

2021 Diet-PAC Category Day

June 22, 2021

9:30 AM – 5:30 PM EST

Agenda

Sessions Moderated by: LCDR Christie Cosenza

9:30 AM -
9:45 AM

Introductory Remarks and Announcements

9:45 AM -
10:45 AM

The Science of Choline, Lutein, and Neurocognition

Mickey Rubin, PhD

There is an increasing appreciation for the role nutrition plays in brain health and neurocognition. Nutrition is important for neurocognition throughout the lifespan, but may be most critical at the early stages of life. This presentation will examine the latest research on the role of choline and lutein, two nutrients important for brain health that are found in eggs, and their link to neurocognition across the lifespan.

At the end of this session participants will be able to:

1. Identify nutrients that are important for neurocognitive health throughout different life stages.
2. Interpret research on the benefits of nutrients required for brain health.
3. Identify gaps in knowledge with healthcare providers and/or new and expecting moms on the critical nutrients needed throughout the lifespan.

10:45 AM -
11:15 AM

The Role of the Registered Dietitian in the Care of Patients Before and After Total Gastrectomy

CDR Rachel Lopez

Surgical resection for gastric cancer creates a high-risk nutrition population. The role of the registered dietitian is essential in the pre and post-op care and involves both precise knowledge and understanding of digestion, micronutrient absorption, among other aspects of medical nutrition therapy, as well as superior nutrition counseling and education skills to assist patients with the necessary diet and lifestyle change after total gastrectomy

At the end of this session participants will be able to:

1. Recognize diet modification needed after total gastrectomy
2. Understand short-term and long-term nutrition concerns after total gastrectomy
3. Understand dietitian's role in interdisciplinary team's care of patients with or at risk of gastric cancer

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11:15 AM -
12:30 PM

Dietary Guidelines for Americans, 2020-2025

LCDR Katrina Piercy; LT Dennis Anderson-Villaluz

This session will detail the process used by the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) to develop national nutritional guidance and provide an inside look at how this process has advanced over time to reflect current scientific and medical knowledge related to diet and health. Participants will gain an understanding of the key recommendations in the Dietary Guidelines for Americans, 2020-2025, and tools available to promote and educate Americans using the updated evidence-based recommendation.

At the end of this session participants will be able to:

1. Explain the four-stage process HHS and USDA used to create the Dietary Guidelines for Americans, 2020-2025
2. Identify opportunities to impact future editions of the Dietary Guidelines for Americans through public comment and agency reviews
3. Describe the different resources and tools available to promote and educate patients on the recommendations outlined in the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans

12:30 PM -
1:30 PM

Lunch & Learn

CAPT Blakeley Fitzpatrick

A brief introduction to the Diet-PAC Mentoring Program will be followed by a panel discussion on the topic: "Getting the Most Out of Your Mentoring Experience". Panelists will include both mentors and mentees. A question and answer session will follow, time permitting.

1:30 PM -
2:00 PM

Dietitian CPO Presentation & Retirement and Awards Ceremony

2:00 PM -
2:45 PM

Reach and Maintain a High Mental Performance Lifestyle (HMPL)

Chrissy Barth, MS, RDN, RYT

The same way nutrition, exercise, and stress management can make an elite level athlete good or great- a leader can be good or great, depending on how they choose to fuel their corporate athlete from within. High Mental Performance Lifestyle (HMPL) helps people explore their self-care strengths and weaknesses to create a strategic plan for continuous improvement. Work-life balance can make a good leader...Great. And a great leader with improved HMPL can successfully reach their peak performance levels.

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At the end of this session participants will be able to:

1. Incorporate functional nutrition approaches to help clients/patients think, feel, and perform like a million bucks.
2. Understand how superfoods can boost mental toughness through specific Superfoods.
3. Assist in creating a "Wheel of Life" plan for your personal and professional well-being.

2:45 PM -
3:30 PM

Nutrition in Midwestern State Department of Corrections Prisons: A Comparison of Nutritional Offerings to Commonly Utilized Nutritional Standards

CAPT Mitchell Holliday, EdD, RDN, FAND; Kelli Richardson, Senior Dietetic Student

Improvement in nutritional care in correctional institutions may reduce the burden of related chronic health conditions. Even when nutritional standards are used, inconsistent use of standards and lacking regulations may be leading to inappropriate nutrition care in corrections. This presentation will highlight recent research in correctional nutrition offerings and provide recommendations for how improved regulations could help advance correctional public health for a healthier nation.

At the end of this session participants will be able to:

1. Identify the prevalence of nutrition-associated chronic diseases within U.S. prisons.
2. Describe food and nutrition practices within U.S. prisons.
3. Summarize research findings comparing Midwestern State Department of Corrections food offerings with common nutritional standards.

3:30 PM -
4:00 PM

Simplified Carbohydrate Education Approaches

LCDR Kibbe Brown, MS, RDN; LCDR Jenna Cope, MPH, RD, LD, CHES

Patients come from diverse cultural backgrounds. In order to optimize patient learning, health educators need to have access to a variety of tools and educational approaches when teaching nutrition. This session includes two interactive diabetes management teaching techniques for carbohydrate counting that can be used in individual and group settings. Teaching techniques originally designed for use with Native American patients served by Indian Health Service dietitians.

At the end of this session participants will be able to:

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1. Use visual cues to identify and count carbohydrates on sample plates to balance carbohydrates in meals with a variety of non-carbohydrate foods for optimal nutrition.
2. Learn to interact with clients to identify carbohydrates and demonstrate understanding of carbohydrate content of foods.
3. Present an alternative approach for carbohydrate counting, adapted for numeracy and literacy.

4:00 PM -

Break

4:15 PM

4:15 PM -

Overview and Implementation of the Produce Safety Rule

4:45 PM

Jacob Reynolds, CSO

Provide background information on the Produce Safety Rule and the mission of the Produce Safety Network. Discuss outreach initiatives with industry, to include farm town halls, free training audits, foodborne illness outbreak investigations, and the Produce Safety Alliance advertising campaigns in the implementation of the Produce Safety Rule. Discuss what the Agency learned during outreach and how this turns into guidance and/or changes to regulatory compliance.

At the end of this session participants will be able to:

1. Provide an overview of the Produce Safety Rule and the mission of the Produce Safety Network.
2. Discuss outreach initiatives with industry and regulatory partners (domestic and global).
3. Explain the operations FDA have conducted/plan to conduct, to include inspections/investigations by the inspectional team and studies/guidance documents the Center for Food Safety and Applied Nutrition (CFSAN) have issued.

4:45 PM -

Resilient: How 2 Dietitians took a leadership role in pandemic response on Navajo Nation

5:15 PM

LCDR Annie Edleman; LT Rachel McBride

The Navajo Nation was disproportionately impacted by the COVID-19 pandemic due to a super-spreader event on March 7th, crowded living conditions, 30% of homes lacking running water, lack of access to culturally tailored and Navajo language information, and a high rate of comorbidities. From leading testing and vaccine blitzes, contact tracing and resource connecting, to standing up a new

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tribal Public Health Department, LCDR Edleman and LT McBride served in non-traditional dietitian roles throughout the COVID-19 Pandemic

At the end of this session participants will be able to:

1. Identify non-traditional leadership roles for dietitians
2. Understand the need and function of contact tracing on Navajo Nation
3. Identify the functions of a Public Health Department as it relates to pandemic response

5:15 PM -
5:30 PM

Closing Remarks

5:30 PM

Please join us in participating in the COF Virtual 5K Run/Walk.
(Once I have it I will add registration information here.)