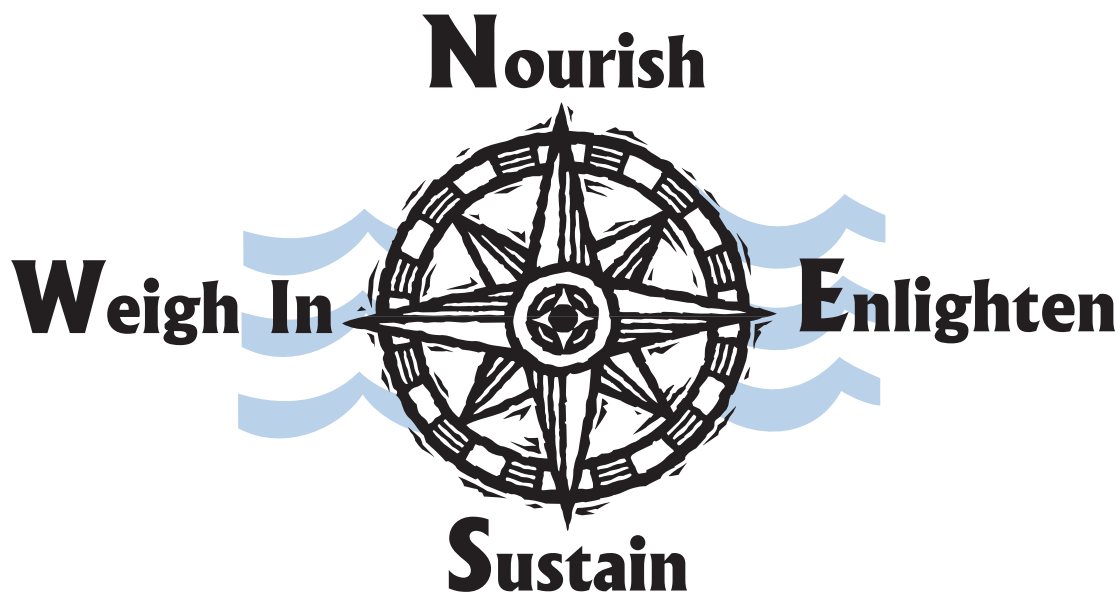


# MDA 92<sup>nd</sup> Annual Meeting & Exhibition

## **Navigate the Tides of Change**



**April 15-16, 2010**

**Duluth Entertainment  
Convention Center**

**Duluth, Minnesota**



**Minnesota Dietetic  
Association**

**eat right.** an affiliate of the  
American Dietetic Association

**Presented By:**  
**Minnesota Dietetic Association &  
Minnesota Chapter of American Society of  
Parenteral and Enteral Nutrition**



**MCA SPEN**

Minnesota Chapter of the American  
Society For Parenteral & Enteral Nutrition

# Navigate the Tides of Change

## AGENDA at a GLANCE

### Thursday, April 15

Time		Session I	Session II	Session III
8:30a–9:30a	General Session	The Meaning of Life		
9:40a–10:40a	Breakouts	Sugar and Spice and Everything Nice?	Safe Practices for Enteral Nutrition	Coaching from the Inside Out
10:50a–11:50a	General Session: Webinar	Vitamin D: An Evolving Story		
11:50a–1:15p	Exhibits, Posters, Lunch			
1:15a–2:15p	Breakouts	Farm to School – Minnesota Style	Pediatric Enteral Guidelines	Good Calories, Bad Calories
2:15p–2:45	Exhibits			
2:45p–4:00	Breakouts	Networking Session	The What, How and Why of Evidence Based Practice	

6:00p– 8:00p Using Global “Flavor Prints” to Design Deliciously Healthful Meals

### Friday, April 16

Time		Session I	Session II	Session III
8:00a–8:45a	General Session	2010 Dietary Guidelines		
8:45a–9:30a	General Session	School Meals: Building Blocks for Healthy Children		
9:40a–10:40a	Breakouts	What’s in a Symbol?	Probiotics and Prebiotics: The Role of Dairy	“I Scream Social” – Social Networking
10:50a–11:50a	General Session	Minnesota’s Role in National Health Care Reform		
12:00 – 1:15p	Awards Lunch			
1:30p–2:30p	Breakouts	Career Focus: Resume and Interviewing	Dollar Daze: Understanding MNT Reimbursement	Nutrition Care Process in Long Term Care
2:40p–3:40p	Breakouts	Fighting Hunger and Malnutrition in the Developing World	New Moves – A School-Based Intervention	I CAN Prevent Diabetes MN Project

# Navigate the Tides of Change

**THURSDAY, APRIL 15**

**Duluth Entertainment Convention Center**

7:00am Registration Opens

7:15am–8:00am Morning beverages (Coffee, tea, and juice will be served. Continental breakfast items available for purchase at DECC.)

8:00am–8:30am Welcome & Awards

8:30am–9:30am The Meaning of Life  
Dr. Robert W. Buckingham

*Maximize confidence in yourself and in others. Dr. Buckingham will identify and discuss skills to focus on relationships in life and provide strategies for staying positive during life challenges.*

9:40am–10:40am A. Sugar and Spice and Everything Nice? The Truth about Sweeteners in the Diet  
Julie Jones, PhD, RD, LN

*Delineate the potential adverse metabolic and health effects of excess sugar consumption and impact of artificial sweeteners on obesity, diabetes, and other conditions. Compare regular intakes of sugars and fructose in the US population with those consumers at extreme intake levels.*

B. Safe Practices for Enteral Nutrition  
Peggi Guenter, PhD, RN, CNSN

*Learn strategies in clinical care to provide safe enteral nutrition and interventions to minimize complications.*

C. Coaching from the Inside Out: Motivational Interviewing  
Camille McGraw, MS

*Improve outcomes with your clients by learning the principles of motivational interviewing. Learn four concrete principles to instantly integrate into your client interactions.*

10:50am–11:50am Vitamin D: An Evolving Story\* (NEW - webinar available to those not in attendance)  
Dr. Robert Heaney, MD, FACP, FASNS  
Grant from Midwest Dairy

*Vitamin D remains a hot topic. Dr. Heaney will define and quantify the functional indicator for vitamin D status, address the conditions in which vitamin D status contributes to disease risk, and propose strategies to bring your clients up to fully normal vitamin D status.*

11:50am Silent Auction begins (concludes Friday at noon)

11:50am –1:15pm Exhibits, Poster Sessions, Lunch

1:15pm–2:15pm      D. Farm to School – Minnesota Style  
JoAnne Berkenkamp & Mary Anderson

*Farm to School is rapidly taking off in Minnesota and across the country. Come learn more about what Farm to School is, how it is unfolding across the state, and how your district can start or expand your own Farm to School activities.*

E. Pediatric Enteral Guidelines  
Janelle Peterson, RD, LD, CNSC

*Identify the differences between the new ASPEN enteral and parenteral guidelines and the older version. Learn how clinicians can use the guidelines in their practice. Case studies will demonstrate how the guidelines are to use.*

F. Good Calories, Bad Calories: Challenging the Conventional Wisdom  
Karen Holtmeier, MPH, RD, LD

*A close up look at the science behind the Dietary Guidelines for Americans, and a challenge to our profession on conventional nutrition wisdom. Karen will present higher protein, lower carbohydrate meal plans that fit within the Acceptable Macronutrient Distribution Range..*

2:15pm–2:45pm      Exhibits

2:45pm–4:00pm      G. Networking Session  
Lisa Dierks, RD, LD

*Back by popular demand, receive a CEU and meet colleagues to enhance your professional development. Get your business cards ready for this interactive session.*

H. The What, How and Why of Evidence Based Practice  
Aida Miles, MMSc, RD, CSP, LD

*A live journey of what evidence based practice is, how to implement, and why it is an essential skill for RD's and DTR's. Learn how RD/DTR can utilize evidence-based practice to collect outcome measures and contribute to the body of evidence within our profession.*

## **Evening Workshop**

## **North Star Food Service, Cloquet**

6:00pm–8:00pm      Using Global “Flavor Prints” to Design Deliciously Healthful Meals  
Chef Chad Nurminen, Executive Chef, Nutrition Services SMDC Health System & Paula Tsufis, MPH, RD, LD

*Add some culinary guidance to assist patients in translating nutrition concepts into delicious meals. This creative culinary workshop will explore use of global “flavor prints” as a means to teach use of spices, herbs and other ingredients to add big flavor to nourishing meals. A light meal will be served along with a glass of wine and other nonalcoholic beverages.*

# Navigate the Tides of Change



**FRIDAY, APRIL 16**

**Duluth Entertainment Convention Center**

- 7:00am Registration opens
- 7:00am–7:45am Morning beverages (Coffee, tea, and juice will be served. Continental breakfast items available for purchase at DECC.)
- 7:45am–8:00am Welcome & Awards
- 8:00am–8:45am 2010 Dietary Guidelines – Using the Evidence Based Review Process  
Joanne Slavin, PhD, RD  
*Curious to know how much work goes into developing the Dietary Guidelines? Joanne, will help us understand the evidence-based review process used in the NEW 2010 Dietary Guidelines and present an example of a nutrition topic.*
- 8:45am–9:30am Schools Meals: Building Blocks for Healthy Children  
Rosemary Dederichs  
*This review of the recommendations to USDA for Child Nutrition meal standards will highlight the methodology of the study and introduce the proposed new meal standards.*
- 9:40am–10:40am I. What's in a Symbol? Finding Your Way Through the Maze of the Front Package  
Connie Greiger, PhD, RD  
*Grant from National Cattlemen's Beef Association*  
*Participants will receive a free set of nutrition reference tools and nutrition education materials for use in your practice.*
- J. Probiotics and Prebiotics: The Role of Dairy  
Christopher J. Cifelli, Ph.D. - Director, Nutrition Research Dairy Management Inc./National Dairy Council  
*Grant from Midwest Dairy*  
*Learn the latest science on probiotics and prebiotics and beneficial health impacts.*
- K. "I Scream Social!" – Social Networking  
Stephanie Menning, CAE, IOM  
*Twitter, Facebook, LinkedIn and more – understand social networking options, pros and cons of each, and how social networking can be used for business or professional growth.*
- 10:50am–11:50am Minnesota's Role in National Health Care Reform  
Rep Thomas Huntley  
*Gain a better understanding of the primary objectives of health care reform. Learn what role RD's/DTR's can play in Minnesota's involvement in this national movement.*
- 12:00pm–1:15pm Awards Luncheon

1:30pm–2:30pm L. Career Focus: Resume and Interviewing  
Amy Markwell

*Fine tune your resume and sharpen your interviewing skills in this session. Get current resume formatting techniques and tips for a successful interview.*

M. Dollar Daze: Understanding Medical Nutrition Therapy Reimbursement  
Patti Urbanski, RD, LD

*Review medical nutrition therapy issues related to federal and state insurance programs and discuss the future outlook for medical nutrition therapy reimbursement.*

N. Nutrition Care Process in Long Term Care  
Sherie Nelson, RD, LD; Renee Arbogast, RD, LD; Diana Duerr, RD, CD

2:40pm–3:40pm O. Fighting hunger and malnutrition in the developing world  
Roger Salway, Compatible Technology Incorporated  
Indra Mehrotra, MS, RD, LD, Director Bell Institute of Health and Nutrition,  
General Mills, Inc.  
*Grant from HEN DPG*

*Learn about CTI projects in the three regions; Africa, Central America and India. Explore challenges and opportunities such development work presents and the role nutritionists can play.*

P. New Moves – A School-Based Intervention to Improve Weight-Related Issues  
in Adolescent Girls  
Colleen Flattum, MS, RD

*New Moves is a school-based physical activity and nutrition intervention for adolescent girls. Understand how to implement individual coaching sessions and how motivational interviewing provided both advantages and disadvantages.*

Q. I CAN Prevent Diabetes MN Project  
Rita Mays, MS, RD, LN

*Minnesota is at the leading edge of pre-diabetes education. The I CAN Prevent Diabetes project is an effective, evidence-based lifestyle behavior change program and RD's/DTR's take an active role in diabetes prevention in Minnesota and across America.*

**WEBINAR** – Can't attend the Annual Conference, but would like to hear this timely topic. Sign up for just this session as a webinar. You will need a computer and phone line to listen to this session. See the registration form for costs.

**CEU's** -- Day sessions will provide 6 CEUs for Thursday and 5.5 CEUs for Friday. The workshop will provide 2 CEUs.

**Hotel Information** – The Inn on Lake Superior, 350 Canal Park Dr, Duluth, MN 55802 has a block of rooms reserved for Wednesday, April 14 and Thursday, April 15. Call 218-726-1111 or 888-668-4352 to make reservations. Identify that you are with the Minnesota Dietetic Association to get the special rate. Reservations must be made by **March 15, 2010**.

**Registration Information** – Registrations must be postmarked by **March 15, 2010**. Registrations postmarked after March 15 will be subject to a \$40 late fee. A \$15 processing fee will be charged for cancellations prior to March 15. Cancellations after April 6 will not be refunded. Registrations are for individuals only and may not be shared. No confirmations will be sent.



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Presented by:



**MCASPEN**

Minnesota Chapter of the American  
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