YOU ARE INVITED!

Make your plans now to join your friends and colleagues in Houston, Texas, April 8-10, 2015 for the Annual Food and Nutrition Conference of the Texas Academy of Nutrition and Dietetics. This conference always offers the best in educational opportunities and 2015 is not any different. These educational sessions are offered at affordable prices for dietitians, dietetic technicians and students from across the state.

This statewide event is open to Texas Academy members and non-members. Managers, supervisors and team leaders are urged to recognize and encourage additional staff members to attend. The annual conference offers a networking opportunity like no other and offers the perfect opportunity for non-members to realize the valuable professional enhancements provided by Texas Academy. If you are involved in the dietetic profession you do not want to miss this program. Continue reading to find out just what the 2015 Texas Academy of Nutrition and Dietetics FNCE has planned for this year!

Houston Marriott Westchase Hotel: Discover the west end of Houston, TX at the Houston Marriott Westchase. The Westchase section of Houston is conveniently located near key Houston landmarks like Reliant Stadium, Rice University and The Uptown Galleria Area. The group rate is $152 single/double occupancy, triple and quadruple occupancy. Click here for hotel reservations.

AIRPORTS

Hobby Airport (HOU)
Transportation:
SuperShuttle: http://www.supershuttle.com/ or 1-800-258-3826 est. fee $27 one way; reservation required
Estimated taxi fare: 55 USD (one way)

George Bush Intercontinental Airport (IAH)
Transportation:
SuperShuttle: http://www.supershuttle.com/ or 1-800-258-3826 est. fee $27 one way reservation required
Estimated taxi fare: 70 USD (one way)

Attire
Business Casual is appropriate for all educational sessions. Please remember that temperatures in hotel vary, therefore we encourage you to bring a sweater or jacket.

Continuing Education
Due to concurrent sessions and individual learning needs, earned hours may vary from attendee to attendee. There are 5 CPEUs available on Wednesday, 8.5 CPEUs on Thursday and 4.5 CPEUs on Friday.

Exhibits
Companies will showcase products and services of interest to Texas Academy members and Annual Conference registrants on Wednesday evening and Thursday. The Texas Academy PAC Silent Auction will be held in conjunction with the Exhibits within the exhibit hall. Four (4) hours of dedicated exhibit time is included in the program.
OPENING GENERAL SESSION 2:00 – 4:00 PM
PRESENTING SPONSOR: Dairy MAX

Opening Remarks and Welcome: Ellen Bubak, MBA, RD, LD, Texas Academy President

FNCE Overview: Keli Hawthorne, MS, RD, LD, 2015 FNCE Co-Chair
Cathy Montgomery, MS, RD, LD 2015 FNCE Co-Chair

KEYNOTE PRESENTATION

Tour of Texas: Improving Child Nutrition and Reducing Hunger One Meal at a Time
Dayle Hayes, RD, LD

Research shows that wellness can have a significant impact on student achievement. This session will demonstrate how innovative wellness programs and policies are improving both student health and school learning environments in Texas. Healthy steps like a simple school breakfast and classroom activity breaks can improve children’s ability to concentrate and their classroom behavior. Join Dayle Hayes, MS, RD, a national expert on the Learning Connection, Food Insecurity and School Meals That Rock, to learn the latest strategies, resources and grants for ensuring that every Texas student is fit, well-nourished and ready to learn every day.

GENERAL SESSION 4:10 – 5:10 PM
The Changing Landscape of Healthcare
Dan Wolterman
President and CEO, Memorial Hermann Health System

Opening of the FNCE Exhibition Hall and Welcome Reception
Exhibits, Texas Academy PAC Silent Auction, Posters, Culinary Stage
5:30 – 7:30 PM
Grand Pavilion/Houston Marriott Westchase

Thursday, April 9, 2015
Registration – 7:00 AM – 6:00 PM
Fueling Station 7:00 AM – 4:00 PM

CONCURRENT SESSIONS 8:00 – 9:00 AM

Understanding Power and Influence: A Leadership Perspective
Larry D. Perkins, PhD
The Ins and Outs of Working with the Female Athlete  
Level 2  
Amy Goodson, MS, RD, CSSD, LD  
Sponsor: Dairy MAX  
From adolescent to baby boomer, females train at high levels. Unfortunately many train underfueled putting them at risk for injury, overtraining syndrome and medical issues. "The Ins and Outs of Working with the Female Athlete" will cover the nutrition demands of the female athlete at all ages in addition to the Female Athlete Triad and how to prevent, work with and treat athletes that suffer from it. Sports dietitian or not, active females are everywhere and it is essential you know how to fuel them to perform optimally!

Changing the Way We Look at Agriculture  
Level 2  
Abigail Copenhaver, RD and Farmer  
Funding for this session provided by an educational grant through the Academy of Nutrition and Dietetics Foundation's Future of Food (FOF) Initiative

The Food on Our Plate: Evidence Linking Healthy Food to a Healthy Planet  
Level 3  
Christine McCullum-Gomez, PhD, RD  
Sponsor: Organic Valley  
Changes in climate systems, including the recent drought, have disrupted various aspects of food production in Texas. Food choices are an important factor in improving planetary health, reducing impact on the natural environment, and creating more sustainable, resilient, and healthy food systems. As food and nutrition experts, dietitians can play an invaluable role in this realm. The program session will: 1) Inform registered dietitians of the latest scientific evidence on the intersection between food, planetary health, and human health 2) Discuss the role of registered dietitians in improving planetary health through strategies such as: leading efforts to grow food in a variety of settings including schools, communities, and health care facilities; promoting plant-based meals; composting food waste; encouraging consumption of organic foods; and reducing food packaging waste and 3) Unveil effective strategic planning and negotiation skills when creating healthier food systems with an emphasis on creating enduring networks of support.

Finding Truth about the Failed Theories of Coronary Heart Disease Etiology  
Level 2  
James Painter, PHD, RD  
Sponsor: National Pasteurized Eggs  
There are various factors that are thought to increase the risk of developing heart disease. The intake of cholesterol, saturated fat, and salt are considered to be contributions to the development of heart diseases, and dietary guidelines have been created to encourage the restriction of fat. However, current research findings suggest that cholesterol and total fat do not take part in the development of heart disease etiology. Sodium intake only increases blood pressure in 10% of the population. Reducing saturated fat is only effective in reducing risk of heart disease if it is replaced by polyunsaturated fats and only certain saturated fats are atherogenic. Attention should be placed on preventative measures such as intake of omega 3-fatty acids, fiber, and antioxidants which can be obtained through the intake of nuts, fruits, and vegetables.

Sense and Senescence: A Coming of Age Party for the Senses  
Level 3  
Annette Hottenstein, MS, RD, LDN  
Partial funding provided by Simply Thick  
"Senescence" is the process of becoming old. In this "coming of age party" for the senses the audience will discover how the field of sensory evaluation can be utilized in the nutrition care process for older adults. Topics will include: the physiology of taste and smell decline in the elderly, the effects of medication on the senses, enhancing foods for an elderly population, and quick and easy tools for sensory acuity screening.

Let's Get Social – Academy Foundation Education and Working Session to get YOU SOCIAL  
Level 2  
Adrien Paczosa, RD, LD, CEDRD  
Angela Lemond, RDN, CSP, LD
Funding for this session provided through a grant from the Academy of Nutrition and Dietetics Foundation

Texas Academy will continue to support and encourage members to engage in social media by hosting Twitter challenges at our Texas FNCE conference to kick off this member engagement initiative.

**Innovative Strategies for Managing IBS - FODMAPs and More**  
Level 3  
Carol S. Ireton-Jones, PhD, RDN, CNSC, FAND, FASPEN  
Funding for this session provided by an educational grant from Nestlé Health Science

Gas, bloating, diarrhea and/or constipation, and pain are common symptoms/complaints associated with irritable bowel syndrome (IBS). Management of IBS includes medical therapy, mind-body, relaxation and psycho-social therapies as well as food therapies. One of the newest and most successful strategies for IBS treatment is through the use of a FODMAPS elimination diet. Elimination of specific carbohydrate containing foods with re-introduction as tolerated has alleviated the cause and therefore the symptoms associated with gas, bloating, pain and GI dysfunction. Dietitians are uniquely qualified to translate these food restrictions into a healthful diet for maintenance.

**Happier Meals: Helping Parents Overcome Mealtime Challenges by Example**  
Level 2  
Tracey Ledoux, PhD, RD

"Happier Meals: A Dietitian's Tips for Parents of Young Children" is an instructional video based on vicarious learning principles that is available for clinicians to use when providing nutrition counseling to families of young children. In this session, the process used to develop Happier Meals and an overview of the theory and research on which it is based will be discussed. In addition, Happier Meals will be shown in a first time screening among attendees.

**EXHIBITION HALL   11:30 AM – 1:30 PM**   
Exhibits, Texas Academy PAC Silent Auction, Texas Academy Posters, Culinary Stage

**GRAND PAVILION**

**CONCURRENT SESSIONS  1:45 – 3:15 PM**

**Communicating your Message - Media Training for RDNs**  
Level 2  
Meridan Zerner, MS, RDN, CSSD, LD

This session is for the RDN who would like to get a "hands-on" opportunity to learn how to deliver their message to the media. We will provide practical tips or "tricks of the trade" to facilitate a better TV, print or radio interview. Learn how to craft a concise message and how to promote science-based nutrition principles to the public. In addition, we will fine-tune and practice better body language, dress, pitching a topic, utilizing props, presentation and presence. After an informative lecture and short panel discussion, get ready for personal coaching and guidance as you practice your new skills in fun breakout sessions.

**Using MyPlate to Conquer Obesity and Diabetes**  
Level 3  
Donald Layman, PhD  
Sponsor: The Beef Checkoff through the National Cattlemen's Beef Association

Creating the ideal plate-look to counter the epidemics of obesity and diabetes requires balancing protein and carbohydrates at each meal. The meal composition of protein and carbohydrates determines muscle health, body fat storage or use, and satiety. The presentation will examine the research behind creating an ideal plate-look.

**Research Update: What's New with Low Calorie Sweeteners**  
Level 2  
Craig Johnston, PhD  
Rebecca Reeves, PhD, RD  
Sponsor: Calorie Control Council

Research Update: What’s New with Low Calorie Sweeteners will highlight the results of recent publications investigating the use of low calorie sweeteners as significant weight loss strategies for adults and children. The talk will also cover the topic of low calorie sweeteners, appetite and food intake and explore the suggestion that low calorie sweeteners increase appetite and food intake. Statements from recognized health organizations on the use of low calorie sweeteners will be presented and the role for dietetics practitioners to communicate evidence-based information on this topic.
**Hunger - Every RDs problem: The Faces of Hunger All Around Us**  
*Level 2*  
**Carrie Sanders, RD**  
**Sponsor: Dairy MAX**

The face of hunger is ever present and impacts all levels of health care. Carrie Sanders will be discussing where and how hunger impacts registered dietitians across practice settings. She will be teaching participants how to delineate food insecurity across communities and ethnic groups - recognizing nutritional deficiencies and teaching how to correct them by utilizing the food bank system. Carrie's session will bring to light how food insecurity can impact a dietitian's practice and how dietitians can best utilize their unique skill set to help individuals receive the nutrition they need to reduce disease risk.

**Nonalcoholic Fatty Liver Disease: Current Nutrition Approaches**  
*Level 2*  
**Beth A. Smith MS, RD, LD, CNSC**

The incidence of NAFLD is becoming the most common cause of chronic liver disease worldwide. With new effective treatment for Hepatic C, NAFLD is expected to become the leading cause for liver transplantation. This session will review the current data available on the effects of diet, lifestyle and insulin resistance on the pathogenesis in NAFLD and the effects of nutrition and lifestyle modifications.

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**CONCURRENT SESSIONS  4:40 – 5:40 PM**

**On the Rise! Understanding Food Allergies**  
*Level 3*  
**Gene Devora, MD, PhD**  
**Maria-Paula Carrillo, MS, RDN, LD**  
**Funding for this session provided by an educational grant from Nutricia North America**

Food allergies are on the rise in both children and adults. As a board-certified allergist and immunologist, Gene A. Devora, M.D., Ph.D. will discuss the diagnosis and management of food allergies and how these differ from food intolerances. Dr. Devora will explain the different types of food allergy testing and how these are performed. The management of anaphylactic reactions will also be included. Maria-Paula Carrillo, a registered dietitian, will discuss the nutritional implications associated with food allergies and how to ensure a balanced diet despite the usual required eliminations. The presentation will cover a variety of management strategies across the lifespan like label reading, eating out, minimizing risk for accidental intake or reactions, possible ways to prevent allergies, etc.

**Keeping Our Elders at Home? Surely It's Not This Simple...**  
*Level 2*  
**Kathie Robinson, MS, RD, LD, CDE**  
**Sponsor: Meals on Wheels, Inc. of Tarrant County**

Registered Dietitians facilitate programs to assist older adults live more healthfully in their homes…where they want to be. The programs have been shown to decrease hospitalizations and emergency room visits, consequently decreasing health care expenses for the community. This session will discuss the programs in detail, and provide information on the benefits, costs and research.

**Nutrients of Concern following Bariatric Surgery: Vitamin D and B Complex Vitamins**  
*Level 3*  
**Carolyn E. Moore, PhD, RD, LD**

Since few prospective studies have evaluated the appropriate supplementation dosages following bariatric surgery, this presentation will discuss the current national guidelines and the effectiveness of supplementation following RYGB and SG based on a recent clinical trial conducted by Texas Woman's University with Houston Methodist Hospital. Finally, nutritional screening and appropriate dietary supplementation to prevent nutrient deficiencies to improve long-term out-

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**TEXAS ACADEMY AND TEXAS ACADEMY FOUNDATION RECOGNITION DINNER AND EVENT**  
**DINNER – 6:15 – 7:30 PM**  
**CASINO NIGHT – 7:30 – 9:30 PM**

This event is a combination of the presentations to Texas Academy Award and Texas Academy Foundation/Academy Foundation Scholarship recipients. You must have a ticket for dinner but all are welcome for the Casino Night. The dinner ticket price is $40 for dinner only and $60 with $25 of casino chips included.

Casino chips will also be available for purchase at the event.
Friday, April 10, 2015
Registration – 7:00 – 10:00 AM
Fueling Station – 7:00 – 11:00 AM

NETWORKING BREAKFAST
7:00 – 8:15 AM

Legislative Update with the Texas Academy Public Policy Panel
7:30 – 9:00 AM
Megan McHenry, MS, RD, LD
Debra King, MS, RD, LD
Nylia Kreiner, MS, RD, LD
Kimberly Bandelier, MS, RD, LD
State Policy Representative
Consumer Protection
Public Policy Coordinator
State Regulatory Specialist

CONCURRENT SESSIONS
9:10 – 10:10 AM

Supermarket RD: How Do You Balance Marketing and Fads with Sound, Scientific Advice?
Level 2
Stacy Bates, MS, RD, LD, CDE
Rita Zapien, MS, RD, LD, CDE
Sponsor: H-E-B Health & Wellness Nutrition Services
Balancing customer demand for "better for you" products can be a challenging task. With more and more confusion around nutrition and foods, customer demand can often drive the perpetuation of misinformation or misleading marketing trends. Learn key ways to educate, engage and empower your customer and clients to make healthier choices, based on science.

Reimbursement: New Game, New Rules
Level 3
Lucille Beseler, MS, RDN, LDN, CDE
Partial funding for this session provided by the Academy Coding and Coverage Committee
Healthcare delivery and payment systems are changing, requiring changes in the registered dietitian's approach to advocating for the recognition of nutrition services. Learn about new opportunities to get paid for your services in both the public and private market and the Academy resources that are key to your success.

Enhancing EN Safety: Tubes, Connections, Tips & Troubleshooting
Level 3
Karen Martin, MS, RD, LD
Major international enteral nutrition device manufactures are standardizing connections. The infusion of enteral nutrition via the parenteral route has resulted in death and sentinel events. The potential for interconnectivity leaves room for unacceptable risk. The Global Enteral Device Supplier Association has rolled out a timeline to increase awareness and end the use of enteral connectors that can share potential for vascular access. The timeline started in 2011 and 2014 saw the roll out of a patient-end transition set; 2015 will hail the release of enteral specific syringes as well as patient-access feeding tubes with transition to the new ISO standards by the first quarter of 2016. With the push for RDN's to "own feeding tubes," education is needed to convey this initiative. This presentation will detail the origin of the initiative, as well as provide troubleshooting guidance for management of enteral feeding tubes.

CONCURRENT SESSIONS
10:20 – 11:20 AM

Welcome to Your New Addiction - Understanding the Nature of Food Addiction
Level 2
Allison Childress, MS, RDN, CSSD, LD
Cynthia Dsauza, PhD, LMFT-A
The notion that a person can be addicted to food has recently gained more attention and support by both media and scientific research. Scientific evidence shows that certain components of food (salt, fat, sugar) can activate the reward and pleasure centers in the brain much like illicit drugs such as cocaine and heroin. Food becomes addictive when it occurs in combinations that nature never intended. This presentation will help nutrition professionals identify characteristics of Food Addiction and provide helpful tools that can be utilized in practice.
**Update on Order Writing Practices in Texas**  
*Level 2*  
Kim Bandelier, MPH, RD, LD  
Texas Academy State Regulatory Specialist

**Hype or Hope: Nutrition Recommendations for Children with ADHD**  
*Level 3*  
Janice Scott, MS, RD, CSP, LD

Families whose children have been diagnosed with attention deficit disorders are susceptible to questionable information from the internet, well-meaning friends and multi-level marketing schemes. Advice from a nutrition expert who is able to help them understand basic neurochemistry and who can provide science-backed nutrition recommendations will allow them to make informed decisions. This presentation will review basic science relating to nutrition and neurological function. The need for essential nutrients such as protein, calories, lipids and vitamins in the developing brain will be contrasted with more controversial micronutrients. The use of supplemental products containing fish oil, pycogenol, and phosphatidylserine as well as multi-vitamins and minerals will be evaluated in light of peer-reviewed literature. The impact of ADHD pharmaceuticals on growth velocity will also be outlined in a case study format.

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**LUNCH & CLOSING GENERAL SESSION  11:30 AM – 1:00 PM**

**PRESENTING SPONSOR: Texas Beef Council**

**The Power of the Food Experience:**  
*Tips and Tools to Inspire Healthy Lifestyle Changes through Culinary Demonstrations*  
Shalene H. McNeill, PhD, RD, LD

This interactive session will show how health & wellness advocates can educate their audiences to adopt and maintain healthy lifestyles through food. Designed for the non-chef, attendees will take home tools with easy techniques for providing clients and audiences with quick, easy meal solutions that strike the right balance between taste and nutrition.

**REGISTER NOW!**

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**TSDA Student Track**  
Friday, April 10, 2015  
1:00 – 3:00 PM

Includes welcome and remarks from Ellen Bubak, MBA, RD, LD, Texas Academy President, Elizabeth Kiertscher, Texas Academy Foundation Director and TSDA Officers  
TSDA Officer Transition Meeting

*Full conference or Friday one day purchase includes the student track*
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**Members**

*Being a member of the Academy of Nutrition and Dietetics automatically makes you a member of your State affiliate and qualifies you for the member discounts. Registration prices do not include optional events.*

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**Non-Member**

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**Student/Intern/Retiree**

*Fulltime Student/Intern status must be verified. Upload a copy of student ID or letter from professor or internship director with registration form. Your registration cannot be completed without uploading a copy of a student ID or letter. A student, intern or retiree registration must match your membership type with the Academy.*

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**Guest**

*Guest is defined as an individual outside the dietetic profession. **Children under 16 are not permitted to attend any FNCE official activity.** Guest registration covers admission to the Exhibition and Silent Auction*

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