Florida Food and Nutrition Symposium

2020 FL FANS
Virtual Meeting

September 26-27, 2020

All In!

Florida Academy of Nutrition and Dietetics
8:00 am – 8:50 am

Older Americans and Malnutrition: What you need to know? Part 1

Heather J. Wayco, MHA, RDN, LD  
Sabrina Taylor, MSW  
Dona Greenwood, PhD, RDN, LDN, FAND

Food insecurity crosses all ethnicities, gender and ages. As our population ages, seniors are facing the hardship of financial challenges, physical limitations and isolation. The result is more and more seniors are living below poverty levels and facing food insecurity. This session will address the current national initiatives of Defeat Malnutrition Today supported by Abbott Nutrition. As malnutrition is a critical public health issue and one that effects the quality of life, this backlash will influence the health care system and delivery of care to malnourished seniors. The focus necessities health care professionals to take a proactive position on resolving the problematic issue. It will take a community of dedicated individuals to voice the awareness of senior malnutrition. This session will address how can you help this vulnerable population reduce this problematic issue of malnutrition among seniors 60 years of age and older.

LNC 3000, 4190, 5285 PI 10.1.1 Level 2

9:00 am – 10:30 am

Nutritional Control of Vascular Health

Shalesh Kaushal, MD, PhD

The vascular system (VS) is critical for the perfusion and function of all organs within the body. Besides oxygenation, blood vessels are the conduit for nutrient exchange, hormones and cytokines that regulate homeostasis. The VS also is critical for transporting white blood cells and other immune cells in helping mitigate and eliminate pathogens. The two central elements of the vasculature are: 1) the endothelial cells that line all vessels and 2) the glycocalyx, a molecular gel that lines the luminal side of the endothelial cells. Together the EG (endothelial-glycocalyx) structural unit responds and regulates inflammation, nitric oxide (NO) production and coagulation. Not surprisingly, the EG unit is nutritionally controlled.

LNC 2070, 2090, 5160 PI 8.1.3, 8.1.4, 8.1.5, 10.2.5 Level 1 & 2
EDUCATIONAL SESSION DESCRIPTIONS

Saturday continued

10:45 am – 12:15 pm

Catch Your Breath: The Latest on COPD Nutrition Practice

Ellen Bowser, MS, RDN, LDN, RN, FAND

The Academy of Nutrition and Dietetics Analysis Center's 2019 COPD Evidence Based Nutrition Practice Guideline for adults is now available. Learn about the latest nutrition recommendations for Medical Nutrition Therapy, body weight, energy requirements and intake, macronutrient composition and vitamin D for adults with COPD from the project's lead analyst.

LNC 5330, 5410 PI 8.3.5, 8.3.6, 8.3.7 Level 2
LNC 2070, 2090, 5160 PI 8.1.3, 8.1.4, 8.1.5, 10.2.5 Level 1 & 2

12:15 pm – 1:30 pm

Dinacharya for Dietitians

Marilyn Gordon, EdD, RDN, LDN, CSSD

Take a break with yoga instructor, Marilyn Gordon and explore the practice of integrative self-care using Ayurvedic principles. “Dinacharya” is the Sanskrit word for “daily routine”. In Ayurveda, having a morning routine can begin your day in a calm, stable way; clearing the mind and rejuvenating the body. Get your yoga mat and learn about:

- “Dinacharya” and basic Ayurvedic principles
- Breathing techniques to help you relax, de-stress, and renew
- Gentle Stretching and yoga practice to release tension and tightness
- “Savasana” a final relaxation exercise to restore energy and alertness

LNC 4060, 4090 PI 8.2.4, 8.3.6 Level 1

**Sponsored by Nova Southeastern University**
EDUCATIONAL SESSION DESCRIPTIONS

Saturday continued

1:45 pm – 2:45 pm
**Intermittent Fasting: Effects on the Mind-Body**

*Stephen Anton, PhD*

This section will review the adverse metabolic changes that occur during aging, and the role that intermittent fasting approaches may have in improving body composition and function during aging. LNC 5370 PI 8.1.3, 10.2.5 Level 2

3:00 pm – 4:00 pm
**Integrating Newer Technologies into Weight Loss Management**

*Kathryn Ross, PhD, MPH*

This session will describe how newer technologies (e.g., wearable devices, smartphone applications, and “smart” scales) can be integrated with nutrition counseling and behavioral approaches to weight management. Discussion will focus on the features available in newer technologies and how to optimally integrate these tools into clinical practice, including best practices related to patient privacy and confidentiality. LNC 1020, 5370 PI 5.1.1, 5.1.2 Level 3

4:00 pm – 5:00 pm
**TBA**
8:00 am – 8:50 am

**Older Americans and Malnutrition: What you need to know? Part 2**

*Rosa Carranza, RDN, LDN*  
*Heather J. Wayco, MHA, RDN, LD*  
*Sabrina Taylor, MSW*  
*Dona Greenwood, PhD, RDN, LDN, FAND*  
*Cathy Arft, CDM, CFS*

Continuing from yesterday’s presentation addressing senior malnutrition and bringing awareness to communities, professionals and government representatives, this session will focus on Achieving Quality Malnutrition Care for Older Adults. A National Blueprint was designed providing goals and strategies developed by the Defeat Malnutrition Today coalition, Avalere Health and the Malnutrition Quality Collaborative supported by Abbott Nutrition. Articulating the goal of reducing and/or eliminating senior malnutrition can only be achieved through strategies recognizing the severity of this problem and collaborating to resolve malnutrition amongst our vulnerable population. Experts will conduct a panel discussion engaging the audience on strategies workable at the local, state and federal level.

LNC 3000, 4190, 5285 PI 10.1.1 Level 2

9:00 am – 10:30 am

**Member Empowerment**

*Cathy Christie, PhD, RDN, LDN, FAND*

LNC 1070 PI 3.1.6, 3.1.7, 3.2.2 Level 2
EDUCATIONAL SESSION DESCRIPTIONS

Sunday continued

10:45 am – 12:15 pm
The State of Licensure in Florida

Sidronio “Chilo” Casas  Stephanie Petrosky, MHS, RDN, LDN, FAND  Chris Chaney

This presentation will outline the Department of Health’s Unlicensed Activity Program, why it is a priority for the state, the dangers of unlicensed health care providers, and the criminal aspect of the offenses. Florida is unique in its approach to combating unlicensed activity, and we will discuss what makes it unique, how it is funded, and how it is the only state in the nation with a dedicated program to combat it. We give many examples with photos and videos throughout the presentation. We also provide red flags consumers can use to identify unlicensed activity.

LNC 1070, 1080 PI 3.2.1, 3.2.3 Level 2

12:30 pm – 1:00 pm
Awards Program

1:15 pm – 3:15 pm
Preventing Medical Errors & Dietetics Practice

Cathy Christie, PhD, RDN, LDN, FAND  Susan Mitchell, PhD, RDN, LDN, FAND

This session is designed to meet the Florida licensure requirement for two hours of continuing education in medical errors. Participants will learn about the most common medical errors nationally and in the state of Florida as well as common medical errors in dietetics practice. Root cause analysis will be discussed followed by strategies for prevention of medical errors in dietetics practice. LNC 1050, 1080, 7110 PI 1.2.1, 1.2.4, 1.2.6, 1.5.1 Level 2

Sponsored by Professional Development Resources
Human Trafficking is a global pandemic and healthcare providers, including dietitians and nutritionists, are on the frontlines of being able to identify and help victims. The International Labor Organization (ILO) estimates that 24.9 million men, women, and children are bought, sold, and enslaved around the world. Moreover, Florida is third in the nation in terms of numbers of human trafficking victims reported to the National Human Trafficking Hotline. Often hidden in plain sight, they are in factories, fields, hotels, restaurants private homes, and on our streets; and every day, they interact with healthcare providers. No population is exempt; it affects all ages, races, genders, sexual orientations, ethnicities, and other demographics. Healthcare professionals are in a unique and trusted position, making it imperative for them to be fully informed about human trafficking. This session will meet the requirements of Florida law regarding human trafficking education, help attendees to identify both the presence of sex and labor trafficking within their practice setting, understand how to best respond, and know about resources within their communities to be able to assist trafficking survivors. LNC 1080 PI 1.5.1 Level 1
FACULTY

Cathy Arft, CDM, CFS  
Food Service Director  
Trio Community Meals at Osceola Council on Aging  
Orlando, Florida

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Dept. of Aging and Geriatric Research  
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