

2020 Virtual Annual Meeting

APRIL 3, 2020



ELEVATING
NUTRITION ACCESS
2020 SCAND

BUILD HEALTHY, NUTRITIOUS EATING PATTERNS WITH THREE SERVINGS OF DAIRY EVERY DAY

DAIRY FOODS HELP NOURISH LIFE

Three daily servings of dairy foods, like milk, cheese or yogurt in those 9 years and older contribute to healthy eating styles and well-being.¹

Milk has a unique nutrient package and contains nine essential nutrients important for growth and development.^{1,2,3,4}

Healthy eating patterns that include low-fat or fat-free dairy foods are linked to reduced risk of cardiovascular disease, type 2 diabetes and lower blood pressure among adults.¹ Dairy foods also are linked to better bone health, especially in children and adolescents.¹

DAIRY SUPPORTS THRIVING COMMUNITIES AND A HEALTHY PLANET

Dairy foods are responsibly produced, nutrient-rich foods that help nourish people, strengthen communities and foster a sustainable future.

The dairy community contributes:

- 2% of greenhouse gases (GHGs) in the U.S. with a voluntary goal to reduce GHGs by 25% by 2020.⁵
- ~3 million jobs and generates \$625 billion for the economy every year in the U.S.⁶
- to the livelihoods of up to 1 billion people worldwide.⁷

CHILDREN AND ADULTS FALL SHORT ON RECOMMENDED DAIRY SERVINGS AND ESSENTIAL NUTRIENTS

The 2015–2020 Dietary Guidelines for Americans (DGA) recommends three servings of low-fat or fat-free dairy foods daily for those 9 years and older, 2½ cups for those 4–8 years and 2 cups for those 2–3 years.¹

By age 6, consumption of milk, cheese and yogurt falls below the DGA recommendation, and the trend continues into adulthood (average is less than two daily servings).^{8,9}

It can be hard to meet nutrient recommendations—especially calcium, vitamin D and potassium (three nutrients of public health concern)¹—without eating three daily servings of dairy foods.

EATING THREE DAILY SERVINGS OF DAIRY FOODS LIKE MILK, CHEESE OR YOGURT CAN HELP PEOPLE CLOSE KEY NUTRIENT GAPS, CONTRIBUTING TO NUTRIENT-RICH, HEALTHY EATING PATTERNS.^{1,10}

These health and wellness organizations support consumption of three daily servings of low-fat or fat-free dairy foods to help build healthy eating patterns as identified by the DGA:¹



¹U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans, 8th Edition. 2015. <http://health.gov/dietaryguidelines/2015/guidelines/>.

²Weaver C. Role of Dairy Beverages in the Diet. *Physiol Behav.* 2010;100(1):63–66. <https://www.clinicalkey.com.exp2.lib.umn.edu/#/content/playContent/1-s2.0-S0031938410000338?returnurl=null&referrer=null>.

³CFR 121.101.9. <https://www.ecfr.gov/cgi-bin/text-idx?SID=10896471be7fb6ff7aae0acfd0081a82&mc=true&node=pt21.2.101&rgn=div5#se21.2.101.19>.

⁴USDA. USDA National Nutrient Database for Standard Reference. Release 28. <http://www.ars.usda.gov/nutrientdata>. Published 2016.

⁵Henderson A, Asselin A, Heller M, et al. U.S. Fluid Milk Comprehensive LCA. University of Michigan & University of Arkansas. 2012.

⁶IFDA. Dairy Delivers, The Economic Impact of Dairy Products in the United States. 2017.

⁷Food and Agriculture Organization of the United Nations. The global dairy sector: Facts. Available at: <http://www.fil-idf.org/wp-content/uploads/2016/12/FAO-Global-Facts-1.pdf>. Published 2016.

⁸ARS, USDA. Food pattern equivalents database (FPED) 2013–2014. What we eat in America, NHANES 2013–2014. <https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/FPED/tables.1-4.FPED.1314.pdf>.

⁹National Dairy Council. NHANES 2011–2014. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Human Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.

¹⁰Rice BH, Quann EE, Miller GD. Meeting and Exceeding Dairy Recommendations: Effects of Dairy Consumption on Nutrient Intakes and Risk of Chronic Disease. *Nutr Rev.* 2013;71(4):209–223. doi:10.1111/nure.12007.

ANNUAL MEETING SCHEDULE

7:45 am	Sponsor Welcome
8:00 am	Welcome and Announcements <i>Molly Mills, RD, SCAND President</i>
8:15 - 9:15 am	Helping Client's Weigh Through a Fad Crazy World <i>Toby Amidor, MS, RD, CDN, FAND</i> <i>Sponsored by The Dairy Alliance</i>
9:15 - 10:15 am	Your Academy in Action <i>Sharon Cox, MA, RDN, LDN, FAND, House of Delegates Director at Large, Academy of Nutrition and Dietetics</i>
10:15 - 10:30 am	Sponsor Presentation
10:30 - 11:30 am	Harnessing Brain Health with a Plant Based Diet <i>Linda Aprino, MA, RDN, CDN, FAND</i> <i>Sponsored by Vegetarian Nutrition DPG and SCAND</i>
11:30 am - 12:30 pm	Understanding the World of Mobile Health Applications: Assisting Patients with Managing their Diets <i>Sara B. Donevant, PhD, RN, CCRN</i>
12:30 - 1:00 pm	Annual Membership Meeting and Awards <i>Molly Mills, RD, SCAND President</i> <i>Lynda Maschek, RD, CDE, Chair, SCAND Scholarships & Awards Committee</i>
1:00 - 2:00 pm	Nutrition Timing for Sports Nutrition and Implications for Weight Management and Obesity Prevention <i>Ashley Licata, PhD, RD, CSSD</i>
2:00 - 3:00 pm	Prioritizing Food Security Solutions <i>Debbie Petitpain, MS, RDN</i>
3:00 - 3:15 pm	Sponsor Presentation
3:15 - 4:15 pm	Malnutrition Toolkit: What You Need for Proper Diagnosing <i>Jessica Justice Reath, RD, LDN, CNSC</i>
4:15 - 4:30 pm	Closing <i>Molly Mills, SCAND President</i>

2020 ABSTRACTS

Sepideh Alasvand, MS, *Mangifera indica* Linn Leaves as a Anti-hyperglycemic Agent

Anna M. Berner, BS, Evaluating the Family Nutrition and Physical Activity (FNPA) Survey in Adolescents Preparing for Metabolic and Bariatric Surgery

Elena N. Carr, MS, Medical Student and Resident Physician Perceptions on Including RDNs in Outpatient Practice

Kendall J Eleazer, BS, Inadequate Caloric Intake Among Collegiate Baseball Athletes

Kaitlin, M, Feldmann, Exploratory Study of Evidence-Based Practice in Dietetic Interns and Their Preceptors

Emily G. Garrett, Implications of the Gut-Brain-Microbiome Axis and Stress Response for Maladaptive Eating Behavior: A Literature Review

Joel Hamilton, MS, RDN, Margaret Condrasky, EdD, RDN, Healthy Habits Cooking Camp

Erin M. Harris, MPH, Participation in a Physical Activity-based Lifestyle Program May Influence Food Behaviors in Adults with, or at Risk of, Chronic Diseases

Maryellen J. Hauver, Feasibility of Expanding “Kids Eat Free” SFSP to MUSC Health Regional Hospitals

Megan E Houston, MS, Developing Media Content to Support Behavior Change for the Prevent T2 Curriculum
Developed by the Centers for Disease Control and Prevention

Erica A. Langford, Evaluation of DNA isolated from human milk with a low-cost commercial kit using four methods

Allison M. Roselli, MS, Enteral Nutrition Provider Survey in the CVICU

Sonya Sawyer, BS, Point-of-Selection Nutrition Education Improves Student Food Choices and Perceptions of Campus Dining

Hayley D Strong, Program Participation and Feedback on Medical University of South Carolina’s SHINE Diabetes Prevention Program

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Help us reach our goal of \$2,000!

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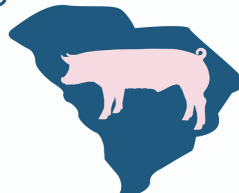


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