



VIRTUAL SERIES

# Vision for the Future

Washington State and Oregon Academy of Nutrition and Dietetics

We hope that all are well and adjusting to a new normal. In lieu of our in-person conferences we are excited to present our first virtual series. We are offering 5 free webinars on Tuesday's starting May 19 - June 16, 2020.

**Registration for each webinar is separate. Please click each registration link below.**

Thank you to our virtual series sponsors:

Oregon Dairy and Nutrition Council and Oregon State University Moore Family Center



**Oregon State University**  
Moore Family Center

## FOOD MATRIX: MORE THAN THE SUM OF NUTRIENTS

May 19, 2020 @ 12 pm PT

**Speaker: Chris Cifelli, PhD**

It is accepted that we eat foods, not nutrients; however, until recently the relationship between diet and health has focused on individual nutrients. Today, the focus is shifting towards the impact of whole foods. The food matrix is an emerging concept that looks at how various nutrients and bioactive factors present in individual whole foods work in synergy and how the physical structure of the matrix may impact absorption and digestion.



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## THE CREDIBLE EXPERT: THE NUTRITION EXPERT PEOPLE WANT

May 26, 2020 @ 12 pm PT

**Speaker: Mike Rousell, PhD**

Nutrition has quickly become a major pillar of the news cycle that is powered by catchy headlines and gross generalizations. How can nutrition professionals maintain credibility and status while communicating evidence-based information? This talk will explore the key factors of being an effective nutrition communicator while also laying out a plan for developing a platform for communicating your message.



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## THE WEIGHT OF WEIGHT BIAS IN NUTRITION EDUCATION

June 2, 2020 @ 12 pm PT

**Speaker: Jessi Peterson, MS, RD, CDE**

Weight loss. We read about the "benefits" in journals and guidelines but what if encouraging weight loss is making our clients sicker? The current literature shows that recommending "eat less and exercise more" negatively impacts patient outcomes by causing metabolic dysregulation and stigmatization, less patient engagement, and decreased motivation for change. Approaching education from a weight neutral perspective allows RDNs to discuss health in morally neutral terms and empowers patients to consider sustainable behaviors.



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## DO OUR GENES DETERMINE WHAT WE SHOULD EAT?

June 9, 2020 @ 12 pm PT

**Speaker: Nanci S. Guest, PhD, RD, CSCS**

There is increasing awareness among researchers, educators, healthcare professionals and consumers that the one-size-fits-all approach to nutritional guidance is inefficient and often ineffective. Nutrigenomics research examines how variations in certain genes can modify the activity of our enzymes, receptors, transporters and other proteins, and explains why some individuals respond differently from others to the same foods, nutrients, dietary patterns and supplements. These genetic variations can help to determine individual nutritional requirements.



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## STAYING AHEAD OF THE COURSE: MASTERING QUALITY IMPROVEMENT

June 16, 2020 @ 12 pm PT

**Speaker: Jessie Pavlinac, MS, RD, CSR, LD, FAND**

Quality Improvement (QI) plays an important role in any clinical nutrition setting. Quality Improvement can improve delivery of services and outcomes, allows for better organizational strategic planning and creates accountability. Knowing how to conduct Quality Improvement Projects (QIPs) can assist the RDN in elevating their role. This session will outline what QI is and how to conduct QIPs, highlighting Academy resources as well as go through an interactive case study where participants will develop their own QIP based on the case.



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