



2021 Virtual Conference

Thursdays April 15 - May 20

12:00 -1:00 pm PT

Join us for up to 7 hours CPEU web-based education. Your conference agenda is your creation. Choose all or one session brought to you by an expert panel of speakers.

Note: The virtual tour and tasting is scheduled for May 4, 2021. See info on page 3.

Session 1: April 15, 2021

The Road to Diversity, Equality, Inclusion and Belonging

Speaker: Deanna Belleny, MPH, RDN

At the conclusion of this session, participants will be able to:

- Explain the current state of diversity in dietetics and the factors that contribute to its current lack of diversity.
- Describe how diversity impacts the profession
- Identify strategies and resources that promote a more equitable field and participate in reflective exercises that examine their role in helping to improve the diversity, equity, and inclusion of the field.

Competencies: 3.2.1, 3.2.2, 4.2.2, 4.2.8, 4.2.9, 1.1.3, 1.1.4, 8.2.1

Session 2: April 22, 2021

Weight Stigma, Embodiment and Eating During COVID-19

Speaker: Lexie Jackson, MS, RDN, CD, CDCES

At the conclusion of this session, participants will be able to:

- Discuss weight stigma, discrimination, bias internalization, and body image and their relationship with dietary behaviors.
- Examine the current literature assessing the impact of weight stigma, discrimination, bias internalization, body image, and weight on dietary behaviors during COVID-19.
- List mechanisms to encourage adaptive behaviors and nourishment during COVID-19.

Competencies: 5.1.1, 5.1.2, 5.4.2, 14.3.1, 2.1.9, 6.3.9, 6.3.10



Session 3: April 29, 2021

The (Re)purpose of Food: Reducing Food Waste at Home

Speaker: Judy Barbe, MS, RDN

At the conclusion of this session, participants will be able to:

- List how food waste is generated throughout the food chain and its impact on the environment
- Provide shopping, storage, and preparation tips for people to safely and efficiently use more of food purchased.
- Deliver consumer-friendly messages about reducing food waste.

Competencies: 4.2.1, 4.2.2, 4.2.5, 4.2.8, 14.4.1, 1.2.1

Session 4: May 6, 2021

Beyond Body Image: Bringing Embodiment into Nutrition Counseling

Speaker: Carrie Dennett, MPH, RDN, LD, CD

At the conclusion of this session, participants will be able to:

- Discuss social and cultural factors that shape embodiment, and how race, gender and disability play key roles.
- List key questions to elicit crucial information about a client's degree of embodiment.
- Plan strategies for helping clients develop positive embodiment that are within the dietitian's scope of practice.

Competencies: 9.1.4, 9.1.5, 9.6.3, 9.6.5, 1.2.1, 1.2.2, 1.2.5, 4.1.4

Session 5: May 13, 2021

It's About Time: Update on Diabetes Meal Plans, Meds and More

Speaker: Rachel Stahl, MS, RD, CDN, CDCES

At the conclusion of this session, participants will be able to:

- Describe key concepts and latest evidence from the 2019 American Diabetes Association's Nutrition Consensus Report
- Discuss oral agents, non-insulin injectables and insulin for patients with diabetes
- Learn how to incorporate diabetes technology in clinical practice

Competencies: 14.1.5, 14.1.6, 14.3.1, 14.3.3, 14.3.6, 10.2.1, 10.2.2, 10.2.6, 10.2.7

Session 6: May 4, 2021

4:00 – 6:00 p.m.

Northwest Food Tour and Tasting Experience

Several speakers, including:

Louie Kazemier, Owner - Rickreall Dairy

Dusty Highland, Smith Brothers Farms

Lisbeth Goddik, MS, PhD - Department Head, Food Science and Technology, Oregon State University

Robin Frojen, Cheese Plant Manager, Oregon State University

At the conclusion of this session, participants will be able to:

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

Competencies: 7.21, 7.2.7, 8.1.2, 8.4.2, 11.2.1, 11.2.6, 13.2.7