

# 20 25

## ANNUAL CONFERENCE

South Carolina Academy of  
Nutrition and Dietetics



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SCAND ANNUAL MEETING  
MARCH 27-28

## MARCH 27-28

Marriott North Charleston  
4770 Goer Dr.  
North Charleston, SC 29406



# 2025 ANNUAL CONFERENCE

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### Registration and Check In:

**March 27th-** 11:00am-12:00 pm

**March 28th-** 7:30-9:00 am



### WIFI

**Wi-Fi Name:** MarriottBonvoy\_Conference

**Password:** Marriott2025

Presentations will be held in Compass ABC and  
Exhibits will be displayed in Compass DEF





## 12:00 - 12:15 pm - Welcome

12:15 - 1:15 pm

**Fuel for Thought: The Role of Iodine in Early Brain Development***Lauren Manaker, MS, RDN, LD*

The first 1,000 days of a child's life are crucial for brain development, and nutrition plays a pivotal role during this period. This session will explore what the first 1,000 days are and why this period is so critical when it comes to cognitive health for the rest of a child's life. It will also explore the impact of iodine—a vital nutrient often consumed insufficiently in various populations—on cognitive growth and development. Participants will learn about the serious consequences of iodine deficiency, which can lead to impaired cognitive abilities and developmental delays. The discussion will focus on simple, practical strategies to incorporate iodine into daily diets to promote optimal brain development. Attendees will gain insights into addressing this critical nutritional need and ensuring healthier futures for children worldwide.

**Lauren** is an award-winning registered dietitian, three-time book author, freelance writer, and speaker who prides herself on sharing evidence-based nutrition information in an accessible and practical manner. With over 22 years in the field, her extensive experience and dedication to promoting positive dietary habits have made her a trusted voice in the nutrition community. Lauren holds both a master's and bachelor's degree in nutrition, and she has held many leadership roles within the Academy of Nutrition and Dietetics throughout her career. She is currently on the advisory board for the University of South Carolina's Dietetic Internship to help shape the future of dietetics education. She is on the medical review board for EatThis.com and POPSUGAR and is a regular contributor to many media outlets, including Eating Well and Prevention.com.

Performance Indicators:

9.1.1, 9.1.5

CPEU Hours:

1.0

1:15 - 2:15 pm

**Healing from Within: The Crucial Role of Nutrition in Wound Recovery***Karen Sudders, MS, RDN, LD*

Join us as we explore the critical role of nutrition in the wound-healing process, emphasizing how targeted nutritional intervention can enhance recovery. Participants will gain insight into the roles of nutrients that are vital for supporting tissue repair and regeneration. The discussion will cover the specific nutrients, including their role in fibroblast production and cellular regeneration. We will also highlight the consequences of inadequate nutrition on wound healing, identifying potential complications and delays in recovery associated with nutritional inadequacies. Finally, through a case study, attendees will see how a personalized nutrition care plan addresses specific needs and contribute to optimal healing outcomes.

**Karen Sudders** is a Registered Dietitian, and Director of Nutrition with Medtrition Inc. She received her Bachelors and Masters of Science degrees in Nutrition and Dietetics from Indiana University of Pennsylvania where she also completed her Dietetic Internship. Karen has been actively practicing clinical nutrition since 2007. Karen spent 10 years working in the acute care setting with a focus on critical care and oncology nutrition intervention. In 2017 Karen joined the Medtrition team as Director of Nutrition. Karen utilizes her clinical experience and creativity to support various initiatives at Medtrition often collaborating with other thought leaders in the health and nutrition space. In addition to her many roles at Medtrition, Karen also acts as a clinical liaison for Medtrition to ensure customers and clinicians alike are able to access the knowledge of an experienced dietitian who is also an expert with the Medtrition product line.

Performance Indicators:

9.1.1, 9.1.2, 9.2.4

CPEU Hours:

1.0

## 2:15 - 2:30 pm - Break

2:30 - 3:30 pm

## Rooted in Color: Empowering Dietitians of Tomorrow

*Roniece Weaver, MS, RD, LD; June Thompson, MS, RD, LD*



"Rooted in Color - Empowering Dietitians of Tomorrow" highlights the urgent need to address the stark underrepresentation of Black dietitians in the field of nutrition and dietetics. This workshop explores actionable strategies to recruit, mentor, and retain diverse talent while fostering a culture of inclusivity and equity. Participants will delve into the principles of cultural humility, understanding its critical role in bridging gaps, improving patient outcomes, and creating a profession reflective of the communities it serves. Join us for an engaging dialogue that challenges norms and empowers the next generation of dietitians to lead with authenticity and purpose.

**Roniece Weaver**, a seasoned registered dietitian with over 30 years of experience, specializes in nutrition consulting, cultural competency, and community health. As the founder of Roniece Weaver and Associates, Inc., she is committed to promoting wellness in all communities and addressing health disparities. As a cookbook author and expert in recipe development, she engages communities through cooking classes and educational initiatives. She has taught wellness strategies in for variable languages and is passionate about empowering at-risk populations. As a leader in diversity, equity, and inclusion, Roniece advocates for increasing the representation of Black dietitians and fostering cultural humility in the field.

**June Thompson** is a proud North Carolinian and lifelong resident of Greensboro. She is a graduate of N.C. State University, and during her career has taught a variety of classes in nutrition there. She has been a Registered Dietitian for over 30 years and a member of the National Kidney Foundation and Academy of Nutrition and Dietetics, NOBIDAN (the National Organization Of Blacks In Dietetics And Nutrition) for well over 15 years respectively, serving in a variety of capacities including past chair. June is a Renal Dietitian with Fresenius Kidney Care for over 35 years and a consultant for Family Affair Care Group, Inc for 25 years. They provide service to adults with intellectual disabilities. June has worked with the Guilford County commissioners on a variety of projects including food distributions to help those in underserved communities, especially during the initial Covid "lock-down".

Performance Indicators:

1.1.2, 1.5.1, 1.7.4

CPEU Hours:

1.0

3:30 - 4:30 pm

## Precision Nutrition: Recent Advances and Controversies in Genetic Testing

*Ahmed El-Sohehy, PhD*



There is increasing awareness among researchers, educators, healthcare professionals and consumers that the one-size-fits-all, population-based approach to nutritional guidance is inefficient and sometimes ineffective. Genetic differences can explain individual differences in response to various dietary factors and randomized controlled trials show that DNA-based dietary recommendations can improve compliance. With increasing awareness and demand for genetic testing, there is a need for healthcare professionals to have sufficient knowledge to understand and determine the benefits and limitations of the science and testing.

**Dr. Ahmed El-Sohehy** is a Professor and Associate Chair and held a Canada Research Chair in Nutrigenomics at the University of Toronto. He is also the founder of Nutrigenomix Inc., serves as the company's Chief Science Officer. Dr. El-Sohehy obtained his PhD from the University of Toronto and completed a postdoctoral fellowship at Harvard. He has published in the top scientific and medical journals with over 200 peer-reviewed publications and has given more than 350 invited talks around the world. Dr. El-Sohehy was Editor-in-Chief of Genes and Nutrition along with serving on the editorial board of ten other scientific and medical journals. He has been a member of international expert advisory panels and the scientific advisory boards of several organizations, and his research has garnered considerable media attention over the past 20 years. Dr. El-Sohehy is the recipient of several awards for research excellence by the Canadian Nutrition Society, the American College of Nutrition, and the American Nutrition Association.

Performance Indicators:

5.1.2, 9.1.1, 10.4.6

CPEU Hours:

1.0



4:30 - 4:45 pm - Closing Remarks



# Social Event

## 4:45 - 6:00 pm

### Reflections Room

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9:00 - 10:00 am



## From Science to Simple: Making the Science of Nutrition and Well-Being Accessible, Positive, and Practical for Consumers

*Susie Kundrat MS, RDN, LDN*

From Science to Simple provides essential tools to translate current scientific nutrition and well-being research into inclusive, doable, practical recommendations RDNs can use to help consumers, athletes, and active people put into practice every day. Utilizing “in the trenches” case studies from clients and consumers from varied backgrounds and from teens to seniors, attendees will develop positive messaging to help consumers bring research to diverse dinner tables. Attendees will gain knowledge in the areas of optimizing health and well-being, maximizing high-quality protein sources through the day to build and maintain strength and function, and eating to reduce disease risk. Attendees will understand the many benefits of creative evidenced-based messaging and programming fueled by simplicity and ease of implementation. With a focus on mixing nutrition, taste, and cultural preferences, attendees will learn how to meet consumers where they are and help bridge the gap between nutritional quality and eating enjoyment.

**Susie Kundrat** is the founder of Eat Move Groove ([www.eatmovegroove.com](http://www.eatmovegroove.com)) and the author of *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness, and Wellness*. She is a life-long well-being advocate with vast experience as a speaker, trainer, and educator focused on nutrition, well-being, and disease prevention. Over her 35-year career in dietetics Susie has worked with athletes, consumers, students, and corporations, including the Milwaukee Bucks, US Speedskating, the University of Illinois Urbana-Champaign Fighting Illini, and the Northwestern University Wildcats. She is a clinical professor emerita with the University of Wisconsin-Milwaukee Joseph J. Zilber College of Public Health and an adjunct instructor with the University of Illinois Food Science and Human Nutrition Department. Susie earned her AA from Waldorf University, her BS in Dietetics from Minnesota State University-Mankato, and her MS in Human Nutrition from Iowa State University and completed her dietetic internship at Boston's Beth Israel Deaconess Medical Center. Susie has been recognized for her leadership in sports dietetics, wellness, and education. She was awarded the SCAN Excellence in Practice Award in 2003, the ASPDA Service Award in 2016, and numerous teaching awards. You can find Susie online @eatmovegroove or on the Eat Move Groove YouTube channel.

Performance Indicators:

3.1.1, 7.3.2, 9.1.1

CPEU Hours:

1.0

10:00 - 11:30 am



## Navigating AI: The New Frontier in Dietetics

**Drew Helmer, MSc, RD, CDN, FAND**

In this engaging and forward-thinking session, the profound and potential impact of Artificial Intelligence (AI) on the profession of dietetics will be explored. From private practice and public health to clinical settings and academia, AI is revolutionizing how dietetic practitioners operate, collaborate, and engage with clients, colleagues, and communities. This session delves into both big picture thinking and practical applications in leveraging AI for streamlining tasks in communications, marketing, client services, and nutrition education planning. Ethical considerations for AI use and implementation will also be highlighted, making this session a CDR mandated Ethics CPEU.

**Drew Helmer** (he/him) is an internationally credentialed registered dietitian who's been integrating AI across private practice, telehealth, academia, and clinical care settings since the birth of generative AI, collaborating with Microsoft and TELUS Health Canada to enhance and streamline nutrition communications, client management, marketing, program development, and public health education. At Buffalo State University, Drew leverages AI for course development, student real-world preparation, and community collaboration with a focus on ethics and practice sustainability. Drew has been recognized for his leadership, innovation, and commitment to excellence, receiving awards like Outstanding Dietitian of the Year (2024), Nutrition Educator of the Year (2023), and Outstanding Dietetics Service-Learning Course (2021). A Fellow of and active leader within our Academy of Nutrition and Dietetics, Drew celebrates the diverse & dedicated roles of RDNs & NDTRs across all areas of practice.

Performance Indicators:

1.1.2, 1.3.1, 3.1.3, 5.1.1, 5.1.6,  
6.1.3, 10.3.4

CPEU Hours:

1.5





## 11:30 am - 1:00 pm Lunch, Expo, &amp; Poster Session

1:00 - 2:00 pm

**Nutrition Considerations for Those on GLP1-RA Weight Loss Medications***Mary Finckenor, MA, RDN, CDCES, BC-ADM, CSSD, CCRP*

Performance Indicators:

5.2.1, 5.2.5, 9.1.1

CPEU Hours:

1.0

For those struggling with obesity, the unmatched efficacy of the new Glucagon Like Peptide 1 (GLP1) medications has ushered in a new era of hope for weight loss management. And, while these drugs have been game changing, they come with special nutrition needs. This talk will cover such needs including ensuring nutrition adequacy with lower volume and caloric intake, increasing the need for protein, managing gastrointestinal side effects and knowing when side effects warrant medical intervention.

**Mary Finckenor** is a highly credentialed Registered Dietitian with a master's in Nutrition Education and advanced certifications in diabetes and sports nutrition. Mary has over 20 years' experience working with cardiometabolic and diabetes patients at Morristown Medical Center's Cardiac Rehab and has presented on the new diabetes / weight loss medications at numerous local, state and national conventions. Known for her dynamic, engaging presentation style, she excels at making complex nutrition and pharmacology topics accessible and actionable. She has been a featured speaker at numerous national, state, and local conferences and is a sought-after presenter for corporate audiences in the greater New York metropolitan area.

## 2:00 - 2:30 pm - Awards

2:30 - 3:30 pm

**Food is Medicine: A Food First Approach***Olivia Myers, RDN, LD*

Performance Indicators:

9.1.5, 13.1.1, 13.4.2

CPEU Hours:

1.0

Food is Medicine is an age-old adage that is returning to relevancy after decades of seeing health outcomes worsen alongside an abandonment of food and nutrition as a priority in prevention and treatment of diseases. It is time to treat food as medicine once again and put the quality of food first. In this session, you will become more familiar with Food is Medicine interventions that can be prescribed as part of an individuals' treatment plan. We will then delve into better understanding the food system and the agricultural impacts on the quality and nutrient density of our food. Learn more about the synergistic effect of whole foods and why this is critical to consider for all routes of feeding and supplementation.

**Olivia's** background in ecogastronomy and as a dietitian has shaped a career that has oscillated between restaurants, hospitals and agriculture, and ultimately led to her work today with Lowcountry Street Grocery (LSG) in Charleston, SC. Her experiences around food have taken many shapes; from farming, to cooking in restaurants, to counseling in remote Alaska, to managing nutrition and food at a therapeutic wilderness program, to working clinically in inpatient and outpatient settings at leading hospitals. Olivia founded GroceryRx in 2017 with the intention of merging good food and healthcare. GroceryRx is a simple, yet radical dismantling and reconfiguration of our broken food and medical systems, in which healthcare, community and local agriculture are united to provide targeted nutrition education and healthy food prescriptions to create generational health change. Olivia is deeply involved in local and state-level initiatives aimed at promoting the expansion of "food is medicine" strategies across the state and to move the dial on medical reimbursement for these programs.

## 3:30 pm - Closing





# Awards Ceremony

2:00 - 2:30 pm



***Outstanding Dietitian of the Year***

Nina Crowley, PhD, RDN, LD



***Recognized Young Dietitian of the Year***

Kylie Deice, RDN, LD



***Outstanding Dietetic Student, Burris-Cromer Memorial Scholarship***

Dietetic Intern  
Alex McNair, MS



***Outstanding Dietetic Student***

Didactic Program in Dietetics  
Ava Mancini



***Emerging Dietetic Leader***

Shannon Cottrell, RD, LD



***Burris-Cromer Memorial Scholarship***

Katie Price



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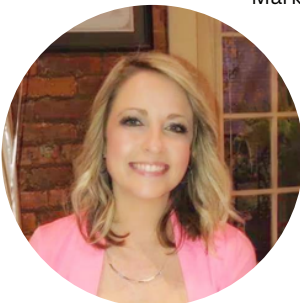
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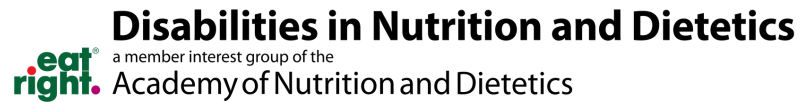
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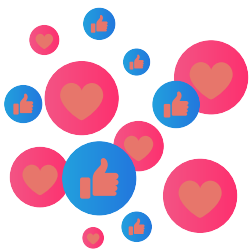
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## CONTINUING PROFESSIONAL EDUCATION UNITS

CPEU certificates will be emailed to you in the coming weeks. A total of 8.5 CPEUs are available for attending all of the educational sessions. An additional 0.5 CPEUs are available for visiting the posters. A total of 4 CPEUs are available for attending Thursday only. A total of 5.0 CPEUs are available for attending Friday only (educational sessions and posters).

## CONNECT WITH US!



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## GET YOUR SCAND SWAG



The SCAND Swag Store is officially open! Show your RD pride with fun, nutrition-inspired gear that speaks the truth about what we do best—fueling health with science, not hype! The store offers mugs, aprons, totes, and a variety of apparel items in different colors and styles!



**Notes**

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### ***We Want Your Feedback!***

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.

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