

Energize your Practice! "CALL TO ACTION"

Workshop 2: Energy Balance Application and Skills Development

Time	Topic & Activity	Presenters
7 minutes	WELCOME: Energy Balance Initiative Workshop 2 Description, Objectives, Purpose Suggested Performance Indicators	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Sachiko St. Jeor, MS, PhD, RDN Chair, Energy Balance Initiative</p>  </div> <div style="width: 45%;"> <p>Miriam Een, MS, RDN, LD Asst. Professor, UNLV School of Medicine Co-Director Energy Balance Initiative. LV, NV</p>  </div> </div>
21 minutes	LECTURE 1: Weight Changes as Clinical Indicators Case Example for Undesired Weight Losses	<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	LECTURE 2: Weight Maintenance as the Frontier of Weight Regulation Case Examples of Weight Gain/Regain Discussion with Q&A	<div style="display: flex;">  <div style="margin-left: 10px;"> <p>Ken Fujioka, MD. Director, Nutrition and Metabolic Research Center Scripps Clinic, San Diego, CA</p> </div> </div>
37 minutes	LECTURE 3: The Role of Nutrigenomics in Personalizing Nutrition for Weight Maintenance Discussion with Q&A Case Studies Sampling, Testing and Interpretations	<div style="display: flex;">  <div style="margin-left: 10px;"> <p>Ahmed El-Soheemy, PhD Professor, University of Toronto, Research Chair in Nutrigenomics Toronto, Canada</p> </div> </div>
20 minutes	BREAK	
91 minutes	<p>JOINT LECTURES 4 & 5</p> <p>LECTURE 4: Setting the Stage to Prevent Weight Fluctuations</p> <p>LECTURE 5: Shared Decision Making in Weight Management</p> <p>Health & Wellness Coaching Joint Discussion: Interactive Role Playing</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>Julie Schwartz, MS, RDN, CSOWM, CSSD, LD, ACSM-EP, NBC-HWC Owner, Balanced Nutrition Coach Safety Harbor, FL</p> </div> <div style="width: 45%;">  <p>Eileen Myers, MPH, RD, LDN, CEDRD, FADA Nutrition & Healthcare Consultant Fernandina Beach, FL</p> </div> </div>
73 minutes	<p>JOINT LECTURES 6 & 7</p> <p>LECTURE 6: New Behavioral Strategies and Applications for Weight Maintenance</p> <p>LECTURE 7: Behavioral Assessments for Weight Maintenance</p> <p>Joint Discussion - Case Application</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>John P. Foreyt, Ph.D. Professor Emeritus, Baylor College of Medicine, Houston, TX</p> </div> <div style="width: 45%;"> <p>Craig Johnston, Assoc. Professor & Chair Dept of Health and Human Performance, University of Houston, TX</p>  </div> </div>
7 minutes	LECTURE 8: Summary & Recommendations Program Evaluation; Certificate of Attendance for CPEUs; Certificate of Training (part 2)	<p>Sachiko St. Jeor with Expert Panel Consensus</p> <p>Miriam Een</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**