

Energize your Practice! "CALL TO ACTION"

Virtual Workshop 2: Energy Balance Application and Skills Development

Time	Topic & Activity	Presenter(s): Taped or Live
8 minutes	<p>WELCOME & HOST: Energy Balance Workshop 2 Description, Objectives, Purpose Suggested Performance Indicators</p> <p>MODERATOR: Speaker Introductions Q&A Facilitator</p>	<p>Sachiko St. Jeor, MS, PhD, RDN Chair, Energy Balance Initiative</p>  <p>Miriam Een, MS, RDN, LD Asst. Professor, UNLV School of Medicine Co-Director Energy Balance Initiative. LV, NV</p> 
20 minutes	<p>LECTURE: "Call to Action" Weight and Weight Fluctuations as Clinical Indicators for Successful Weight Management (The Case of Undesired Weight Loss)</p>	<p>Sachiko St. Jeor, MS, PhD, RDN Professor, Clinical Medicine Emerita, Univ. of Nevada Reno School of Medicine. Reno, NV CEO, St. Jeor Nutrition Associates, PLLC</p>
30 minutes	<p>LECTURE: Weight Maintenance as the Frontier of Weight Regulation (The Case of weight Gain/Regain)</p> <p>Discussion/Q & A</p>	 <p>Ken Fujioka, MD. Director, Nutrition and Metabolic Research Center Scripps Clinic, San Diego, CA</p>
38 minutes	<p>LECTURE: The Role of Nutrigenomics in Personalizing Nutrition for Weight Maintenance</p> <p>Demonstration/Discussion/Q & A: Case Studies Sampling, Testing and Interpretations</p>	<p>Ahmed El-Sohehy, PhD Professor, University of Toronto, Research Chair in Nutrigenomics Toronto, Canada</p> 
20 minutes	BREAK	
91 minutes	<p>LECTURES and Joint Interactive Discussions Setting the Stage to Prevent Weight Fluctuations</p> <p>Health & Wellness Coaching</p> <p>Shared Decision Making in Weight Management</p> <p><u>Joint Discussion: Interactive Role Playing</u></p>	 <p>Julie Schwartz, MS, RDN, CSOWM, CSSD, LD, ACSM-EP, NBC-HWC Owner, Balanced Nutrition Coach Safety Harbor, FL</p>  <p>Eileen Myers, MPH, RD, LDN, CEDRD, FADA Nutrition & Healthcare Consultant Fernandina Beach, FL</p>
73 minutes	<p>LECTURE: New Behavioral Strategies and Applications for Weight Maintenance</p> <p>Discussion/Q & A</p> <p>LECTURE: Behavioral Assessments for Weight Maintenance</p> <p>Joint Discussion: Case Application</p>	 <p>John P. Foreyt, Ph.D., Professor Emeritus, Baylor College of Medicine, Houston, TX</p> <p>Craig Johnston, Assoc. Professor & Chair Dept of Health and Human Performance, University of Houston, TX</p> 
7 minutes	<p>LECTURE: Summary and Recommendations</p> <p>ADJOURN: Program Evaluation; Certificate of Attendance for CPEUs; Certificate of Training (part 2)</p>	<p>Sachiko St. Jeor, Ph.D. with Expert Panel Consensus</p> <p>Miriam Een, MS, RDN, LD Asst. Professor, UNLV School of Medicine, Las Vegas</p>

***This WORKSHOP is pending approval from The Commission on Dietetic Registration for 4 CPEUs.** A Certificate of Attendance (pending) for those attendees completing this Workshop Activity Type 171. Performance Indicators are 4, 4.1 and 4.14.