

Saturday

9/9/23

Energize your Practice! "CALL TO ACTION"
Virtual Workshop 2: Energy Balance Application and Skills Development

Time (PST)	Topic & Activity	Presenter(s): Taped or Live
8:00 am Sat	<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> 
8:10 am	<p>LECTURE: "Call to Action" Weight and Weight Fluctuations as Clinical Indicators for Successful Weight Management (Overview and 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 (dba GenQuest Nutr.)</p>
8:30 am	<p>LECTURE: Weight Maintenance as the Frontier of Weight Regulation.(The Case of Weight Gain/Regain) DISCUSSION & Q & A</p>	 <p>Ken Fujioka, MD. Director, Nutrition and Metabolic Research Center Scripps Clinic, San Diego, CA</p>
9:00 am	<p>LECTURE: The Role of Nutrigenomics in Personalizing Nutrition for Weight Maintenance DEMONSTRATION/DISCUSSION/Q & A: Sampling, Testing and Interpretations)</p>	<p>Ahmed El-Sohemy, PhD Professor, University of Toronto, Research Chair in Nutrigenomics Toronto, Canada</p> 
9:30 am	COFFEE BREAK	
9:45 am	<p>LECTURES / JOINT INTERACTIVE DISCUSSIONS: Setting the Stage to Prevent Weight Fluctuations</p> <p align="center">Health & Wellness Coaching</p>	 <p>Julie Schwartz, MS, RDN, CSOWM, CSSD,LD, ACSM-EP, NBC-HWC,cEP Owner, Balanced Nutrition Coach Safety Harbor, FL</p>
10:15 am	<p>Shared Decision Making in Weight Management</p>	 <p>Eileen Myers,MPH,RD,LDN,CEDRD,FAND Nutrition & Healthcare Consultant Fernandina Beach,FL</p>
10:45 am	<p>JOINT DISCUSSION: INTERACTIVE ROLE PLAYING</p>	
11:15 am	<p>LECTURE: Strategies for Improving Weight Maintenance (Q & A and Interactive Discussion)</p>	 <p>John P. Foreyt, Ph.D., Professor Emeritus, Baylor College of Medicine, Houston, TX</p>
11:45 am	<p>LECTURE: Behavioral Assessments for Weight Maintenance (Self- Assessments and Interpretations) (Q & A and Interactive Discussion)</p> <p>JOINT DISCUSSION: APPLICATIONS</p>	 <p>Craig Johnston, Assoc. Professor & Chair Dept of Health and Human Performance, University of Houston, TX</p>
12:15 pm		
12:45pm	<p>LECTURE: Summary and Recommendations</p>	<p>Sachiko St. Jeor, Ph.D. with Expert Panel Consensus</p>
1:00pm	<p>ADJOURN Program Evaluation; Certificate of Attendance for CPEUs; Intro. Works Shop 3: Training and Certification</p>	<p>Sachiko St. Jeor, MS, Ph.D, RDN, Professor Emerita Clinical Medicine, Univ. Nevada School of Medicine, Reno, NV</p>

***This WORKSHOP has been approved by The Commission on Dietetic Registration for 4.5 CPEUs. A Certificate of Attendance (COA) will be given to attendees. Activity Type 171. Performance Indicators are 4, 4.1 and 4.14.**