

Energize your Practice! "CALL TO ACTION"

Workshop 3: Energy Balance in Action

Time	Topic & Activity	Presenter
14 minutes	Welcome & Overview Recommended "Best Practices" for EB Assessment 2023-2024	Sachiko St. Jeor, MS, PhD, RDN Chair, Energy Balance Initiative   Gail Frank, DrPH, MPH, RD, CHES Professor of Nutrition Director, Dietetic Internship California State Univ. Long Beach, CA.
55 minutes	Lecture 1: Indirect Calorimetry (Breezing) Breezing Principle of Indirect Calorimetry Live Demonstration: Experience (simulation or actual measurement) with your mobile device	Erica Forzani, PhD, Associate Professor Biodesign Center for Bioelectronics and Biosensors, Arizona State University Co-Founder of TF Health Co. Tempe, AZ Model: Nutrition Student Volunteer 
46 minutes	Lecture 2: Diet Assessment (Diet ID) Diet ID Overview Simulated Case Demo with Participant Modelling Interviewer: Miriam Een, MS, RDN, LD Models: Nutrition Student Volunteer	 Miriam Een, MS, RDN, LD, Asst. Prof. UNLV School of Med, Las Vegas  Rachna Govani, Co-founder and COO of Diet ID Detroit, MI  Dina Aronson, MS, RDN, Director of Nutrition Programming Diet ID, Bloomfield, NJ
20 minutes	BREAK	
28 minutes	Lecture 3: Portable Office and Tool Kit Description The Black Bag™ Manual / Tools Demo Selected Measurements Forms/ MSJE Charts & Wheels/Research Log <u>Pedometer (Accusplit)</u> Demo/Application: 7 Day Assessment Form	 Barbara Scott, RDN, MPH, Assoc. Prof. University of Nevada, Reno, NV Co-Director Energy Balance Initiative Demonstration: Ron Sutton Interpretation of the Pedometer  Models: Nutrition Student Volunteers
17 minutes	Lecture 4: Website Applications & Adjourn Summary & Recommendations	Sachiko St. Jeor, MS, PhD, RDN (Dr. Kevin Hall video/demo)
*This WORKSHOP has been approved by the Commission on Dietetic Registration for 2.75 CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.		

A Certificate of Attendance will be available for those attendees completing this Workshop.