CONNECTICUT ACADEMY OF NUTRITION & DIETETICS

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Your food and nutrition experts.

CT Academy Annual Spring Meeting, & Exhibits

Monday, April 3, 2023

The Aria Wedding and Banquet Facility

45 Murphy Road, Prospect, CT 06712

7:15 – 8:00 **Registration and Continental Breakfast**

8:00 – 8:15 **President's Welcome, *Shraddha Chaubey, MS, RDN, LDN, CDN***

8:15- 8:45 **What's New and Exciting that is Happening at the Academy**
Ellen Shanley, RD CDN FAND , President of the National Academy of Nutrition and Dietetics

8:45- 9:45 **Precision Nutrition - Recent Advances and Controversies in Genetic Testing**
Dr. Ahmed El-Sohemy, PHD, RD , an Associate Professor at the University of Toronto and holds a Canada Research Chair in Nutrigenomics. He earned his PhD in Nutritional Sciences from the University of Toronto and completed a postdoctoral fellowship at Harvard. He is also an author, international presenter, on multiple editorial boards and expert panels. He is the founder of Nutrigenomix Inc.
(Sponsored by Nutrigenomix, Inc)
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 these different responses and randomized controlled trials show that DNA-based dietary recommendations can improve compliance. With increasing awareness and demand for nutrigenetic testing, there is a need for registered dietitian nutritionists to have sufficient knowledge to understand and determine the benefits and limitations of the science and testing.

9:45- 10:00 Break (**Kerry Coughlin**, **MS, RD, CSO** - Stretching and Advocacy)

10:00-11:00 **Changing the Sports Nutrition Conversation: Does Weight Help or Hurt Athletic Performance?**
***Nancy Clark,* MS, RD, CSSD,** internationally respected sports nutritionist, weight coach, and nutrition author with a private practice in Newton Highlands, MA
(Sponsored by the New England Dairy Council)
This session will take a look at the age-old belief "The thinnest athlete is the best athlete," the harm this has created among athletic people, and what we as RDs can do to change the culture.

11:00- 11:30 **Inclusive Health for Persons with Intellectual and Developmental Disabilities**
Dr. Melissa L Brown RD, CSSD, LD, Chair, Department of Nutrition and Public Health University of Saint Joseph, Director of Graduate Options in Nutrition and Sports Nutrition.

Most healthcare professionals, including dietitians, receive minimal training working with people with intellectual disabilities (ID). Mainstream clinical guidelines and tools are not designed to address the unique concerns of this population and the system lacks validated assessment instruments, as well as, covered services. This population and the

system lacks validated assessment instruments, as well as, covered services. This subsequently excludes people with ID from receiving equitable healthcare.

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

12:30-1:30 **Lunch and CT Academy Awards Presentation**

1:30- 2:30 **Medical Nutrition Therapy for Glycemic Control**

Lorraine Mongiello, Dr.PH, RDN, CDE, *Associate Professor at the New York Institute of Technology and* a RD and certified diabetes educator, specializing in public health, nutrition, and the prevention and treatment of diabetes.

(Sponsored by the New York Institute Technology (NYIT)

This session will guide you through the most basic to the most advanced methods of meal planning for those with type 1 and type 2 diabetes. You will learn how to calculate insulin-to-carbohydrate ratios and the impacts of fiber, sugar alcohols, protein, and fat on glycemic control.

2:30- 2:45 **Break**

2:45-3:45 **Food is Medicine: What's happening here in Connecticut and beyond?**

Panel Moderator- Heather Peracchio, MS, RDN, CDN, Food Security and Sustainability Chair, UConn Extension, Assistant Extension Educator

Charlotte Meucci, RD, CDN **-** Hartford Hospital, Food For Health Clinic

Jennifer Bove-, MS, RDN East Hampton Public Schools, School Garden

Sandra Kops, PhD RDN CDN- founding director of Nutrition Security Solutions in North Haven, consulting member of the Hamden Community Food Insecurity Task Force

The National Strategy on Hunger, Nutrition and Health report is an important step in addressing health equity and achieving the Academy's mission of accelerating improvements in global health and well-being through food and nutrition. This session will provide insight into what's happening here on the local and state level and how you can put the conference Pillars into action in your community.

Pillar 1: Improve food access and affordability

Pillar 2: Integrate nutrition and health

Pillar 3: Empower all consumers to make and have access to healthy choices

Pillar 4: Support physical activity for all

Pillar 5: Enhance nutrition and food security research

3:45 - 4:00 Final remarks /**Evaluations/Door Prizes/Adjourn**