

# Alabama Dietetic Association

## Annual Meeting Schedule

### Wednesday, March 14, 2018

**11:00 a.m. – 6:00 p.m.**  
3rd Floor, East Hall BJCC

**ALDA Registration Desk Open**

**1:00 p.m. – 4:00 p.m.**  
Room EF, 2<sup>nd</sup> Floor  
East Hall

**Establishing A Diabetes Prevention Program**

**4:00 p.m. – 5:15 p.m.**  
3<sup>rd</sup> Floor, BJCC East Hall  
Room L, 2<sup>nd</sup> Floor  
East Hall

**ALDA Board of Directors Meeting**

**5:30 p.m. – 7:30 p.m.**  
The Southern Kitchen &  
Bar, Upstairs

**ALDA Welcome Reception**

*Sponsored by The Dairy Alliance, formerly the Southeast United Dairy Industry Association*

### Thursday, March 15, 2018

**8:00 a.m. – 5:00 p.m.**  
3rd Floor, East Hall BJCC

**ALDA Registration Desk Open**

**8:15 a.m. - 8:30 a.m.**

**Welcome & Opening Remarks by ALDA President**  
Diane Bridgewater, MBA, RDN, LD

**8:30 a.m. – 9:30 a.m.**  
Room N, 2<sup>nd</sup> Floor  
East Hall

**Behind the Scenes of Type 2 Diabetes: Using Knowledge of Disease Process for Better Outcomes in Prediabetes and Diabetes**

Prediabetes and type 2 diabetes are rising exponentially and treatment options continue to multiply. This session looks at the current states of knowledge on the pathophysiology of prediabetes and type 2 diabetes and the impact of insulin resistance and beta-cell failure over time. Attendees will be able to use this knowledge to individualize lifestyle recommendations based on progression of disease.

Jill Weisenberger, MS, RDN, CDE, CHWC, FAND

**9:30 a.m. – 10:30 a.m.**

**Family Meals Matter: Barriers, Benefits, and Strategies for Eating Together**

Eating family meals together is one of the best recipes for encouraging good eating habits, a healthy body weight in children and adolescents, and reduced risk of eating disorders. Kids who break bread with their families also get better grades in school, eat more fruits and vegetables, and consume fewer soft drinks. Despite the benefits to both body and soul, just 30% of families eat dinner together every night. This session explores the benefits of, barriers to (some may surprise you), and creative and doable dinner strategies for nurturing family mealtime.

Liz Weiss, MS, RDN

*Sponsored by the Alabama Cattlemen's Association*

**10:45 a.m. – 11:45 a.m.**

**Karen Wright Memorial Lecture - Ethics in an Ever Changing World of Nutrition**

The cross roads between nutritional science and personal beliefs have recently led to turmoil within our community. Dietetic professionals are guided by the ethics set forth by the Academy of Nutrition and Dietetics in every aspect of practice. The speaker will discuss how dietetic professionals can wade through the sea of muddled ethics and strengthen the profession through strong moral values.

Toby Amidor, MS, RD, CDN

**12:00 p.m. – 1:15 p.m.**

Ballroom A, 1<sup>st</sup> Floor  
East Hall

**LUNCHEON**

**1:30 p.m. – 2:30 p.m.**

**Opioid Abuse in Alabama**

Alabama Attorney General Steve Marshall has launched a war on the opioid epidemic. General Marshall is heading up a special task force to educate Alabama employers and workers about the dangers of opioid abuse and the costs on our society. Healthcare professionals are on the front line and should be trained to recognize abuse and help those persons get treatment.

Alabama Attorney General Steve Marshall

**2:45 p.m. – 3:45 p.m.**

**Nutrition Approach to Sleep Disorders**

Objectives of this session will be to review the importance of sleep health, identify common sleep disorders and the implications for dietetic professionals and to identify the RD as a vital member of the sleep team.

Valerie Eubanks Tarn, MS, RD, LD

**3:45 p.m. – 4:45 p.m.**

**“THEM”:  
Navigating a Multi-Generational Workforce**

For the first time in history, there are six living generations in the workplace. In fact, between now and the end of the decade, roughly 10,000 Baby Boomers will exit the workforce each day. While the Baby Boomers exit the workforce, it's becoming apparent there aren't enough Generation X's to fill those leadership roles. If they, and we, aren't prepared, they will flounder as leaders and hinder organizational success. It is equally important that companies become aware of what it will take to attract and retain the future workforce. In this session, Kristin will offer realistic, practical solutions to this conundrum.

Kristin Scroggin, Managing Partner and Lead Trainer for genWHY  
Communication Strategies

**5:00pm ALDA Membership Reception**

Alabama Sports Hall of Fame  
2<sup>nd</sup> Floor, Adjacent to East Hall

**FRIDAY, MARCH 16, 2018**

**8:00 a.m. – 4:00 p.m.**      **ALDA Registration Desk Open**  
3rd Floor, East Hall BJCC

**8:30 a.m. – 9:30 a.m.**  
Room N, 2<sup>nd</sup> Floor  
East Hall

**Harness Your Brain Power through a Plant-Based Diet**

In 2018, the Academy of Pediatrics added a new Policy statement that aims to ensure kids get key Nutrients for Brain Development. Alzheimer's disease is the most common form of dementia in the United States, which has a growing prevalence in individuals aged 65 or older. Although there is much research to be done on this disease, studies have shown that certain foods are beneficial to the brain and may work as preventative measures. Learn how registered dietitians can translate growing evidence to harness brain power with plant-based foods for growth and development which starts in the first 1000 days of life and helps sustain cognitive ability.

Linda Arpino, MA, RDN, CDN, FAND

*Sponsored by the Vegetarian Practice Group*

**9:30 a.m. – 10:30 a.m.**

**From In-Store to Online Grocery Shopping: Meeting the Needs of Today's Consumers**

This session will describe how grocery shopping has evolved in traditional supermarkets and the digital world. The presenters will explain how different generations utilize multiple shopping channels to meet their preferences and needs. RDs will leave empowered to tailor their approach to meal planning to meet their clients' individual lifestyle demands.

Andrea Kirkland, MS, RD, and Mary Creel, MS, RD.

**10:45 a.m. – 11:45 a.m.**

**People. Pigs. Planet. Our Health Is All Connected**

This session will explain how the health of everyone is connected with animals, such as the pigs farmers raise for food. The presenter, Dr. Rick Tubbs, will describe how farmers are committed to providing safe, nutritious, affordable, and sustainable food. He will also show how farmers are committed to the health of pigs, people and the planet we share.

Rick Tubbs, DVM, MS, MBA

*Sponsored by the National Pork Council*

**11:00 a.m. – 6:00 p.m.**  
2<sup>nd</sup> Floor, East Hall

**Alabama Food & Nutrition EXPO Open**

**1:15 p.m. – 2:15 p.m.**

**Nutrition for the Addiction Recovery: Exploring Links Between Gut and Brain**

The prevalence of substance use disorders continues to rise with a significant impact on families, communities, and the healthcare system. The current opioid crisis suggests a need to re-assess entrenched treatment protocols for addictive disorders. Classically, treatment includes mental health services such as psychopharmacology and individual and group therapy sessions. There is little data about the role of physiological recovery particularly nutrition during early recovery. It is well known that substance use disorders

are associated with neglected health including nutritional deficiencies. There is recent evidence linking the gut and brain, suggesting that proper dietary intake is critical for mental health. Substance use disorder treatment protocols may benefit from including nutrition services as a treatment modality.

David Wiss, MS, RDN

**2:15 p.m. – 3:15 p.m.**

**Academy of Nutrition and Dietetics Update**

AND President Donna Martin will share the goals and accomplishments of the Academy of Nutrition and Dietetics.

Donna Martin, EdS, RDN, LD, SNS, FAND, Academy President

**3:15 p.m.**

3<sup>rd</sup> Floor, East Hall

**DRAWING FOR BASKETS**

**SAVE THE DATE**

ALDA Annual Meeting

Renaissance Montgomery Hotel & Conference Center

March March 6 – 8, 2019