

RIAND 2025 Virtual Spring Conference

March 19, 2025

Virtual conference via Zoom

8:30am - 3:00pm EST

Event Agenda:

8:30 am - Zoom Link will open

8:30 am - 8:35 am: Housekeeping

8:35 am - 8:55 am RIAND Presidents' Welcome and Licensure Compact Update by Julia Berman RD LDN and Shira Hirshberg RD LDN

9:00 am - 10:00 am Dietitian's Guide to Management of Chronic Constipation

Presenter: Tamara Duker Freuman MS RD CDN
60 min w/ questions (CPEU - 1.00)

Description: Chronic constipation affects millions of Americans and has adverse impacts on quality of life. Despite its high prevalence, constipation can have several distinct etiologies and will therefore only respond to dietary interventions and medical treatments that are tailored to its cause. By observing patterns of fiber intake versus stool output and use of food/symptom recalls, RDNs are uniquely equipped to facilitate the medical diagnostic process and intervene with diet and evidence based supplements toward expediting symptom resolution for patients. This practical session will equip RDNs to understand the pathophysiology underlying common causes of constipation and their physiological mechanisms so that they can target their assessments and treatments more effectively. It will cover a variety of tailored diet interventions for constipation, including fiber manipulation, behavioral interventions and over-the-counter bowel regimens, and address the limitations of an RD's toolkit when it comes to managing specific forms of chronic constipation.

Objectives:

- Identify common medical causes of chronic constipation and describe their respective pathophysiologies.

- Recognize the signs/symptoms of constipation in general and learn assessment tools to help understand likely etiology.
- Select appropriate dietary interventions to manage chronic constipation that are tailored to its etiology.

10:05 am - 11:05 am Supporting Kidney Patients in Plant-Based Transitions: The New Kidney Health Guidelines

Presenter: Jen Hernandez RDN CSR LDN
60 min w/ questions (CPEU - 1.00)

Description: This presentation will address common fears and misconceptions about nutrition for kidney health, with a focus on empowering patients to embrace plant-based diets. Attendees will learn actionable strategies to help patients navigate dietary restrictions while improving lab results, enhancing food freedom, and reducing stress around eating. Real-world case studies and practical resources will be shared.

Objectives:

- Understand the nutritional considerations of potassium, phosphorus, and protein in plant-based diets for chronic kidney disease patients
- Identify evidence-based strategies to support CKD patients in managing their lab values while transitioning to a plant-based diet.
- Apply practical counseling techniques to empower CKD patients to incorporate plant-based foods into their meals with confidence and balance.

11:15 am - 12:15 pm What is a Sustainable Food System and How Can RDNs Communicate this to the Public

Presenter: Joan Salge Blake EdD, RDN, LDN, FAND
60 min w/ questions (CPEU - 1.00)

Description: Sustainability is an important issue for consumers and

International Food Information Council (IFIC) research shows that over half of consumers think that their food purchases have an environmental impact as well as value the importance that food companies play in producing sustainable foods for the public. Unfortunately, many RDNs have a misunderstanding of what constitutes a sustainable food system, and even more importantly, how to effectively educate and empower the consumer to make sustainable food and beverage choices.

Objectives:

- Understand and describe components of a sustainable food system and diet.
- Dispel the misinformation regarding sustainable agriculture.
- Outline the steps that the food industry is taking to address sustainability from farm to fork.
- Outline the steps on how the consumer can improve sustainable food choices.

12:15 pm - 12:40 pm Lunch Break

**12:45 pm - 1:45 pm Breaking Through Menopause
Misinformation: Evidence-Based Nutrition Strategies**

Presenter: Val Schonberg RD MSCP CSSD FAND
60 min w/ questions (CPEU - 1.00)

Description: Menopause is a natural phase in a woman's life, yet many experience distressing symptoms such as hot flashes, brain fog, and weight gain that can disrupt daily life. Women frequently turn to dietitians for guidance on lifestyle interventions, including nutrition, exercise, and supplement strategies, to manage their health during this transition. However, increasing media attention on menopause, coupled with fear-based messaging and the pervasive influence of diet and anti-aging culture, has fueled widespread misinformation. This presentation will address common myths surrounding menopause and equip dietitians with evidence-based practices to help midlife women navigate this transition with confidence and make informed decisions

about their health.

Objectives:

- Identify common areas of misunderstanding that contribute to confusion about the role of nutrition and lifestyle interventions during menopause.
- Examine the impact of today's weight-centric and nutritionally sensationalized messages on midlife women and their overall health.
- Describe best practices and the scientific evidence that supports a weight-neutral approach to managing menopause and the diseases of aging.

1:50 pm - 2:50 pm Food IS Medicine: RDNs Needed

Presenter: Melissa Bernstein PhD RDN LD FAND DipACLM FACLM
FNAP

60 min w/ questions (CPEU - 1.00)

Description: Diet has been identified as the most important risk factor for morbidity and mortality in the United States. Registered Dietitian Nutritionists (RDNs) regularly treat patients with one or more chronic diseases, many of which have a strong relationship to diet and nutritional health. Disease prevention, treatment and reversal is possible with Food is Medicine (FIM). To provide the best possible care to individuals and patients, RDNs are needed to lead the FIM initiatives and support the entire interprofessional team in ensuring nutritional needs are best addressed. As food and nutrition experts, RDNs are in a unique position to educate, inspire and guide patients to use FIM to be an active and empowered participant in their own health care.

Objectives:

- Appraise the evidence supporting the benefits of a Food Is Medicine diet prescription, in promoting health and for the treatment and reversal of chronic diseases.
- Describe the role of RDNs as Food Is Medicine experts.

- Communicate the nutrition-specific competencies of the field of lifestyle medicine to other members of the healthcare team.
- Confidently apply Food Is Medicine to enhance the overall wellness of patients, clients, and community.
- Explain the way in which RDNs can take a leadership role as part of the interprofessional healthcare time in educating and empowering patients to adopt healthy dietary patterns

2:50 pm - 3:00 pm - Event Wrap Up/Closing

Total CPEU - 5.00 pending approval