

VANCOUVER, BC

JUNE 6-9, 2018

PROGRAM

**ELEVATE
INFLUENCE
INSPIRE**



Dietitians of Canada
Les diététistes du Canada

DIETITIANS OF CANADA NATIONAL CONFERENCE



Join us in Vancouver for the premier learning event for dietitians and food & nutrition professionals in Canada. Our promise to you is an event that will Elevate, Influence and Inspire you!

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Why Attend?

DCCONF18 will be the leading conference where dietitians, nutrition professionals, educators and researchers gather to explore and tackle challenges, connect with thought leaders and content experts, and walk away with skills and materials you can use to help improve patient and client outcomes.

We know that in the current environment of travel and training budget limitations, you'll need to justify the expense. However, in order to continue to provide optimal client care, you cannot miss the Dietitians of Canada National Conference 2018 (DCCONF18).

On the Conference website we offer you succinct practical tips and talking points that you will want to use when making your request to attend, along with a [Justification Toolkit](#) to help show the value of your attendance at DCCONF18 to your organization. We encourage you to make use of these tools and look forward to welcoming you to Vancouver!

What's New?

Timely concurrent session topics like [Trans-inclusive dietetic practice](#), [Update on Health Canada's Healthy Eating Strategy](#), [Virtual environments: Applications for dietetics practice and education](#), [Nutrition challenges for Canadian immigrants](#), and [Greatness Career Hacks: Growing the Career You Love as Your Practice Evolves](#).

Student Programming – We have planned a special focus on student activities throughout the conference with the planning support of student leadership through the Network and in BC.

Posters are going digital! Now you can swipe through posters on a bright, easy to read large digital screen which not only takes up less space and natural resources but allows you to send comments to the author.

Recharge Lounge – need a break from the crowds, a quiet space to take a call or to plug in your mobile device? Drop by the Recharge Lounge to enjoy comfy seating, refreshments, a relaxing stretch on a yoga mat, and plug in to a power bar.

First Timer's Reception – this is your opportunity to meet other first-timers from around the country, find a 'conference buddy' and participate in some ice-breaking, friend-making activities that will ensure your Conference experience meets all your goals.

Exhibits Hall on both Thursday and Friday. Each day will feature different exhibitors and will profile new products, tastes and food demonstrations.

CONFERENCE AT A GLANCE

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	Tuesday June 5	Wednesday June 6	Thursday June 7	Friday June 8	Saturday June 9
7 AM			Breakfast	Breakfast	Breakfast
8 AM			Opening 8:15 – 9:30	Member Dialogue 8:00 – 9:00	Concurrent Session 8:15 – 9:30
9 AM				Ryley Jeffs Lecture 9:00 – 9:45	
10 AM			Concurrent Session 10:00 – 11:30	Concurrent Session 10:15 – 11:30	Concurrent Session 10:00 – 11:15
11 AM		1. Board of Directors Meeting			
12 PM	PDEP Meeting 9:30 – 4:00	2. Dietetic Educators Meeting	Research Presentations 11:45 – 12:45	Research Presentations 11:45 – 12:45	Closing Keynote 11:30 – 12:30
1 PM		3. Dysphagia Meeting	Research Lounge 1:00 – 2:00	Student Session 1:00 – 2:00	
2 PM		4. Network Leaders Workshop	Concurrent Session 2:15 – 3:30	Concurrent Session 2:15 – 3:30	Student & New Practitioner's Workshop and Tours 1:00 – 3:00
3 PM		9:30 – 4:00			
4 PM			Awards 3:45 – 4:30	Symposia 3:45 – 4:45	
5 PM			AGM 4:30 – 5:30		
6 PM		First Timer's Reception	Opening Reception 5:30 – 7:00	CFDR Fun Run 5:30 – 7:00	
7 PM			Network Socials 7:00 – 9:00	Network Socials 7:00 – 9:00	
8 PM					

TUESDAY JUNE 5

9:30 AM Partnership for Dietetic Education and Practice Annual Meeting

WEDNESDAY JUNE 6

9:30 AM Board of Directors Meeting
9:30 AM Dietetic Educators Meeting
9:30 AM Network Leaders Meeting
9:30 AM Dysphagia Workshop
6:00 PM First-time Attendees' Reception

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TUESDAY

9:30 AM – 4:00 PM

Partnership for Dietetic Education and Practice Annual Meeting

By invitation only.

WEDNESDAY

9:30 AM – 4:00 PM

Board of Directors Meeting

By invitation only.

9:30 AM – 4:00 PM

Dietetic Educators Meeting

By invitation only.

NOTE: The Canadian Association of Professional Programs in Human Nutrition (CAPPN) will host a short meeting following the Dietetic Educators meeting.

Price: \$90 for those attending the Conference.
\$125 if registering for this meeting only.

9:30 AM – 4:00 PM

Network Leaders Meeting

By invitation only.

6:00 PM – 7:00 PM

First-time Attendees' Reception

Is this your first time attending the National Conference? Are you as nervous as you are excited? Feeling a bit like a new student in the school cafeteria? We've all been there and you need to know that the Conference organizers understand your anxiety! The First-time Attendees' Reception is your opportunity to meet other first-timers from around the country, find a 'conference buddy' and participate in some ice-breaking, friend-making activities that will ensure your Conference experience meets all your goals. To register, select the 'FIRST-TIMER' option on your Conference registration.

9:30 AM – 4:00 PM

DYSPHAGIA WORKSHOP

Connecting Dysphagia Assessments and Recommendations: Translating meal observation and swallowing assessment findings through clinical reasoning

Speakers: Deidre Burns PDt

Peter Lam RD CFE

Host: Dysphagia Assessment and Treatment Network

Price: \$110 if attending the Conference.
\$150 for DC members if attending this event only.
\$200 for non-members if attending this event only.

This hands-on workshop outlines the rationale and methodology for meal observations and clinical swallowing assessments as well as the clinical reasoning and informed decision-making that precedes the development of a mealtime management plan. Using a case study approach, workshop participants will be guided through a systematic swallowing assessment practice, meal observation, framework for clinical reasoning and development of informed recommendations. Facilitators will also guide a discussion regarding the many factors that must be considered when developing a mealtime management plan (resources, ethics, goals of care, client/family wishes, facility regulations, etc.).

CN

THURSDAY JUNE 7

8:15 AM Welcome and Opening Remarks

8:30 AM Plenary

10:00 AM Concurrent Sessions A

11:30 AM Exhibits Hall and Member Resource Marketplace

11:45 AM Research Presentations

1:00 PM Research Lounge

2:15 PM Concurrent Sessions B

3:45 PM Member Awards

4:30 PM Annual General Meeting of Members / Assemblée générale annuelle des membres

5:30 PM Welcome Reception

7:00 PM Network Social Events

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8:15 AM – 8:30 PM

Welcome and Opening Remarks

8:30 AM – 9:30 AM

PLENARY

INFLUENCE: Showing Canadians who we really are, one story at a time

Speaker: Bill Baker

Well-crafted stories, well told, have always had a profound impact on others. When we tell stories, we're able to connect people to ideas, to shape the way they think and feel, and motivate them towards a desired action. More specifically, the stories we share as dietitians can help key audiences better understand not just what we do, but also why it matters, engaging and aligning people around our profession and the positive difference we make. In this enlightening and entertaining keynote presentation, Strategic Storyteller, Bill Baker, will explain how we can utilize our recently articulated dietitian brand story to deepen understanding of our profession and help Canadians recognize our value, expertise, and impact. If you heard Bill speak in 2014, you'll know this is a session not to be missed.

Co **PP**

10:00 AM – 11:30 AM

CONCURRENT SESSIONS A

Truth, reconciliation and food

Speakers: Fiona Devereaux RD

Kelly Gordon RD

Rhona Hanning PhD RD

Sandra Juutilainen PhD

Community Participants

Host: Aboriginal Nutrition Network

This session focuses on working with Indigenous populations in ways that are meaningful. Delegates will learn about food-related experiences and perceptions of those who attended Indian residential schools. The session will also showcase current community-level research and programs in diverse First Nations and inspire you by the strength and resilience of First Nations community members who champion local food projects. Those attending this session will gain insight into:

- Truth and Reconciliation Commission of Canada Calls to Action (2015) as they impact dietitians working to enhance food, nutrition and health within indigenous communities,
- historic determinants of health in relation to the contemporary food, nutrition and health issues that disproportionately affect Indigenous Canadians, and
- perspectives of First Nations members on food, nutrition and health and their experiences of participatory research.

The presentations have direct implications for the practice of dietitians working with Indigenous individuals and communities.

PH **PP**

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10:00 AM – 11:30 AM

CONCURRENT SESSIONS A

ED meal support: Transitioning home after treatment

Speakers: Ali Eberhardt RD
Nicole O'Byrne RD
Host: Addiction, Mental Health and Eating Disorder Network

Eating disorder (ED) treatment can be difficult as treatment refusal, dropout and relapse are common. As the symptoms of ED revolve around the patient's relationship with food, meals become a time of high stress and anxiety. Adult patients are encouraged to make healthy eating and self-care choices and increasingly, the involvement of family and other supports is being recognized as an important aid for the patient in the community. This session will focus on how clinical dietitians can help support their patients to communicate their meal support needs as they transition from intensive treatment to the community.

After this presentation, the attendees will be able to describe key experiences that patients face as they transition from treatment to the community, describe the meal support tool developed for adult ED patients, and provide practical strategies for family and friends that may help facilitate a smooth transition for patients from intensive treatment to the community.

CN

Improving intake with self-directed dining for residents in LTC

Speakers: Stefanie Finch RD
Cathy Mesner RD
Suzanne Quiring RD
Host: Gerontology Network

Dietitians play a critical leadership role in enhancing the dining experience for residents in long-term care but “how” we do it can be challenging. Moving from a clinical focus to one of hospitality improves nutritional intake and resident outcomes, resulting in a win-win for all. Using photos, videos and real-life examples our speakers will compare current and alternative meal service delivery options with respect to cost, waste and resident satisfaction. They will present the latest research supporting the move to person-centred dining and discuss practical strategies to promote a positive dining experience. This session will empower you to immediately begin to implement new ideas based upon research-informed best practices and practical tools to enhance the dining experience in your workplace.

M

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10:00 AM – 11:30 AM

CONCURRENT SESSIONS A

Converting missteps, intuition and innovation into a business you love

Speaker: Andrea Holwegner RD

Host: Consulting Network

Opportunities abound for entrepreneurial dietitians but it can be lonely and overwhelming growing your business on your own. A full-time consulting dietitian since 2000, Andrea will speak candidly about the secrets of success and how “failing forward” is a key element of growth in her business. Attend this session and learn the “business of business” including marketing, sales, leadership, and negotiation. Attendees will acquire an understanding of key barriers to business success and how adopting a mindset of “failing forward” and stepping into fear leads to new opportunities for growth and innovation. You’ll leave with renewed inspiration, ideas and business resources to grow their consulting practice.

En

Hot topics in everyday practice

Speakers: Erin Brown MSc RD

Deanna Gibson PhD

Mary Anne Smith PhD RD

Host: Practice-based Evidence in
Nutrition®

Dietitians are asked nutrition-related questions on a wide variety of matters every day. Clients want the straight goods on topics they are seeing in social media, in advertising or reading about online. This session will profile knowledgeable speakers on three ‘hot topics’ in the news. They will each provide a succinct summary of the issues, the hype, and the practice applications on what is swirling in the media about leaky gut, nutritional genomics and genetically modified foods.

CN

Vancouver Ethnic Markets Tours

Limited to 12 delegates per tour

Host: Food and Culinary Network

Price: \$30

This morning’s three different Ethnic Market Tours will depart from the Westin Bayshore at 10:00 am and run approximately 2 – 2.5 hours. Each offers a guided visit to either the Chinatown, Punjabi Market or Commercial Drive areas. Tours sell out quickly, so sign up immediately if you want a spot! These tours are only available to Conference attendees.

FC

11:30 AM – 2:30 PM

Exhibits Hall and Member Resource Marketplace

New to the National Conference is the Exhibits Hall on both Thursday and Friday. Each day will feature different exhibitors and will profile new products, tastes and food demonstrations. Meet your colleagues in the Exhibits Hall and don’t miss the opportunity to learn what’s new in the marketplace. It’s a great opportunity to ask your questions directly to Exhibitors and get answers to clients’ questions. Lunch will be served in the Exhibits Hall between 12:30 and 2:00 pm.

Member Resource Marketplace

Looking for new and credible resources? The Member Resource Marketplace is a must see for new dietetic practice resources from books, to manuals, to multimedia materials and teaching resources all developed by your peers. To participate as an exhibitor simply apply when completing your National Conference registration.

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11:45 AM – 12:45 PM

Research Presentations

Host: Canadian Foundation for Dietetic Research

Understanding and using the results of high-quality evidence is what sets dietitians apart from other food and nutrition practitioners. It is the foundation of dietetic practice and an essential part of our critical thinking and practice application skills. DC Conference is the ideal time to share what you have been working on that could make a difference in someone else's work. Through your active engagement in poster reviews and oral presentations, you might find the gem that will take your practice to the next level. Use this time to learn and be inspired about the new initiatives and questions your peers are examining that will propel our practice into the future. A complete and detailed list of oral presentations and posters will be available in late May.

PP **Re**

1:00 – 2:00 PM

The Research Lounge: A Networking Opportunity

Host: Canadian Foundation for Dietetic Research

Have you conducted practice based research and would like to connect with others who also have? Have you thought about being involved in research but not sure where to start? Come visit our Research Lounge!

This semi-structured opportunity will allow dietitians involved and/or interested in practice based research to come together to discuss and share ideas, research questions, and problem solve. The aim is to provide a space where we can support each other to better understand, utilize and conduct dietetic research and foster research collaborations and ultimately practice. Plan to participate in this unique opportunity to discuss research practices and projects, discover new research ideas and practical tools, and forge a stronger network of colleagues, contacts and leaders in dietetic research to draw upon when questions arise.

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2:15 PM – 3:30 PM

CONCURRENT SESSIONS B

Low versus high CHO diets and cardiometabolic health: What do I tell my patients?

Speaker: John Sievenpiper PhD MD
Host: Diabetes, Obesity and Cardiovascular Network

Obesity and diabetes have reached epidemic proportions and are projected to increase over the next decade. Carbohydrates are increasingly being indicted as the main culprit. Much of the concern has focused on sugars but traditional carbohydrate staples like cereal grains, pulses, and pasta are also coming under attack in the mainstream media, popular books, social media, the medical literature, and statements of prominent advocacy groups. Available evidence suggests that not all sources of carbohydrates behave in the same way. High quality systematic reviews show that high carbohydrate diets that are low in glycemic index (GI), high in fibre, or emphasize specific foods such as whole grains, pulses, or fruit decrease cardiometabolic risk factors in randomized controlled trials and are associated with decreased weight gain, diabetes incidence, and cardiovascular disease incidence and mortality in prospective cohort studies. These data reflect the current shifts in dietary guidance that allow flexibility in the proportion of macronutrients (including carbohydrates) in the diet with a focus on quality over quantity and dietary patterns over single nutrients.

CN

Refeeding syndrome across the spectrum of care

Speaker: Jan Greenwood RD
Host: Home Care, Nutrition Support & Oncology Networks

Refeeding syndrome (RS) is not limited to hospital care or mode of feeding. No standard definition or treatment approach has been established by randomized clinical trials. Using case reviews, Jan Greenwood will illustrate the cause and mechanisms of refeeding syndrome, and discuss the best available evidence and guidelines for the nutritional management of this condition. After this presentation, you will be able to analyze patient scenarios for refeeding syndrome risk factors in primary care and interpret the refeeding syndrome sequelae.

CN

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2:15 PM – 3:30 PM

CONCURRENT SESSIONS B

Household food insecurity: How should dietitians respond?

Speakers: Delone Abercrombie MPH RD
Donald Barker MA RD
Host: Nutrition and Food Security Network

Using recommendations from the DC position paper and a health equity approach, our speakers will help build your capacity and confidence to apply current evidence when responding to household food insecurity (HFI). Attendees will have the opportunity to explore effective actions and practical strategies to address HFI when working with clients, health providers, multi-sector stakeholders or policy and decision makers. Topics will include applying a health equity lens to address HFI, tailoring counselling and education for low-income clients, clarifying the dietitian's role when collaborating with poverty reduction groups or food policy networks, crafting effective messages to share with stakeholders, and responding to popular requests such as diverting food waste to community food programs or food bank drives. This interactive session is relevant to dietitians working in ALL areas of practice.

PH PP

It takes a village: Enhancing the preceptorship relationship

Speaker: Mary Elizabeth Roth RN
Host: Student Network

Competent and committed preceptors are the essential link between education and practice, where theoretical learning meets reality, yet many dietitians feel ill-prepared to assume this role. This session, based on real-life preceptor experiences and examples, is for dietitians who wish to enhance their understanding of collaborative learning and working relationships.

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

- articulate and demonstrate new knowledge and perspectives related to precepting learners,
- describe the roles and responsibilities of a preceptor and acknowledge how personality, learning style and generational variances can impact relationships,
- articulate and apply strategies to intentionally inspire learning,
- facilitate the learner's integration into practice by fostering a safe learning environment and providing rich feedback,
- invite effective communication to move through challenges within a preceptor role, and
- model excellence, integrity and professionalism in practice.

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2:15 PM – 3:30 PM

CONCURRENT SESSIONS B

Benefits of plant-based foods in institutional food service

Speaker: Pamela Fergusson PhD RD

Host: Sustainable Food Systems Leadership Team

While there have been many campaigns promoting an increase in intake of plant foods through individual choice, the opportunities in institutional food service remain under-explored. Pamela Fergusson is a contributor to the recent DC-led sustainable food systems visioning exercise and co-author of the PEN Backgrounder on the topic “Can eating less meat and more plant-based foods be better for the environment?”. In this session, Pamela will critically appraise the evidence of the benefits of plant-based diets to health and the environment and evaluate the concept of increasing intake of plant foods for some sectors of the population through institutional food service. Finally, the opportunities to improve population health, the environment and institutional budgets through offering plant-based meals in institutional food service will be explored.

M

3:45 PM – 4:30 PM

Member Awards / *Prix des membres*

DC Member Awards celebrate individuals who through their efforts inspire and empower us while making remarkable contributions to the profession. The awards also raise the profiles of registered dietitians/ registered nutritionists and advance our profession. Plan to attend the Member Awards and to learn about and celebrate award recipients for their extraordinary achievements and remarkable contributions in the areas of academic achievements, research, leadership, innovation and education.

Les prix des membres des DC saluent les personnes qui, grâce à leurs efforts, nous inspirent et nous donnent les moyens d’agir, tout en apportant d’importantes contributions à la profession. Les prix accroissent également la notoriété des diététistes et nutritionnistes et font progresser la profession. Assistez à la cérémonie de remise des prix aux membres afin de célébrer et d’honorer avec nous les lauréats pour leurs réalisations extraordinaires et leurs contributions remarquables à la profession dans le milieu universitaire et dans les domaines de la recherche, du leadership et de l’innovation.

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4:30 PM – 5:30 PM

Annual General Meeting of Members / Assemblée générale annuelle des membres

Engage in dialogue with your board! Join us to find out what Dietitians of Canada has done over the past year to promote the profession and support its members. Connect with the Board of Directors at the Annual General Meeting (AGM) to discover more and celebrate the achievements of your Association. The 2018 AGM will also highlight important new directions for the coming year. All members are encouraged to attend this short and important meeting. Once again the AGM will be accessible to members across the country by live webinar.

Engagez le dialogue avec votre conseil d'administration! Joignez-vous à nous pour découvrir ce qu'ont fait Les diététistes du Canada au cours de la dernière année pour promouvoir la profession et soutenir leurs membres. Parlez à votre conseil d'administration lors de l'assemblée générale annuelle (AGA) pour en savoir plus et célébrer les réalisations de votre association. L'AGA de 2018 mettra également en lumière les nouvelles directions pour l'année qui commence. Tous les membres sont invités à assister à cette courte, mais importante assemblée. Encore une fois, l'AGA sera accessible aux membres de partout au pays par l'entremise d'un webinaire en direct.

5:30 PM – 7:00 PM

Welcome Reception

Always a highlight of the Conference, the Welcome Reception is the perfect place to enjoy the company of friends and colleagues before heading out on the town. Hosted in the beautiful Westin Bayshore Gardens with the view of Stanley Park and Vancouver Harbour just nearby, how can this not be the start of a perfect evening?

Network Social Events

6:30 PM

Diabetes, Obesity & Cardiovascular, Community and Public Health Nutrition and Nutrition and Food Security Networks

A portion of the costs is being kindly subsidized by your host networks.

Venue: Bistro 101, 101 - 1505 West 2nd Avenue
Price: \$30

7:00 PM

Extended Health and Primary Care Networks

Take a walk with us into Stanley Park for a picnic that will be catered.

Venue: Meet in lobby to walk to Stanley Park
Price: \$50

7:00 PM

Student Network Event

The Dietitians of Canada Student Network is very excited to be hosting a networking opportunity in the heart of downtown Vancouver at the 2018 DC National Conference. Current undergraduate, graduate, and internship students are invited to kick off the National Conference experience at a popular Vancouver venue with peers and colleagues from across Canada!

Venue: Rogue Kitchen and Wetbar
601 W Cordova St

Price: \$35 (Cost includes circulating appetizers)

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5:30 PM – 7:00 PM

Network Social Events

7:00 PM

Food & Culinary, Consultant Dietitians & Career Advancement Networks

An engaging networking and dinner event featuring:

- a specially created 3 course menu with the best west coast inspired dishes and 1 drink,
- key note speaker(s) will share their experiences and reflect on opportunities for dietitians to enter new markets and,
- fun door prizes to win.

Please RSVP before March 31, 2018 as it is a first come first serve and a maximum capacity of 50 registrants. No cancellations (you may transfer your ticket after purchase, if required)

Venue: Steamworks Brewing Company
375 Water Street, Vancouver, BC

Price: \$64

8:00 PM

Gerontology & Dysphagia Network

Venue: Banana Leaf
1779 Robson Street, 2nd Floor

Price: \$50

FRIDAY JUNE 8

8:00 AM **Member Dialogue / Dialogue avec les membres**

9:00 AM **Ryley Jeffs Memorial Lecture / Conférence commémorative Ryley-Jeffs**

10:00 AM **Tour**

10:15 AM Concurrent Sessions C

11:30 AM Exhibits Hall and Member Resource Marketplace

11:45 AM Research Presentations

1:00 PM It starts with students

2:15 PM Concurrent Sessions D

3:45 PM Symposia

5:30 PM CFDR Fun Run & Walk

7:00 PM Network Social Events

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8:00 AM – 9:00 AM

Member Dialogue / Dialogue avec les membres

Come and meet your DC Board! Hear what we have been doing over this past year and share your views for the future of our professional association.

Venez rencontrer votre conseil d'administration! Découvrez ce que nous avons fait au cours de la dernière année et faites-nous part de votre point de vue sur l'avenir de notre association professionnelle.

9:00 AM – 9:45 AM

Ryley Jeffs Memorial Lecture / Conférence commémorative Ryley-Jeffs

For over 65 years, the Ryley Jeffs Memorial Lecture has been presented annually by dietetic practice and nutrition science luminaries. The lecture provides an opportunity for the recipient to reflect on a topic of current interest that reflects their experience, and that challenges members of the profession to approach practice in new ways. After all, the power of ideas to change attitudes, lives and ultimately the world is within each of us. The 2018 Ryley Jeffs Lecturer will be announced in March.

Depuis plus de 65 ans, la Conférence commémorative Ryley-Jeffs est présentée chaque année par des sommités de la pratique de la diététique et de la science de la nutrition. Les personnes qui remportent ce prestigieux prix ont ainsi l'occasion de se pencher sur un sujet d'intérêt actuel qui reflète leur expérience et qui met les membres de la profession au défi d'approcher la pratique autrement. Après tout, le pouvoir de véhiculer des idées qui feront en sorte de changer les attitudes, des vies et, ultimement, le monde réside dans chacune et chacun de nous. Le nom de la personne qui prononcera la conférence Ryley-Jeffs en 2018 sera annoncé en mars.

10:00 AM – 1:00 PM

Walking the talk: Enhancing food literacy and community

Limited to 20 delegates

Facilitator: Kathy Romses MA RD

Host: Community and Public Health Network

Price: \$30

Join a local public health dietitian and her community partners as they share their work that strives to build food literacy and community connections. This off-site walking tour will take you to one of the first Canadian Schoolyard Market Gardens operated by Fresh Roots at Vancouver Technical Secondary School; an organic, fair trade produce distributor that serves Western Canada; and one of the first community gardens in Canada which is located in the Downtown Eastside area. Student food literacy education and research initiatives and a delicious, local salad bar will be shared in the Eco-pavillion at the Strathcona Community Garden site.

After this tour, you should be able to choose from a variety of strategies to create community food security and food literacy initiatives with community partners, and describe research methods that can be used to build healthier, more sustainable school food systems. This tour is only available to Conference attendees.

PH

FRIDAY JUNE 8

8:00 AM Member Dialogue / Dialogue avec les membres

9:00 AM Ryley Jeffs Memorial Lecture / Conference commemorative Ryley-Jeffs

10:00 AM Tour

10:15 AM Concurrent Sessions C

11:30 AM Exhibits Hall and Member Resource Marketplace

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10:15 AM – 11:30 AM

CONCURRENT SESSIONS C

Integrating intuitive eating into professional practice / *Intégrer l'alimentation intuitive à sa pratique professionnelle*

Speaker: Karine Gravel PhD RD

Host: Regroupement des diététistes francophones du Canada

Intuitive eating is an evidence-based nutrition approach gaining in popularity and the scientific literature on this subject is exploding. This positive approach, based on hunger and satiety cues, has been inversely associated with obesity and body mass index and directly associated with positive body image and motivation to undertake physical activity for pleasure. This session aims to help dietitians better support their clients who express an unhealthy relationship with food and/or their body.

L'alimentation intuitive est une approche de la nutrition fondée sur des données probantes qui gagne en popularité, et la littérature scientifique à ce sujet pullule. Or, cette approche positive, basée sur les signaux de faim et de satiété, a été inversement associée à l'obésité et à l'indice de masse corporelle, et directement associée à une image corporelle positive et à la motivation de faire de l'activité physique pour le plaisir. Cette séance a pour objectif d'aider les diététistes à mieux soutenir les clients qui vivent une relation malsaine avec les aliments ou avec leur corps.

CN

Our history as field guide for the future

Speaker: Jennifer Brady PhD RD

Host: iCAN Network

Looking back on the history of dietetics as the only food-focused, self-regulated health profession is a way of highlighting our strengths as well as identifying important areas of growth. Join Jennifer Brady as she highlights the contemporary history of the dietetic profession in Canada as told through the words of some of our longest serving members and considers the question: How does this history continue to shape the professions' and its practitioners' professional culture, identity, knowledge base, and engagement in leadership? By cultivating among today's practitioners a greater appreciation of our profession's history, and of those who forged a place for dietetics in diverse areas of practice, we create a space to examine the foundations on which the profession was built, and ways to address the challenges we face as a profession today.

PP

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CONCURRENT SESSIONS C

“PIC” your patient: Triage using Priority Intervention Criteria

Speakers: Delara Saran MSc RD
Liz da Silva MS RD

Host: Clinical Managers Network

In an environment of increasing demands and limited resources, there is an urgent need to standardize our approach to triaging patients. Fraser Health has developed and validated a novel instrument to assist dietitians in this process. Our speakers will discuss how this tool is being used by BC hospital clinicians, managers, directors and VPs to allocate limited resources to ensure those most in need receive dietetic care first. During this presentation, you will learn about the benefits of using a dietetics patient triage tool, the challenges frontline clinicians may face with implementing a new protocol, and strategies to successfully navigate through those challenges for the greater good of the patient, clinician and hospital system.

CN M

#ad: Sponsorships and disclosure: a dietitian’s responsibilities

Speakers: Janet Feasby LLB
Abby Langer RD
a representative of Edelman Public Relations Worldwide, Ltd

Host: Business and Industry & Media Networks

A dietitian’s opinion about certain brands can sway consumers’ buying decisions, so it’s vital that we are honest about the products or services we recommend, and manage the potential for real or perceived conflict of interest. Beyond professional ethics, a recent change to Canadian Advertising Standards requires that influencers and spokespeople disclose when incentives are provided. Many dietitians are approached by brands to talk about products on their own social media feeds, at conference booths, or in the media, so it’s important that dietitians know how to disclose brand relationships. This session will do a deep dive into recent changes regarding influencers and disclosure from Advertising Standards of Canada and how these changes are being implemented by brands.

After this presentation, you will:

- understand the ethical and legal requirements for being a dietitian influencer in Canadian media,
- know where to turn when you have questions about disclosure, and
- feel more comfortable and confident in working with brands in a way which aligns with Ad Standards and your professional obligations.

Co En

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10:15 AM – 11:30 AM

CONCURRENT SESSIONS C

What works best for pediatric lifestyle management programs

Speakers: Geoff Ball PhD RD
Janice Macdonald MEd RD

Host: Pediatric Network

One in three children and youth in Canada have excess weight but very few access health services or interventions in their local communities. However, when families choose to walk through our doors, it is essential that we deliver effective, evidence-based services to support and sustain their health and well-being. What's the evidence that what we do works? What clinical approaches can help families to make positive lifestyle changes? Can digital health behavior programs fill a gap? What do families have to say about all this?

After this presentation, you will be able to identify:

- current Canadian recommendations for pediatric lifestyle management programs,
- three barriers and three enablers that influence families' success in pediatric lifestyle management programs, and
- at least five learnings from testing with teens and parents about what engages them in health behavior change.

CN

11:30 AM – 2:30 PM

Exhibits Hall and Member Resource Marketplace

New to the National Conference is the Exhibits Hall on both Thursday and Friday. Each day will feature new exhibitors profiling new products, tastes, prizes and something on both days. Meet your colleagues in the Exhibits Hall and don't miss the opportunity to learn what's new in the marketplace. It's a great opportunity to ask your questions directly to Exhibitors and get answers to clients' questions. Lunch will be service in the Exhibits Hall between 12:30 and 2:00 pm.

Member Resource Marketplace

Looking for new and credible resources? The Member Resource Marketplace is a must see for new dietetic practice resources from books, to manuals, to multimedia materials and teaching resources all developed by your peers. To participate as an exhibitor simply apply when completing your National Conference registration.

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11:45 AM – 12:45 PM

Research Presentations

Host: Canadian Foundation for Dietetic Research

Understanding and using the results of high-quality evidence is what sets dietitians apart from other non-regulated nutrition practitioners. It is the backbone of dietetic practice and is an essential part of our critical thinking and practice application skills. DC Conference is the ideal time to share what you have been working on that could make a difference in someone else's work. Through your active engagement in poster reviews and oral presentations, you might find the gem that will take your practice to the next level. Use this time to learn and be inspired about all the new initiatives and questions your peers are examining that will lead our practice into the future. A complete and detailed list of oral presentations and posters will be available in late May.

PP **Re**

1:00 PM – 2:00 PM

It starts with students

Host: Student Network

This year we are trying something new and we hope you will join in. *It starts with students* is a networking event that connects students with dietitians in a small group setting. Using a 'speed dating' approach, small groups of students will meet with dietitians from different backgrounds for 15 minutes to ask questions about their career, how they got there, and to ask advice about how to move forward to achieve their own career goals. We invite dietitians and students who are interested in participating in this lively session to identify themselves when they register for the conference. This session aims to create new networks amongst students and build a stronger dietitian network overall. Spaces for student participants and dietitian mentors are limited so sign up early. Detailed information will follow in the spring.

PP

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2:15 PM – 3:30 PM

CONCURRENT SESSIONS D

Diabetes management for older adults

Speakers: Jodi Crawford RD

Anar Dossa RPh CDE

Host: Diabetes, Obesity and Cardiovascular Network

Managing diabetes in the older frail adult requires great empathy and skill regardless of the care setting – acute care, long-term care, home care, or community. Understanding and interpreting blood work indices is important but must be balanced with considerations such as social setting, your patient's values and treatment needs with an emphasis on quality of life and goals of care. New information on appropriate medications along with best practice in planning and implementing nutrition care plans will ensure you are equipped with practical approaches that are client-centred and based on reasonable expectations and goals for treatment.

CN

Trans-inclusive dietetic practice

Speakers: Pamela Fergusson PhD RD

Catherine Morley PhD RD

Eric Ng MPH RD

Host: Clinical Managers Network

The intent of this session is to provide foundational knowledge on trans-inclusive dietetic practice and to have participants work with emerging resources and documents to contribute to the development of clinical practice guidelines and standards of practice. Attendees will work through the application of the practice guidelines and concepts of inclusion, respect, dignity, and non-judgement in clinical, management, population health, education, and research settings.

After attending this session, you will be able to:

- apply foundational knowledge and language related to gender diversity, gender identity, and gender expression,
- plan how to make practice environments safe and inclusive for trans people, and
- contribute to developing clinical practice guidelines and standards of practice for trans-inclusive dietetic practice, and their use in dietetics education and practice.

Co PP

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CONCURRENT SESSIONS D

Digital self-publishing – become an author tomorrow!

Speaker: Jane Friedman MA
Host: Business and Industry Network

Let's face it. It's not easy to find an agent and get traditionally published. But what if there was another way? Well, there is! Self-publishing may be the answer you've been looking for. This session will inspire you to publish your work in multiple formats (ebook, print, audio, and more) and have your voice heard. You'll learn the ins and outs of the publishing service landscape, how to find qualified help, and the essential retail outlets for your work. You'll learn how to effectively market and promote online, earn money off your content, and maintain public perception as a trusted expert in food, nutrition and health. After attending this presentation, you will leave with the confidence to take the next step into the publishing world, navigate different online publishing platforms, and use your book as a marketing tool to build your brand and make money.

Co En PP

Injury recovery in sport: From gelatin to omegas

Speakers: Ashley Armstrong MS RD
Joanne Irvine RD
Host: Sport Nutrition Network

The objective of this session is to examine specific nutrition recommendations to support injury recovery for the general population who are involved in recreational sport and activities as well as the high-performance athlete. The session will focus on examining the current research on the recovery from musculoskeletal injuries, along with strategies around potential concussion protection and concussion recovery.

After attending this presentation, you will be able to:

- interpret nutrition interventions within the literature that may help to support clients with their sport related injuries,
- apply specific nutrition recommendations to support clients with their recovery from musculoskeletal injury in conjunction with their return to play programs,
- compare specific nutrition interventions that show potential protection in high concussion risk sports and activities, and
- compare specific nutrition interventions that may support concussion recovery in conjunction with return to play and return to learn programs.

CN

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2:15 PM – 3:30 PM

CONCURRENT SESSIONS D

Hungry for change: Hospital foodservice to prevent malnutrition

Speakers: Heather Fletcher RD
Janice Sorensen PhD RD

Host: Clinical Managers Network

There is a need for evidence-based institutional foodservice standards and models to ensure that food is an effective first line of defense to prevent and treat malnutrition. Current standards and practices will be reviewed by the Hospital Food Working Group of the Canadian Malnutrition Task Force and future development and implementation of Canadian standards will be discussed. After this presentation, the attendee will be able to:

- advocate for hospital foodservice as an integral part of medical treatment necessary to address malnutrition,
- compare existing hospital foodservice standards and foodservice models that contribute to preventing malnutrition and consistency of those standards and models with evidence-based nutrition care practices, and
- become involved in the development and implementation of national hospital foodservice standards to prevent malnutrition and optimize food intake in patients at risk of malnutrition.

M

3:45 PM – 4:45 PM

SYMPOSIA

ELEVATE: What you should know about measuring dietitians' confidence

Speaker: Kerryn Buttenshaw PhD APD

While professional confidence is a common outcome measure used in professional development evaluation, there is a lack of clarity and rigour in the measurement of dietitians' confidence. Using recent research in dietitians' confidence, this session explores the relationship between dietitians' competence and confidence in mental health, and highlights the implications for practitioners, researchers, and educators; shares evidence-informed tips to improve professional confidence; and outlines ways to improve the quality of practitioner confidence measurement and evaluation.

After this presentation, you will be able to:

- distinguish between professional competence and professional confidence, and how this relates to measuring professional confidence in practitioners,
- identify the factors related to dietitians' professional confidence in working with clients with common mental health conditions, and this relates to building confidence in dietetic practice in general, and
- describe the process for evidence-based development and quality evaluation of confidence measurement tools.

PP

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3:45 PM – 5:15 PM

SYMPOSIA

Update on Health Canada's Healthy Eating Strategy

Speakers: Alfred Aziz PhD
Ann Ellis MSc RD
Hasan Hutchinson PhD ND

Representatives from Health Canada will share updates on the Healthy Eating Strategy, which was launched in October 2016.

Delegates can expect to hear about work underway on the revision to Canada's Food Guide, restricting the commercial marketing of unhealthy foods and beverages to children, nutrition labelling, including front of pack labelling and sodium reduction. This session is always a popular and informative one for dietitians interested in national food and nutrition policy.

PH PP

5:30 PM – 7:00 PM

CFDR's Annual Fun Run/Walk

Join us Friday at 5:30 in Vancouver's beloved Stanley Park for CFDR's 14th Annual Fun Run/Walk. Enjoy this magnificent green oasis with your friends and colleagues in our 5 km run or walk, or a 10 km run. Your conference experience wouldn't be complete without taking part in this event.

Last year's participants in St. John's raised a record-breaking \$18,000 in pledges to support dietetic practice research. Let's gather again to have fun and demonstrate what great FUNdraisers you are!

Sign up when you register for the conference and then set up your Fun Run/Walk pledge page. Collect a minimum of \$40 in pledges to participate and receive a goodie bag and T-shirt.

For more information, visit the Fun Run/Walk page on [CFDR's website](#)

5:30 PM – 7:00 PM

Network Social Events

7:00 PM

Souper « francophon » du Regroupement francophone des DC

Venez rencontrer, réseauter et discuter avec des diététistes francophones et francophiles de partout au Canada.

Coût: 55\$ (taxes et pourboire inclus)

Contactez: caroline.dubeau@dieititians.ca pour plus d'infos. Endroit à confirmer.

7:00 PM

DC Business & Industry (DCBIN) Network Event

Please join us for the 11th annual DCBIN networking event. Celebrate with members from coast to coast, while enjoying good food and great laughs. Book quickly – the event has sold out for the last five years!

Price: \$45 for drink, hors d'oeuvres, appetizer, dinner and dessert (\$80 value!)

Venue: TBD

7:30 PM

Sports Nutrition Network

Join the SNN social event on Friday evening after the CFDR run! Enjoy a networking evening that includes dinner (covered by the network), and a great opportunity to talk sports nutrition, careers, and to get to know the SNN membership. More details, including location and menu choices to follow.

Price: \$0 (dinner covered by network, pay for your own drinks)

Venue: TBD

SATURDAY JUNE 9

8:15 AM Concurrent Sessions E

10:00 AM Concurrent Sessions F

11:30 AM Plenary

1:00 PM Student & New Practitioner
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8:15 AM – 9:30 AM

CONCURRENT SESSIONS E

Unleash your potential: Be a confident public speaker

Speakers: Kristen Yarker MSc RD

Amy Yiu RD

Host: Media Network

Does public speaking make you nervous? Have a point-of-view to share but your speaking skills get in the way? Interested in media work? Amy Yiu and Kristen Yarker are seasoned dietitians and long-time members of Toastmasters International (the public speaking training organization) who have used group presentations and speaking with the media to grow successful private practices while sharing important nutrition information with the public. In this session, Kristen and Amy will distill their extensive experience into what you need to do to overcome your stage-fright and effectively connect with your audience. After this session, you will have tools in hand to craft your unique voice for presentations and increase your confidence by learning essential public speaking skills. In this cluttered world of nutrition information (and mis-information), the world needs dietitians who can share nutrition information accurately and succinctly. The world needs you!

Co

Nutrition and dementia care within an IP practice framework

Speakers: Alison Cammer PhD(c) RD

Megan O'Connell PhD RDPsych

Host: Gerontology Network

Dementia is a chronic, progressive, incurable syndrome caused by different types of brain illnesses, each with different clinical manifestations. Nutrition care is of the utmost importance in order to slow decline of disease progression, maintain function, and enhance quality of life. The physiological and behavioural changes due to dementia can increase risk of malnutrition which in turn predisposes people to further negative health outcomes. The most common and most familiar cause of dementia is dementia due to Alzheimer disease but to tailor treatment strategies it is important that registered dietitians understand other common dementia causes and clinical syndromes. Our speakers will describe the different clinical presentations of dementia, the related nutrition risk and strategies, care within an interprofessional (IP) practice framework, and the strengths and challenges of pursuing person/family-centred care where patients and families are actively involved.

CN

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CONCURRENT SESSIONS E

Can dietitians help parents practice baby-led weaning safely?

Speaker: Jennifer House MSc RD

Host: Pediatric Network

Parents are practicing baby-led weaning whether their health professional is knowledgeable and supportive of this popular method of introducing solids, or not. This session will discuss emerging research and best practice regarding baby-led weaning. Potential benefits, risks including choking and growth faltering and how to mitigate the risks of this method of starting solids will be explained. During this concurrent session, dietitians will learn how to support parents in practising baby-led weaning in a way that's both safe and nutritious. After this presentation, you will be able to effectively teach clients how to introduce finger foods, so that their baby is offered adequate amounts of important nutrients in safe shape and textures.

CN

Virtual environments: Applications for dietetics practice and education

Speakers: Joan Cowdery PhD

Karen Davidson PhD RD

Online interactive technologies have the potential to reach people in many contexts including their home, work, and on weekends. Practitioners and educators are using virtual environments for interaction, teaching, counselling, and as intervention tools to modify health behaviours.

Our speakers, who use these technologies in practice, health education and teaching of post-secondary students, will describe how existing and potential applications of virtual environments can improve nutrition and health education across the life span and how behaviour change theories can be implemented in these environments. They will illustrate how instructional design, media, and virtual environments are designed to change health behaviours and reduce health disparities through health communication and behaviour change strategies. Join us and learn how these emerging technologies can change your approach to teaching and interventions.

Co DE

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CONCURRENT SESSIONS E

Nutrition challenges for Canadian immigrants / Les défis associés à la nutrition pour les immigrants canadiens

Speaker: Marianne Lefebvre MSc DtP
Host: Community and Public Health
Network & Regroupement des
diététistes francophones du
Canada

A recent study found that newly arrived immigrants to Canada experience a deterioration in their health, mainly due to changes in lifestyle and living conditions and influenced by environmental, economic, socio-cultural factors and unfamiliar food. The main findings and issues arising from the research and various solutions to better guide this growing population will be presented. After this session, you will be able to identify the challenges that an immigrant may encounter in order to eat a healthy diet in the Canadian food environment; identify the main nutritional issues faced by immigrants as well as the impact of immigration on nutritional status; and adapt your professional practice to an immigrant clientele.

Une étude récente a révélé que la santé des nouveaux arrivants se détériore après leur arrivée au Canada, principalement en raison des changements à leur style de vie et à leurs conditions de vie. Les facteurs environnementaux, économiques et socioculturels, ainsi que la mauvaise connaissance des aliments offerts joueraient également un rôle. Les principaux résultats et enjeux issus de la recherche et les diverses solutions pour mieux guider cette population en croissance seront présentés. Après cette séance, vous serez en mesure d'identifier les défis que pourraient devoir relever les immigrants pour adopter une alimentation saine dans l'environnement alimentaire canadien; d'identifier les principaux enjeux auxquels font face les immigrants en matière de nutrition de même que l'impact de l'immigration sur l'état nutritionnel; et d'adapter votre pratique professionnelle à une clientèle immigrante.

PH PP

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CONCURRENT SESSIONS F

How to build a winning Mastermind group

Speakers: Keith Ippel MBA
Cristel Moubarak Hackenbruch RD
Host: Consulting Network

Do you want someone in your life that can kick your tail when you need it, tell you how they found success, or brainstorm out ideas together? Someone that knows you should be playing a bigger game and can help you get there? Do you feel alone in business and want to be part of a larger community working to make people's lives better?

Being a part of a mastermind group has been instrumental in helping successful entrepreneurs grow and change the world. In this presentation, you'll learn what a mastermind group is, how to find or form one, and how to best run your meetings so that all members get the most out of it to help each person achieve their long-term goals. After attending this session, you will:

- understand the benefits of joining a larger entrepreneur community,
- identify what makes a great mastermind member,
- appreciate the value a mastermind group will bring to your career, and
- be able to apply strategic steps in building a successful mastermind group.

En PP

When is the ideal time to introduce allergenic foods to infants?

Speakers: Becky Blair MSc RD
Edmond Chan MD FRCP
Host: Pediatric Network

This presentation will address the controversial topic of the age of introduction of solid foods to infants for food allergy prevention. Our speakers will describe the current evidence for allergy prevention for infants (at risk and not at risk of allergy) and international recommendations for introduction of solids for the purpose of allergy prevention. A particular focus of the presentation will be the current evidence supporting Health Canada's exclusive breastfeeding recommendation and food allergy prevention practice advice for dietitians in Canada.

CN PH

Improving confidence in mental health — tools to assist

Speaker: Kerryn Buttenshaw PhD APD
Host: Addiction, Mental Health and Eating Disorders Network

Individual dietetic practice involves working with clients with common mental health conditions, regardless of practice area. Informed by recent research, this session will reveal the key elements of dietitians' competence and confidence in working with clients with common mental health conditions, and how dietitians can improve their confidence by using tools such as the Critical Incident Reflection Tool and Dietetic Confidence Scale. Professional self-care is essential for all dietitians, and these tools aim to help dietitians improve their confidence by fostering time-efficient, proactive professional self-care, reflective practice, and professional development.

CN PP

SATURDAY JUNE 9

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CONCURRENT SESSIONS F

Can healthy diets be sustainable diets? An emerging role for dietitians

Speakers: Barbara Seed PhD RD
Fiona Yeudall PhD RD

Host: Sustainable Food Systems
Leadership Team

How can we eat to enhance our own health while also promoting a healthy ecosystem? In order to meet the demands of future food needs, a shift toward more sustainable diets is urgently needed. While sustainable diets need to be approached across all dimensions of the food system, this session will focus on the unique role of dietitians in the development of dietary guidelines and in understanding the principles behind promoting the consumption of healthy and sustainable diets. Our speakers will explore reasons why this shift is needed, how the environmental sustainability of individual foods and diets are measured, how current recommendations are evolving and where and how these concepts have been applied to dietary guidelines. The session will conclude with a discussion about specific actions that can be taken for integrating ecologically sustainable diet principles into your workplace policy and practice.

PH

Making change stick: Starting and sustaining screening programs

Speaker: Heather Keller PhD RD

Host: Clinical Managers Network

Canadians and health care decision makers are insisting on improved care that is evidence based. Dietitians use evidence in their own interactions with clients but may be thwarted with making change in the broader systems in which they work. They need to recognize and understand how the inter-related concepts of implementation science, change management and quality improvement provide strategies for making lasting change. With the development of easy to use screening tools, training and pathways of care, the identification of malnutrition in primary and acute care has grown. Learn from your colleagues how they have implemented nutrition risk screening and how they have made those changes stick. This session will allow you to identify key steps to initiate and sustain change in your primary, acute care or home care practice.

CN PP

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11:30 AM – 12:30 PM

PLENARY

INSPIRE – The Exponential Power of Recognition: Love Your Career & Reject Burnout

Speaker: Sarah McVanel MSc CHRL

What would you do if you had a tool that cost virtually nothing, takes almost no time, and is guaranteed to boost your career satisfaction, reduce burnout and create huge customer loyalty? And what if you were told you've used it, know about it, and even like it? Get purposeful about leveraging one of the most effective approaches to boosting satisfaction, healthy team relationships, and career success: recognition! Learn how FROGing (Forever Recognizing Others' Greatness™) is your secret weapon to ensuring career success and a booming practice. Join the engagement revolution and stay in love with your important work!

Co PP

1:00 PM – 3:00 PM

POST CONFERENCE WORKSHOP AND TOURS

Microbrewery and Micro-distillery Tour

Limited to 10 delegates per tour

Host: Food and Culinary Network

Price: \$40

The hard work of the conference is now complete and this is your chance to do something fun (but still educational) with your free afternoon in beautiful Vancouver. Join local hosts for one of these small group tours to a local microbrewery or micro-distillery. Numbers are limited so be sure to sign up right away if you want to participate. These tours are limited to Conference attendees only.

FC

1:00 PM – 3:00 PM

POST CONFERENCE WORKSHOP AND TOURS

Greatness Career Hacks: Growing the Career You Love as Your Practice Evolves

Speaker: Sarah McVanel MSc CHRL

Host: Student Network

This afternoon session will have a particular focus on the needs and interests of dietetics students and new practitioners who have been in the profession fewer than 3 years. Keynote speaker, Sarah McVanel will be facilitating a special session just for you!

As your professional skills evolve, how do you build the career you love with agility, clarity and focus? Join Sarah as she provides valuable hands-on tools to set clear goals and next steps, explore ways to create value that both add to the profession as well as enable you to stand out as a leader. Get clear on your unique greatness by practicing recognition of self and others in the session. Walk away even more passionate, powerful, and purposeful than you already are!

Limited to DC Student members and those who have been in the profession fewer than 3 years.

Pre-registration is required. This session is limited to Conference attendees (one day or full registration) only.

CD PP

SPEAKERS

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Delone Abercrombie MPH RD is Chair of the DC Nutrition and Food Security Network, and a registered dietitian with Alberta Health Services, Population and Public Health, in Vegreville, AB.

Ashley Armstrong MS RD CSSD is a sports dietitian with the Canadian Sport Institute in Victoria, BC.

Alfred Aziz PhD is with Nutrition Regulations and Standards Division, Food Directorate at Health Canada in Ottawa, ON.

Geoff Ball PhD RD is Professor, Department of Pediatrics at the University of Alberta in Edmonton, AB.

Bill Baker is the Founder and Principal of BB&Co Strategic Storytelling in Vancouver, BC.

Donald Barker MA RD is a Public Health Nutritionist with Alberta Health Services in Calgary, AB.

Becky Blair MSc RD is a public health nutritionist with Simcoe Muskoka District Health Unit, Family Health Services in Barrie, ON.

Jennifer Brady PhD RD is Assistant Professor, Department of Applied Human Nutrition at Mount Saint Vincent University in Halifax, NS.

Erin Brown MSc RD is a clinical dietitian at Abbotsford Regional Hospital with Fraser Health Authority in Abbotsford, BC.

Diedre Burns Pdt is a clinical dietitian at Valley Regional Hospital in Kentville, NS.

Kerryn Buttenshaw PhD APD is an Accredited Practicing Dietitian and owner of Healthy Harmony in Peregian Springs, Queensland, Australia.

Allison Cammer PhD(c) RD is Associate Professor, School of Nutrition, Faculty of Community Services at Ryerson University in Toronto, ON.

Edmond Chan MD FRCPC is Division Head and Clinical Associate Professor, Allergy and Immunology, Department of Pediatrics, at University of British Columbia, and Head of the Allergy Clinic at BC Children's Hospital in Vancouver, BC.

Joan Cowdery PhD is Professor, Health Education and Graduate Program Coordinator at Eastern Michigan University in Ypsilanti, MI.

Jodi Crawford RD is a clinical dietitian with AgeCare Midnapore in Calgary, AB.

Karen Davison PhD RD is Fulbright Canada Research Chair at University of Hawai'i at Mānoa, visiting scholar at Oregon State University, and Health Science faculty member at Kwantlen Polytechnic University in Surrey, BC.

Fiona Devereaux RD is an Aboriginal Health dietitian with Island Health Authority in Victoria, BC.

Anar Dossa RPh CDE is Director, Pharmacy Services at Pacific Blue Cross, and Chair of the Board for the College of Pharmacists of British Columbia in Burnaby, BC.

Ali Eberhardt RD is a registered dietitian with the Provincial Adult Tertiary Specialized Eating Disorders Program at St. Paul's Hospital in Vancouver, BC.

Ann Ellis MSc RD is Manager of Dietary Guidance, Office of Nutrition Policy and Promotion at Health Canada in Ottawa, ON.

Janet Feasby LLB is Vice President, Standards with Advertising Standards Canada in Toronto, ON.

Pamela Fergusson PhD RD is a private practice dietitian, lecturer at Ryerson University, and member of the Dietitians of Canada Sustainable Food Systems Leadership Team in Toronto, ON.



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Stefanie Finch RD is Regional Manager, Food & Nutrition Information Systems with Northern Health Authority in Prince George, BC.

Heather Fletcher RD is Director of Support Services at St. Michael's Hospital in Toronto, ON.

Jane Friedman MA is a publishing consultant, writer, and owner of Jane Friedman Media LLC in Charlottesville, VA.

Deanna Gibson PhD is Associate Professor, Biology at the University of British Columbia, Okanagan Campus in Kelowna, BC.

Kelly Gordon RD is a community dietitian with Six Nations Health Services in Ohsweken, ON.

Karine Gravel PhD RD is a lecturer at Université de Montréal, clinical dietitian, food industry consultant and scientific columnist in Québec, QC.

Jan Greenwood RD is a nutrition support consultant and creator of the Basic Five workshop series in Vancouver, BC.

Rhona Hanning PhD RD FDC is Professor, School of Public Health & Health Systems and Associate Dean Graduate Studies, Faculty of Applied Health Sciences at the University of Waterloo in Waterloo, ON.

Andrea Holwegner RD is founder and president of Health Stand Nutrition Consulting Inc. in Calgary, AB.

Jennifer House MSc RD is an author and owner of First Step Nutrition in Foothills, AB.

Hasan Hutchinson PhD ND is Director General, Office of Nutrition Policy and Promotion with Health Canada in Ottawa, ON.

Keith Ippel MBA is a public speaker and cofounder and CEO of Spring Activator in Vancouver, BC.

Joanna Irvine RD is a sports dietitian with the Canadian Sport Institute in Richmond, BC.

Sandra Juutilainen PhD is a Canadian Institutes of Health Research (CIHR) Fellow at the University of Waterloo in Waterloo, ON.

Heather Keller PhD RD FDC is the Schlegel Research Chair, Nutrition & Aging and Professor, Department of Kinesiology at University of Waterloo in Waterloo, ON.

Peter Lam RD CFE is co-chair of the International Dysphagia Diet Standardization Initiative (IDSSI) and owner of Peter Lam Consulting in Vancouver, BC.

Abby Langer RD is a consulting and communications dietitian and owner of Abby Langer Nutrition in Toronto, ON.

Marianne Lefebvre MSc DtP is owner of Intégration Nutrition in Montreal, QC.

Janice Macdonald MEd RD FDC is Director, Living Green and Healthy for Teens with the Childhood Obesity Foundation in Victoria, BC.

Sarah McVanel MSc CHRL is a recognition expert, author, coach, and workplace ecosystem curator with the Arlan Group in St. Catharines, ON.

Cathy Mesner RD is a clinical dietitian working in long-term care at Morgan Place in Port Moody, BC.

Catherine Morley PhD PDt FDC is Associate Professor, School of Nutrition and Dietetics at Acadia University and Adjunct Professor, Applied Human Nutrition at Mount Saint Vincent University in Halifax, NS.

Cristel Moubarak Hackenbruch RD is a culinary dietitian and the founder and director of nutriFoodie in Surrey, BC.



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Eric Ng MPH RD is Health Equity Specialist with Toronto Public Health and Sessional Instructor at the University of Toronto and Ryerson University in Toronto, ON.

Nicole O'Byrne RD is a clinical dietitian with the Provincial Adult Tertiary & Specialized Eating Disorders Program with Providence Healthcare in Vancouver, BC.

Megan O'Connell PhD RDPsych is Associate Professor, Psychology at the University of Saskatchewan in Saskatoon, SK.

Suzanne Quiring RD is owner of SuzyQ Menu Concepts in Abbotsford, BC.

Kathy Romses MA RD is a public health dietitian with Vancouver Coastal Health in North Vancouver, BC.

Mary Elizabeth Roth RN is Professor of Nursing, School of Life and Health Science and Community Services at Conestoga College in Kitchener, ON.

Delara Saran MSc RD is Dietitian Practice Leader, Surrey Campus with Fraser Healthy Authority in Surrey, BC.

Barbara Seed PhD RD is member of the DC Sustainable Food Systems Leadership Team and owner of B Seed Consulting in Sechelt, BC.

John Sievenpiper MD PhD FRCPC is Associate Professor, Department of Nutritional Sciences, and Lifestyle Medicine Lead, MD Program, at University of Toronto, and Staff Physician, Division of Endocrinology & Metabolism at St Michael's Hospital in Toronto, ON.

Liz da Silva MS RD is a clinical instructor for the University of British Columbia Dietetics Program and research dietitian with Fraser Healthy Authority in Surrey, BC.

Mary Anne Smith PhD RD is a PEN® Evidence Analyst with Dietitians of Canada in Guelph, ON.

Janice Sorensen PhD RD is Instructor, Nutrition & Food Service Management at Langara College in Vancouver, BC.

Kristen Yarker MSc RD is owner of Kristen Yarker Nutrition in Victoria, BC.

Fiona Yeudall PhD RD is Associate Professor, School of Nutrition at Ryerson University in Toronto, ON.

Amy Yiu RD is founder and president of Libra Nutrition in Richmond, BC.

REGISTRATION

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REGISTRATION FEES

Register by Friday January 19, 2018 at our Super Early Bird rate.

Register by Monday April 23, 2018 to take advantage of the Early Bird rate.

Fees for the full conference include admittance to all functions outlined in this program brochure except for the optional events. Fees are per person.

	Full Conference			Daily
	By JANUARY 19	By APRIL 23	AFTER APRIL 23	
DC Member	\$630	\$685	\$760	\$490
DC Student	\$340	\$375	\$410	\$245
Non-member	\$895	\$945	\$995	\$740

NOT A DC MEMBER? JOIN TODAY AND SAVE \$\$\$!

If you are not a DC member, you can **join now** and get conference registration at a significantly discounted rate! If you are a student, retired or a first time member, you get the conference and a one-year DC membership fee for less than the price of non-member conference registration.

Type	DC Member Fee	Full member conference fee (Early bird)	Combined Cost	Full non-member conference fee (Early bird)	Savings
First time member	\$214	\$685	\$899	\$945	\$46
Retired	\$167	\$685	\$852	\$945	\$93
Student	\$119	\$375	\$494	\$945	\$451

REGISTRATION

OPTIONAL EVENT FEES

Workshops, socials and tours have limited enrollments so register early.

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Date/Time	Event	Fees
Meetings		
Wednesday, June 6, 2018 9:30 AM – 4:00 PM	Dietetic Educators Meeting By invitation only.	\$90 for those attending the Conference. \$125 if registering for this meeting only.
Workshops		
Wednesday, June 6, 2018 9:30 AM – 4:00 PM	Connecting Dysphagia Assessments and Recommendations: Translating meal observation and swallowing assessment findings through clinical reasoning	\$110 if attending the Conference. \$150 for DC members if attending this event only. \$200 for non-members if attending this event only.
Group Tours		
Thursday, June 7, 2018 10:00 AM – 12:00 PM	Vancouver Ethnic Markets Tours	\$30
Friday June 8, 2018 10:00 AM – 1:00 PM	Walking the talk: Enhancing food literacy and community	\$30
Saturday June 9, 2018 1:00 PM – 4:00 PM	Microbrewery and Micro-distillery Tour	\$40



CFDR's Annual Fun Run/Walk

[Click here for more information.](#)

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Social Events

Thursday, June 7, 2018 6:30 PM	Diabetes, Obesity & Cardiovascular, Community and Public Health Nutrition and Nutrition and Food Security	\$30 (A portion of the costs is being kindly subsidized by your host networks)
Thursday, June 7, 2018 7:00 PM	Food & Culinary Network, Consultant Dietitians Network & Career Advancement Network	\$64
Thursday, June 7, 2018 7:00 PM	Extended Health and Primary Care	\$50
Thursday, June 7, 2018 7:00 PM	Student Network	\$35 (Cost includes circulating appetizers)
Thursday, June 7, 2018 8:00 PM	Gerontology & Dysphagia Network	\$50
Friday, June 8, 2018 7:00 PM	Souper « francophon » du Regroupement francophone des DC	Coût: 55\$ (taxes et pourboire inclus)
Friday, June 8, 2018 7:00 PM	DC Business & Industry (DCBIN)	\$45 for drink, hors d'oeuvres, appetizer, dinner and dessert (\$80 value!)
Friday, June 8, 2018 7:30 PM	Sports Nutrition Network	Dinner covered by network, pay for your own drinks

REGISTER ONLINE NOW AT

www.dietitians.ca/conference

Use your MasterCard or VISA to register online – it's quick and safe. You will receive immediate confirmation and a statement that is your receipt.

For questions please contact:

Registration, conference organization and Member Resource Marketplace:

Izabella Bachmanek

Events Coordinator

izabella.bachmanek@dietitians.ca

416 560 2060

Exhibitor Opportunities:

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416 642 9310

Programming and other inquiries:

events@dietitians.ca

Thank you to our very committed Program Committee Members:

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Carol Carke – Ontario

Cara Rosenbloom – Ontario

Julie Stachiw – Manitoba

Kristyn Hall – Alberta

Marianne Bloudoff – British Columbia

Natasha Haskey – British Columbia

Meghan Molnar – British Columbia

Cristel Moubarak – British Columbia

Nicole Spencer – British Columbia

DATES TO REMEMBER

JANUARY 19, 2018

Deadline to register at the Super Early Bird rate.

APRIL 23, 2018

Deadline to register at the Early Bird rate.

MAY 16, 2018

Last chance to book hotel reservations at DC rate.

Visit the DC Web site at **www.dietitians.ca/conference** for conference updates.



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