







NUTRITION INNOVATION WHAT'S FRESH?

Tuesdays @ noon PT
March 11 – April 8, 2025

- | | |
|--|---|
| 1  Diet Culture | 4  Ethics & AI |
| 2  Food Technology | 5  Disease Updates |
| 3  Nutrition Trends | 6  Business |

100%
GUARANTEED
5 CPEU



Oregon & Washington State
Academy of Nutrition and Dietetics
Virtual Conference 2025

Registration is Open

Join us for the upcoming Oregon and Washington State Academy of Nutrition and Dietetics
Virtual Conference 2025!

We anticipate that 5-7 hours CPEU will be approved for our 5-part series.

Session 1: Tuesday - March 11, 2025, @ noon PT

AI in Dietetics: Innovation with Integrity

Speaker: Grace Scarborough, RDN

- Identify possible AI applications within the field of dietetics.
- Apply practical strategies for incorporating AI into practice.
- Examine AI's ethical concerns and drawbacks, enabling informed decisions on implementation in practice.

Suggested Competencies: 1.1.3, 1.1.5, 1.2.6, 5.2.1, 6.2.1 (Ethics)

Session 2: Tuesday - March 18, 2025, @ noon PT

Advances in Obesity Management: What RDNs Should Know

Speaker: Dr. Johnathan Purnell, MD, FTOS

- Define obesity as a chronic illness, including its relation to cardiovascular disease and Type 2 Diabetes.
- Discuss the impact of pharmacological interventions in weight loss, as well as factors that impact safety and efficacy of treatment.
- Explain the importance of balanced nutrition and dietary management for patients receiving weight loss medication, and how RDNs fit into the interdisciplinary approach to care.

Suggested Competencies: 11.4.1, 11.4.2, 11.4.5, 11.4.6

Session 3: Tuesday - March 25, 2025, @ noon PT

Introduction to Autoimmune Nutrition

Speaker: Caylee Clay, RDN, LDN, CYT

- Identify relevant research and appropriate medical nutrition therapy interventions for autoimmune diseases in general.
- Counsel a client living with autoimmune disease on the initial steps to improve autoimmune health outcomes using nutrition.
- Give examples of advanced interventions that should be explored, once the initial steps have been completed, that will address concerns/issues that are individual to each client.




Suggested Competencies: 9.1.1, 9.1.2, 11.3.6, 11.3.9

OR & WA State Academy Member Early Pricing
Five Session Package: \$85 Members, \$35 Students
Single Session: \$20 Members, \$10 Students
Bonus 6th Session Available at a Discount

Early Rates End:
2/10/2025
Don't Delay!

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Session 4: Tuesday – April 1, 2025, @ noon PT

Cultural Foods: Recipes, Partnerships, and Community Bonds

Speaker: Betina Applewhite, MS, RDN, LDN, SNS

- Analyze the nutritional benefits of incorporating cultural foods into a healthy lifestyle.
- Identify effective strategies to engage targeted community demographics in recipe development and testing.
- Discuss how ongoing partnerships can enhance community health outcomes.

Suggested Competencies: 2.1.1, 2.2.3, 2.2.4, 5.2.1, 6.2.1 (Health Equity)

Session 5: Tuesday – April 8, 2025, @ noon PT

Support Oral Health: Nutrition for Oral Microbiome Homeostasis

Speakers: Sara Karlin, DDS & Ellen Karlin, RDN, LDN, FADA

- Discuss the synergistic relationship between the child's diet and oral health.
- Outline strategies to assist patients in navigating the complex landscape of nutrition and pediatric oral health.
- Identify opportunities for collaboration with oral healthcare professionals.

Suggested Competencies: 9.2.2, 9.2.3, 9.2.4, 10.1.1

Bonus Session: Thursday – April 10, 2025, @ 4:30 PM PT

Beer & Bites: Exploring Craft Beer, Local Food Pairings, Nutrition and Sustainability

Speakers: Melissa Page, MS, RDN, CSOWM, LDN & Zach Page

- Identify five unique styles of beer based on flavor profile, aroma, and color.
- Choose appropriate beer and food pairings for five unique styles of beer.
- Describe the process, ingredients, and history of brewing beer.

Suggested Competencies: 12.1.2, 12.1.3, 13.4.2, 13.4.3

This session is offered at a 50% discount – we anticipate it will include CPEU!

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