

32nd Annual SCAN Symposium

PRESCRIPTIONS FOR  
SUSTAINABLE HEALTH,  
PERFORMANCE  
AND PRACTICE

APRIL 8-10, 2016

Portland, OR

Sports, Cardiovascular,  
and Wellness Nutrition

**eat right.** a dietetic practice group of the  
Academy of Nutrition and Dietetics



PORTLAND, OREGON



**Hope Barkoukis**  
PhD, RDN, LD



**Linda Van Horn**  
PhD, RD



**Sharon Smalling**  
MPH, RD, LD



**Tanya M. Halliday**  
PhD, RD

### **ACHIEVEMENT AWARD**

In conferring this year's Achievement Award, SCAN recognizes Hope Barkoukis, PhD, RDN, LD. Dr. Barkoukis is the Interim Department Chair and Associate Professor at Case Western Reserve University. Her diverse career has included public health, corporate consulting, private practice, clinical research, and teaching. Hope maintains a sports nutrition practice and is a member of 9 DPGs. She has extensive leadership experience and has received awards for teaching excellence. She believes the Academy Board of Directors should prioritize optimizing professional empowerment for the RDN and maintain closer connections with membership via regularly scheduled Q & A webinars with members. She also believes that DPGs should have a larger voice in shaping the future landscape of our profession. In the 2016 Academy of Nutrition and Dietetics national election, Hope was elected to serve as Director-at-Large on the Board of Directors.

### **DISTINGUISHED SCHOLAR AWARD**

SCAN is proud to present the Distinguished Scholar Award to Linda Van Horn, PhD, RD. Dr. Van Horn is a tenured Professor in the Department of Preventive Medicine and Associate Dean for Faculty Development in the Feinberg School of Medicine at Northwestern University. She has been a SCAN member since 1985, having served on the Board as Program Chair. Her research focuses on diet in the prevention and treatment of cardiometabolic and other chronic diseases with a special focus on women and children. Currently, she is the Principal Investigator of an NIH-funded study aimed at prevention of excessive gestational weight gain in overweight and obese pregnant women involving a DASH-type diet and lifestyle intervention. Dr. Van Horn chaired the 2010 US Dietary Guidelines Advisory Committee, served on the NHLBI Advisory council, and also served a ten year term as Editor of the Journal of the Academy of Nutrition and Dietetics.

### **EXCELLENCE IN PRACTICE AWARD**

This year's Excellence in Practice Award in Wellness is bestowed upon Sharon Smalling, MPH, RD, LD. For over 34 years Sharon has provided nutrition education to those with cardiovascular disease as well as obesity, diabetes and GI disorders. She is a preceptor for three nutrition internship programs, mentoring students throughout the year. Sharon has presented to corporations, organizations and professional associations, including webinars on cardiovascular nutrition for the Academy and many DPGs. Sharon has volunteered with SCAN in numerous roles: Co-Creator and Co-Director of the Wellness / Cardiovascular RDs subunit and Wellness/CV e-newsletter; Chair of the 2013 Symposium; member and Chair of the Nominating Committee; and currently as a member of the 2016 Symposium Committee. She has been interviewed and quoted in print and online media as well as television. Sharon co-authored the book "Meal Solutions for Busy People" (2002) and received the Distinguished Alumnus award from the Department of Human Sciences at Stephen F. Austin State University (2005).

### **STUDENT AWARD**

SCAN's Student Award recognizes Tanya M. Halliday, PhD, RD. Tanya is a Registered Dietitian and Doctoral Candidate in the Human Nutrition, Foods, and Exercise Department at Virginia Tech. She received her undergraduate degree in Dietetics from the University of Wyoming and completed her dietetic internship at the University of Houston. Tanya currently conducts nutrition and exercise-related research and teaches undergraduate nutrition and exercise students. Her research examines the influence of diet and exercise on health-related outcomes and includes both adults at risk for metabolic disease and athletic populations. Her dietetics career also includes time spent working as a health educator in the corporate wellness setting, as a sports nutrition consultant, and as a nutrition columnist and blogger. Tanya has been an active SCAN volunteer for many years, and is currently serving on the 2016 Symposium Committee as Co-Chair and the 2017 Symposium Committee as Chair.

# WELCOME TO THE 32<sup>ND</sup> ANNUAL SCAN SYMPOSIUM IN PORTLAND!

Your Executive Symposium Committees are thrilled that you're here! This weekend is chock-full of learning, awards, great food and, of course, networking. And, SCAN members are notorious for having fun and dancing whenever they can so don't miss out on the after hours!

If you're a first-timer, I hope that your experience is just like mine was for my very first Symposium! Be sure you're not shy. This is your time to mingle among the RDNs that you've heard and read about, and may have answered a question or two from you on the listserv. It's your time to get involved more. It's your time to connect with and meet the individuals you want to meet. Take it all in.

If you've been here for many Symposia, thank you! You'll notice to keep with our "sustainable theme" this year; we're going with a digital program book and I'm positive you'll find this year's program as robust as years past!

## This year at Symposium:

- \* Get energized in our morning workout sessions before your learning begins
- \* Don't miss the SCAN Reception to see your colleagues get recognized and enjoy a raspberry-infused meal
- \* Explore Portland's farm-to-table dining scene at Dine around with SCAN and meet your SCAN leaders
- \* Don't miss the 1968 Boston marathon winner and Runner's World editor, Amby Burfoot, for the keynote address in conjunction with Dr. Mark Tarnopolsky
- \* Stay until the very end for the highly sought after Communications Workshop

When you're running in between sessions and through the expo hall, be sure to thank our sponsors and our Symposium Committee members for a stand up job on this program. It's a year's worth of work that takes place over just a few short days.

As we wrap up the last few months of this fiscal year, I can say positively that it's been a wild ride as chair. But, as far as I'm concerned, the horizon for SCAN has never looked better since I've been involved in Leadership. It's a very exciting time to be involved at this level and I look forward to next year's Symposium in Charlotte, NC to see how far we've come by them.

Welcome to Portland!

Warm and Healthy Regards,

Eve Pearson, MBA, RD, CSSD, LD  
SCAN Chair 2015-2016

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## 2015-2016 EXECUTIVE COMMITTEE

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### Symposium Staff:

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# continuing professional education + poster sessions + expo hall

## Continuing Professional Education

SCAN is authorized by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics to provide a maximum of **19 CPEUs** for the **2016 Symposium Program**, **4 CPEUs** for Exhibits and **2 CPEUs** for the **Poster Session** as applicable.

### COMMISSION ON DIETETIC REGISTRATION (CDR)

Prior approval has been obtained for credits as follows for each day:

	SESSIONS	EXHIBITS	POSTER SESSIONS
Friday, April 8	7.5	2	1
Saturday, April 9	7.5	2	1
Sunday, April 10	4	0	0

### AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM)

Prior approval has been obtained for credit for the full weekend.



### CERTIFICATES OF COMPLETION

CDR & ACSM Certificates of Completion for the Symposium are in the Attendee Google Drive. Make a copy of each Certificate of Completion and present to your state Licensure Board upon request.

### STUDENT RAFFLE

Visit the Registration Counter to view a list of Raffle items and purchase tickets. Proceeds will benefit Student Programs, such as FNCE and Symposium stipends, research grants, and The Beat newsletter.

Winning tickets will be drawn during the Saturday afternoon break in the Exhibit Hall.

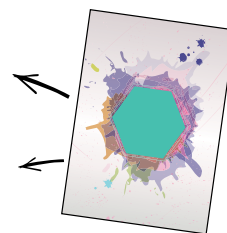
## Poster Sessions

Posters will be displayed during Exhibit hours. Presenters will be available to discuss their projects and answer your questions at the following times:

### POSTER SESSION HOURS

**Friday, April 8** 10:15 AM – 10:45 AM  
11:45 AM – 12:30 PM  
3:00 PM – 3:30 PM

**Saturday, April 9** 10:10 AM – 10:40 AM



**POSTER WINNERS**  
WILL BE ANNOUNCED AT THE  
SATURDAY AFTERNOON KEYNOTE  
IN BALLROOM I.

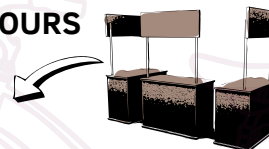
## Exhibit Hall

Many outstanding companies and organizations will be exhibiting this year. Take advantage of this great opportunity to learn about the latest products and services of importance to your patients, clients, or practice, while earning continuing education credits. Social activities and breaks will be hosted in the exhibit hall to provide a relaxing respite from the intensive program.

### EXHIBIT HALL HOURS

**Friday, April 8**  
10:00 AM – 1:00 PM  
3:00 – 6:00 PM

**Saturday, April 9**  
10:00 AM – 12:30 PM  
3:00 PM – 6:00 PM



# PROGRAM SCHEDULE

\* BREAKFAST OPTIONS AVAILABLE FOR PURCHASE AT PORTO TERRA TUSCAN GRILL & BAR, HOPCITY TAVERN, & THE MARKET.

## THURSDAY, APRIL 7, 2016

Time/Location	Session Title + Speaker
6:00 - 9:00 PM Ballroom Foyer	Registration Open

## FRIDAY, APRIL 8, 2016

Time/Location	Session Title + Speaker	Time/Location	Session Title + Speaker
6:15 - 7:30 AM Meet at Hotel Lobby	<b>Morning Walk/Run + Meditation Activity: Think Outside the Box</b> KARA BAZZI, LMFT, CEDS <i>Sponsored by Opal: Food + Body Wisdom</i>	12:30 - 2:00 PM Grand Ballroom I	<b>Lunch: Decoding What's In Your Food Versus What's On The Label - Insights From the Industry</b> STEVE HERTZLER, PHD, RD, LD <i>Sponsored by EAS Sports Nutrition</i>
7:00 AM - 6:00 PM Ballroom Foyer	<b>Registration Open</b>	2:00 - 3:00 PM Grand Ballroom I	<b>Concurrent: How Sustainability is Shaping the Shopping Cart</b> KATE GEAGAN, MS, RDN + SONJA BRODT, PHD <i>Sponsored by the Almond Board of California</i>
8:00 - 8:15 AM Grand Ballroom I	<b>Welcome and Opening Remarks</b> EVE PEARSON, MBA, RDN, CSSD, LD, SCAN CHAIR KELLY PRITCHETT, PHD, RD, CSSD, SCAN SYMPOSIUM CHAIR	2:00 - 3:00 PM Grand Ballroom II	<b>Concurrent: The Body of Evidence: Evaluating Research to Enhance and Sustain your Practice</b> MARK KERN, PHD, RD, CSSD
8:15 - 9:15 AM Grand Ballroom I	<b>Keynote: Part I: The Science Behind the Multi-Systemic Health and Performance Benefits of Exercise in Aging Athletes</b> MARK TARNOPOLSKY, MD, PHD, FRCPC	3:00 - 6:00 PM Galleria	<b>Exhibit Hall and Poster Session Open</b>
9:15 - 10:15 AM Grand Ballroom I	<b>Keynote: Part II: Where the Rubber Meets the Road...And the Dining Table</b> AMBY BURFOOT	3:00 - 3:30 PM Galleria	<b>Network with Exhibitors and Poster Presenters</b>
10:00 - 1:00 PM Galleria	<b>Exhibit Hall and Poster Session Open</b>	3:30 - 4:30 PM Grand Ballroom I	<b>Low Calorie Sweeteners and Healthy Lifestyle: Do they fit together?</b> BERNA MAGNUSON, PHD <i>Sponsored by Splenda</i>
10:15 - 10:45 AM Galleria	<b>Network with Exhibitors and Poster Presenters</b>	4:40 - 5:40 PM Grand Ballroom I	<b>Concurrent: When "Being Healthy" Goes Too Far: Assessment and Treatment for Orthorexia and Pathological Exercise</b> EDWARD TYSON, MD + JESSICA SETNICK, MS, RD, CEDRD
10:45 - 11:45 Grand Ballroom I	<b>Concurrent: Small School Sports Nutrition: Keys to Developing a Sustainable Sports Nutrition Program</b> CHRISTINE KARPINSKI, PHD, RD, CSSD, LDN + SUSAN KUNDRAT, MS, RD, CSSD	4:40 - 5:40 PM Grand Ballroom II	<b>Concurrent: Ethics of Food, Sustainability and the Environment</b> CHRISTOPHER GARDNER, PHD
10:45 - 11:45 Grand Ballroom II	<b>Concurrent: Acceptance and Commitment Therapy: Empowering Patients to Make Changes That Last</b> MARY JO PARKER, MS, RDN, CDN + SHERRY M. FARROW, PHD	6:00 - 8:00 PM Skyline	<b>SCAN Awards Reception</b> <i>Sponsored by the National Processed Raspberry Council</i>
11:45 - 12:30 PM Galleria	<b>Network with Exhibitors and Poster Presenters</b>		

# PROGRAM SCHEDULE

**SATURDAY, APRIL 9, 2016**

Time/Location	Session Title + Speaker	Time/Location	Session Title + Speaker
6:15 - 7:30 AM Meet at the Broadway Street Entrance	<b>Morning Fun Run Activity</b> <i>Sponsored by Gatorade The Sports Fuel Company</i>	1:40 - 2:40 PM Grand Ballroom I	<b>Keynote: Part I: Good Food, Active Lifestyles, Health and Sustainability</b> JANET RANKIN, PHD + NANNA MEYER, PHD, RD
7:00 AM - 6:00 PM Ballroom Foyer	<b>Registration Open</b>	2:50 - 3:50 PM Grand Ballroom I	<b>Concurrent: Changing the Way We Do Things: Leveraging Co-Benefits of Sustainability and Health Through Active Transport and Local Food</b> JANET RANKIN, PHD + NANNA MEYER, PHD, RD
8:00 - 9:00 AM Grand Ballroom I	<b>The 2015 Dietary Guidelines Scientific Report: What is the Newest Evidence for Nutrition and Cardiovascular Health?</b> MARIAN NEUHOUSER, PHD, RD	2:50 - 3:50 PM Grand Ballroom II	<b>Concurrent: What is Needed, Wanted and Backed by Science in the Eating Disorder World</b> LAURA COLLINS LYSTER-MENSH, MS
9:10 - 10:10 AM Grand Ballroom I	<b>Concurrent: Controversies in Fueling Ultra-Endurance Athletes: Insights from Early Humans to the Drive-Thru Window</b> BRENT RUBY, PHD, FACSM	3:00 - 6:00 PM Galleria	<b>Exhibit Hall and Poster Session Open</b>
9:10 - 10:10 AM Grand Ballroom II	<b>Concurrent: Are There Plenty of Fish in the Sea?</b> RAY HILBORN, PHD + JENNIFER MCGUIRE, MS, RD	3:50 - 4:10 PM Galleria	<b>Network with Exhibitors and Poster Presenters</b>
10:00 - 12:30 PM Galleria	<b>Exhibit Hall and Poster Session Open</b>	4:10 - 5:10 PM Grand Ballroom I	<b>Taking Nutrition Business Online, Legally</b> JANINE M. BAMBERGER, MS, RDN, CDN
10:10 - 10:40 AM Galleria	<b>Network with Exhibitors and Poster Presenters</b>	4:10 - 5:10 PM Grand Ballroom II	<b>Dietary Energy Density and Exercise Intensity: Impact on Health, Weight, and the Grocery Bill</b> MELINDA M. MANORE, PHD, RD, CSSD, FACSM + TARYN HAND, MS, RD, CSSD
10:40 - 11:40 AM Grand Ballroom I	<b>Sensory Savviness: Nutrition and Health Benefits for a Flavorful Lifestyle</b> ANNETTE HOTTENSTEIN, MS, RD + JOHN SMYTHE, MS <i>Sponsored by Tate &amp; Lyle</i>	6:30 PM	<b>Dine Around Portland with SCAN</b>
11:40 - 12:00 PM Galleria	<b>Network with Exhibitors and Poster Presenters</b>		
12:00 - 1:30 PM Grand Ballroom I	<b>Lunch: SCAN Member Meeting + Sports Culture Panel: Guide to Working with Culturally Unique Athletic Populations</b> MELINDA M. MANORE, PHD, RD, CSSD, FACSM, MODERATOR		

One of the **TOP US CITIES FOR SUSTAINABLE AND HEALTHY LIVING**

and a front runner in the farm to table and local food movements

Sign up at the registration booth by 4:00 pm to join



**SUNDAY, APRIL 10, 2016**

Time/Location	Session Title + Speaker	Time/Location	Session Title + Speaker
6:15 - 7:30 AM Skyline	<b>Morning Yoga Activity</b> <i>Sponsored by Spright</i>	10:10 - 10:40 AM Galleria	<b>Break</b> <i>Sponsored by Kashi</i>
7:00 AM - 1:00 PM Ballroom Foyer	<b>Registration Open</b>	10:40 - 11:40 AM Grand Ballroom I	<b>Concurrent: Whole Foods Vs. Supplements: How do They Measure Up?</b> LAURA GRAY, MS, RDN, CSSD
8:00 - 9:00 AM Grand Ballroom I	<b>Sustainable Sports Nutrition Practices That Help Athletes Perform At Their Best At The Olympics And Paralympics</b> ELIZABETH BROAD, PHD, RDN + SHAWN HUEGLIN, PHD, RDN, CSSD	10:40 - 11:40 AM Grand Ballroom II	<b>Concurrent: Beyond the Pitch: The Inside Scoop on Building Relationships with Editors</b> KAREN ANSEL, MS, RDN
9:10 - 10:10 AM Grand Ballroom I	<b>Concurrent: Sustaining the Athletes' Health and Performance Through an Interdisciplinary Approach</b> TORY LINDLEY, MA, ATC + KATIE KNAPPENBERGER, MS, RD, CSSD, ATC	11:50 - 12:50 PM Grand Ballroom I	<b>Embrace Your Voice and Be Heard in Today's Food Conversation</b> JAIME SCHWARTZ COHEN, MS, RD + KIM ESSEX
9:10 - 10:10 AM Grand Ballroom II	<b>Concurrent: Helping Clients Find a Sustainable Relationship with Exercise: Understanding Avoidance and Dependence</b> JULIE CHURCH, RDN, CEDRD, CD + J. KNOX BURNETT, LMHC, CPT	12:50 - 1:00 PM Grand Ballroom I	<b>Closing Remarks</b> KELLY PRITCHETT, PHD, RD, CSSD



# ABSTRACTS + BIOS

FRIDAY  
APRIL 8, 2016

## **KEYNOTE: The Science Behind the Multi-Systemic Health and Performance Benefits of Exercise in Aging Athletes**

Endurance exercise provides multi-systemic organ and tissue protection. For example, runners have a lower risk of all-cause mortality, cancer and non-stroke neurological disease and those who habitually exercise have an ~ 4 year survival advantage. Studies have clearly shown that fitness is even more important than body composition as a determinant of health risk. We have shown that older (> 65 y) men and women who have habitually performed endurance sports (Master Athletes) have higher aerobic capacity (VO<sub>2</sub>max) and similar knee strength to younger (20 - 39 y) sedentary men and women. In the same group of subjects we have also shown that the normal aging associated skin changes (thinner dermis and thicker epidermis) are prevented in Master Athletes. We used the POLG1 mutator mouse model of progeroid aging to show complete protection against nearly every aspect of aging (hair loss, skin changes, inflammation, muscle loss, bone loss, cardiomyopathy, etc.) with endurance exercise training (3 X/week for 45 min). We have speculated that the protective effects of exercise in skin (and other organs and tissues) are due to factors in the blood that are released from skeletal muscle (myokines) and other exercising tissues (exerkines). We have recently found that IL-15 is the main exerkine that mediates the systemic protective effects of endurance exercise upon skin health. Finally, we have shown that most of the protective factors released in response to endurance exercise are contained within exosomes (small microparticles) by showing that the provision of exercise stimulated exosome transfer to sedentary mice resulted in an increase in spontaneous activity, endurance capacity and muscle mitochondrial biogenesis.

*Mark Tarnopolsky,  
MD, PhD, FRCP(C)*

Prof. Mark Tarnopolsky is the Clinical and Research Director of the Corkins/Lammert Family Neuromuscular and Neurometabolic Clinic at McMaster University. He holds an endowed chair at McMaster Children's Hospital and Hamilton Health Sciences Foundation in Neuromuscular Diseases and is a Professor of Pediatrics and Medicine. His research focuses on nutritional, exercise and pharmacological therapies for neurometabolic (primarily mitochondrial) and neuromuscular disorders, and aging. In addition, he studies the physiological and molecular aspects of mitochondrial adaptation to exercise and the effects of aging on skeletal muscle and mitochondria.

## **KEYNOTE: Where the Rubber Meets the Road ... And the Dining Table**

This presentation will build upon the science and share practice applications and experiences of a lifetime runner (69 yrs old; 110,000 miles), Boston Marathon winner (1968) and 35-Year Runner's World editor. The presenter will describe all the dietary views and approaches he has seen, and tried, during his long marathon career. Among other things, he was a human-subject guinea pig in the first trials of an early sports drink. He explains who (and what) he trusts, and doesn't trust, and how various nutrition "experiments" have worked for him. He also characterizes the views and attitudes of Runner's World's 2-million-plus monthly readers, now more than half female.

*Amby Burfoot*

Amby Burfoot won the 1968 Boston Marathon, and has been a Runner's World editor continuously since 1978. The author of numerous books, including the just-released "First Ladies of Running," he has run more than 110,000 miles in his career, including 53 consecutive Manchester, CT Road Races on Thanksgiving Day.

## **Small School Sports Nutrition: Keys to Developing a Sustainable Sports Nutrition Program**

This presentation will build on the presentations at Symposium 2014 and FNCE 2015. Whereas the previous presentations were case-study and discussion-based, this presentation will provide a 'blueprint' that includes tangible models, protocols, and tools to develop a collegiate sports nutrition services program on a limited budget. Examples of tools offered include practice protocols, budget and proposal development, negotiations, and programming recommendations. Expanded and updated data on the state of small school sports nutrition programs will be presented in addition to new UWM athlete data. Participants will leave this presentation with the knowledge and tools necessary to not only provide nutrition services to programs on a limited budget, but to sustain and grow programs into a full-time position. The greatest opportunities for sports nutrition programming for SCAN members are at the small Division I, Division II, and Division III member schools because of the great number of athletes and athletic programs.

*Christine Karpinski  
PhD, RD, CSSD, LDN*

Christine Karpinski is an exercise physiologist and registered dietitian and is currently an Assistant Professor in the department of Nutrition at West Chester University. Chris earned her BS at West Chester University in exercise science and played field hockey and lacrosse. Her Master's degree is from Immaculata University and she earned her PhD from Rutgers University with her doctoral research project involving the athletes at WCU. For 20 years, Chris has worked in corporate wellness, fitness centers, and private practice settings. Her research interests include performance nutrition, recovery, injury prevention, and cultural competency. In addition to her teaching responsibilities, she works with athletes at WCU and mentors undergraduate nutrition majors who are interested in sports nutrition. Chris has served on the Executive Committee of

# ABSTRACTS + BIOS

SCAN as the Director of Sports Dietetics – USA (SD-USA) since June 2013. Chris enjoys working out, hiking, playing golf, gardening, and watching almost any sport.

**Susan Kundrat**  
MS, RD, CSSD, LDN

Susan Kundrat is a Clinical Assistant Professor of Kinesiology and the Nutritional Sciences Program Director at the University of Wisconsin-Milwaukee. A 25-year SCAN member, she is also the Sports Dietitian for the Milwaukee Bucks. She played college basketball at Minnesota State-Mankato, where she received her BS in Dietetics. She is on the Feeding America Nutrition Task Force in Milwaukee, and was recently awarded the UWM College of Health Sciences Leadership Award for her innovative work in nutrition. She recently completed a survey on nutrition knowledge and attitudes with UWM athletes as part of an inter-professional research study. Prior to coming to UWM, Susan was the Sports Dietitian for the University of Illinois Athletic Department. She also served as the Sports Dietitian for Northwestern Athletics for several years. In 2003, Susan received the SCAN Excellence in Practice Award in Sports Nutrition. She is a current member of the SCAN Nominating Committee.

## Acceptance and Commitment Therapy: Empowering Patients to Make Changes That Last

Health related behavior change is difficult to sustain long-term. In order to maximize the potential for lasting change, behaviors need to be linked to what is personally meaningful to the individual, and individuals need tools to cope with the discomfort associated with shifting their habits. Acceptance and Commitment Therapy (ACT) is an empirically supported and highly effective behavioral treatment that focuses on assisting individuals to clarify their own compelling reasons for change, to become more aware and present through mindfulness practice, and to take goal-directed action. ACT is well-suited to working with people with various presenting problems, be it disordered eating, eating disorders, or

difficulty managing chronic illness, such as cardiovascular disease or diabetes. This presentation will provide an overview of the ACT model and will introduce several tools and techniques that participants can apply in clinical settings. Experiential exercises will be utilized to demonstrate the utility of the model.

**Mary Jo Parker, MS, RDN, CDN**

Mary Jo Parker is a Registered Dietitian Nutritionist/Nutrition Therapist and Consultant, and has been in private practice in Western New York for over 30 years. Counseling individuals and groups who have a variety of nutritional needs, she specializes in the treatment of eating disorders and obesity. In addition, she offers therapeutic nutrition intervention for the prevention and treatment of chronic disease states. Parker has developed and has facilitated several pediatric, adult, and family-based eating disorder and weight management groups. As consultant to several local corporations, schools and organizations, she writes educational materials, workshops and seminars on contemporary health and nutrition topics. She has served as a consultant to local news media on nutrition and related issues. Parker holds a bachelor's degree in clinical nutrition from Cornell University and a master's degree in nutrition and counseling from the State University of New York College at Buffalo.

**Sherry M. Farrow, PhD**

Sherry Farrow is a licensed Clinical Psychologist in private practice in Buffalo, New York. She earned her doctoral degree from the State University of New York at Buffalo and her bachelor's degree at Washington State University. Farrow spent her early career working within the Veteran's Administration Health System before transitioning to private practice. During that time she developed two Acceptance and Commitment Therapy group interventions that remain in use in the substance abuse unit at the Buffalo VA. Farrow has served as adjunct faculty at several local colleges and has conducted multiple seminars on the ACT model for local universities and practitioner groups.

## Decoding What's In Your Food Versus What's On The Label - Insights From the Industry

*Sponsored by EAS*

Consumers may view the information on the Nutrition Facts panel of their favorite food as being so absolute that it might as well be etched in stone. However, there are a number of technical, economical, and even physiological factors that can influence the accuracy of nutrition labels with respect to certain nutrients. Designing an accurate Nutrition Facts panel is not as easy as it sounds. Did you know, for example, that the carbohydrate content of a food is often not directly measured? Or that the vitamin and mineral levels in a food may actually be considerably higher than what is reported on the label? Or that it can be very difficult to know exactly how much fiber is in a food? This presentation will address the sustainability of certain ingredients on the label, why testing for certain nutrients is done the way that it is and the numerous problems that can exist for testing specific ingredients and nutrients.

**Steve Hertzler, PhD, RD, LD**

Dr. Steve Hertzler is the Chief Scientific Officer for EAS Sports Nutrition and the EAS Academy. His experience includes over 8 years at Abbott Nutrition, 5 of which have been with R&D in the Performance Nutrition division. Dr. Hertzler earned his PhD in Human Nutrition from the University of Minnesota in 1995 and has over 25 years of experience as a Registered Dietitian. He has published 20 peer-reviewed scientific research articles. Dr. Hertzler has spoken frequently at the SCAN Annual Meetings and has also spoken at FNCE, as well as at numerous conferences for organizations such as NSCA and IDEA. Finally, he is also a competitive bodybuilder, having won the Masters division in the 2014 NGA Cap City Fall Classic in Columbus, OH.

# ABSTRACTS + BIOS

## How Sustainability is Shaping the Shopping Cart

Consumer interest about what's in our food and how it's produced has grown exponentially, driven by a number of factors and concerns including animal welfare, worker conditions, degree and type of processing, ingredient sourcing, desire to buy locally, and the local and global environmental impact of our food choices. However, the integration of guidance to reduce the environmental impact of the diet and dietary recommendations for optimal health is complex, highly regionalized and a young discipline without strong consensus or integration. Where and to what extent do sustainability and health converge, and what advice can we give to consumers looking to eat more sustainably? This session will provide insights on the latest evidence and initiatives from the fields of nutrition, food systems, and environmental science as well as strategies for helping consumers navigate this complex landscape to make food choices that deliver on nutrition, taste, and sustainability to promote a positive health culture that extends to the environment.

### Sonja Brodt, PhD

Sonja Brodt has been researching agricultural and food systems sustainability in California since 1999, when she joined the University of California, Davis as a researcher. In 2009, she joined the UC Sustainable Agriculture Research and Education Program, where she coordinates research and outreach on current issues in Agriculture, Resources, and the Environment. She holds a Bachelor of Arts in Biology, a Master of Science in International Agricultural Development, and a Ph.D. in Geography.

Dr. Brodt's work currently spans several areas, including life cycle assessment of energy use and greenhouse gas emissions in crop production and supply chains, assessment of research needs and outreach on nitrogen management in agriculture, and development of tools and frameworks for assessing sustainability in global food commodity sourcing. Earlier areas of focus included

incentives and motivations for adoption of environmentally sustainable farming practices and certified organic production by farms.

### Kate Geagan, MS, RD

Kate Geagan is an internationally known author, speaker, consultant and nutrition communications expert. Kate is helping lead a national conversation which champions cleaner food choices to support a thriving body and planet. She is the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet* (Rodale). As America's Green Nutritionist™, she has shared her unique and inspiring messages about the deep connections between a healthy diet and a healthy world with audiences worldwide. A sought after nutrition expert by top media outlets, Kate has conducted more than 275 television, print and radio interviews. She currently serves as a Medical Advisory Board Member and expert blogger for *The Dr. Oz Show*. Kate graduated from Middlebury College and holds a Master's Degree in Nutrition and Health Promotion from Simmons College. She is also a member of the National Speakers' Association and a founding member of Food Tank: The Food Think Tank.

## The Body of Evidence: Evaluating Research to Enhance and Sustain your Practice

This presentation will describe the importance of evaluating various kinds of research studies including cell culture, animal studies, descriptive epidemiology, analytic epidemiology, and clinical human trials with an emphasis on using all kinds of research to evaluate the total body of the evidence. Four studies in various research categories will be used as teaching examples. One study will be from each of SCAN's 4 signature areas: sports, cardiovascular health, wellness, and disordered eating/eating disorders. Strengths and limitations of each study will be highlighted as will the importance using the scientific literature as the basis for enhancing the practice of dietetics

### Mark Kern, PhD, RD, CSSD

Mark is a professor in the Department of Exercise and Nutritional Sciences at San Diego State University. His research involves two primary areas: 1) how diet and exercise independently and interactively influence lipid, energy, calcium metabolism, and appetite and 2) sports dietetics. He is the author of the CRC Desk Reference on Sports Nutrition published by CRC Press. Mark has been a member of SCAN since 1995. He has presented his research at the annual Symposium, reviewed books for SCAN'S PULSE, and served as the 2003-2004 chair of SCAN's Nominating Committee. Mark has served as your PULSE editor since October 2003.

## Low Calorie Sweeteners and Healthy Lifestyle: Do they fit together?

*Sponsored by Splenda*

### Berna Magnuson, PhD, ATS

Berna Magnuson is an internationally recognized food toxicologist. She holds degrees in food science, nutrition, and toxicology from Canada. She worked in the food industry in quality assurance and product development before undertaking graduate training in food toxicology and cancer research. As a full-time professor for over 15 years, at the Universities of Idaho and Maryland, Berna conducted diet and cancer research, and taught food, nutrition and toxicology courses. Berna is now a consultant in food regulations, nutrition, and toxicology of foods, beverages, and dietary supplement ingredients, as well as an educator of health professionals and consumer associations. Berna serves as an expert advisor and speaker on safety of food additives, including low calorie sweeteners, around the world. She has published numerous peer-reviewed articles and book chapters, serves on the editorial board of two journals, and is a part-time lecturer at the University of Toronto.

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## When “Being Healthy” Goes Too Far: Assessment and Treatment for Orthorexia and Pathological Exercise

In our wellness-focused society, our clients are constantly bombarded with messages to “eat well and exercise.” Taken to the extreme when used as a response to emotional stress or a recent medical scare or diagnosis, or combined with the drive to excel and a tendency toward perfectionism, these otherwise healthy behaviors can cause illness, injury, and worse. Where is the line between healthy and appropriate versus detrimental and dangerous? And how do we lead our clients back from the danger zone? This presentation will provide answers to both questions so that RDNs can identify and manage orthorexia and pathological exercise in any area of practice.

Eating Disorders Clinical Pocket Guide, The American Dietetic Association Pocket Guide to Eating Disorders, and Eating Disorders Boot Camp: Training Workshop for Professionals, each of which are known to professionals around the globe. In 2011, Jessica co-founded IFEDD, the International Federation of Eating Disorder Dietitians, with the mission of improving access to nutrition counseling and achieving insurance coverage for individuals with eating disorders. In 2013, Jessica created the first ever CEDRD Prep Class to prepare dietitians for certification as an Eating Disorder Specialist through the International Association of Eating Disorder Professionals. Based in Dallas, Texas, Jessica currently works as a Senior Fellow with Remuda Ranch Eating Disorder Treatment Center.

## Christopher Gardner, PhD

Christopher Gardner majored in philosophy at Colgate University, holds a PhD in Nutrition Science and is a Professor of Medicine at Stanford. For 20 years his research has examined potential health benefits of dietary components in human nutrition intervention studies. More recently his interests have expanded to include food ethics and environmental sustainability. For 5 years he has taught a “Food and Society” class, and for two years a “Healthy and Sustainable Food Systems” class. For 5 years he has collaborated with Full Circle Farm in Sunnyvale, California to run an undergraduate-led “Summer Food and Farm Camp” that serves ~125 5-14 year olds each summer. He is seeking partnerships and collaborations to address the growing national and global dual crises of obesity and food insecurity that are directly connected with one another and lie at the important intersection of human health and the health of the environment.



## Ethics of Food, Sustainability and the Environment

Ideally the system that provides the food we eat should be both ethical and support environmental sustainability. In addition, ideally, food should be nutritious, pleasing to the palate, safe, convenient, and affordable. None of these characteristics are dichotomous; they all involve a continuum. Unfortunately, in some cases increasing one characteristic results in decreasing another. Our current food production and consumption practices are less than ideal, with room for improvement. This presentation will address the disturbingly unethical treatment of livestock raised for food and the human labor force that plants, raises, tends, harvests, and slaughters our food. Strategies for increasing the environmental sustainability of our food choices will be discussed. Finally, it will be proposed that engaging your clients and patients in the topics of food ethics and environmental sustainability may be a useful tool in helping some of them to make sustained healthful behavior modifications in their eating habits.

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## Edward Tyson, MD

Dr. Tyson is the go-to consultant when a doctor has a question about eating disorders. Dr. Tyson has an extensive background in the medical treatment of eating disorders, including specialties in pediatrics, adolescent medicine, and family practice. He has taught courses at the high school and college levels and provides expert witness testimony on another specialty area, Munchausen’s Syndrome. Dr. Tyson is a contributing author to *Treatment of Eating Disorders: Bridging the Research-Practice Gap* and many other publications. He has presented around the country on the medical stabilization and treatment of individuals with severe eating disorders, and responds to SCAN member questions in Ask the Doc. Dr. Tyson is an active member of the Academy of Nutrition and Dietetics and the Academy of Eating Disorders.

## Jessica Setnick, MS, RD, CEDRD

Jessica Setnick has spent the past 17 years developing eating disorder treatment programs and working with individuals with eating disorders. She shares the nutrition counseling strategies she developed through presentations and publications. Her work includes The

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SATURDAY  
APRIL 9, 2016

## The 2015 Dietary Guidelines Scientific Report: What is the Newest Evidence for Nutrition and Cardiovascular Health?

The Scientific Report of the 2015 Dietary Guidelines Advisory Committee was completed and submitted in February 2015. This Report reviewed the major nutrition evidence over the prior 5 years and guided the formation of the 2015 Dietary Guidelines for Americans. Of interest to SCAN Symposium attendees is the latest evidence on saturated fat, cholesterol, added sugars, and sodium and their relationship to cardiovascular disease and other health outcomes. These and other highlights from the Report will be presented.

### Marian L. Neuhouser, PhD

Dr. Marian L. Neuhouser is a Full Member in the Division of Public Health Sciences at the Fred Hutchinson Cancer Research Center in Seattle, as well as Core Faculty in Nutrition Sciences and Affiliate Professor of Epidemiology at the University of Washington. Her research focus is the role of nutrition in the prevention of cancer and other diet-related chronic disease. She is Principal Investigator or Co-Investigator of multiple NIH-funded grants ranging from controlled feeding trials to population-based cohorts. Dr. Neuhouser has authored over 250 peer-reviewed publications and a dozen book chapters related to dietary assessment methods, diet and health and cancer prevention. Dr. Neuhouser is a member of the American Association for Cancer Research, the Academy of Nutrition and Dietetics, the American Society for Preventive Oncology, and the American Society for Nutrition. She is Vice-President of the American Society for Nutrition. Dr. Neuhouser was a member of the 2015 DGAC.

## Controversies in Fueling Ultra-Endurance Athletes: Insights from Early Humans to the Drive-Thru Window

It is unclear whether the capabilities of modern humans are unique due to training practices or linked to selection resulting from early human activities and survival. Recent investigations using stable isotopic water ( $2H_2^{18}O$ ) demonstrate human energy expenditures commonly approach 10 times resting metabolism (RM) during ultra competitions. These conditions also require an enormous water budget amounting to 25-95% of initial total body water. While these values provide new evidence for unique human capabilities, we hypothesize that the acquisition of the underlying physiology is accessible with adequate training and not limited to an elite few. While it remains unclear if the phenomenon of the metabolic range is a modern human characteristic, sustaining the necessary nutritional requirements creates unique challenges during periods of arduous training and competition. Considering the present RDA for US adult intake, these results demonstrate unique challenges related to energy balance and optimal recovery needs.

### Brent C. Ruby, PhD, FACSM

Brent Ruby received his Ph.D. in exercise science from the University of New Mexico in 1994. Dr. Ruby is the Director of the Montana Center for Work Physiology and Exercise Metabolism (Montana WPEM), a designated research center on the University campus and a fellow of the American College of Sports Medicine (ACSM). Dr. Ruby's research interests include nutritional strategies during ultra-endurance work/competition, muscle metabolism during and after exercise, the use of stable isotope tracers for the measure of water turnover and energy expenditure, and issues surrounding heat stress during arduous work. Dr. Ruby and the Montana WPEM research staff work to facilitate a better understanding of applied human physiology using laboratory and aggressive field study designs.

## Are There Plenty of Fish in the Sea?

Seafood is essential for optimal heart and brain health, but much doom and gloom surrounds its sustainability. What is supported by the science and what is fish tales? Learn the facts about seafood sustainability so you can confidently recommend fish food for your clients and the environment.

### Ray Hilborn, PhD


Ray Hilborn is a Professor in the School of Aquatic and Fishery Sciences, University of Washington specializing in natural resource management and conservation. He teaches graduate and undergraduate courses in environmental science, conservation, and quantitative population dynamics. He authored several books including "Overfishing: what everyone needs to know" (with Ulrike Hilborn) in 2012, "Quantitative fisheries stock assessment" with Carl Walters in 1992, and "The Ecological Detective: confronting models with data" with Marc Mangel, in 1997 and has published over 200 peer reviewed articles. He serves on the Editorial Boards of 7 journals including the Board of Reviewing Editors of Science Magazine. He has received the Volvo Environmental Prize, the American Fisheries Societies Award of Excellence, The Ecological Society of America's Sustainability Science Award and the American Institute of Fisheries Research Biologists Outstanding Achievement Award. He is a Fellow of the Washington State Academy of Sciences, the Royal Society of Canada, and the American Academy of Arts and Sciences.

### Jennifer McGuire, MS, RD

Jennifer McGuire has a decade of experience writing and talking about healthful food. Through her work with the National Fisheries Institute translating seafood science, she has become a respected nutrition resource for the media, fellow healthcare professionals, and policymakers. She earned her Masters of Science in Nutrition Communication from Tufts

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University in Boston, MA. She lives in Dallas, TX with her husband and two toddler sons.



## Sensory Savviness: Nutrition and Health Benefits for a Flavorful Lifestyle

The sensory properties and physiology of taste and smell, among other factors, influence food preferences, everyday food choices, and can impact an individual's ability to sustain an overall healthy dietary pattern over time. Through an exploration of sensory science, this session addresses the chemical senses of taste and smell and examines how to apply sensory science principles to practice to help patients and clients follow healthy eating patterns that are sustainable in the long-term. The session will also address how innovative ingredients are helping to improve nutritional profiles and provide potential health benefits in a variety of foods, while appealing to the senses and maintaining great taste. Interactive tastings and demos will allow attendees to experience sensory science first hand to discover the taste of good health.

### Annette Hottenstein MS, RDN, LDN

Annette Hottenstein is owner of The Food Sommelier, a Baltimore based sensory and nutrition consulting company. Her weekly podcast, offers actionable tips to help listeners discover the taste of good health. Prior to forming her company, Annette worked for 15 years as a scientist specializing in the sensory properties of foods and beverages. A sought-after speaker, she has presented for various state and affiliate dietetic organizations and for corporations such as General Mills, McDonald's, and McCormick & Company. She has authored several publications in leading professional journals such as *Appetite*, *Food Quality and Preference*, and the *Journal of Sensory Studies*. She can be found on Facebook, Twitter, and LinkedIn.

### John Smythe, MS

John Smythe, MS, is the head of sensory at Tate & Lyle where, with this team of sensory professionals, he offers scientific insights to help advance innovations in ingredient understanding. Prior to joining Tate & Lyle, John spent nearly a decade initiating and globalizing a sensory program for Herbalife based on his prior work with ConAgra Foods and EJ Gallo. He has a MS in Food Sensory Science from the University of California and a BS in Chemistry from Harvey Mudd College. John's areas of expertise include: sensory science, food science, culinary science, statistics, experimental design, data mining, and project management.



## Sports Culture Panel: Guide to Working with Culturally Unique Athletic Populations

Opportunities for sport RDs continue to grow as athletes, recreational or professional, look to gain an edge by improving their nutrition practices. Athletes expect individualized nutrition recommendations specialized to their sport, training, and competition needs. In addition to assessing the athlete's performance nutrition needs, the sport RDN should consider the unique cultural influences, and the nutrition-related challenges associated with the unique sport culture. These challenges may include myths or dangerous nutrition practices that may be imbedded into the culture of the sport. By understanding and acknowledging the unique sport culture, the sport RDN can more effectively provide meaningful nutritional education, and recommendations. This panel discussion will highlight the nutrition-related challenges associated with the unique cultures of dancers, boxers, bodybuilders, firefighters, and paralympic athletes. Sports RDs interested in expanding their consulting practices into these areas can benefit from this unique panel discussion.

### Melinda M. Manore PhD, RD, CSSD, FACSM, Moderator

Dr. Manore is a Professor of Nutrition at Oregon State University (OSU) where her research focuses on the interaction of nutrition and exercise for energy balance, health, and performance. She has authored over 100 scientific publications, book chapters, and review articles, and 4 nutrition textbooks. She is an active member of AND, SCAN and ACSM. She recently served as Chair of the USDA, ACSM, and The Academy's Energy Balance Workgroup and Expert Panel Meeting, Energy Balance at the Crossroads: Translating Science into Action (2012). Currently, she is funded on two USDA Childhood Obesity Prevention Grants totaling \$10M. Dr. Manore received her BA from Seattle Pacific University, MS from the U Oregon and PhD in Nutritional Sciences with dual minors in health and exercise science from OSU.

### Liz Broad, APD, PhD, Panelist

Liz has been a sports dietitian for over 20 years, having commenced at the Australian Institute of Sport (AIS) in 1994. She has worked with a wide range of sports in Australia, Scotland and now in the US, from development through to both professional and elite athletes as sports dietitian, sport scientist, and team manager. Liz is also a Level 3 ISAK anthropometrist and has lectured at various universities in sports nutrition and biochemistry of exercise. In addition to her own Masters and PhD studies, Liz has been involved in a number of research projects and has authored several book chapters, including editing the recent publication *Sports Nutrition for Paralympic Athletes*. Liz has worked at 2 Olympic Games (Sydney and Beijing), and 2 Paralympic Games (London with Team Australia, Sochi with Team USA). Liz is currently the Senior Sports Dietitian, Paralympic Program at the US Olympic Committee.

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## Brenda Davy, PhD, RD, Panelist

Dr. Davy is a Professor in the Department of Human Nutrition, Foods and Exercise (HNFE) at Virginia Tech. She conducts research investigating the role of diet and physical activity behaviors in the prevention and treatment of obesity and related comorbidities, beverage consumption and weight management, and dietary assessment methodologies. She has also conducted laboratory- and community-based studies in youth and elite-level ballet dancers. Dr. Davy received a BS in Human Nutrition in 1989, and an MS in Exercise Physiology in 1992, both from Virginia Tech. In 2001, she completed a PhD degree in Human Nutrition at Colorado State University. Dr. Davy is a Fellow of the American College of Sports Medicine (FACSM) and The Obesity Society (FTOS), and currently serves on the Board of Editors for the Journal of the Academy of Nutrition and Dietetics. She is the Director of the Laboratory for Eating Behaviors and Weight Management at Virginia Tech.

## Tanya M. Halliday, PhD, RD, Panelist

Tanya M. Halliday, PhD, RD is an Instructor in the Human Nutrition, Foods, and Exercise Department at Virginia Tech. She received her undergraduate degree in Dietetics from the University of Wyoming where she played soccer. Tanya went on to complete her dietetic internship at the University of Houston, where she worked as a research assistant in an exercise and nutrition immunology laboratory before beginning her PhD. Tanya currently conducts nutrition and exercise-related research and teaches undergraduate nutrition and exercise students. Her research examines the influence of diet and exercise on health-related outcomes and includes both adults at risk for metabolic disease and athletic populations. Her dietetics career also includes time spent working

as a health educator in the corporate wellness setting, as a sports nutrition consultant, and as a nutrition columnist and blogger. Recent nutrition practice and research pursuits have included physique athletes. Tanya is currently serving on the 2016 Symposium Committee as Co-Chair and the 2017 Symposium Committee as Chair.

## Brent C. Ruby PhD, FACSM, Panelist

See bio on page 13

## Linda Samuels MS, RD, CSSD, LDN, Panelist

Linda Samuels, MS, RD, CSSD, LDN is a Board Certified Specialist in Sports Dietetics. She is the owner of Training Table Sports Nutrition, in Chicago. Linda has been the Nutrition Coach for the Northwestern University Triathlon Team for the past 5 seasons, and has specialized in long course (Ironman length) triathlon nutrition for the past 7 years. She is the Sports Nutrition Preceptor for 3 Illinois Universities: Loyola University, U of IL-Chicago, and Northern IL U. Linda has been an active SCAN volunteer for many years, and was the Program Manager for SCAN's Sports Fueling Project. Most recently, Linda has expanded her Performance Nutrition practice to working with up and coming, and Professional Boxers. She is the Nutrition Coach for Andrzej Fonfara, WBC Ranked #2 Light Heavyweight. She was part of Team Fonfara as Andrzej moved from #8 ranking to #2 in the world this past year, providing fueling/hydration and meal prep for him. She is also the Nutrition Coach for Pro Boxers Mike "Hollywood" Jimenez, Freddie "Iron Man" Bowen, and Germany's Samy Musa. Linda enjoys trail running and spending as much time as possible on the Chicago Lakefront; she aspires to keep up with her springer spaniel, Coco-Monster.



## Keynote: Part I: Good Food, Active Lifestyles, Health and Sustainability

## Keynote: Part II: Changing the Way We Do Things: Leveraging Co-Benefits of Sustainability and Health Through Active Transport and Local Food

At least half of the US population is physically inactive, a primary contributor to development of non-communicable diseases with devastating associated personal, and society costs. Global warming, exacerbated by accumulation of greenhouse gasses, impacts public health and thus healthcare costs. This presentation will discuss the connection among these major global challenges and, in particular, develop justification for a common partial solution -- encouraging the use of active transportation to increase physical activity, reduce greenhouse gas emissions, and improve economic sustainability.

## Janet Walberg Rankin, PhD

Janet Walberg Rankin is a Professor in the Department of Human Nutrition, Foods and Exercise at Virginia Tech. She was President of the American College of Sports Medicine in 2012-2013. Previous research in her laboratory concerned the overarching goal of clarifying the optimal nutritional strategies to reduce inflammation in obesity and athletes as well as nutrition for optimal physical performance and body composition. She was on the writing team for the 2009 revision of the ACSM position stand on exercise and obesity. Current research from her laboratory has moved to coincide with her ACSM presidential initiative, ActivEarth, that promotes safe and accessible active transportation to improve health, the environment, and the economy.



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## Nanna L. Meyer PhD, RD, CSSD, FACSM

Dr. Nanna Meyer is an Associate Professor in the Department of Health Sciences at the University of Colorado (UCCS). Nanna's background is in nutrition for exercise and sport. Nanna developed the UCCS Sport Nutrition Graduate Program. She has been a research working group member of the International Olympic Committee Medical Commission related to winter sport nutrition, body composition, health and performance, and relative energy deficiency in sport. Nanna is the past president of the international organization of Professionals in Nutrition for Exercise and Sport (PINES) and has been in Olympic sport nutrition for over nearly 20 years. As the world's urgency to address climate change and health is rising, some of Nanna's time is devoted to the topic of localizing the Colorado food system with its multitude of challenges and opportunities when addressing food through the lens of health and sustainability in higher education, inter-disciplinarily within the field of health professions and trans-disciplinarily across academic fields.

## Laura Collins Lyster-Mensh

Laura Collins Lyster-Mensh is an American author and mental health activist. The themes of her life and work are family, public service, and curiosity. All three have gotten her into messes she tries to turn into good observations. Her essays, articles, books, poetry, and online media focus on parenting, mental health, African Americans, and genealogy. Lyster-Mensh founded an international parent organization called F.E.A.S.T., launched a UK genetics project called Charlotte's Helix, and travels frequently as an advocate for parents of eating disorder patients. Lyster-Mensh lives in Warrenton, Virginia with her husband Mark. They have two adult children. In her spare time, she enjoys tap dancing.

## Janine M. Bamberger MS, RDN, CD

Janine Bamberger is a Registered Dietitian Nutritionist with a unique background in clinical care, innovation and computers. Janine's professional experience has focused both on narrow areas of nutrition such as neonatal/perinatal and bariatric care, and on broader areas of clinical nutrition management and wellness (employ and community), and participation on non-profit boards. In 2013, Janine started Coltivato LLC, a small company focused on assisting individuals on their journey to "sustainable personal wellness," helped launch a healthy fast food restaurant, completed a Wellness Coach Training Program and co-founded Greenpie OOD (a professional, relationship-based, online client management software solution for nutritionists). At Greenpie, Janine listens to customers, guides them in software use and online business planning, and uses customer feedback to plan application development. She is anxious to make qualified nutrition practitioners more accessible to consumers through cost effective, convenient means such as telehealth. She also loves bicycling and vegetables.

## Taking Nutrition Business Online, Legally

Nutrition and technology have arrived at the same popular intersection. Americans spend billions of dollars annually on dietary supplements. Over 500 million smartphone users worldwide use a health app. Wearables are trendy and fashionable as well as informative. For healthcare professionals, mobile devices are transforming many areas of clinical practice. Healthcare in both the United States and beyond has moved online and is advancing aggressively into the cloud. Patients expect access to their health records and ability to communicate quickly and easily with their healthcare providers via their favorite electronic tool de jour. Technology is widely available and clients are hungry for help staying or getting well. Who is better poised than dietitians to not only assess, analyze, and educate regarding nutrition, but also to listen, engage and coach clients to achieve and sustain change in nutrition-related health behaviors? Grab your spot in the online nutrition business world!

## What is Needed, Wanted and Backed by Science in the Eating Disorder World

There is great optimism in the eating disorders field: better and earlier interventions are improving outcomes. Science and practice for eating disorders has changed rapidly in the past ten years. Ideas about family roles and causation have been not just updated but reversed. The role of food in the pathology and treatment of eating disorders has changes as has the role of dietitians. This presentation will offer dietitians an update and an opportunity: to play an important role in supporting families facing these grave disorders.



# ABSTRACTS + BIOS

## **Dietary Energy Density and Exercise Intensity: Impact on Health, Weight, and the Grocery Bill**

Emerging research shows that active women who exercise hard and consume low energy dense (ED) diets are at greater risk for menstrual dysfunction. These data suggest that these two factors have a synergistic effect on blunting appetite and reducing energy intake. Conversely, we encourage overweight individuals to consume low-ED diets and exercise for weight maintenance/loss. What level of exercise and low-ED is necessary for weight loss? Low-ED diets require consumption of whole grains, whole fruits and vegetables and low fat meat

products, which can be expensive. Can we afford to eat this way and recommend these diets to clients? We will compare cost and nutrient intakes in low-ED meals plans. Could these diets be helping some and hurting others? We will also examine the sustainability of low-ED diets. Attendees will understand how these diets can be recommended within the context of cost and sustainability.

*Melinda M. Manore*  
PhD, RD, CSSD, FACSM

See bio on page 14

*Taryn Hand, MS, RD, CSSD*

Ms. Taryn Hand is the lead dietitian at the Oregon State University (OSU), Student Health Center, and Dixon Athletic Center. She is a former collegiate athlete with a background in exercise science and nutrition, and is a member of AND, SCAN and ACSM. She has conducted research on low-energy dense diets and menstrual dysfunction in active women and presented this research at ACSM in 2014 and 2015. She has also published research on this topic with Dr. Manore. She did her MS at OSU and her DI at the U of Conn.

Join Tate & Lyle during the 32nd Annual SCAN Symposium for the session "Sensory Savviness: Nutrition and Health Benefits for a Flavorful Lifestyle" and visit us at our booth.

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Tate & Lyle, a global provider of ingredients and solutions to food, beverage and other industries, invests in research and innovation to help meet today's nutrition, health and wellness needs by addressing sodium and calorie reduction as well as fiber and protein enrichment in food and beverages. Tate & Lyle works with its customers to make food healthier and tastier, creating extraordinary food for consumers. To learn more about Tate & Lyle, visit [www.tateandlyle.com](http://www.tateandlyle.com) or [www.foodnutritionknowledge.info](http://www.foodnutritionknowledge.info).

# ABSTRACTS + BIOS

SUNDAY  
APRIL 10, 2016

## **Sustainable Sports Nutrition Practices That Help Athletes Perform At Their Best At The Olympics And Paralympics**

The United States Olympic Committee sport nutrition team has worked to expand the breadth and depth of nutrition services to Olympic and Paralympic athletes with medal dreams. Part of that process involves creating sustainable pathways that can be maintained if a sport dietitian (SD) has intermittent contact with an athlete or team or if the SD is unable to travel to training camps or competitions. This involves empowering other sport performance team members and contracted SDs to assist the USOC SD when they are not present through education and training. Therefore, the purpose is to explore different avenues the sport nutrition team has taken to ensure best practices are employed and the most effective use of resources are considered when supporting athletic performance. The ultimate goal is to develop a service provision approach that ensures continuity in care and familiarity for the athlete.

*Liz Broad, APD, PhD*

See bio on page 14

*Shawn Hueglin, PhD, RD, CSSD*

Shawn is currently a Senior Sport Dietitian with the United States Olympic Committee. She primarily supports team sports, specifically teams located in the Los Angeles area and Chula Vista Training Center. She has over 10 years' experience providing nutrition consulting to recreational, collegiate, and Olympic level athletes. Shawn has supported athletes competing in two Olympic Games (Salt Lake City and London). She is a Level 2 ISAK anthropometrist and was previously an assistant professor and lecturer in kinesiology and sport nutrition.

## **Sustaining the Athletes' Health and Performance through an Interdisciplinary Approach**

Training Services and the Sports Dietitian at a Division 1 University. Examples of these collaborations include: policy development, injury management, body composition tracking, and hydration monitoring and intervention. Each collaboration example will include a research based rationale for the approach as well as practical application in the collegiate setting.

*Katie Knappenberger,  
MS, RD, CSSD, ATC*

Katie Knappenberger is the Sports Dietitian at Northwestern University where her mission is to empower student athletes to use food to fuel academic and athletic success. She is responsible for the development and coordination of the nutrition services, which includes: team and staff education, meal planning, individual nutrition counseling, product procurement, and food and supplement security. Prior to her position at Northwestern, Katie worked as an assistant professor and athletic trainer at Dayton State College. Knappenberger is a Board Certified Specialist in Sports Dietetics, a Registered Dietitian, and a Certified Athletic Trainer. She earned her bachelor's degree in athletic training from the University of Wisconsin - La Crosse and her master's degree in nutrition from the University of Utah. She presented "The Running Athlete: Evaluation, Rehabilitation and Performance Enhancement" at the 2012 Athletic Trainer's Associations Annual Meeting. She also sat on the Deregulation Panel at the 2015 Collegiate and Professional Sports Dietitians' Association Annual Conference.

*Tory Lindley, ATC*

Tory Lindley is in his fourteenth year as Northwestern University's Director of Athletic Training Services. Prior to Northwestern, Tory served as the Director of Sports Medicine at Eastern Michigan University, staff athletic trainer at Michigan State University, head athletic trainer at Hamline University.

At Northwestern, Lindley supervises the Wildcats' athletic training staff, interns and students, and manages health care for the NU football program. In addition, he supervises Sports Performance staff and services. Tory is a current member of the NATA Board of Directors. A 2011 inductee into the Illinois Athletic Trainers' Association Hall of Fame, Tory was a 2012 recipient of the NATA Most Distinguished Athletic Trainer Award, 2009 recipient of the GLATA Dedicated Service Award, 2007 winner of the NATA Athletic Training Service Award. In addition, Tory was named the 2012 NCAA's Division I Athletic Trainer of the Year.

## **Helping Clients Find a Sustainable Relationship with Exercise: Understanding Avoidance and Dependence**

One's relationship with movement is often just as complex as one's relationship with food. With the basic tenant of "humans are designed to move", this presentation will help Registered Dietitians better understand their role in helping clients gain insight into their relationship with exercise, sport and movement. Attendees will learn skills to aid in assessment and conceptualization of the complex dynamics involved in treating individuals with exercise avoidance or exercise dependence. This presentation will include the considerations of movement across the life-span and the role of the provider's own relationship to movement, leading providers to be more effective in their ability to help clients find a lasting and sustainable relationship with exercise, sport and movement. Case studies will be used from the eating disorder treatment setting, general health and wellness counseling, and sports nutrition.

# ABSTRACTS + BIOS

## Julie Church, RDN, CD

Julie Church is a nationally registered and state certified dietitian, who has passionately been treating eating disorders for over 15 years. She is a member of several eating disorder professional organizations, speaks regularly to varied audiences, and cares deeply for her clients with integrity and compassion. Along with two mental health colleagues, Julie founded and owns an eating disorder treatment program in Seattle called Opal: Food + Body Wisdom which offers Partial Hospitalization, Intensive Outpatient and traditional outpatient treatment for individuals on the continuum of eating and body image concerns. Julie designed Opal's nutrition and weight approach based on a non-diet, non-weight biased, and Health at Every Size™ philosophy. Opal also offers unique programming for present and retired athletes, to ensure one's relationship with exercise and sport is explored while seeking full recovery from eating disorders. Julie, is a mom of 3 boys and enjoys sports and gardening with her family and friends.

## Knox Burnett, LMHCA

Knox Burnett is a resident of Seattle Washington where he lives with his wife and corgi. Originally from South Carolina, Knox journeyed west to pursue a Master's degree in counseling after spending 3 years as a football chaplain at Clemson University. While earning his Masters in Counseling at The Seattle School of Theology and Psychology, he worked with men struggling with homelessness, addiction, and trauma. After graduation, Knox opened a counseling and consulting practice specifically designed to address athlete mental health issues. He has partnered with Opal, an eating disorder clinic near the University of Washington, to help create and lead a trauma-informed, movement based therapy for clients struggling with food, body, and exercise + sport concerns. As a speaker and writer, Knox is passionate about facilitating conversations between disciplines and communities so that every athlete is cared for as a whole person; worthy of honor, love, and respect.

## Whole Foods vs. Supplements: How do They Measure Up?

Dietary supplementation can be a use-it-or-lose-it game lacking the sustainable results athletes seek for long-term performance and body composition goals. Athletes are vulnerable to pervasive supplement marketing and are largely unaware of how real, whole-food solutions stack up to some of the most popular supplements on the market. For example, four ounces of grilled chicken has more than three times the amount of amino acids, particularly branched chain amino acids, than one of GNC's Top Ten Best Selling Amino Acid supplements. Concrete comparisons like this strengthen the sports dietitian's food-first approach to athletic performance. Supplement to food comparisons motivate athletes to reevaluate the financial and nutritional limitations of supplement use in sport. The goal of this session is to present a variety of nutrient profile comparisons between top-selling sports supplements and whole-food options that can alternatively provide sustainable, cost-effective solutions to common training goals.

## Lara Gray, MS, RDN, CSSD

Lara Gray is a board certified sports dietitian at the National Center for Drug Free Sport where she specializes in educational programming for athletes on supplement safety, sports nutrition, athlete-focused recipes, and drug and alcohol deterrence. A former collegiate sports dietitian, Lara's interactions with student-athletes, and collaborative work with athletic training and coaching staff introduced many of the challenges associated with promoting whole foods over supplements. Drug Free Sport's involvement in sport drug-testing keeps her on the forefront of ongoing concerns related to supplement use and the lack of awareness for food-first solutions in sport. Lara manages communications with athletes, parents, and coaches where perceptions of "acceptable" supplement use, and needed education on supplement safety and sports nutrition solutions overlap. Lara's professional experiences have built a strong foundation and first-hand familiarity with the need for direct and practical food solutions to reinforce positive behavior change in athletes.

## Beyond the Pitch: The Inside Scoop on Building Relationships with Editors

Would you like to receive more repeat assignments from editors or break into writing for more competitive publications? A well written pitch is only part of the process. Participants will learn from a regular contributor to best-selling national magazines how to build a relationship with editors that will result in repeat assignments as well as referrals to editors at other publications. Topics that will be addresses include: tools to build your brand as a writer, negotiating pay, how often to follow up, dealing with radio silence, handling conflicts of interest, tackling revises and re-writes, and how to solidify relationships.

## Karen Ansel, MS, RD, CDN

Karen Ansel is a nutrition consultant, speaker, journalist and author. She is the co-author of three books, "The Calendar Diet: A Month by Month Guide to Losing Weight While Living Your Life," "Healthy in a Hurry: Simple, Wholesome Recipes for Every Meal of the Day," and the 2011 IACP finalist, "The Baby & Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start." Her work has been published in national magazines including Cooking Light, Eating Well, Prevention, Fitness, Women's Health, Yoga Journal, Woman's Day, and O, The Oprah Magazine. Karen is also a contributing editor for Woman's Day magazine. Karen is a graduate of Duke University where she majored in psychology. She received her Masters of Science in clinical nutrition from New York University.

# ABSTRACTS + BIOS

## Embrace Your Voice and Be Heard in Today's Food Conversation

Nutrition represents more than just food, health and well-being - it's personal. It's about what people put in their bodies and what they feed their families. RDNs are the leading experts to address food and nutrition questions/comments from consumers online. Ketchum has coined "Food e-vangelists" to describe consumers who are passionate about food, and highly influence family and friends even when they don't understand the science. They may actually compete with RDNs as online health authorities. Becoming skilled in social/digital communications is more than just understanding social channels. This session will focus on how to build meaningful relationships online, earn trust, and develop content related to sports, cardiovascular, and wellness topics that resonates.

## Jaime Schwartz Cohen, MS, RD

Always wearing two hats as a registered dietitian as well as a seasoned PR professional, Jaime provides strategic food and nutrition communications counsel to Ketchum clients across North America. In June 2014, she spent time with Ketchum's London, Brussels, and Amsterdam offices and has since taken on a global role, working with Ketchum teams around the world to identify potential synergies and opportunities to collaborate. The specific expertise that Jaime brings to her teams and clients is how to most effectively reach health influences and the channels by which to reach them. Additional specialty areas include food and nutrition issues management and media strategy around research publications. Jaime received a B.S. in Nutrition from Penn State, and M.S. in Nutritional Sciences from Rutgers, and completed the University of Medicine and Dentistry of New Jersey Dietetic Internship. She was recognized as PR Week's 40 Under 40 in 2014 and was named Young Dietitian of the Year in 2009.

## Kim Essex










Kim Essex's extensive communications experience spans the food, nutrition and health space, where she works with trade association, major consumer packaged goods companies and checkoff-funded food commodity clients on projects from integrated marketing to issues management, business-to-business, sustainability and influence engagement. She has helped lead several public-private alliances, including the award-winning Dietary Guidelines and the U.S. Farmers & Ranchers Alliances. As Director of Ketchum's North American Food Practice, she helped direct Ketchum's Food 2020 research that unearthed a new consumer target called the Food eVangelists. She currently works with many packaged goods companies and commodity boards, helping them navigate the new communications environment created by this highly engaged food consumer.

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## Get Razzed About Frozen Raspberries!



### TOP TEN FACTS ABOUT FROZEN RASPBERRIES

-  80 calories per cup
-  One of the lowest natural sugar content compared to other berries
-  More fiber than any other berry: 9 grams per cup or 36% daily value
-  High in vitamin C, providing 60% Daily Value per cup
-  Frozen at the peak of ripeness
-  Packed with phytochemicals that may help slow the aging process and may reduce the risk of certain diseases
-  Offers convenience and consistent quality right out of the freezer
-  No waste or spoilage
-  Available year-round
-  Contains no added sugar or preservatives

National Processed Raspberry Council

redrazz.org

# EAS Sports Nutrition

EAS Sports Nutrition is proud to be a sponsor of the Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group 32nd Annual Symposium where the **ONLY** experts in sports nutrition meet.



Come share your expertise with us at exhibit 11 to taste our products, learn the science behind our brands and take home RD-approved, evidence-based resources for your athletes.

The NEW EAS Sports Nutrition Files are designed for professionals, athletes and the everyday consumer. The EAS Sports Nutrition Files translate the science behind EAS like never before, providing scientific support and practical application for athletes.

And don't miss our *EAS SportsRD2Athlete* e-toolkit nutrition IQ tests, infographic, athlete meal plans and videos highlighting the latest research.

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# ABOUT SCAN



## TAP INTO SCAN RD EXPERTISE

A **SCAN RD** is a **Registered Dietitian** with the training, expertise, and desire to help their clients live and perform optimally through good nutrition at every stage of life. Use the Find a SCAN RD search engine on the SCAN website to tap into SCAN RD expertise! Searchable by location and expertise, it is useful for:

- Fellow dietitians, coaches, trainers, doctors, wellness professionals, and others referring to SCAN RDs
- The public looking for knowledgeable and experienced RDs in SCAN practice areas
- Industry looking to connect, network, and consult with SCAN RDs
- Journalists looking for that perfect blend of insight and soundbite for their next piece

To use the search engine, go to:

<http://www.scandpg.org/search-rd/>

## SCAN RDs- MARKET YOUR BUSINESS!

Are you an entrepreneur? An author? Offer workshops, counseling services, or professional consulting? If so, look no further than SCAN's Member Marketplace. Increase your visibility and distinguish yourself as an expert in your area by posting your products, resources, events, and services in SCAN's Member Marketplace for dietitians and the public to purchase or attend.



Simply log into your **SCAN** account, and update "Marketplace" from "My Profile." Get started today!

## VOLUNTEER FOR SCAN

SCAN needs interested and engaged volunteers! Volunteering helps SCAN, and also helps you – by boosting your resume, connections, and experiences. Volunteers are needed for all projects large and small, varying in content, skill level, and time commitment. Our online volunteer form allows you to match your interest and desired commitment level to suite your volunteer needs.

Visit: [www.scandpg.org/volunteer-opportunities/](http://www.scandpg.org/volunteer-opportunities/)

Congratulations  
To Heidi Lynch!

Winner Of The  
Graduate Student  
Research Grant  
Award.

Sports, Cardiovascular and Wellness Nutrition (SCAN) is the largest dietetic practice group of the Academy of Nutrition and Dietetics. With 7,000 members and 35 years of excellence, SCAN empowers members to be the nation's food and nutrition leaders through excellence and expertise in nutrition for sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

### Mission

To empower members to be the nation's food and nutrition leaders through excellence and expertise in nutrition for sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

### Vision

Optimize the nation's health by providing exceptional nutrition care in sports and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

### Goals

- SCAN members are recognized experts in food and nutrition for sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.
- SCAN members value the integration of four practice areas to provide comprehensive evidence-based medical nutrition therapy to improve the health of those we serve.
- Members and prospective members view SCAN as key to professional success.

# SAVE the DATE

March 31- April 2, 2017

CHARLOTTE, NORTH CAROLINA



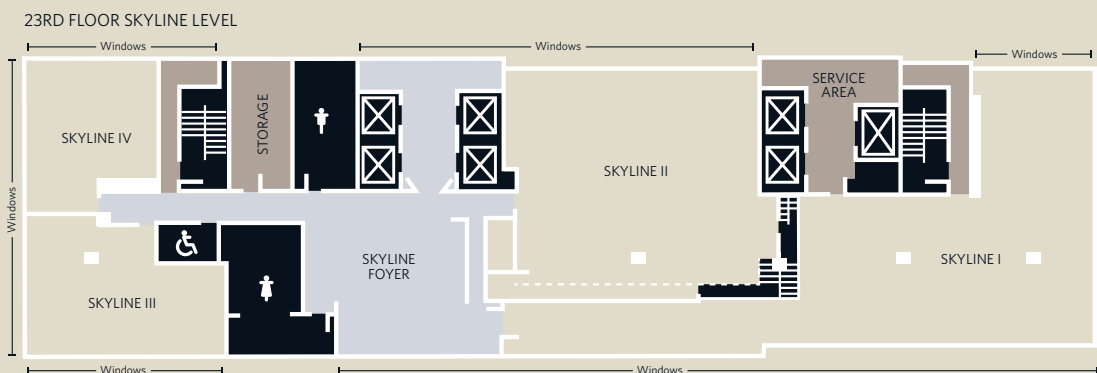
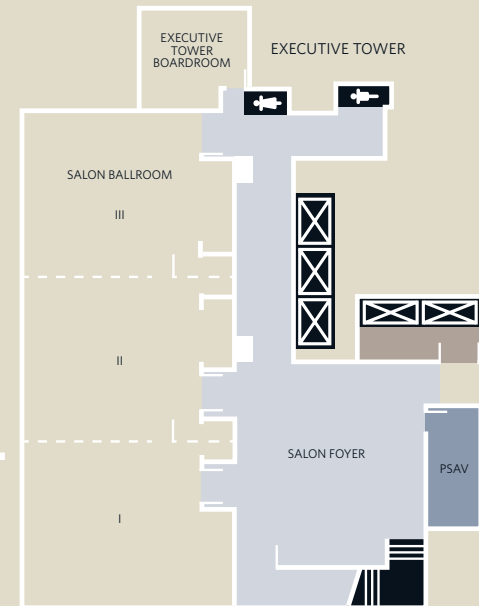
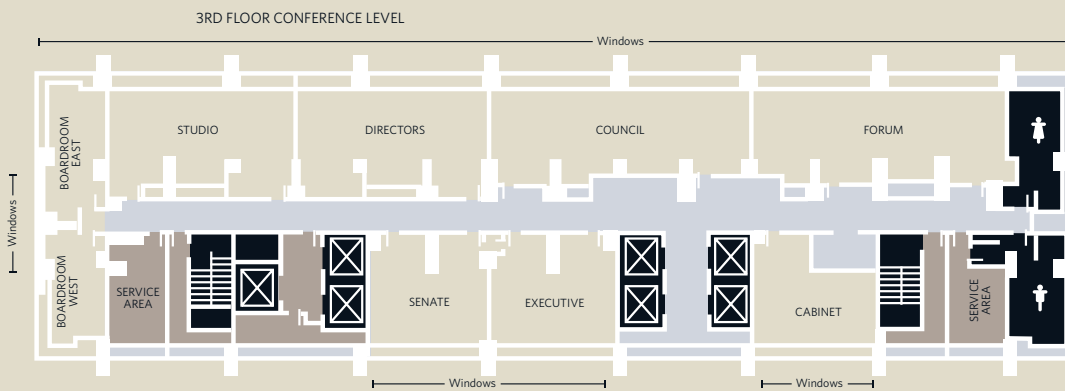
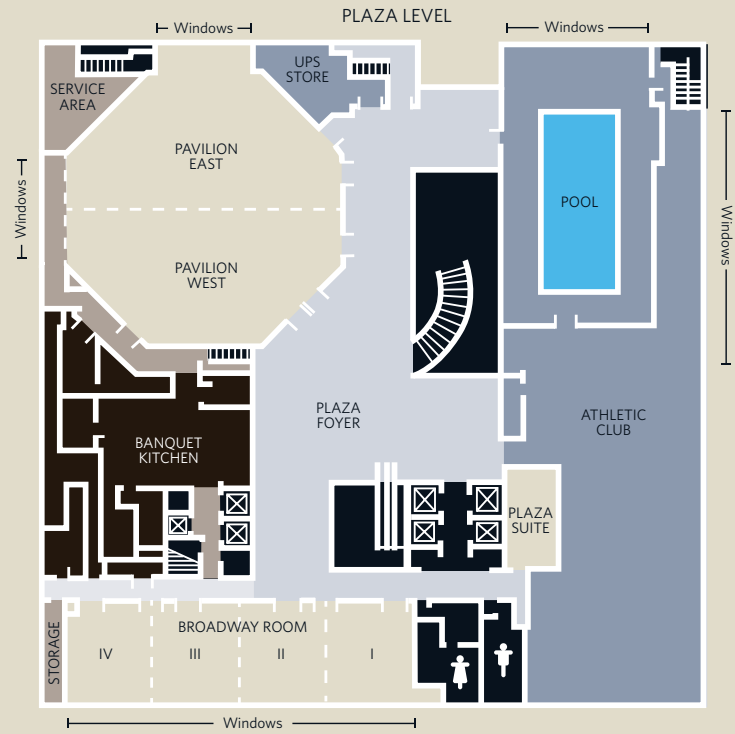
SYNCING NUTRITION SCIENCE & PRACTICE:

ADVANCING  
**KNOWLEDGE**  
AND BUILDING SKILLS



# FLOOR PLAN FOR CONFERENCE & EVENT ROOMS

## FLOOR MAPS



## KEY

-  Elevators
-  Meeting/Conference Rooms
-  Service Area
-  Amenities
-  Foyer Space

## THE SCAN CREDO

As a dietetic practice group of the Academy of Nutrition and Dietetics, SCAN is dedicated to nutrition for sports performance and physical activity, cardiovascular health, wellness, and eating disorders and disordered eating. We hold to a set of essential beliefs that forms the basis of our mission and vision and are manifested through the principles of excellence, integrity, and credibility that are evident in all our endeavors. These beliefs are embodied in the relationships we build and maintain with our constituents as we fulfill our responsibility to them.

### SCAN MEMBERS SEEKING COMMUNITY

We acknowledge members as our greatest resource and embrace their diversity. We provide them with strong leadership that is centered on a food first approach to achieving peak performance and optimum health and wellness. We recognize our members as preeminent authorities in their areas of practice, and seek on their behalf new opportunities for research, innovation, and professional growth. We provide prompt and courteous support, timely information, and a forum for the exchange of ideas in a safe and collegial environment. We offer leadership development, opportunities to serve and network, and professional recognition.

### HEALTH CARE AND INDUSTRY SEEKING PARTNERS

We collaborate with entities that share our commitment to using the best science and healthful eating practices to guide the public in making sound nutrition choices. Using our collective resources, we empower people to take charge of their health, reduce the risk of preventable illness, and maximize performance. We maintain the highest standards of ethical behavior as set forth by the American Dietetic Association.

### THOSE SEEKING INFORMATION

We educate consumers about sound nutrition practices and how these can nourish the body and reduce the risks and impact of disease. We do this first by doing no harm and next by providing sound, evidence-based information. Our audiences include athletes, consumers, health and fitness professionals, the media, and members of the food and nutrition industries and regulatory agencies. We recognize the diverse backgrounds of these constituents and tailor our services accordingly.

# THANK YOU

On behalf of all SCAN members that have benefited from one or more of the past thirty-one incredible SCAN Symposiums, we would like to recognize and thank all the Symposium Committee Members for their dedication and service. The volunteer contributions of these leaders turned ideas into reality to bring forth the best speakers, sessions, and professional growth opportunities in sports nutrition, cardiovascular health, wellness, and disordered eating/eating disorders. If you see them during our 32nd Annual Symposium please be sure to extend a special thank you. It is worth noting that many of the past Symposium Committee Members continue volunteering for SCAN – a testament that the more time you invest, the more you get in return!

## CELEBRATING OUR MEMBERS' 50 YEAR ANNIVERSARIES

CONGRATULATIONS TO OUR LONG TIME MEMBERS CELEBRATING A GOLDEN ANNIVERSARY!

- \* Mary E. Bryant
- \* Rita J. Grandgenett
- \* Carolyn Sue Johansen
- \* Terah Cullen Morris
- \* Nancy V. Newman
- \* Georgene M. Ranney
- \* Karen P. Ross
- \* Doris H. Sabin
- \* Marie D. Schirmer
- \* Billie S. Tant

**DISCLOSURE:** SCAN reserves the right to substitute sessions and content if circumstances warrant. Visit [www.scandpg.org/2016-symposium/](http://www.scandpg.org/2016-symposium/) for up to date information. CPE credits will be requested from the Commission on Dietetic Registration

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