Registration and Continental Breakfast
Exhibit Room Open for:
- Poster Sessions
- Student Resources and Networking
- CAND committee exhibitors

President’s Welcome

Keep Your Eye On The PRISE for Optimal Health and Performance
Dr. Paul J. Arciero, FTOS, FACSM,
Professor of Health and Exercise Sciences, Director of the Human Nutrition & Metabolism Laboratory, Skidmore College (Sponsored by Isagenix International)
Many people still struggle to make sense of when, what and how to eat and exercise for optimal health and performance despite an abundance of easily accessible information. This “information overload” has created confusion, frustration and an epidemic of inaction, leading to the opposite effect of what it was designed to prevent --- physical inactivity, poor eating habits, stress, and disease. This presentation will provide attendees with easy-to-follow and scientifically proven lifestyle strategies to optimize health and performance using the evidence-based lifestyle program “P.R.I.S.E.”, the acronym for Protein-pacing (P); Resistance (R); Interval (I); Stretching (S); and Endurance (E) exercise training. Too often, nutrition, exercise, and mind/body guidelines are prescribed independently or in opposition to each other. Attendees will learn how to incorporate these strategies in a daily routine so they complement each other and work in synergy.

Detecting Malnutrition from Nutrition Focused Physical Assessment
Christina Sherry, PhD, RD, MBA, Medical Science Liaison, Abbott Nutrition (Sponsored by Abbott Nutrition)
This program covers a summarized version of the didactic portion of the comprehensive nutrition focused physical exam course. Content includes a sample case study and teacher example. The Academy of Nutrition and Dietetics and the American Society for Parenteral and Enteral Nutrition consensus is the main theme throughout.

Our Health is all Connected
Jan Archer, Owner, Archer Farms a 1,200-sow farrow (birth)-to-wean farm in Wayne County, Newton Grove, NC (Sponsored by the National Pork Association)
With growing concerns about antibiotic resistance, public perception about the use of antibiotics in food animals has called into question what’s best for the animal and our
food supply. This presentation will include topics such as how responsible antibiotic use is a shared commitment, in addition to what science-based practices farmers use to raise healthy pigs.

11:30- 1:00 **Exhibit Room Open / Networking** (Main banquet room closed until 12:30 to set up for lunch)

12:30-1:30 **Lunch, CT Academy Awards Presentations**

1:30-2:30 **Breakout Sessions**

**Session #1 - Ketogenic Diet: The Science behind the Diet**
Ilisa Nussbaum, RDN CD-N, Coordinator, Ketogenic Diet clinic, YNHH

While high fat, low carbohydrate diets have gained popularity in the past 5 years, where is the evidence-based research to support these claims? Beyond the more well studied application for patients with neurological disorders, is a ketogenic diet efficacious for other disease states and general weight loss? This presentation will discuss the basics of the ketogenic diet and its variants along with the most current evidence based research.

**Session #2 - Nutrition Focused Physical Exam-Practical Application**
Elizabeth Tenison, MS, RD, CSP, CNSC, Director, Dietetic Internship, University of Saint Joseph

In 2012, AND and ASPEN established criteria for the diagnosis of malnutrition. The criteria requires a "Nutrition Focused Physical Examination". The session will review basic techniques of NFPE with opportunity to practice the skill. Practical application of NFPE will be emphasized.

2:30- 2:45 **Break** : change rooms for next breakout session

2:45-3: 45 **Breakout Sessions**

**Session #1 - Wasted Food: Policies, Recovery Strategies and Innovation**
Christine Bailing- Project Engineer, Environmental Protection Agency

In September 2015 the US announced the 2030 goal to reduce food loss and waste. This session will discuss the economic, environmental and social cost of wasted food, policies and innovations to recover wasted food and on the ground examples from institutional food service operations.

**Session #2- Harness Your Brain Power with Plant Based Food**
Linda Arpino, RDN, CD-N, FAND, Life Focus, LLC.
(Sponsored by the Vegetarian Nutrition Dietetic Practice Group)

Emerge evidence-based research is revealing the impact food has on brain health that begins in the first 1000 days of life. New policies have been adopted by the Academy of Pediatrics to help healthcare providers address the need to educate parents in the importance of key nutrients for brain health Alzheimer’s disease is on the rise. Preventative nutrition strategies associated with lifelong cognitive abilities, memory, and focus will be addressed. Learn how you can utilize this information to become a key provider in this area of public health.
3:45 - 4:00  Final remarks /Evaluations/Door Prizes/Adjourn