

CONFERENCE SCHEDULE

8:00AM – 9:00AM VIRTUAL FOOD DEMONSTRATIONS

8:00AM – Portion Distortion – Testing Your Food Knowledge

8:20AM – Healthy Snack Options

8:40AM – Using Spices for Flavor in Place of Salt & Pepper

9:05AM - MORNING KEYNOTE SESSION WITH DR. NANNA MEYER

FOOD – SYSTEMS – VALUES: SETTING THE STAGE FOR PRACTITIONER REFORM

The integration of sustainable food systems in health and nutrition is an exciting and emerging professional field. This requires exceptional skills in all aspects of the food chain, including in-depth socio-cultural, socio-economic, and environmental understanding and responsible and reflexive approaches that support rather than compromise ecosystems. Systems thinking, including the ability to connect complex problems, and developing strategies that create win-win-win solutions for the client/patient, the planet, and the community, is urgently needed. Value-based food systems and their variable and unique place-based culture and culinary traditions can widen practitioners' understanding of the role of agriculture, biodiversity, and climate and unfold a nearly forgotten world of culinary diversity and a host of undiscovered experiences, flavors, techniques, and qualities. This keynote lecture will report from a decade of work in regional food systems and illustrate the urgent need for health and nutrition professionals to become part of their local food value chains so they begin to transform their own food ways and rise as change agents on behalf of their clientele, the planet, and their communities.

Nanna is Associate Professor in Human Physiology and Nutrition at the University of Colorado (UCCS). Nanna founded the UCCS Sport Nutrition Graduate Program. She has worked in Olympic sport nutrition for 20 years, supporting US athletes at 5 Olympic games, while helping to found professional sport nutrition organizations nationally and internationally. As the world's urgency to address climate change and health is rising, Nanna's time is now focused on sustainable food systems in the Rocky Mountain region. In 2014 Nanna was instrumental in helping UCCS transition its food system away from a corporate system to self-operation. With a team of graduate students, Nanna links farmers to engaged eaters, using local food and farm literacy concepts of UCCS's Sustainability, Wellness and Learning (SWELL) initiative through programs such as Food Next Door, UCCS's own Farm-to-Cafeteria program, the mobile Flying Carrot Food Literacy project, and Grain School.

10:20AM – 11:20AM – MORNING BREAKOUT SESSIONS

MOTIVATING BEHAVIORAL CHANGE IN HEALTHY EATING, PRESENTED BY DR. KATIE FORTENBERRY AND AMY REEDER

We know the food we eat affects our health and risk for certain diseases. Using motivational interviewing can encourage healthy behavior change. Learn how to incorporate strategies into your practice that promote motivation for healthy eating.

Amy Reeder graduated from the University of Utah with a master's in Nutrition, and currently teaches various courses for the Nutrition and Integrative Physiology department. Amy joined the Wellness and Integrative Health Department in December 2018 and works as a Registered Dietitian Nutritionist and Health Coach, as well as a Certified Diabetes Care and Education Specialist with the IDEAS Program at Utah Diabetes and Endocrine Center. Amy's focus is in creating healthy nutrition and lifestyle habits to prevent chronic disease or slow the progression.

Katie Fortenberry, Ph.D., graduated from the University of Alabama with a bachelor's in Psychology, then received her Master's and Ph.D. in Psychology with a focus in Clinical Health from the University of Utah. She completed her internship training at the Memphis VA, and a postdoctoral fellowship in Primary Care Psychology at the University of Mississippi Medical Center. She is currently an Associate Professor (Clinical) in the University of Utah Division of Family Medicine, where she serves as the Behavioral Science Education Director and sees patients at Sugarhouse Family Clinics. Her overall goal is to promote effective treatment of mental and behavioral health concerns in primary care settings by: 1) educating family physicians and other healthcare professionals to effectively utilize behavior change principles and maintain their own self-care; 2) training psychology and medical trainees to effectively work in an interdisciplinary environment; 3) increasing access to high quality care through improving behavioral health services and reducing barriers to care.

BREAKING DOWN FAD DIETS, PRESENTED BY KARY WOODRUFF

In this session we will outline the distinctions between fad diets and evidence-based eating practices. We will outline the harms associated with fad diet practices and discuss non-diet approaches. The session will conclude with practice recommendations for health care providers looking to support their patients in achieving a sustainable approach to nutrition.

Kary Woodruff became connected to the University and College of Health as a graduate student, first in Sports Psychology and then Sports Nutrition. Kary worked for several years as a sports dietitian for Intermountain Healthcare before returning to the Department of Nutrition and Integrative Physiology as faculty. Kary is an assistant professor lecturer, Director of Clinical Experiences & Coordinator for the Sports Nutrition Master's Program. Kary also specializes as an outpatient dietitian working with patients with eating disorders. Kary is an instructor of the undergraduate course, Cultural Aspects of Food, and the Master's Program course Medical Nutrition Therapy; she also oversees the Program's Focused Area of Study Projects. Kary has authored/co-authored two textbooks and several textbook chapters and completed her dissertation on coordinated care for the treatment of eating disorders. Whether working with patients, students, or friends and family, Kary's overall aim is to help individuals have a healthier relationship with food!

MAKING HEALTHY EATING THE EASY AND SATISFYING CHOICE: KNIFE SKILLS FOR THE SALSA LOVER DEMONSTRATED BY DR. AMY LOCKE AND THERESA DVORAK

Knife skills are fundamental to preparing vegetables and by extension fundamental to healthy eating. Join the founders of the University of Utah Culinary Medicine Program for a refresher on efficient and effective knife skills as a way to bring joy to eating. This session will demonstrate several salsa recipes and highlight the specific nutritional qualities of the ingredients. Join along from your own kitchen for pointers.

Amy Locke is an Integrative Family Physician at the University of Utah. She has nationally recognized expertise in professional wellbeing, innovative curriculum design, and cutting-edge clinical programs to address lifestyle and preventive medicine. Her research, education and clinical roles focus on helping people lead healthier lives. She is the Chief Wellness Officer at the University of Utah Health. She serves on the board of the Academic Consortium for Integrative Medicine and Health and is Adjunct Faculty at the University of Michigan.

Theresa Dvorak is a Registered Dietitian and Assistant Professor in the Department of Nutrition and Integrative Physiology at the University of Utah. Theresa's background as a Certified Athletic Trainer led her to specialize in Sports Dietetics as a Certified Specialist in Sport Dietetics as well as weight management at Intermountain Health Care for nearly 15 years. Currently she coordinates the Culinary Medicine program at the University of Utah where she strives for providing meaningful and practical nutrition education and culinary skills to graduate level students within University of Utah Health Sciences. She also teaches and oversees community culinary medicine classes. Theresa's passion for teaching kitchens is palpable is all that she does!

11:25AM – 12:25PM – AFTERNOON BREAKOUT SESSIONS

HEALTH AND COMMUNICATION: CLOSING GAPS WITH FOOD INSECURE INDIVIDUALS PRESENTED BY SHANNON JONES

Currently, one in eight individuals and one in six children within the United States lack sufficient access to nutritious foods. Additionally, significant disparities exist for historically and presently marginalized and underserved groups, with many facing disproportionately higher rates of food insecurity. We will contextualize basic health communication principles, practices, and processes to assist in developing meaningful health-related dialogue with individuals who experience food insecurity.

Shannon Jones, M.S. is an Assistant Professor (Clinical), in the University of Utah's Department of Nutrition & Integrative Physiology, and Project Lead for the Driving Out Diabetes Initiative's childhood diabetes prevention program, Food, Movement, and You, for families experiencing homelessness. Her academic background is in communication with emphases in the intersections of critical rhetoric, critical culture studies, and food studies. With a history of substance abuse, her high school years were spent in addiction, often using in homeless encampments and abandoned buildings. These lived experiences provide her with particularly unique human-first, trauma-informed, and harm reduction perspectives on connecting, and communicating health-related information, with underserved and marginalized individuals.

PLANT-FORWARD DISHES

More information coming soon!

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1:00PM-2:00PM - J. GEORGE JONES JR. & VELMA RIFE JONES DISTINGUISHED VISITING LECTURER: MARION NESTLE, PHD, PAULETTE GODDARD PROFESSOR & PROFESSOR EMERITA, NUTRITION AND FOOD STUDIES, NEW YORK UNIVERSITY

DIET & HEALTH: WHAT HEALTH PROFESSIONALS SHOULD TELL CLIENTS ABOUT FOOD AND NUTRITION

This presentation is for medical professionals who may or may not know much about nutrition but are constantly asked about it. It covers recent changes in thinking about basic dietary principles (what to eat and avoid), the role of nutrition in medical education and practice, how to deal with nutrition issues in a standard 15-minute interview, and how to refer patients and to whom.

Marion Nestle is a consumer advocate, nutritionist, award-winning author, and academic who specializes in the politics of food and dietary choice. Her research examines scientific, economic, and social influences on food choice and health, with an emphasis on the role of food industry marketing. Her books explore how politics affects food production, dietary intake, food safety, and human and planetary health. She is the author of the classic *Food Politics: How the Food Industry Influences Nutrition and Health*, now in its third edition. In 2003, *Food Politics* won awards from the Association of American Publishers, the James Beard Foundation, and World Hunger Year. Her second book, *Safe Food: The Politics of Food Safety* won the Steinhardt School of Education's Griffiths Research Award in 2004. Dr. Nestle's book, *What to Eat* was named as one of Amazon's top ten books of 2006 and a "Must Read" by *Eating Well* magazine; it also won the Better Life Award from the National Multiple Sclerosis Society and the James Beard Foundation book award for best food reference in 2007. She has also written *Pet Food Politics: The Chihuahua in the Coal Mine* (2008); *Feed Your Pet Right*, co-authored with Malden Nesheim (2010); and *Why Calories Count*: from

Science to Politics, also with Malden Nesheim, which won book of the year from the International Association of Culinary Professionals (IACP) in 2012. Her book, Eat, Drink, Vote: An Illustrated Guide to Food Politics won an IACP book award in 2014, as did Soda Politics: Taking on Big Soda (and Winning) in 2016, along with the 2016 James Beard Award for Writing & Literature. In 2018, she published Unsavory Truth: How Food Companies Skew The Science of What We Eat, which exposes how the food industry corrupts scientific research for profit. Her latest book, written with Kerry Trueman, is Let's Ask Marion: What You Need to Know about the Politics of Food, Nutrition, and Health (University of California Press, September 1, 2020). Marion Nestle is the emerita Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health (the department she chaired from 1988-2003) and Professor of Sociology at New York University. She also holds an appointment as visiting professor in the Cornell Division of Nutritional Sciences. She has been awarded Honorary Doctor of Science degrees from Transylvania University in Kentucky (2012) and from CUNY's Macaulay Honors College (2016). Her degrees include a Ph.D. in molecular biology and an M.P.H. in public health nutrition, both from the University of California, Berkeley. She appears frequently in documentary films, among them SuperSize Me! (2004), A Place at the Table (2013), Fed Up (2014), El Susto (2019), and Code Blue (2020). Dr. Nestle has received many awards and honors, among them the Bard College Prison Initiative's John Dewey Award for Distinguished Public Service (2010), the National Public Health Hero award from the University of California Berkeley School Of Public Health (2011), the James Beard Foundation Leadership Award (2013), and the Innovator of the Year Award from the United States Healthful Food Council (2014). In 2018 she was named Grande Dame by Les Dames d'Escoffier and received the International Association of Culinary Professionals Trailblazer Award. She received the first Changemaker Award from the Food Policy Center at Hunter College (2019). Dr. Nestle's first faculty position was in the Department of Biology at Brandeis University. From 1976-86 she was Associate Dean of the University of California San Francisco (UCSF) School of Medicine, where she taught nutrition to medical students, residents, and practicing physicians, and directed a nutrition education center sponsored by the American Cancer Society. From 1986-88, she was senior nutrition policy advisor in the Department of Health and Human Services and managing editor of the 1988 Surgeon General's Report on Nutrition and Health. She has been a member of the FDA Food Advisory Committee and Science Board, the USDA/DHHS Dietary Guidelines Advisory Committee, and American Cancer Society committees that issue dietary guidelines for cancer prevention. Her research focuses on how science and society influence dietary advice and practice. From 2008 to 2013, she wrote the monthly "Food Matters" column for the San Francisco Chronicle. She blogs daily (almost) at www.foodpolitics.com. She can be followed on her Twitter account @marionnestle, which has more than 140,000 followers. Time magazine named it as one of the top 140 most influential Twitter accounts, and one of the top 10 in health and science, and Science Magazine and the Guardian list it as a top account to follow.

2:10PM-3:10PM - PANEL DISCUSSION

EXAMPLES FROM THE FIELD: HOW TO MEET PATIENTS' NUTRITION AND BEHAVIOR NEEDS WITH PANELISTS DR. LIZ JOY, DR. AMY LOCKE, AND ANISSA KLEEMEYER

In this session, expert panelists will discuss strategies and programs they've developed to make nutrition and lifestyle change a vital part of their clinical practices and organizations. Panelists will describe ways to effectively design and bill for nutrition service and refer to nutrition and behavior professionals that can assist patients with their health goals.

Elizabeth A. Joy, MD, MPH, FACSM, FAMSSM Dr. Joy is the Senior Medical Director for Wellness and Nutrition at Intermountain Healthcare in Salt Lake City, UT, and practices Family Medicine and Sports Medicine at the Salt Lake LiVe Well Center. She is an adjunct faculty member at the University of Utah School of Medicine in the Department of Family and Preventive Medicine, and in the College of Health Department of Nutrition & Integrative Physiology. Dr. Joy is the Past President of the American College of Sports Medicine (ACSM). She serves on the Exercise Is Medicine Governance Committee for the ACSM, and serves on the Board of Directors for the National Physical Activity Plan Alliance. She hails from Minnesota, having

grown up in St. Paul. She played volleyball for the University of Minnesota, where she also attended Medical School, completed her residency and fellowship training at Hennepin County Medical Center; and worked in White Bear Lake before moving to Utah in 1995.

Amy Locke is an Integrative Family Physician at the University of Utah. She has nationally recognized expertise in professional wellbeing, innovative curriculum design, and cutting-edge clinical programs to address lifestyle and preventive medicine. Her research, education and clinical roles focus on helping people lead healthier lives. She is the Chief Wellness Officer at the University of Utah Health. She serves on the board of the Academic Consortium for Integrative Medicine and Health and is Adjunct Faculty at the University of Michigan.

MORE INFO ON ANISSA KLEEMEYER TO COME