

Oregon and Washington State Academy
Virtual Conference 2023

**Evolution or Revolution:
Framing the Future**

Tuesdays @ 12 pm PT
March 7 through April 4, 2023

Registration
is Open →

Join us for the upcoming Oregon and Washington State Academy of Nutrition and Dietetics Virtual Conference 2023! We anticipate that 6-8 hours CPEU will be approved for our series, *Evolution or Revolution: Framing the Future*

Tuesday - March 7, 2023, @ 12 pm PT

Delivering Culturally Appropriate Patient Care

Speaker: Dr. Melinda Boyd, DCN, MPH, MHR, RD, FAND

- Identify ways to personally develop cultural humility
- Demonstrate how to incorporate a patient's cultural beliefs into evidence-based practice
- Develop strategies to implement culturally appropriate care in their own practice

Suggested Competencies: 1.7.1, 1.7.2, 1.7.3, 3.1.1, 4.2.7

Thursday - March 9, 2023, @ 12 pm PT

Birth to Adolescence: The Importance of Dietary Protein & Breakfast Consumption

Speaker: Heather Leidy, PhD

- Identify dietary patterns that may have positive effects on protein quantity, quality, and timing of consumption.
- List the benefits of increased dietary protein consumption for treating youth experiencing overweight/obesity.
- Develop strategies to assess the appropriateness of youth nutrition counseling theories and methods.

Suggested Competencies: 8.1.1, 8.2.3, 9.1.1, 9.1.4, 9.6.3

Tuesday - March 14, 2023, @ 12 pm PT

Finding Your Passion for Nutrition Policy and Advocacy

Speakers: Laura Perdue, MPH, RDN and Brittany M. Wagner, MPH, RDN, CD

- Illustrate the different layers of the legislative process and how they relate to Dietetics
- Identify policy area(s) of interest to focus legislative efforts
- Engage year-round with their local, state and federal legislators on matters of Food and Nutrition Policy

Suggested Competencies: 3.2.1, 3.2.2, 3.2.6, 3.3.3, 3.3.4

OR & WA State Academy Member Pricing

Six Session Package: \$90 Members, \$50 Students

Single Session: \$20 Members, \$10 Students

The Cheese Experience: \$30 Members, \$15 Students

**Early Rates End:
2/17/2023
SAVE \$30.00**

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Tuesday - March 21, 2023, @ 12 pm PT

Pause Before Posting: Social Media with Ethics in Mind

Speaker: Drew Hemler, MSc, RD, CDN, FAND

- List at least three (3) Standards of Professionalism
- Identify three (3) instances of unethical practice on social media
- Respond appropriately when observing unethical behavior on social media

Suggested Competencies: 1.1.6, 1.3.1, 1.3.2, 2.2.4

Tuesday - March 28, 2023, @ 12 pm PT

Probiotics and Fermented Foods – What RDNs Need to Know

Speaker: Dr. Mary Ellen Sanders, PhD

- Define probiotics and fermented foods and discuss evidence that probiotics can contribute to digestive and immune health.
- Identify opportunities for using probiotics and fermented foods in dietetics practice and look to the future at health promotion and ongoing research.

Suggested Competencies: 8.1.2, 8.1.4, 10.3.7, 10.3.8

Tuesday - April 4, 2023, @ 12 pm PT

Nutrition Informatics: More Than Just Using Technology

Speaker: Marty Yadrick, MBI, MS, RDN, FAND, ACHIP

- Define nutrition informatics and discuss its applicability to any area of dietetic practice
- Utilize ANDHII and discuss its value in collecting outcomes data on patients/clients
- Communicate the benefits of ANDHII and its value in collecting outcomes data on patients/clients

Suggested Competencies: 5.1.2, 5.2.2, 5.2.3, 5.2.7

Tuesday - April 18, 2023, @ 4 – 5:30 pm PT

Cheese on the Plate: A Virtual Experience and Tasting

- Gain deeper understanding of how sustainability and nutrition are inextricably linked and how our food system can nourish a growing population while preserving and renewing precious natural resources.
- Learn how three local, family-owned businesses contribute to the health and well-being of people in the PNW through their commitment to people, communities, animals and the planet.
- Learn about the NW cheese industry, varieties and unique flavor attributes.

Suggested Competencies: 7.2.1, 7.2.7, 8.4.2, 11.2.1, 11.2.6, 13.2.7

Not an Academy member? Considering joining!

Six Session Package: \$180.00 Non-Members

Single Session: \$40 Non-Members

Early Rates End:

2/17/2023

SAVE \$60.00