2020 Vision
WAND Annual Conference

Conference Agenda
Earn up to 9 CPEs (excluding pre-conference sessions)
Schedule subject to change

Wednesday, April 1, 2020
9:00 AM - 5:00 PM  Pre-Conference: Farm to Fork Tour
WI Beef Council
The Wisconsin Beef Council is excited to welcome WAND Conference attendees to join us for a “Farm to Fork Tour” in the Elkhart Lake area. From approximately 9:00 AM - 5:00 PM, tour attendees will have the opportunity to experience all aspects of Wisconsin's beef industry. The tour will leave from the Osthoff Resort and the first stop will be Miesfeld's Triangle Market in Sheboygan, Wisconsin, showcasing the retail and processing side of the industry. Then, it's off to the one-of-a-kind farm Wisconsin Discovery Center for a tour of the discovery center, birthing barn and the Grotegut Family Dairy Farm. The afternoon will include a visit to a cow/calf farm and a beef feedlot facility prior to returning to the Osthoff Resort. Lunch is provided, and each stop will allow attendees the opportunity to ask questions and speak directly with farmers.

1:00 - 5:00 PM  Pre-Conference: The Art of Flavorful Communicating
Amy Goodson, MS, RD, CSSD, LD
Three, two, one. Whether you are giving a presentation or appearing on TV, having keen media, set styling and cooking demo skills are essential for success! Get ready to elevate your communication game with tips, tricks and strategies from registered dietitian and nutrition communications consultant, Amy Goodson. She has over 700 media placements and will be teaching you all you need to know about messaging, how to seamlessly execute cooking demos, as well as how to confidently perform under pressure. You don't want to miss this opportunity to sharpen your skills and expand your knowledge on the art of being a good communicator!

Thursday, April 2, 2020
7:45 - 8:45 AM  Wake Up with WAND: Breakfast and Business Meeting
8:45 - 9:00 AM  Conference Welcome
9:00 - 10:00 AM  Opening Keynote: Academy in Action 2020 Part 1
Academy President-Elect, Linda Farr, RDN, CSOWN, LD, FAND
This interactive presentation will highlight current activities and recent developments at the Academy and the Foundation. The Academy's activities and successes in such vital areas as leadership, private practice, careers, and management will be addressed during the first part of this session (continued at 10:15 AM).

10:00 - 10:15 AM  Break
10:15 - 11:15 AM  Breakout Block 1
Dietary Diversity in Children with Feeding Disorder
Mary Beth Feuling, MS, RD, CSP, CD | Dr. Praveen Goday
You are what you eat: Dietary diversity and deficiency in children with pediatric feeding disorder. In this session, we'll discuss how dietary diversity was quantified in children with feeding disorder and review the nutrition risk findings for this patient population.

Academy in Action 2020 Part 2
Academy President-Elect, Linda Farr, RDN, CSOWN, LD, FAND
This interactive presentation will highlight current activities and recent developments at the Academy and the Foundation. The Academy's activities and successes in such vital areas as public policy and advocacy, malnutrition, media outreach, and scientific research are addressed.
Shining the Light: Effective Nutritional Coaching of African American Clients
Yvonne Greer, MPH, RD, CD

America is going through a transformation of its racial and ethnic population profile. According to the Population Research Bureau (2019), four main diverse cultural groups (i.e., African Americans, American Indians and Alaska Natives, Asians and Pacific Islanders, and Hispanics) comprise about half of the population of Honolulu, Los Angeles, Miami, San Antonio, and several other major cities. The shifting demographics is creating changes to the racial and ethnic makeup of the country's educational facilities, places of employment, healthcare environment, and local communities. Nutrition and health professionals will need to enhance skills in providing culturally sensitive and competent counseling and care to meet the needs of the more diverse racial and ethnic communities they serve. This session will provide an in-depth review of the elements and skills set shown effective in working with African American clients.

Food Photography Essentials for RDs: How to Take Drool-Worthy Photos to Inspire Consumers and Land Clients
Julie Andrews, MS, RDN, CD

Learn the basics of food photography to help grow your food and nutrition brand and serve your clients and consumers through beautiful food imagery. Learn the basics of styling food and taking high-quality photographs. We will address how to use ingredients and techniques to make food look drool-worthy and camera ready, use simple and suitable props and backdrops, use three simple camera angles that fit the composition of the dish, use natural and artificial lighting, manipulate basic DSLR camera settings and choose camera equipment. We will briefly cover post-processing (editing) images.

Your PDP and Practice Competencies: What's Next and What's in it for You?
Karen Lacey, MS, RDN, CD

This presentation provides a detailed explanation of the rationale for using practice competencies and performance indicators in place of goals and learning needs codes in the revised PDP. It also illustrates how the on-line tool, GOAL WIZARD, will enhance the process of creating your 5-year learning plan.

FODMAPs and Beyond: Nutrition and Non-Diet Strategies for IBS Management
Emily Schwartz, MS, RDN

The low FODMAP diet is one of the most effective strategies for IBS management, especially with dietitian support. In this session, learn more about the low FODMAP diet, as well as nutrition and non-diet tools to help personalize the approach and set your patients up for success.
Friday, April 3, 2020

7:00 - 8:00 AM  Continental Breakfast and Networking

8:00 - 8:15 AM  Conference Welcome

8:15 - 8:30 AM  WAND Liaison Updates

8:30 - 9:30 AM  Keynote: Advancing Health Equity - The Key to a Healthy Wisconsin
  Jeanne Ayers, RN, MPH

Jeanne Ayers will describe a systems approach to achieving public health aims and will introduce three key practices designed to build our collective capacity to create healthy communities for all. She will discuss structural racism and its impact on health of a community. She will introduce and illustrate through examples three key practices professionals can adopt to advance health equity.

9:30 - 9:45 AM  Break

9:45 - 10:45 AM  Breakout Block 4
  Writing an Effective Resume
  Jena Mahne, MS

This presentation will coach you through the steps to preparing and writing a resume that will get you an interview in the fields of nutrition and dietetics. There will be hands-on activities that get you in the habit of organizing resume sections and writing strong bullet points that will most effectively communicate your qualifications and make you stand out from the other candidates.

Healthy Plant-Based Eating with Chronic Kidney Disease...What's New?
  Annamarie Rodriguez, RDN, LD, FAND

The traditional 'renal' diet has been overly restrictive, excluding foods that have healthful benefits (beyond treatment or renal disease) in the treatment of diabetes, heart disease and the prevention of cancer, to name a few co-morbidities. The National Renal Diet has not been updated in decades. The overly restrictive nature of the renal diet lends to high levels of patient dissatisfaction and difficulties in long-term adherence. There is emerging research indicating the benefit of plant-based foods in the treatment of CKD (Chronic Kidney Disease) and this will alter how we approach this population in provision on MNT. This session incorporates a review of the growing literature and how to integrate plant-based protein into the renal diet. We'll look at the newest research and identify the easiest ways to incorporate changes including both plant-based proteins and of other traditionally limited plant-based foods such as whole grains, beans, nuts, legumes, and a variety of fruits and vegetables. We'll review how integrating plant-based dining ties into forthcoming renal diet guidelines.

10:45 - 11:00 AM  Break

11:00 AM - 12:00 PM  Breakout Block 4
  Professional Interviewing
  Jena Mahne, MS

This presentation will coach you through the steps to preparing for an interview in the nutrition and dietetics field. There will be opportunities to practice answering interview questions that are in line with the most common questions asked. Tips on how to stand out from other qualified candidates before, during, and after the interview will also be presented.

Building Cultural Humility in Dietetics to Advance Health
  Cassie Vanderwall, PhD, RD, CDE, CD, FAND | Erika Anna, MS, RDN, CD

During this session, we will explore and adopt a posture of cultural humility to advance health without without compromise by fostering respectful and inclusive encounters at the intersection of evidence-based medicine and traditional beliefs and practices.

12:00 - 12:15 PM  Break

12:15 - 1:30 PM  Lunch and Awards Presentation

1:30 - 2:30 PM  General Session: Applying the 2018 Code of Ethics into Dietetic Practice
  Karen Lacey, MS, RDN, CD

This presentation explains the revised Code of Ethics and the process by which concerns of possible violations should be evaluated and reported. Sample practice case studies will be discussed to illustrate how the code should be applied.