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ANNUAL CONFERENCE

South Carolina Academy of
Nutrition and Dietetics



APRIL 4-5 2024

Embassy Suites Golf Resort &
Conference Center
670 Verdae Blvd, Greenville, SC



2024 ANNUAL CONFERENCE

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Registration and Check In:

April 4th- 11:00am-12:00 pm

April 5th- 7:00 - 8:00 am



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12:00 - 12:15 pm - Welcome

12:15 - 1:15 pm

Pause Before Posting: Navigating Inherent Social Media Dilemmas*Drew Helmer, MSc, RD, CDN, FAND*

Social media presents unique ethical challenges for dietitians due to its fast-paced, crowded, and interconnected nature. Maintaining professional credibility, upholding global reputation, and safeguarding public well-being necessitate a thoughtful approach to nutrition communication, content creation, and online interactions. In this interactive session, we will delve into five prominent dilemmas that self-representing dietitians face on social media platforms. Learn effective strategies to overcome these challenges while embodying the principles of "context, care, and confirmation." This session meets the 1.0 ethics credit mandate by the CDR.

Performance

Indicators:

1.3.3, 2.1.5, 4.1.1,
6.3.1, 9.4.4

Drew Helmer is an internationally accredited registered dietitian providing communications & education consulting services for individual, non-profit & corporate clientele throughout Ontario, Canada & the U.S for more than eight years. Drew serves as faculty member of Buffalo State University's undergraduate Dietetics and graduate Multidisciplinary Studies programs, helping build student & practitioner know-why & know-how in scope, standards, and ethics in dietetics practice.

1:15 - 2:15 pm

To Wean or Not to Wean? Cow's Milk Protein Allergy Management in Human Milk-Fed Infants*Hope Lima, PhD, RDN, IBCLC*

Occult blood in the stool of an exclusively breastfed infant can indicate a cow-milk/soy protein allergic colitis. In some instances, pediatricians may recommend moving the symptomatic infant to infant formula to help provide a resolution. Research shows, though, that elimination of the appropriate allergens from the maternal diet can improve or resolve infant symptoms. As not all infant allergic colitis is due to a cow-milk/soy protein intolerance, this presentation will overview clinical differences between food protein-induced allergic proctocolitis (FPIAP), food protein induced enterocolitis syndrome (FPIES) and gastroesophageal reflux disease (GERD), as well as the difference between IgE and Non-IgE mediated allergic responses in breastfed infants. Then, the basics of an elimination diet and criteria warranting introduction of an elimination diet will be summarized

Performance

Indicators:

8.2.2, 8.5.4, 9.6.10

Hope Lima became an International Board Certified Lactation Consultant (IBCLC) in 2017, completed her PhD in nutritional biochemistry in 2018, and became a Registered Dietitian Nutritionist (RDN) in 2020. In 2022, Hope earned the FARE Certificate of Training in Pediatric Food Allergy and provides care for families struggling with food allergies. In addition to owning and operating Hope Feeds Families, Hope is an Assistant Professor at Winthrop University in the Department of Human Nutrition. At Winthrop, Hope runs a research lab that focuses on helping mothers reach their infant feeding goals, improving access to human milk, and analyzing the nutritional content of human milk.

2:15 - 2:30 pm - Break

2:30 - 3:30 pm

Hiding in Plain Sight: Eating Disorder Screening, Treatment, Referral, & Collaboration

Hilmar Wagner, MPH, RDN, CD, LN

Sara Hofmeier, MS, LCMHCS, CEDS-S



Most dietetic education and training involve only cursory information on eating disorders, yet they are as commonplace as Type 2 diabetes and present in almost every practice setting. While individuals may not initially disclose an eating disorder as an area of concern, eating disorders often go hand in hand with many common primary complaints that are the reason for seeking support. Join Sara, an eating disorder therapist, and Hilmar, an eating disorder dietitian, to learn about how to recognize the disordered eating patterns that can lead to an eating disorder, and how to screen, treat and refer someone with an identified eating disorder. We will also review the importance of a multidisciplinary approach to treatment and ways that dietitians can effectively collaborate with therapists to support the unique needs of this patient population.

Hilmar Wagner is a Registered Dietitian, licensed in Minnesota and Washington State. He has experience working in a variety of clinical, outpatient, community, and management settings. Hilmar joined the Emily Program in 2006 and has served in a number of clinical and management roles. He currently serves as a Clinical Outreach Specialist. Hilmar has presented on a wide range of eating disorder and related nutrition topics at local, regional, and national conferences. Hilmar received his bachelor's degree in Nutrition/Dietetics and Master's in Public Health Nutrition from the University of Minnesota. He has extensive experience working with clients of all eating disorder diagnoses and has a particular interest in the application of mindfulness and body-centered, somatic approaches to the nutritional treatment of eating disorders.

Sara Hofmeier serves as Executive Director of Veritas Collaborative's Triangle Child, Adolescent & Adult Eating Disorder Treatment Center in Durham and our Child, Adolescent & Adult Center in Charlotte, North Carolina. Sara believes in a collaborative and strengths-based approach to treatment. She particularly enjoys providing a non-judgmental space to help patients find new ways to describe their experiences and struggles as they move toward recovery. Sara is a Licensed Professional Counselor, earning her master's in counseling from UNC Greensboro. Sara has been working with patients with eating disorders since 2007. Before joining Veritas, Sara was the Clinical Director of the UNC Center of Excellence for Eating Disorders and served as an Assistant Professor.

Performance Indicators:

8.1.2, 9.6.2, 9.6.11

3:30 - 4:30 pm

Delivering Culturally Appropriate Care: Exercising Cultural Humility in Practice

Melinda Boyd, DCN, MPH, MHR, RD, LD



This presentation will cover the basic principles of providing culturally appropriate care, specifically for those who are from backgrounds that differ from their patients or clients. Providing care that is inclusive of their beliefs and values while honoring cultural food preferences can help improve health outcomes. In turn, this can help minimize health disparities as patients may be more trusting of providers who look different from them if they, at the very least, honor and respect their culture when providing interventions. This presentation will provide skill building for individuals looking to be more respectful in their care, including asking questions in a way that honors the patient and helps establish trust, thus paving the way to cultural humility. Lastly, this presentation will offer ways for dietitians to become more involved in the diverse communities of their own communities to help learn about the cultures their patients represent.

Melinda Boyd completed two degrees: BS in Biology & BS in Nutrition before completing her dietetic internship with Sodexo. She is a registered dietitian in both the US and UK. She holds two graduate degrees: MPH & MHR in addition to a doctorate of clinical nutrition (DCN). She completed her advanced level training for the program in the areas of gastrointestinal disorders and women's health, with an emphasis in PCOS. Melinda teaches MNT and other courses at Cedar Crest College. She also serves as an adjunct professor at a variety of online schools and recently started teaching at Greenville Technical College. She is a nationally recognized speaker on the topic of culturally appropriate patient care. In addition to servings as the State Policy Representative for SCAND, she is also the Chair of the Cultures of Gender and Age Member Interest Group (COGA MIG).

Performance Indicators:

1.7.2, 1.7.3, 4.2.2

4:30 - 4:45 pm - Closing Remarks



Social Event

4:45 - 5:45 pm

The Terrace @ The Embassy

once Just drink ~~8oz.~~ ^{2oz.}
~~twice~~ a day
to support
faster
healing.



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One serving of **milk** contains many of the essential nutrients your body needs, including:

25%



Calcium

Helps build and maintain strong bones and teeth.

20%



Pantothenic acid

Helps your body use carbohydrates, fats and protein for fuel.

16%



Protein

Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.

15%



Niacin

Used in energy metabolism in the body.

15%



Vitamin D

Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

10%



Zinc

Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

20%



Phosphorus

Helps build and maintain strong bones and teeth, supports tissue growth.

10%



Selenium

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

15%



Vitamin A

Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

60%



Iodine

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

30%



Riboflavin

Helps your body use carbohydrates, fats and protein for fuel.

10%
D R I



Potassium*

Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and maintain normal muscle function.

50%



Vitamin B12

Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.

*Source: USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.



= daily value

10% or higher
is a good source

20% or higher is
an excellent source

REFERENCES

- USDA FoodData Central online at <http://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources (n=12).
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



7:00 - 8:00 am - Registration & Breakfast

8:00 - 9:00 am **The Evolution of Diabetes Technology***Lissa Green, RD, CDCES, LDN*

Diabetes technology is rapidly changing. Insulin pumps and continuous glucose monitoring systems are associated with improved time in range, lower A1c, less glucose variability, less hypoglycemia, improved metabolic control, and better quality of life for people living with diabetes. Continuous glucose monitoring system also allow for improved decision making with people using insulin dosing to manage their diabetes. The newest technology of hybrid closed loop systems or automated insulin delivery systems allow patients to achieve increased time in range, lower hypoglycemia and provide technology to help reduce the burden of living with diabetes. We will review all the latest technologies available to assist with the management of diabetes.

Lissa Green is a graduate from Michigan State University with a BS in Dietetics. She as been a CDCES for 15 plus years and a RD for 20 plus years. Currently she works part time at a Pediatric Endocrinology office and is a is an expert in insulin pump and CGM therapy. She is a certified product trainer for Medtronic, Tandem, Omnipod and Beta Bionics. She currently lives in Columbia SC and has one daughter who is a sophomore at Coastal Carolina. Her biggest passion is helping and educating people living with diabetes to manage their disease and reduce burden of living with diabetes. When she is not working you will find her on a tennis or pickle ball court.

Performance
Indicators:
10.2.1, 11.2.5

9:00 - 10:15 am **Yoga and Nutrition; Recipe for Success***Danielle Lee, MBA, RD, LD, 200RYT*

Have you ever considered adding yoga into your nutrition care toolbox? This session will touch on how incorporating yoga practices alongside medical nutrition therapy can help achieve favorable outcomes, reduce side effects, and attenuate symptoms for multiple health-related conditions. Yoga is more than just about moving our bodies. It incorporates breath work and mindfulness practices which can decrease stress and anxiety, providing benefits to not only patients, but also providers. In this session, you'll not only get a chance to learn about the benefits of yoga alongside nutrition interventions, but you'll also get a chance to engage in a brief yoga flow and stretch led by Danielle.

Danielle Lee completed her BS in Food and Nutrition at Kent State University, and her MBA at Waynesburg University. In 2018 Danielle became a certified Yoga teacher at Salt Power Yoga in Pittsburgh PA. Danielle is a policy chair board member of the CTDA and is a member of the Yoga Alliance. Danielle's passion has been clinical nutrition since her Dietetic Internship. She has spent the majority of her career in Adult Acute Care. She currently holds the position as Inpatient and Outpatient CNM at MUSC Shawn Jenkin's Children's Hospital. Danielle is passionate about full-body wellness and enjoys working in oncology and nutrition. When she is not running or yoga -ing, she loves to bake and is a volunteer field editor for Taste of Home Magazine.

Performance
Indicators:
10.5.2, 4.1.1, 8.2.2

10:15 - 10:30 am - Break & Visit Expo

10:30 - 11:30 am

Food As Medicine: Strengthening the Continuum of Care Through SDoH's

Dana Mitchel, RD, LD; Olivia Myers, RD, LD; Debbie Petitpain, MBA, RD; Kerri Stewart, RD, LD



Engage in the national discussion about Food As Medicine and how these principles can help bridge the gap from clinical to community nutrition care for patients. Learn how dietitians, physicians and community leaders are currently engaging in Food As Medicine in the state. We will delve into the logistics of connecting patients with resources to address food insecurity and other social determinants of health. The goal is to bring together nutrition and medical professionals working in the clinical and community settings to raise our voices as the experts in optimizing nutrition status of patients, therefore improving health outcomes.



Dana Mitchel is a Registered Dietitian and the Director of Community Health and Nutrition at the Lowcountry Food Bank (LCFB) in coastal South Carolina. In her role at the, Ms. Mitchel manages the implementation of FNS SNAP Education and guides strategic health initiatives. She leads a team in a multi-pronged approach to influence policies, systems, and environments that support the adoption of healthy behaviors influenced through direct education in the community. In her thirteen years with the Lowcountry Food Bank, Ms. Mitchel has secured sustainable funding for feeding and education programs, trained staff, feeding agencies, and community partners in creating healthy environments, and advised health institutions on integrating food insecurity screening and interventions into workflows. Dana has served on the board of the Charleston Trident Dietetic Association, advises local health coalitions, and has taught at various institutions across the state. She holds a BS in Dietetics & Exercise Science from Virginia Tech and completed her dietetic internship at the Medical University of South Carolina.



Olivia Myers's background as a dietitian and student of ecogastronomy has shaped a career that has oscillated between restaurants, hospitals and agriculture, and led to her work today at Lowcountry Street Grocery (LSG) in Charleston, SC. She founded GroceryRx in 2017 with the intention of merging good food and healthcare, knowing that high-quality, nutrient-dense food is the basis of wellness and disease prevention and treatment. Olivia sits on local and state-level committees to promote the expansion of "food is medicine" strategies across the state and to move the dial on medical reimbursement for these programs. Olivia's experience around food has taken many shapes; from homesteading, to years of cooking in a variety of settings, to counseling native populations in Alaska, to managing nutrition and food at a therapeutic wilderness program, to working clinically with inpatient and outpatient populations at leading hospitals. Food is the root that all of Olivia's personal and professional ambitions extend from and her entrenched belief is that it has the ability to heal mentally, physically and emotionally.



Debbie Petitpain is the Associate Director in Business Development where she pursues opportunities for Compass One Healthcare to deliver food and support services in healthcare systems across the country. She most recently served as business advisor for the Veterans Business Outreach Center and the chief operation officer for Synergy Health Tech where she used metrics and data to advance health equity. In her previous role at the Medical University of South Carolina, Petitpain created one of the nation's first hospital-based, summer feeding programs that provides free meals for children during summer break, for which she was honored with a "Hero of Everyday Life" award from the Sodexo Foundation in 2016. She is a graduate of the College of Charleston, earned a master's degree in nutrition from Boston University and her MBA from the Citadel.

Kerri Stewart grew up in the mountains of Middletown, Maryland. She attended college at University of North Carolina at Greensboro where she received her Bachelor's degree in Human Nutrition and Dietetics. Kerri's next move was to Columbia, SC to complete a dietetic internship through the Department of Health and Environmental Control. It was there she found her passion for heart health and has since taken a preventative approach through use of "food as medicine." Kerri began at University of South Carolina in research and has now been at Spartanburg Regional in the Heart Resource Center for over 11 years. Most recently, Kerri has launched culinary medicine initiatives for the hospital system, incorporating hands-on cooking into healthcare. In her free time, Kerri is busy following around her 2-year-old and hiking the great outdoors.

Performance Indicators:

1.7.6, 3.2.1, 3.3.2



Awards Ceremony

11:30 am - 12:00 pm

Outstanding Dietitian of the Year

Alexandra Lautenschläger, RDN, LD



Recognized Young Dietitian of the Year

Olivia Myers, RD, LD



Outstanding Dietetic Student

Dietetic Intern

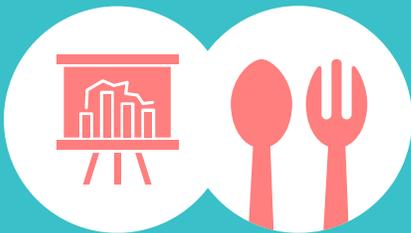
Eugenia Padgett, MS



Outstanding Dietetic Student

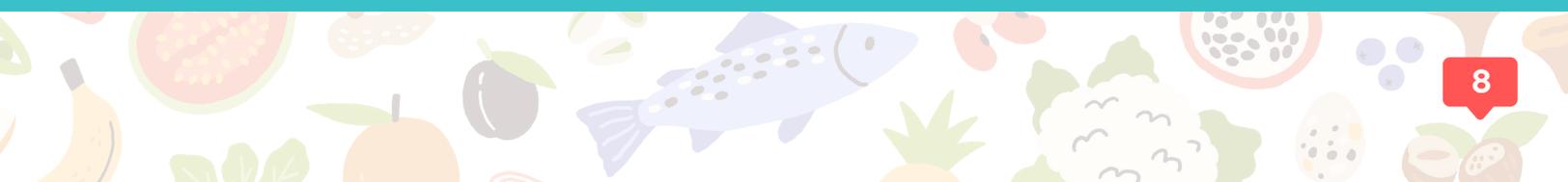
Didactic Program in Dietetics

Laura Elizabeth Zarzar



Lunch, Expo, & Poster Session

12:00 - 1:00 pm



1:00 - 2:00 pm



Performance Indicators:
8.3.4, 9.6.2, 10.3.7

Period Recovery: How to help your client with hypothalamic amenorrhea get their period back for good

McKenzie Caldwell, MPH, RDN

From athletes, to those with eating disorders, to folks trying to conceive, hypothalamic amenorrhea, or the loss of menses due to undereating and overexercising, affects many clients that seek help from registered dietitians. While communication from the medical field is improving on optimal treatment for HA, there remains a disconnect in the public's understanding of the importance of a regular menstrual cycle, and the role of malnutrition in suboptimal female reproductive health. In this informative session, participants will gain vital skills and expertise to not only help their clients understand the connection between nutrition and their menstrual cycle, but also to support their clients to full restoration of regular, monthly menses and correct common nutrient deficiencies associated with hypothalamic amenorrhea. This session is sponsored by The Dairy Alliance.

McKenzie Caldwell is the lead dietitian and owner of Feed Your Zest Nutrition and Wellness, a virtual private practice specializing in weight inclusive reproductive health. McKenzie completed her BS in Nutritional Sciences at Cornell University, and the Master of Public Health/RD training program at UNC Chapel Hill. McKenzie loves helping her clients foster a healthy relationship with food while nourishing their bodies for fertility, pregnancy and beyond. In addition to seeing clients, McKenzie enjoys mentoring and training other dietitians, precepting interns, and adjunct teaching at Winthrop University. McKenzie lives in Charlotte, NC with her dog, Charlie.

2:00 - 3:00 pm



Performance Indicators:
11.2.7, 11.1.4, 11.1.5

The Role & Impact of Registered Dietitians in the Supplement Industry

Sam Kramer, MS, RD, LDN, CSSGB, CISSN

With dietary supplements becoming a staple in many people's routines, it is imperative that Registered Dietitians play an integral role in the evolution and sustainability of their development. The first part of this presentation will highlight the numerous ways in which Registered Dietitians can play an active role in lending their expertise to the industry. The second part will focus on misconceptions regarding the regulation of dietary supplement in the US. Part three will act as a process guide detailing how a product is nurtured from conception to launch that is rooted in safety, efficacy, and sustainability. Part four will discuss the recent trends in technology and innovation in the industry and how dietetic internships can implement product innovation into their didactic programs.

Sam Kramer (MS, RD/LDN, CSSGB, CISSN) is the Director of Product Innovation & Nutrition Science at International Vitamin Corporation. He has also been the Manager of Product Innovation for The Kroger Co. and Vitacost.com. Sam earned his MS degree in Exercise Physiology and completed his dietetic internship at Florida State University and earned his BS degree in Nutrition Science at Rutgers University (graduating Summa Cum Laude). He is also a Certified Sports Nutritionist and Certified Six Sigma Green Belt. Sam lives in Greenville, SC and enjoys long-distance rowing, performing improv comedy, and rock climbing in the upstate.

3:00 - 3:30 pm - Business Updates & Closing Remarks

EDUCATION COMMITTEE



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A special thanks to everyone who has helped to organize and make this meeting possible.

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CONTINUING PROFESSIONAL EDUCATION UNITS

CPEU certificates will be emailed to you in the coming weeks. A total of 8.25 CPEUs are available for attending all of the educational sessions. An additional 2.25 CPEUs are available for visiting the posters and expo. A total of 4 CPEUs are available for attending Thursday only. A total of 6.5 CPEUs are available for attending Friday only (educational sessions and posters/expo).

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In an effort to provide top quality events going forward, please take a few moments and give us your opinions. Your comments are very important to us for planning purposes. Scan the QR code to complete the brief survey.



MARCH 27 - 28
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We hope to see you again next year!

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PO Box 1763 | Columbia, SC 29202

Phone 803-255-7223

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