

VERIFICATION REQUIREMENT FOR ALL CME ACTIVITIES

Herd That! Nutrition Conference
CME Live Conference

Attendees:

Please review the information below before the start of the activity to ensure your successful participation in this live, in-person conference.

Estimated Time to Complete the Educational Activity:

6 hours (highlighted on agenda in yellow below)

7:00 AM - 8:15 AM	Registration & Light Breakfast
8:15 AM - 8:30 AM	Opening Remarks Tammy Baker, MS, RD Lauren Peña, MS, RDN
8:30 AM - 9:30 AM	1st Speaker/Opening Keynote Speaker Toby Amidor, MS, RD, CDN (How the Dietary Guidelines are Made)
9:30 AM - 9:45 AM	15 Minute Networking Break
9:45 AM - 10:45 AM	2nd Speaker - Katie Brown, Ed.D., RDN (Empowering Moms & The First 1,000 Days)
10:45 AM - 11:45 AM	3rd Speaker - Michelle May, MD, CSP (Mindful Eating & Salad Tasting Activity)
11:45 AM - 1:00 PM	Hot Buffet Lunch & Networking
1:00 PM - 2:00 PM	4th Speaker - Michelle Schack, DVM (Animal Care in the Dairy Industry Food System)
2:00 PM - 3:00 PM	5th Speaker - Cindy Salm Bauer, MD, FAAAAI, FACAAI (Food Allergies)
3:00 PM - 3:15 PM	15 Minute Networking Break
3:15 PM - 4:15 PM	6th Speaker/Closing Keynote Speaker - Jenny Locklin (Humor in Tough Situations)
4:15 PM - 4:30 PM	Concluding Remarks Lauren Peña, MS, RDN

Dates of Original Release and Most Recent Review or Update:

Friday, May 9th, 2025

Termination Date:

Friday, May 9th, 2025

Activity Location:

Gila River Wild Horse Pass Hotel, which is located at 5040 Wild Horse Pass Blvd. Chandler, AZ 85226 in Acacia A Ballroom. No component of this activity was placed on a website owned/controlled by an ineligible company.

Accreditation and Designation Statements:

The Arizona Chapter of the American Academy of Pediatrics is accredited by the Arizona Medical Association to provide continuing medical education for physicians.

*The Arizona Chapter of the American Academy of Pediatrics designates this live in-person course (no virtual/remote option) educational activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)**[™].*

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Purpose of Course:

The mission of "Herd That! Nutrition Conference" is to network with other like-minded professionals, earn continuing professional education units, hear new science-based research surrounding nutrient-dense foods (where dairy foods are a key feature), and receive tangible resources that help explain this research to their families, clients, and patients.

The theme for this year's conference is "Nutrition Nexus: Navigating Insights from Dietitians, Doctors, & Veterinarians," which will be explored throughout the conference by six respected and influential thought leaders in the health and wellness industry.

Learning Objectives:

After this activity, learners will be able to:

1. Describe the evidence-based process used to create and update the Dietary Guidelines for Americans (DGAs).
2. Identify and summarize the recommendations of the dietary guidelines committee report.
3. Create and share actionable healthful eating messages with clients based on the DGAs.
4. Discuss the importance of optimal nutrition during pregnancy, lactation, and early childhood.
5. Explain the benefits of optimizing nutrition and wellness during the first 1,000 days to set the stage for generational health.
6. Describe the current and evolving nutrition science, with a focus on dairy foods, in supporting the development of brains, bones, and bodies in growing infants and young children.
7. Provide strategies and tools to empower mothers to follow a healthy dietary pattern and guide children toward nutritious foods.
8. Identify the six crucial decision points in the Mindful Eating Cycle and the psychosocial-behavioral patterns in overeating and restrictive eating.
9. List six specific mindful eating strategies to help patients develop a more positive, balanced relationship with food and physical activity.
10. State 4 instructions for eating a snack or meal mindfully.

11. Discuss how animal care practices in dairy farming influence milk quality, nutritional value, and food safety.
12. Explore the intersection of ethics and farming to address consumer concerns about sustainability and animal welfare.
13. Gain tools and evidence-based information to address client questions about dairy farming practices and guide them in making informed food choices.
14. Contrast IgE-mediated food reactions to other types of adverse food reactions.
15. Discuss the current diagnostic modalities for food allergy testing including the limitations.
16. Review recent recommendations on timing of food introduction as it pertains to the prevention of food allergy.
17. Compare the current treatments, including emerging treatments, for food allergies.
18. Explore the value of using humor in navigating challenges, reducing stress, and building resilience in both personal and professional settings.

Target Audience:

Pediatric healthcare professionals including general pediatricians, residents/fellows, nurses, physician assistants, doctors of osteopathy, family practice physicians, registered dietitians (RD/RDNs), diet technicians registered (DTR/NDTRs), certified nutrition specialists (CNSs), dietetic interns and undergrad/graduate students, and general school nutrition professionals.

Disclosure of Commercial Support:

The DCAZ is a non-profit organization that provides nutrition education. There is no commercial support associated with this activity.

Disclosure of Financial Relationships and Mitigation of Conflicts of Interest for AzAAP CME Activities:

In order to support the professional needs of its members, the AzAAP Continuing Medical Education (CME) program develops, maintains, and improves the competence, skills, and professional performance of pediatricians and pediatric healthcare professionals by providing quality, relevant, accessible, and effective educational experiences that address gaps in professional practice. The AzAAP CME program strives to meet the educational needs of pediatricians and pediatric healthcare professionals and support their lifelong learning with a goal of improving care for children and families.

The AzAAP recognizes that there are a variety of financial relationships between individuals and ineligible companies that require review to identify possible conflicts of interest in a CME activity. The “AzAAP Policy on Disclosure of Financial Relationships and Mitigation of Conflicts of Interest for AzAAP CME Activities” is designed to ensure quality, objective, balanced, and scientifically rigorous AzAAP provided or jointly provided CME activities by identifying and mitigating all potential conflicts of interest prior to the confirmation of service of those in a position to influence and/or control CME content. AzAAP has taken steps to mitigate any potential conflicts of interest. The

purpose of this policy is to ensure all potential conflicts of interest are identified and mechanisms to mitigate them prior to the CME activity are implemented in ways that are consistent with the public good. The AzAAP is committed to providing learners with commercially unbiased CME activities.

All AzAAP CME activities will strictly adhere to the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence in Accrediting Continuing Education. In accordance with these Standards, the following decisions will be made free of the control of an ineligible company: identification of CME needs, determination of educational objectives, selection and presentation of content, selection of all persons and organizations that will be in a position to control the content, selection of educational methods, and evaluation of the CME activity.

Disclosure of Financial Relationships – AzAAP Disclosure Grid:

*All individuals in a position to influence and/or control the content of AzAAP CME activities are required to disclose to the AzAAP and subsequently to learners that the individual either has no relevant financial relationships or any financial relationships with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in CME activities. *An ineligible company is defined as any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Listed below are the disclosures provided by individuals in a position to influence and/or control CME activity content. All of the relevant financial relationships listed for these individuals have been mitigated. This activity may discuss or demonstrate pharmaceuticals and/or medical devices that are not approved by the FDA and/or medical or surgical procedures that involve an unapproved or “off-label” use of an approved device or pharmaceutical.*

Name	Role	All Financial Relationships (Please indicate Yes or No)	Name of Ineligible Company* Please list name(s) of entity AND Nature of Financial Relationship(s) (Please list: Research Grant, Speaker’s Bureau, Stock/Bonds excluding mutual funds, Consultant, Other - identify)
Lauren Peña, MS, RDN Dairy Council of Arizona	Planning Member	No	N/A
Tammy Baker, MS, RD Dairy Council of Arizona	Planning Member	No	N/A
Toby Amidor, MS, RD, CDN, FAND Founder of Toby Amidor Nutrition, PC	Principal Faculty	Yes	<ul style="list-style-type: none"> • National Dairy Council (Ambassador) • Dannone’s Essential Dairy and Plant-Based Board (Advisory Board Member)

			<ul style="list-style-type: none"> • Huel (Nutrition Partner) • Tru Niagen (Nutrition Partner) • Jarrow Formulas (Nutrition Spokesperson) • Grain Foods Foundation (Nutrition Spokesperson) • California Strawberry Commission (Nutrition Spokesperson, Past 24 Months) • American Frozen Food Institute (AFFI) (Nutrition Partner, Past 24 Months) • Sunsweet (Nutrition Spokesperson, Past 24 Months) • General Mills (Partner, Past 24 Months) • St. Dalfour, Spokesperson (Past 24 Months) • Pure Protein (Spokesperson, Past 24 Months) • The Wonderful Company (Nutrition Partner, Past 24 Months) • Del Real Foods (Spokesperson, Past 24 Months) • Nature Made (Spokesperson, Past 24 Months) • US Highbush Blueberries (Spokesperson, Past 24 Months) • Del Real Foods (Partner, Past 24 Months)
Katie Brown, Ed.D., RDN, LD National Dairy Council	Principal Faculty	No	N/A
Michelle May, MD, CSP Founder and CEO of Am I Hungry?, P.L.L.C.,	Principal Faculty	Yes	<ul style="list-style-type: none"> • Am I Hungry? Mindful Eating Programs and Training (Owner)

Michelle Schack, DVM Veterinarian & Co-Founder of DairyKind	Principal Faculty	No	N/A
Cindy Bauer, MD, FAAAAI, FACAAI Division Chief at Phoenix Children's	Principal Faculty	Yes	<ul style="list-style-type: none"> • Sanofi (Research Grant, Principal Investigator); • Astra Zeneca (Research Grant, Principal Investigator); • OM Pharma (Research Grant, Principal Investigator); • NIAID/NIH (Research Grant, Principal Investigator); • NHLBI/NIH (Research Grant, Principal Investigator)
Jenny Locklin, BA Speaker/Humorist at Jenny Locklin	Principal Faculty	No	N/A

Disclosure of Unlabeled Use:

N/A

Disclaimer:

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

Product-Specific Advertising / Links to Product Websites:

No product-specific advertising of any type appears in this activity.
No links to product websites appear in this activity.

List of Principal Faculty and Credentials:

Toby Amidor, MS, RD, CDN

- Toby is the founder of Toby Amidor Nutrition, PC, where she provides nutrition and food safety consulting services for individuals, restaurants and food brands.

She is a Wall Street Journal bestselling cookbook author and has 10 published cookbooks with her 11th cookbook titled, *Health Shots: 50 Simple, Healing Tonics to Help Improve Immunity, Ease Anxiety, Boost Energy, and More* released in December 2024. For over 17 years Toby has been the nutrition expert for FoodNetwork.com, and founding contributor to their Healthy Eats Blog. Toby is a regular contributor to many national online publications and for over 10 years has been penning the “Ask the Expert” column in Today’s Dietitian Magazine. She is also on the medical board for Forbes.com and EatThis.com and on the editorial board for Today’s Dietitian Magazine. As a nutrition expert, she has been quoted in hundreds of publications and regularly appears on local and national television shows. For 11 years Toby was an adjunct professor at Teachers College, Columbia University teaching food service management and also taught at CUNY Hunter School of Public Urban Health and Lehman College in NYC. Toby trained as a clinical dietitian at New York University. Through ongoing consulting and faculty positions, she has established herself as one of the top experts in culinary nutrition, food safety, and media communications. In 2018, Toby was awarded by the Academy of Nutrition & Dietetics the coveted Media Excellence Award.

Katie Brown, Ed.D., RDN, LD

- Dr. Katie Brown is a registered dietitian and holds bachelor’s and master’s degrees in nutrition and a doctorate degree in education. These two passions—nutrition and education, have guided her career as a nutrition practitioner, academic, entrepreneur and national leader dedicated to designing and implementing nutrition programs and interventions aimed at improving lives for the better. An experienced leader, Dr. Brown spent nearly a decade as the National Nutrition Director for the Academy of Nutrition and Dietetics Foundation and is now serving as the President of National Dairy Council, a nonprofit organization founded with the purpose to research the health benefits of dairy foods — milk, cheese and yogurt — and to educate the public about them. Katie has authored numerous papers published in peer-reviewed journals and has presented at more than 140 national and international professional conferences and is a recent TEDx speaker on the topic of the importance of diet in maternal and child health. She is frequently quoted as a nutrition and wellness expert in health professional, consumer and trade media. In 2024, Dr. Brown was named the University of Kansas Distinguished Health Professions Alumna.

Michelle May, MD, CSP

- Michelle May, M.D., is a recovered yo-yo dieter and the founder and CEO of Am I Hungry?® Mindful Eating Programs and Training. She empowers individuals to resolve mindless and emotional eating to live the vibrant life they crave. As an inspirational speaker and author, Michelle’s passion, insight, and humor stem from her own personal struggles with food and body image. More than 800 health professionals have been trained to offer mindful eating workshops, coaching, and therapy in 35 countries. Michelle is the award-winning author of the *Eat What You*

Love, Love What You Eat book series. She is a Faculty Associate at Arizona State University where she teaches Mindful Eating. Michelle earned the Certified Speaking Professional (CSP) designation from the National Speakers Association and has inspired tens of thousands of audience members with her compelling message and constructive approach to a vibrant life.

Michelle Schack, DVM

- Dr. Michelle Schack is a practicing dairy veterinarian and enjoys working with dairy farmers as a herd veterinarian and through her role in DairyKind. She went to UC Davis School of Veterinary Medicine and has been practicing in Arizona for the past 9 years. She is co-founder of DairyKind, a company focused on improving on-farm animal well-being through high-quality training and resources and is active on social media @DairyDoc. With a passion for connecting farmers, consumers, and animals, she is committed to fostering sustainability and compassion in dairy farming.

Cindy Bauer, MD, FAAAAI, FAAAAI

- Dr. Bauer has been part of Phoenix Children's medical staff for more than a decade. She founded Phoenix Children's Allergy and Immunology Clinic in 2013 and has served as its medical director since 2019. When the section of allergy and immunology was elevated to a full division earlier this year, Dr. Bauer was appointed division chief. Under her leadership, the division expanded its services to a fourth clinical location this past year. In the community, Dr. Bauer is involved with Camp-Not-A-Wheeze and is past President of the Arizona Allergy and Asthma Society. Outside of work, Dr. Bauer is married and has 3 children. She enjoys spending time with her family and often visits her hometown in Wisconsin.

Jenny Locklin, BA

- Jenny Locklin is a seasoned humorist and motivational speaker known as "The Undercover Speaker." She received a bachelor of Arts in Education from Arizona State University and was the Presidents of Chats Toastmasters International from 2011-2012. She brings unexpected laughter and unforgettable energy to corporate events, conferences, and seminars. With a unique approach that blends humor with impactful insights, Jenny helps audiences unlock the healing power of laughter, engage in memorable ways, and embrace the value of learning from mistakes. Her interactive sessions leave attendees inspired, energized, and with a fresh perspective on workplace wellness and resilience.

Name of Medium or Combination of Media Used:

Live in-person one-day conference where no remote/virtual option is offered.

Hardware/Software Requirements:

N/A

Provider Contact Information:

If you have questions about this course or encounter problems, please contact Lauren Peña at lauren.pena@dairycouncilofaz.org .

Privacy and Confidentiality Statement:

At the Arizona Chapter of the American Academy of Pediatrics (AZAAP), we take the issue of privacy very seriously. We do not sell, distribute, barter, or transfer personally identifiable information obtained from a user to a third party without your consent. Any information collected during this course is only used for the purpose stated. The email list for this project is only for important communications, and your e-mail address will not be sold or provided to third parties. You will not receive advertising or promotional materials on this email list. Individual learners will have the option of sharing contact information on the registration website and will be required to provide consent.

The AZAAP may use “cookie” technology to obtain non-personal information from its online visitors. We do not extract personal information in this process, nor do we provide this information to third parties. We also do not contact you based on the information in your cookie file.

The AZAAP has taken steps to make all information received from our online visitors as secure as possible against unauthorized access and use. All information is protected by our security measures, which are periodically reviewed.

Method of Participation:

Participants will participate in the conference only live/in-person.

Instructions for Credit Claiming:

Upon completion of the course, participants will be provided with a CME certificate for their records via email.

Electronic Transmission of Information:

N/A

Advertising:

Advertising of any type is prohibited within the educational content of CME activities. For live, face-to-face CME, advertisements and promotional materials cannot be displayed or distributed in the educational space immediately before, during, or after a CME activity and providers cannot allow representatives of ineligible companies to engage in sales or promotional activities while in the physical place of the CME activity.

Copyright:

Speakers will reference studies and peer-reviewed research in their slides. They have received permission for the use of copyrighted materials within this CME activity.