

**Saturday**

**Sept. 09, 2023**

**Energize your Practice!: "CALL TO ACTION"**

**Workshop 3: Virtual Demonstration and Training**

Time (PST)	Topic and Activity	Presenters (Live or Pre-Recorded Video)
1:30	<b><u>Welcome and Overview</u></b> Recommended "Best Practices" for EB Assessment 2023-2024	Sachiko St. Jeor, MS, PhD, RDN, LD Live/To be Recorded
1:45	<b><u>Indirect Calorimetry:</u></b> (Breezing) <ul style="list-style-type: none"><li>• Principle of indirect calorimetry</li><li>• Conditions of the measurement</li><li>• Live demonstration</li><li>• Experience (simulation or actual measurement) with your mobile device: Link: <a href="https://breezing.com/wp-content/uploads/2020/03/Breezing-App-measurement-experience.pdf">https://breezing.com/wp-content/uploads/2020/03/Breezing-App-measurement-experience.pdf</a></li><li>• Results use and explanation - Example</li></ul>	Erica Forzani, (Host - Live with Video Demonstrations/to be Recorded)  Models: Anh Ngan Nguyen
2:45	<b><u>Diet Assessment (Diet ID)</u></b> Diet ID Overview Simulated Case Demo with Participant's Modelling Link: <a href="https://teamtest2023.dietid.com/">https://teamtest2023.dietid.com/</a>	Dina Aronson,MS, RDN ( Host -Recorded) Rachna Govani (Recorded) Miriam Een , M.S., RDN, LD (Host Live /to be Recorded)
3:30	BREAK	
3:45	<b><u>Portable Office and Tool Kit Description</u></b> The Black Bag™ Manual / Tools Demo Selected Measurements Forms/ MSJE Charts & Wheels/Research Log <b><u>Pedometer (Accusplit)</u></b> for Physical Activity Enhancement Instructional Video (Accusplit – Sutton) Demo/Application /7 Day Assessment Form Demo	Barbara Scott, MPH, RDN (Recorded)  Models: Emma Anderson ) Chelsey Merlino
4:30	<b><u>Website Applications</u></b> Website Demo: <a href="http://genquestnutrition.com">genquestnutrition.com</a> REE Calculation: MSJE, BMI, MSJE/IDC TEE Calculation by NIH Body Weight Planner (Dr. Kevin Hall video/demo)	Sachiko St. Jeor, MS Ph.D., RDN (Hosted Live/to be Recorded)
5:00	<b><u>ADJOURNMENT</u></b> – Certification Procedures	Sachiko St. Jeor

## **OBJECTIVES:**

1. To demonstrate and encourage “Best Practices” recommended for 2023-2024 by the Energy Balance Initiative;
2. To encourage comparisons with existing practices for possible improvements of the EB Equation;
3. To encourage participation and sharing of innovations in the field with the EBI (at Future Annual Meetings, Workshops, etc.) through both formal (abstracts, publications, etc.) and informal (discussions, mentoring, etc.) venues and discussions with the expert panel as mentors; and,
4. To move the field forward by interprofessional collaborations to personalize and improve EB recommendations utilizing new technology, methods, and products by evidence-based practices.

**NOTE:** This is a limited very “special offer “at the initiation of the EBI Workshops in 2023. We are planning to make the Self-Study Modules available in 2024.

**Certificates of Attendance (COA) will be awarded for WS 2 (4.5 CPEUs) . WS 1 & 2 will be combined in 2024 and offered virtually monthly (every third Saturday) if there is demand beyond the Self-Study Module.**

**WS 3 is Optional but recommended.** It is free and will be available “on demand” on our websites.

Sponsors are offering special support and prices for EBI attendees. Visit their website for more information.

**“EB CERTIFICATION”** is available upon completion of WS 1 and WS2 and completion of passing the test on-line.

The slides and test will be pass-word protected and available to the attendees for a limited time.

An Annual Meeting for updating and sharing ideas, new methods, etc. will be scheduled about May 2024.