms Inc.

THANK YOU TO THOSE PROVIDING PRODUCT DONATIONS:

Siggi’s Yogurt
Giant Foods
Good Greens
## MAND 2016 ANNUAL MEETING AGENDA – Friday, April 22, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
<th>CPE</th>
<th>Level</th>
<th>LNC</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m. – 4:30 p.m.</td>
<td>Exhibits and Poster Displays (*1.0 CPE for each)</td>
<td>CPE: 2.0</td>
<td>Foyer</td>
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<tr>
<td>7:00 a.m. – 8:00 a.m.</td>
<td>Registration and Continental Breakfast</td>
<td>Foyer</td>
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<tr>
<td>8:00 a.m. – 8:45 a.m.</td>
<td>Welcome, Board Recognition and Annual Business Meeting</td>
<td>Kelly Ort, MS, RDN, CSG, LDN</td>
<td>CPE: 1.0</td>
<td>Level: I</td>
<td>7000</td>
<td>Auditorium</td>
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<tr>
<td></td>
<td></td>
<td>President, Maryland Academy of Nutrition and Dietetics</td>
<td>Level: II</td>
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<tr>
<td>8:45 a.m. – 9:00 a.m.</td>
<td>ANDPAC Update</td>
<td>Jeanne Blankenship, MS, RD</td>
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<td></td>
<td></td>
<td>Vice President of Policy Initiatives and Advocacy, AND</td>
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<tr>
<td>9:00 a.m. – 10:00 a.m.</td>
<td>Keynote Speaker: “Melting Pot or Tossed Salad: Culturally Appropriate Approaches for Effective Nutrition Care”</td>
<td>Dr. Judith Rodriguez, PhD, RD, FADA, FAND</td>
<td>CPE: 1.0</td>
<td>Level: II</td>
<td>1040, 1060</td>
<td>Auditorium</td>
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<tr>
<td></td>
<td></td>
<td>This talk will feature an analysis of the elements that comprise cultural proficiency and examples of its application for culturally appropriate nutrition programs and care.</td>
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<tr>
<td>10:00 a.m. – 10:30 a.m.</td>
<td>Break - Exhibits and Posters</td>
<td>Foyer</td>
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*NOTE: Due to concurrent sessions and individual learning needs, earned hours may vary from attendee to attendee. By attending all educational opportunities and spending 120 minutes viewing exhibits and posters during time set aside for this purpose, 8.5 CPE units can be earned. Provided learning need codes are suggested.*
### CONCURRENT SESSIONS I

#### 10:30 a.m. – 11:30 a.m.

<table>
<thead>
<tr>
<th><strong>CLINICAL TRACK</strong></th>
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<td>“Enhance Your Practice with Results from What We Eat in America, NHANES”</td>
<td>“The Sustainable Diet Debate in the 21st Century: Plant-Based or Local?”</td>
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<tr>
<td>Marsha Schofield, MS, RD, LD, FAND</td>
<td>Meghan Adler, MS, RDN</td>
<td>Mark Rifkin, MS, RD, LDN</td>
</tr>
<tr>
<td>Learn about the evolving world of payment for MNT services, including opportunities and tips for success for RDNs in a wide variety of practice settings.</td>
<td>This presentation will spotlight the ease of obtaining, interpreting, and incorporating key dietary facts from WWEIA into professional communications of RDN’s, as an additional resource to strengthen messaging.</td>
<td>In this workshop, Mark Rifkin, MS, RD, LDN will review essential criteria for evaluating eco-footprints, compare eco-footprints of various foods and review how RDNs/DTRs can easily integrate sustainable foods into client recommendations.</td>
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<tr>
<td>CPE: 1.0 Level: II</td>
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<tr>
<td>LNC: 7170, 6060</td>
<td>LNC: 4080, 9010, 9020</td>
<td>LNC: 4110, 8018</td>
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<tr>
<td>Presentation sponsored by the Academy of Nutrition &amp; Dietetics</td>
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<td>Presentation sponsored by the Vegetarian Nutrition DPG</td>
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#### 11:30 a.m. – 11:45 a.m. **Break – Exhibits and Posters**

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<td>“Engaging Urban Youth in Healthy Dietary Habit Changes”</td>
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<td>This talk reviews nutrition technology landscape in regards to smart devices, sensors, wearables, apps, kitchen gadgets, medical peripherals, EHRs, and telehealth.</td>
<td>This presentation will describe an experiential school-based nutrition education intervention at a large urban high school, direct intervention on the vegetables in the National School Lunch Program, and a multi-modal Summer program featuring urban farming and cooking.</td>
</tr>
<tr>
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<td>CPE: 1.0 Level: II</td>
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<tr>
<td>LNC: 5300</td>
<td>LNC: 1020, 1065</td>
<td>LNC: 9010, 9020</td>
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### CONCURRENT SESSIONS II

#### 11:45 a.m. – 12:45 p.m.

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#### 12:45 p.m. – 1:45 p.m. **LUNCH**

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### CONCURRENT SESSIONS III

**1:45 p.m. – 2:45 p.m.**

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<td>Room: A300</td>
<td>Room: Bridgeroom</td>
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<tr>
<td><strong>“Brain-Gut-Microbiome Connection”</strong>&lt;br&gt;Liz Lipski, PhD, CCN, CNS, CFM, BCHN, LDN</td>
<td><strong>“Self-Motivation for Healthcare Professionals: Jet Fuel for Success! How to Get It and How to Keep It!”</strong>&lt;br&gt;Mary Ann Hodorowicz, RD, MBA, CDE, CEC</td>
<td><strong>“The (re)Purpose of Food, Reducing Food Waste at Home”</strong>&lt;br&gt;Judy Barbe, MS, RDN</td>
</tr>
<tr>
<td>This presentation will highlight research on the gut microbiome and its interactive relationship to the brain is exciting and can change the way you practice.&lt;br&gt;CPE: 1.0&lt;br&gt;Level: II&lt;br&gt;LNC: 2050</td>
<td>The difference between those who never reach their goals and those who achieve one after another is self-motivation; this presentation will “edu-tain” you with a review of the key traits, attitudes and practices that guarantee self-motivation, all summarized in the acronym R.E.A.C.H. F.O.R. M.O.R.E.&lt;br&gt;CPE: 1.0&lt;br&gt;Level: II&lt;br&gt;LNC: 7050</td>
<td>From purchase to cooking, this session will address food solutions to maximize food use and minimize waste at home.&lt;br&gt;CPE: 1.0&lt;br&gt;Level: II&lt;br&gt;LNC: 8018</td>
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<tr>
<td>Presentation sponsored by the National Cattlemen’s Beef Association</td>
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### CLOSING SESSION

**2:45 p.m. – 3:15 p.m.**  
Break - Exhibits and Posters  
Foyer

**3:15 p.m – 4:15 p.m.**  
“A Healthy Conversation About Agriculture, Food and GMOs”<br>Presentation and Panel Discussion:<br>• *Milton Stokes, PhD, MPH, RD (Monsanto)<br>• **Michael Hansen, PhD (Consumers Union)<br>• **Jennie Schmidt, MS, RD (Schmidt Farms Inc.)<br>Many conversations today about food and agriculture include the topic of GMOs. Which crops are GMOs? Why were they developed and are they really needed? Why do farmers use them? Are they safe for people and the environment? Can’t we just avoid them? Should we really be modifying genomes? What about unintended consequences? These are but a few of the questions that will be explored.<br>*Milton Stokes is sponsored by Monsanto<br>** Not affiliated with or sponsored by Monsanto

**4:15 p.m. – 4:45 p.m.**  
Awards and Prizes for Poster Sessions<br>Cathy Ferraro, MS, RDN, LDN, Education & Research Division Chair Oral presentations of top 3 winning posters  
Room: Auditorium  
CPE: 0.5

**4:45 p.m. – 5:00 p.m.**  
Raffle Drawing and *Adjourn  
Room: Auditorium

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*NOTE: This year, we are not having an evening reception. Instead, MAND hosted a celebration and awards reception on March 18th in honor of National Nutrition Month.*
2016 MAND Annual Meeting Registration

You can register one of two ways:

• Mail completed registration and payment to:
  Maryland Academy of Nutrition and Dietetics
  P.O. Box 212, Severna Park, MD  21146

• Use your credit card to pay online:
  www.eatwellmd.org
  Follow the links to the Annual Meeting.

To register by mail, please complete sections A, B, and C and send with payment as directed above.

NOTE:
• Early bird registration deadline is March 25, 2016. Registrations postmarked or entered online after March 25 will be charged the regular registration rate. On-site registrations will incur a late fee of $30.00.
• After April 8, 2016, refunds are not given
• Online registration ends April 8, 2016.
• No mail-in registrations postmarked after April 8 will be accepted; you must register on-site.
• A fee of $30.00 will be charged for any returned check.
• As a courtesy to other attendees, MAND graciously asks that no children be present at conference sessions.

A. Payment Information

Full Name:_______________________________ AND #:_______________________________

NOTE: For multiple registrations with the same payment, please fill out section A only one time and submit with a completed section B and C for each registrant.

Method of payment to guarantee registration:

_____ Check made payable to Maryland Academy of Nutrition and Dietetics. Check #____________________

_____ Credit card: _____Master Card _____Visa _____American Express

Card #_______________________________________________________ Exp. Date__________

Amount on Credit Card: $____________

Name as it appears on the credit card (PRINT)____________________________________________________

Billing Address of credit card:_________________________________________________________________

City/State/Zip:_____________________________________________________________________________

Phone Number of cardholder:_________________________________________________________________

E-mail address:_____________________________________________________________________________
B. Registrant Information

Full Name: _____________________________________________ ADA#: _________________________

Address: ___________________________________________________________________________________

City, State, Zip: ____________________________________________________________________________

Day Phone: ____________________________ Fax: __________________________

Email: ___________________________________________________________________________________

Credentials: _______________________________________________________________________________

Job Title (for name tag): _____________________________________________________________________

Employer (for name tag): ____________________________________________________________________

C. Payment Information

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<thead>
<tr>
<th>Registration Status</th>
<th>MAND Member</th>
<th>Non-MAND Member</th>
<th>Student* or Retired A.N.D. Status</th>
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</thead>
<tbody>
<tr>
<td>Early Bird Registration (Before 3/25/16)</td>
<td>O $135</td>
<td>O $155</td>
<td>O $50</td>
</tr>
<tr>
<td>Registration (3/25/16 - 4/08/16)</td>
<td>O $155</td>
<td>O $175</td>
<td>O $50</td>
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**TOTAL FEES**

$________ $________ $________

ANDF Contribution

O $5 O $5 O $5

**TOTAL AMOUNT DUE**

(Registration + Contributions)

$________ $________ $________

*Students must submit a copy of their affiliate membership card.

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**HOTEL RESERVATIONS:**

A block of rooms has been reserved at the rate of $139/night at The Conference Center at the Maritime Institute, 692 Maritime Boulevard, Linthicum Heights, MD. To reserve a room, please call 410/859-5700 and ask for Reservations with the Maryland Academy of Nutrition and Dietetics.
DIRECTIONS TO THE CONFERENCE CENTER AT THE MARITIME INSTITUTE
692 Maritime Boulevard, Linthicum Heights, MD 21090
866/629-3196
www.ccmit.org

From Baltimore and points North:
Take 695 (Baltimore Beltway) South toward Glen Burnie
Use Exit #7 – MD-295 (Baltimore/Washington Parkway)
Go South on MD-295
Exit at West Nursery Road (the first exit south of 695)
Turn left off of the exit
Turn left at International Boulevard (3rd light)
Turn left onto Aero Drive (first street)
Proceed 2 blocks and enter through the gate onto the property
Follow signs for Parking Lot A OR Parking Lot D.
The conference entrance is in Building #4

From Washington DC and points South via I-95:
Take I-95 North to 195
Take 195 East to MD-295 (Baltimore/Washington Parkway)
Take 295 North
Exit at West Nursery Road (just after BWI exit)
Bear right at the end of the ramp onto West Nursery Road
Turn left onto International Drive (the first accessible light)
Turn left onto Aero Drive (first street)
Proceed 2 blocks and enter through the gate onto the property
Follow signs for Parking Lot A OR Parking Lot D.
The conference entrance is in Building #4
Parking in lots A and D is free of charge.

For more information regarding directions to The Conference Center at the Maritime Institute, please see http://ccmit.org/directions

Learning Tracks!
Once again, we are pleased to offer three learning tracks this year: Clinical Nutrition, Communication, and Emerging Trends/Hot Topics. We hope this allows you to better achieve your learning needs goals!

MAND Poster Award of Excellence
The MAND Poster Award of Excellence recognizes quality poster sessions at the MAND Annual Meeting. All abstracts submitted by March 31, 2016 will be considered for the award. The winners will be determined and announced during the MAND Annual Meeting. In addition, the award will be highlighted on the MAND website.

The first place winner will receive $100 and the first runner-up will be awarded $50.
For more information, go to http://www.eatwellmd.org or contact Cathy Ferraro, caferraro@umes.edu

Paper copies of presentations will not be provided. Presentations will be available on our website, www.eatwellmd.org by April 18, 2016. Please bring copies of desired presentations to the meeting. Thank you for helping MAND be GREEN!