

Energize your Practice! "CALL TO ACTION"

Workshop 1: Energy Balance Assessment

Time	Topic & Activity	Presenters
6 minutes	WELCOME: Energy Balance Initiative Workshop 1 Description and Purpose 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
31 minutes	Lecture 1: Call to Action Directions, Challenges, and Opportunities	 Sachiko St. Jeor, MS, PhD, RDN, FADA, FAND Professor of Clinical Medicine Emerita, University of Nevada at Reno, School of Medicine CEO of St. Jeor Nutrition Associates, PLLC
50 minutes	Lecture 2: Measurement of REE with a Mobile Indirect Calorimeter (IDC) Discussion with Q&A Case Demonstration	Erica Forzani, PhD, Professor Biodesign Center for Bioelectronics and Biosensors, Arizona State University Co-Founder of TF Health Co. Tempe, AZ 
50 minutes	Lecture 3: Energy Requirements for Weight Maintenance - Role of the Energy Gap/ Physical Activity and Exercise Discussion with Q&A Recommendations for Step Counters	 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
20 minutes	BREAK	
35 minutes	Lecture 4: The Big Question, "Is the Energy Density of Weight Change 3500 Kcal Per Day?" Discussion with Q&A	Dale Schoeller, PhD, Professor Nutritional Sciences & Biotechnology College of Agriculture and Life Sciences University of Wisconsin-Madison, WI 
52 minutes	Lecture 5: Using Pattern Recognition to Advance Dietary Assessment: Intro to Diet ID (A Digital Dietary Assessment and Behavior Change Platform) Discussion with Q&A	 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  Miriam Een, MS, RDN, LD, Asst. Prof. UNLV School of Med, Las Vegas
9 minutes	Lecture 6: A Portable Office and Tool Kit	Barbara Scott
35 minutes	Lecture 7: A Case in Point & Adjourn Summary and Recommendations	Sachiko St. Jeor with Expert Panel Consensus
<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>		