

## 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)

Herd That! Nutrition Conference 2026 Agenda Theme: "Culture, Cognition & Cuisine: A New Lens on Nutrition Challenges"	
Gila River Wild Horse Pass Hotel 5040 Wild Horse Pass Blvd, Chandler, AZ 85226	
Acacia A Ballroom	
Friday, July 10th, 2026 7 AM-4:30 PM	
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	Opening Keynote - "Fueling America's Bravest"  **Q&A 9:20 - 9:30 AM  Speaker: Megan Lautz, MS, RD, CSCS, TSAC-F
9:30 AM - 9:45 AM	*15 Minute Networking Break
9:45 AM - 10:45 AM	2nd Speaker - "(Under) Fed, Fit, and Falling Apart: A Cultural Autopsy of Eating Disorders in Boys and Young Adults"  **Q&A 10:35 - 10:45 AM  Speaker: Dezi Abeyta, RD
10:45 AM - 11:45 AM	3rd Speaker - "Leveraging Nutritional Epidemiology and Innovative Dietary Assessment to Drive Effective Health Interventions"  **Q&A 11:35 - 11:45 AM  Speaker: Meghan Skiba, PhD, MS, MPH, RDN
11:45 AM - 1:00 PM	*Hot Buffet Lunch & Networking Break
1:00 PM - 2:00 PM	4th Speaker - "Beyond Diet Recall: Addressing Taste, Smell, and Texture Barriers: Screening Tools and Culinary-Medicine Options for Improving Diet Quality"  **Q&A 1:50 - 2:00 PM  Speaker: Michele A. Redmond, MS, RDN, FAND, Chef
2:00 PM - 3:00 PM	5th Speaker - "Addressing Pediatric Nutritional Needs Through a Sensory-Motor Lens"  **Q&A 2:50 - 3:00 PM  Speaker: Sarah Friedman, MOT, OTR/L
3:00 PM - 3:15 PM	*15 Minute Networking Break
3:15 PM - 4:15 PM	Closing Speaker - "Stories That Move: The Emotional Intelligence Behind Powerful Storytelling"  **Q&A 4:05 - 4:15 PM  Speaker: Bobi Seredich, BA
4:15 PM - 4:30 PM	*Concluding Remarks - Lauren Peña, MS, RDN
Total Minutes Towards total CPEUs: 360 minutes (6 hours)	

**Dates of Original Release and Most Recent Review or Update:**

Friday, July 10<sup>th</sup>, 2026

**Termination Date:**

Friday, July 10<sup>th</sup>, 2026

**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)**<sup>™</sup>.*

*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 "Culture, Cognition & Cuisine: A New Lens on Nutrition Challenges," 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. Identify the physical and mental job demands of first responders.
2. Review an evidence-based nutrition foundation but in the language and mindset of a first responder.
3. Discuss realistic interventions designed to improve first responder-specific health risks.
4. Describe how cultural norms related to masculinity, athletic performance, and fitness culture have shaped eating disorder presentations in boys and young adults.

5. Differentiate common clinical red flags for disordered eating across childhood, adolescence, and young adulthood, particularly in male and gender-diverse populations.
6. Analyze how social media, technology, and performance-driven environments have influenced help-seeking behaviors and delayed diagnosis.
7. Identify screening opportunities and behavioral patterns that may signal eating disorders in school-based and fitness-focused settings.
8. Apply inclusive, trauma-informed language strategies to reduce stigma and support earlier referral and intervention.
9. Evaluate how systemic bias and social expectations may contribute to under recognition of eating disorders in boys and young adults from diverse backgrounds.
10. Differentiate between the various dietary assessment methods available and determine the most appropriate method for diverse populations.
11. Interpret core findings from nutrition epidemiology studies to effectively communicate evidence-based dietary risks and benefits.
12. Translate complex nutritional data into clear, actionable dietary recommendations that align with individual health needs.
13. Describe three common flavor perception (taste, olfaction, texture) barriers that contribute to overnutrition or reduced intake of nutrient-rich foods.
14. Identify potential flavor perception barriers through questionnaires or screening tools to explore connections to poor or declining diet quality.
15. Recommend culinary-nutrition or culinary-medicine interventions that teach basic food prep skills to increase patient intake and enjoyment of nutrient-rich foods.
16. Define what a pediatric feeding disorder is
17. Identify professional members of the pediatric feeding team
18. Identify four factors that impact what foods a child can consume
19. Identify five appropriate foods to recommend for a child taking in to consideration medical, nutritional, oral motor, sensory, cultural, and socio-economic needs
20. Define a personal leadership story and describe strategies that apply effective presentation techniques to build trust and collaboration with clients, teams, and interdisciplinary partners.
21. Recognize and evaluate the impact an individual has on the people around them in professional health and wellness environments.
22. Demonstrate decision-making that focuses on desired outcomes and distinguishes between intention and impact in leadership interactions.
23. Discuss the science of the human brain—specifically the roles of the amygdala and neocortex—and analyze how these structures influence behavior and communication.
24. Apply empathy and communication skills that are critical to developing strong emotional connections with teams and customers, and interpret generational differences within the workplace.

**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), dietetic interns and undergrad/graduate students, and general school nutrition professionals.

**Disclosure of Commercial Support:**

*The DCAZ is a not-for-profit organization that provides nutritional 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
Megan Lautz, MS, RD, CSCS, TSAC-F	Principal Faculty	Yes	DripDrop ORS (independent contractor for paid speaking and consulting)
Dezi Abeyta, RD	Principal Faculty	Yes	Dairy Council of Arizona (paid consultant), Arizona Beef Council (paid consultant), Hearst Publications: Men's Health Magazine (advisory board member)
Meghan Skiba, PhD, MS, MPH, RDN	Principal Faculty	Yes	Faculty/Principal Investigator of grants at the University of Arizona (research grants and principal investigator)
Michele A. Redmond, MS, RDN, FAND, Chef	Principal Faculty	No	N/A
Sarah Friedman, MOT, OTR/L	Principal Faculty	Yes	Little Roos Pediatric Therapy (employee)
Bobi Seredich, BA	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:**

1. Megan Lautz, MS, RD, CSCS, TSAC-F
  - Megan Lautz is an award-winning Registered Dietitian specializing in first responders. Megan creates realistic nutrition strategies that lead to improved energy levels, better body composition, and reduced stress for first responders. Megan has worked full-time for departments of 1,600+ firefighters since 2017. Megan was the recipient of the ASPDA Trailblazer award, recognizing her work advancing dietetics in public safety. Megan owns RescueRD LLC, which provides custom nutrition programs for departments nationwide.
2. Dezi Abeyta, RD
  - Dezi Abeyta, RD is a performance dietitian, writer, and speaker working at the intersection of health, culture, and identity. He specializes in nutrition for athletes, creatives, and high-performing individuals, with clinical and community experience spanning pediatrics, young adults, and professional performance settings. As a journalist at Men's Health Magazine, Dezi approaches nutrition through a journalistic lens, blending evidence-based science with cultural storytelling. His work explores how sport, masculinity, fitness culture, and social pressure shape health behaviors, recovery, and long-term well-being. Dezi is known for translating complex topics into conversations that resonate, challenge assumptions, and move people to think differently.
3. Meghan Skiba, PhD, MS, MPH, RDN
  - Dr. Meghan Skiba is an Assistant Professor at the University of Arizona. Her research intersects health behavior and cancer prevention and control, translating data into impact. Dr. Skiba holds a PhD in Health Behavior Health Promotion, along with a Master of Science in Nutritional Sciences and a Master of Public Health in Epidemiology. As a registered

dietitian nutritionist, her work focuses on leveraging digital health technologies to scale diet and physical activity interventions to improve the health and well-being for cancer survivors.

4. Michele A. Redmond, MS, RDN, FAND, Chef
  - Michele Redmond, MS, RDN, FAND, Dietitian Chef specializes in behavior change as a culinary-medicine expert and medical nutrition therapy dietitian. As a French-trained chef and "Food Enjoyment Activist," she also helps people connect nutritious food and flavors to health and well-being. Her background spans research chef, culinary and nutrition college faculty, health care center culinary-medicine teacher and leading operations for chronic disease programs, medical facilities and physician networks. She provides nutrition education programs for health professionals and the public via Eat Well Academy. In her free time, she performs improv comedy.
5. Sarah Friedman, MOT, OTR/L
  - Sarah is a pediatric occupational therapist with a Bachelor of Occupational Science and a Master of Occupational Therapy from Saint Louis University. She has worked in a variety of settings, including an intensive feeding program, private practice, and pediatric home health with a focus on feeding, infant development, and sensory integration. Sarah has completed the Certificate Program in Sensory Integration from the University of Southern California with coursework specified to address Autism Spectrum Disorder and Sensory Based Feeding and Eating Challenges. She is proud to have completed over 100 hours of continuing education focused on infant and child feeding.
6. Bobi Seredich, BA
  - Bobi Seredich is a recognized speaker, author, and successful entrepreneur specializing in leadership development. She has spent over 25 years of her career dedicated to creating and presenting leadership programs for top companies. Bobi is the founder of the Southwest Institute for Emotional Intelligence and EQ Inspire Agency. She is a certified trainer and coach in Emotional Intelligence. Bobi is also the author of *Courage Does Not Always Roar: Ordinary Women with Extraordinary Courage*. She lives in Phoenix, Arizona, with her husband and twins, and she is actively involved in the community.

**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](mailto: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.