

# NCAND Spring Meeting 2026

Friday, April 17, 2026

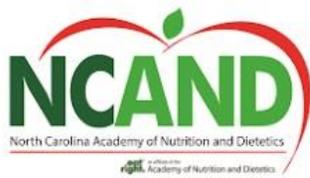
8:00 AM - 4:15 PM

Briar Creek Country Club (9400 Club Hill Dr, Raleigh, NC 27617)

*Each presentation will be 50-55 minutes with 5-10 minutes of Q&A at the end of each session.*

Time	Topic/Speaker
8:00 – 8:30 am	Registration Opens/Coffee/Breakfast & Visit with Sponsors
8:30 am – 10:30 am	<p><b>“Brand Clarity &amp; Confident Communication for Dietitians” - Mari Milenkovic, MBA</b></p> <p><i>Lecture Summary: As a Registered Dietitian, your work is grounded in science, service, and deep care—but does your brand reflect that?</i></p> <p><i>This immersive in-person workshop is designed specifically for RDs who are ready to confidently communicate their value, align their messaging with their mission, and build a brand presence that attracts the right clients and opportunities.</i></p> <p><i>Together, we’ll move beyond surface-level marketing into aligned brand expression, practical implementation, and confident pitching. Whether you’re building your private practice, launching a program, or expanding into speaking or partnerships, this session will help you speak clearly, show up consistently, and connect more powerfully</i></p>
10:30 am – 11:00 am	Break – visit with sponsors
11:00 am – 12:00 pm	<b>“Brand Clarity &amp; Confident Communication for Dietitians” - Mari Milenkovic, MBA (continued)</b>
12:00 pm – 1:00 pm	Lunch – visit with sponsors
1:00 pm – 2:00 pm	<p><b>“State-level Advocacy to Achieve NCAND Policy Objectives” – Sherry Melton &amp; Ken Melton</b></p> <p><i>Lecture Summary: The presentation will describe the components of effective state-level advocacy to achieve policy goals. Further, the presentation will examine and describe the current policy-making landscape in North Carolina and evaluate how the state legislative environment may impact NCAND’s policy objectives, along with strategies and tactics utilized to meet the association’s objectives.</i></p>
2:00 pm – 3:00 pm	<b>“Working as a Clinical Team Between Diabetologists and Dietitians” - Stephanie Page, DO</b>
3:00-3:15 pm	Coffee break
3:15 pm – 4:15 pm	<p>Research Presentations:</p> <p><b>“The Impact of Social Media on the Flourishing of Rural College Students” - Dr. Anna Dysart, RD, LDN, CNSC</b></p> <p><i>Lecture Summary: Social media plays a large role in the lives of college students. The study discussed in this lecture focused on how social media impacted the health choices, including eating habits and physical activity, of rural college students. Additional analysis looked at how social media use, nutritional choices and physical activity impacted students’ flourishing (i.e., overall well-being).</i></p>

**Agenda subject to change without notice. CEUs will be available, exact number subject to approval.**



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**“Resilience within FIM Programs in Response to Hurricane Helene in Western North Carolina” - Rachel Hopper, Graduate student**

*Lecture Summary: Many North Carolinians rely on food assistance, emphasizing the importance of Food is Medicine (FIM) programs, and when Hurricane Helene struck, it devastated many communities and increased the need for food support. Resources from across the country poured into Western North Carolina’s FIM programs, highlighting the concept of resilience as a key determinant of their effectiveness. This study aimed to identify the factors that strengthened FIM programs during the disaster, with the goal of informing and preparing other programs to meet client needs during unprecedented times.*

**"Development and Assessment of Fidelity for the GENDIET Program in Nutrition and Dietetics Students" - Emma Bigalke, BS**

Lecture Summary: The GENDIET Program is a gender-affirming nutrition education program designed to improve knowledge, attitudes, and beliefs about transgender nutrition and health among future dietitians. This program integrates evidence-based content on TGD nutritional needs with a structured discussion to promote inclusive, competent care. The program emphasizes implementation fidelity to ensure the curriculum is delivered consistently and achieves its intended impact.

**"Assessing the Impacts of a Nutrition Intervention Program for Young Adults with Intellectual Disabilities" - Mikayla McKean, Dietetic Intern**

*Lecture Summary: Individuals with mild intellectual disabilities (ID) experience cognitive and practical challenges that can impact their independent living abilities, health and nutrition literacy, and subsequent chronic disease status. The Scholars with Diverse Abilities Program (SDAP) at Appalachian State University includes a hands-on nutrition education intervention led by graduate nutrition students, and this study aimed to evaluate its impact on both SDAP participants and mentors with a focus on changes in perceived self-efficacy.*

**4:15 pm**

Adjourn

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