



April 25, 2021

Dear VAND Members and Guests,

On behalf of the Virginia Academy of Nutrition and Dietetics Board of Directors and the Annual Conference Planning Committee, welcome to VAND's 92nd Annual Educational Conference. This year our theme has been **“Adjust, Adapt, and Thrive”**. Specifically chosen because of the past 12 months and how we've grown, not only as a country or state, but as a profession. Our Northern Virginia Annual Conference Planning Committee has outdone themselves by putting together an exciting lineup for our first virtual educational conference. Before we dive into the details, on behalf of the Board of Directors, I encourage you to ask questions, share comments, and introduce yourself within this virtual format.

Sunday, grab a cup of coffee or tea and settle in for an outstanding day of workshops. Up first, “Invisible Puppeteers of Health and Disease - The Human Microbiota”. Next, multiple experts showcase the benefits of home gardening in “Sustainable Home Gardening and Food Preservation: The ‘Why’s’ and ‘How To’s’”. Then, presenters discuss “Top Tips for Telehealth in 2021”. Our opening address that evening will highlight Heidi Hertz, “Working to Improve the Health of All Virginians!”. Don't forget to check out the Poster Session before calling it a night!

Monday morning, we will learn about “School Nutrition Programs: Frontline for Child Nutrition” and the heroic efforts to ensure children have access to healthy meals during the COVID-19 pandemic. Next up, presenters will focus on critically ill patients in “Current Nutrition Support Practices in Critical Care”. Then learn how to build more collaborative partnerships with clients in your practice regarding “Implicit Weight Bias in Healthcare: How Can RD/RDNs Minimize its Effect?”.

Before breaking for lunch, join us for the VAND Annual Business Meeting and our Awards and Scholarships Presentation. Afterwards, we will jump right into building your business and with “Maximize Your Revenue!”, and learn about eating behaviors in relation to the new Dietary Guidelines for Americans in “Make Every Bite Count...Do Eating Behaviors Match the Message?”. To wrap up the day, we will look at diabetes counseling in “Cultural Considerations in Diabetes MNT”.

Whether you are a dietitian, dietetic technician, intern, or student, thank you for spending your valuable time with us for our 92nd Annual Educational Conference. We are looking forward to learning from each of you as we connect #VAND over the next several days.

Sincerely,

***Susan***

Susan Noble, RD, CSR  
VAND President, 2020-2021