

ENERGIZE YOUR PRACTICE: "CALL TO ACTION"

Workshop 1: Energy Balance Assessment and Recommendations

Time	Topic & Activity:	Presenter(s): Taped or Live	
8:00 am PST	WELCOME Energy Balance Initiative: Description and Purpose Workshop I: Objectives, Suggested Performance Indicators	 Barbara Scott, RDN, MPH, Assoc. Prof. University of Nevada, Reno, NV Co-Director Energy Balance Initiative	 Gail Frank, DrPH, MPH, RD, CHES Professor of Nutrition Director, Dietetic Internship California State Univ. Long Beach, CA.
8:10 am	Lecture: "Call to Action" The Energy Balance Initiative Directions, Challenges and Opportunities	 Sachiko St. Jeor, MS, PhD, RDN, FADA, /FAND Professor of Clinical Medicine Emerita, Univ. of Nevada at Reno, School of Medicine CEO of St. Jeor Nutrition Associates, PLLC, <i>(dba GenQuest Nutrition)</i>	
8:45 am	Lecture: Measurement of REE with a Mobile Indirect Calorimeter (IDC) Q and A/ Discussion of IDC Case Demonstration: IDC Measurement Results & Discussion with Q & A Case Presentation/Results/Application	Erica Forzani, PhD, Associate Professor Biodesign Center for Bioelectronics and Biosensors, Arizona State University Co-Founder of TF Health Co. (Breezing) Tempe, AZ	
9:35 am	Lecture: Energy Requirements for Weight Maintenance: Role of the Energy Gap/ Physical Activity and Exercise Q & A and Interactive Discussion Discussion: Recommendations for Step Counters (pedometers) to enhance Physical Activity Assessments & Behavioral Changes (Attendee discussion and Q and A)	 James O. Hill, PhD, Professor and Chair Dept. of Nutrition Sciences Director, UAB Nutrition Obesity Research Center, Birmingham, AL	Demonstration: Ron Sutton Interpretation of the Pedometer (Steps, Moderate to Vigorous Activity and Total Time) 
10:25 am	Coffee Break		
10:40 am	Lecture: The Big Question Is the Energy Density of Weight Change 3500 Kcal Per Day? Q & A and Interactive Discussion	Dale Schoeller, PhD, Professor Nutritional Sciences & Biotechnology College of Agriculture and Life Sciences University of Wisconsin-Madison, WI	
11:10 am	Lecture: Using Pattern Recognition to Advance Dietary Assessment: Intro to Diet ID (A Digital Dietary Assessment and Behavior Change Platform) Q & A and Interactive Discussion Case Demonstration and Discussion	 David Katz, MD, MPH, FACPM, FACP, FACLM CEO and Founder of Diet ID; Founding Director, Yale Griffin Prevention Research Center, Hamden, CT	 Dina Aronson, MS, RDN, Director of Nutrition Programming, Bloomfield, NJ
12:00 pm	Lecture: A Portable Office and Tool Kit	 Barbara Scott, RDN, MPH, Assoc. Professor, University of Nevada Reno, NV	 Miriam Een, MS, RDN, LD, Asst. Prof. UNLV School of Med, Las Vegas
12:20 pm	Lecture/ Demo: A Case in Point: Summary and Recommendations	Sachiko St. Jeor, MS, PhD, RDN with Expert Panel Consensus	
12:40 pm	ADJOURN: Program Evaluation; Certificate of Attendance for CPEUs; Energy Balance Certificate of Training (part 1)	Barbara Scott, RDN, MPH, Associate. Professor, University of Nevada Reno, NV	

***This WORKSHOP has been approved by The Commission on Dietetic Registration for 4 CPEUs.** A Certificate of Attendance will be available for those attendees completing this Workshop. Activity Type: 171