

Energize your Practice! "CALL TO ACTION"

Virtual Workshop 3: Energy Balance Demonstration, Training, & Tools

Time (PST)	Topic & Activity	Presenter(s): Taped or Live
1:30-1:45 PM	<p>Welcome & Overview Recommended "Best Practices" for EB Assessment 2023-2024</p> <p>MODERATOR: Speaker Introductions Q&A Facilitator</p>	<p>Sachiko St. Jeor, MS, PhD, RDN Chair, Energy Balance Initiative</p>  <p>Gail Frank, DrPH, MPH, RD, CHES Professor of Nutrition Director, Dietetic Internship California State Univ. Long Beach, CA.</p> 
1:45-2:45 PM	<p>Indirect Calorimetry: Breezing Principle of Indirect Calorimetry</p> <p>Live demonstration: Experience (simulation or actual measurement) with your mobile device: Results use and explanation</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>  <p>Model: Junior Ecamerom & Anh Ngan Nguyen</p>
2:45-3:25 PM	<p>Diet Assessment (Diet ID) Diet ID Overview Simulated Case Demo with Participant's Modelling</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> 
3:25-3:45 PM	BREAK	
3:45-4:30 PM	<p>Portable Office and Tool Kit Description The Black Bag™ Manual / Tools Demo Selected Measurements Forms/ MSJE Charts & Wheels/Research Log</p> <p>Pedometer (Accusplit) for Physical Activity Enhancement Instructional Video (Accusplit – Sutton)</p> <p>Demo/Application: 7 Day Assessment Form</p>	<p>Barbara Scott, RDN, MPH, Assoc. Prof. University of Nevada, Reno, NV Co-Director Energy Balance Initiative</p>  <p>Demonstration: Ron Sutton Interpretation of the Pedometer</p>  <p>Models: Emma Anderson & Chelsey Merlino</p>
4:30-5:00 PM	<p>Website Applications: Website Demo REE Calculation: MSJE, BMI, MSJE/IDC TEE Calculation by NIH Body Weight Planner</p>	<p>Sachiko St. Jeor, MS, PhD, RDN (Dr. Kevin Hall video/demo)</p>
5:00 PM	<p>ADJOURNMENT Certification Procedures</p>	<p>Sachiko St. Jeor, MS, PhD, RDN</p>

***This WORKSHOP is pending approval by the Commission on Dietetic Registration. A Certificate of Attendance will be available for those attendees completing this Workshop.**