

Energize your Practice! "CALL TO ACTION"

Virtual Workshop 1: Energy Balance Assessment

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