

		nutrition practices to receive payment for nutrition and nutrition-related services
Wed 5/14 CPEUs	6.25	

Thursday May 15, 2008

Time	Activity	Learner Objectives
7:00-8:00 am	Registration	
8:00-9:30 am (1 hr 30 min)	<p>Keynote: Coping and Stress Presenter: Joel Weintraub, MEd, BS</p> <p>CDR Learning Codes 1000 Professional Skills 6000 Education, Training , Counseling 7000 Business and Management</p>	<p>Coping and Stress</p> <ul style="list-style-type: none"> - Discover 5 stress reduction techniques that will put you in control of your emotions - Learn five sleep techniques that will have you nodding off as soon as your head hits the pillow - Improve employee relations and customer service - Prevent/treat low back pain with these seven flexibility and strength training exercises - Reduce the risk of injury on the job
9:30-10:00 am	Exercise Break	
10:00-11:30am (1 hr 30 min)	<p>Keynote: Getting Your Message Across Presenter: Jennifer E. Anderson, PhD, RD</p> <p>CDR Learning Codes 6020 Counseling, therapy and facilitation skills 6000 Education, Training , Counseling 3000 Nutrition Assessment 4040 Disease Prevention</p>	<p>Getting Your Message Across</p> <ul style="list-style-type: none"> - Describe two ways to be a more effective educator - Describe two approaches for reaching clients using the Prochaska's Stages of Change Model - Describe two methods of assisting diverse client populations to adopt new behaviors
11:30 am – 6 pm	Posters available for viewing	
11:30 am-1:00 pm	Lunch, Business Meeting, Awards	
1:00-2:00pm (1 hr)	<p>BREAKOUT SESSIONS #1</p> <p>A: Nutrition Education for Kids Presenters: Katie Bark, RD Marya Bruning, RD Denise Zimmer, RD Lisa Tims CDR Learning Codes 2000 Science of Food and Nutrition 5000 MNT 3000 Nutrition Assessment 4040 Disease Prevention</p> <p>B: Omega-3's Presenter: Christopher Speed, MND APD</p> <p>CDR Learning Codes 2000 Science of Food and Nutrition 5000 MNT 3000 Nutrition Assessment 4040 Disease Prevention</p> <p>C: Heart Health (presentation #1) Presenter: Cathy Breedon PhD, RD, CSP, FADA CDR Learning Codes 2000 Science of Food and Nutrition 5000 MNT</p>	<p>A. Nutrition Education for Kids At the conclusion of the seminar the participants will be able to:</p> <ul style="list-style-type: none"> - List sources of age-appropriate, up-to-date nutrition education/health education curricula for use with school-aged children. - List the key elements of an effective nutrition education lesson. - Participate in two lessons for children on nutrition and physical activity <p>B. Omega-3's</p> <ul style="list-style-type: none"> - Determine the significance of omega-3 therapy and human health - Describe why omega-3's are important for heart health as well as several other diseases - Recognize what can be done to support omega-3 supplementation in order to support overall nutrient intakes that prevent disease and support the management of mood disorders, learning disabilities and other health conditions. <p>C. Heart Health Participants will be able to describe the latest information about nutrition and heart health, including:</p> <ul style="list-style-type: none"> - Vitamins of special interest in cardiovascular health (vitamins B1, B6, B12, C, K, various forms

	6020 Counseling, therapy and facilitation skills 3000 Nutrition Assessment 4000 Wellness and Public Health	of E, and folic acid) - Minerals of particular interest in cardiovascular health (magnesium, chromium, selenium and potassium) - Phytochemicals (lycopene, lutein, anthocyanins, procyanidins and others) - The role of different types of dietary fat in cardiovascular health in terms of cholesterol and triglyceride metabolism, and in the contribution of inflammation to heart disease. - Nutrition-related substances: CoQ, carnitine, alpha-lipoic acid
2:00-3:00 pm (1 hr)	Poster Session, presenters give short presentations to small groups	
3:00-4:00 pm (1 hr)	<p>BREAKOUT SESSIONS #2</p> <p>A: Food Hypersensitivity (presentation #1) Presenter: Ellen Karlin, MMSc, RD, LDN, FADA CDR Learning Codes 2000 Science of Food and Nutrition 5000 MNT 6020 Counseling, therapy and facilitation skills 3000 Nutrition Assessment 4000 Wellness and Public Health</p> <p>B: What's New at MSU Extension: Nutrition Resources and Research for Everyone! Presenter: Lynn Paul, EdD, RD, LN CDR Learning Codes 4000 Wellness and Public Health 1000 Professional Skills 5000 MNT</p> <p>C: Prenatal Nutrition: Hot Topics in Nutrition (presentation #2) Presenter: Cathy Breedon, PhD, RD, CSP, FADA CDR Learning Codes 2000 Science of Food and Nutrition 3000 Nutrition Assessment 4000 Wellness and Public Health 4130 Pregnancy 6000 Education, Training and Counseling</p>	<p>A. Food Hypersensitivity - Identify the components of food allergic symptoms. - Define approaches to optimize nutrient adequacy in persons with food hypersensitivity. - Delineate the challenges in providing MNT to persons with food hypersensitivity. - Develop strategies to help clients manage their food allergies.</p> <p>B. What's New at MSU Extension - Identify key community-based nutrition and food safety issues address by Montana State University Extension. - Identify evidence-based Montana State University Extension educational projects that address single-issue food problems (i.e. food safety) and multiple-issue problems (i.e. Alzheimer's disease) where nutrition is integrated within the project's scope. - Learn current research trends that provide the basis for Montana State University Extension food and nutrition education programs.</p> <p>C. Prenatal Nutrition Participants will be able to identify nutrition factors: - with the potential to affect the incidence of birth defects (beyond the well recognized role of folic acid) - that may significantly modify the deleterious effects of conditions such as prenatal lead exposure, fetal alcohol syndrome and diabetes in early pregnancy. - during the prenatal period that appear to contribute to negative health consequences in adulthood.</p> <p>- related to a newly emerging risk of unrecognized diabetes and the prevention of related birth defects and issues in diabetes care in pregnancy involving magnesium and vitamin D intake - related to omega-3 and omega-6 fats in prenatal health. - of particular importance in hyperemesis gravidarum (and in less severe nausea and vomiting) and suggest interventions that can prevent some serious complications.</p>

4:00-5:00pm
(1 hr)

BREAKOUT SESSIONS #3

A: Student opportunities in ADA
Presenter: [Brittany Wadsworth](#)

CDR Learning Codes
1000 Professional Skills
7000 Business and Management

B: Food Hypersensitivity (repeat presentation #1)
Presenter: [Ellen Karlin, MMSc, RD, LDN, FADA](#)

CDR Learning Codes
2000 Science of Food and Nutrition
5000 MNT
6020 Counseling, therapy and facilitation skills
3000 Nutrition Assessment
4000 Wellness and Public Health

C: Pediatric Update: Hot Topics in Nutrition (presentation #3) Presenter: [Cathy Breedon, PhD, RD, CSP, FADA](#)

CDR Learning Codes
2000 Science of Food and Nutrition
3000 Nutrition Assessment
4000 Wellness and Public Health
4150 Infancy and Childhood
6000 Education, Training and Counseling

A. Student Opportunities at ADA
- Understand the organization of the ADA and its goals
- Understand how to effectively reap the benefits as a student member
- Understand the role of the ADA at the national level of Nutrition

B. Food Hypersensitivity
- Identify the components of food allergic symptoms.
- Define approaches to optimize nutrient adequacy in persons with food hypersensitivity.
- Delineate the challenges in providing MNT to persons with food hypersensitivity.
- Develop strategies to help clients manage their food allergies.

C. Pediatric Update
Participants will be able to identify nutrition factors:
- Identify at least three nutrients that are often inadequate or sub-optimal in the diet of American children but rarely recognized as problem nutrients. Describe the health risks associated with this intake pattern, and identify simple ways to improve this picture markedly.
- Identify issues related to the nutritional completeness of breast-milk over the first year, including discussion of nutrients that remain adequate regardless of mother's diet, those that depend on the adequacy of mother's diet, and those which are inadequate or which may become inadequate regardless of the mother's diet. Discuss the application to lead exposure. Suggest simple interventions to optimize the nutrient intake of breast-fed infants.
- Discuss the relative nutritional merits of whole milk from age 1-2 versus the use of lower fat milks. What was the public health situation at the time these recommendations were established, and how does it compare with current issues. Consider intake of other foods, essential fatty acids, myelination issues and digestion/absorption.
- Identify food sources of specific phytochemicals of potential importance in the development or progression of chronic illnesses, with a pediatric focus.
- Identify recent changes in infant and pediatric formulas.
- List at least 3 common chronic health conditions that markedly alter nutritional requirements compared with the usual recommendations, and give an example of how nutrition requirements would vary.
- Describe common nutrition problems associated with impaired mobility, such as spina bifida, and how recommendations for a child with this condition might vary from usual recommendations for healthy children.
- Identify at least three classes of medications commonly used by children with chronic health conditions that have important nutritional implications and describe appropriate nutrition interventions to minimize problems.

		<ul style="list-style-type: none"> - Identify at least 3 vitamins and a mineral found to have particular importance in mental and neurologic health, including specific factors that can jeopardize their adequacy (such as drug/nutrient interactions and/or chronic health conditions that alter absorption or excretion of these nutrients.) - Describe an approach to "nonstandard" use of feeding products for infants using "Aunt Cathy's 'PMS' System for Sorting Out Feeding Issues."
Thurs 5/15 CPEUs	7.0	

Friday May 16, 2008

Time	Activity	Learner Objectives
7:00-8:00 am	Registration	
8:00-9:30 am (1 hr 30 min)	<p>Keynote: What is the true dietary requirement for Vitamin D? A Lot More Than We Thought Presenter: Bruce Hollis, PhD</p> <p>CDR Learning Codes 2090 Micronutrients: vitamins and minerals 3000 Nutrition Assessment 5000 MNT 4000 Wellness and Public Health</p>	<ul style="list-style-type: none"> - Understand Vit D metabolism, - Counsel your clients about realistic intakes of Vit D to improve health outcomes
9:30-10:00 am	Exercise Break (stretching, yoga, tai chi)	
10:00-11:30 am (1 hr 30 min)	<p>BREAKOUT SESSIONS #4</p> <p>A: Latest Buzz on Sugar and Artificial Sweeteners Presenter: Mary Lee Chin, MS, RD</p> <p>CDR Learning Codes 2000 Science of Food and Nutrition 2100 Nutritional Biochemistry 3000 Nutrition Assessment</p> <p>B: A Dietetic Internship for Montana: Facilitated Brainstorm Facilitators: Alison Harmon, PhD, RD, LN Carla Cox, PhD, RD, CSSD, CDE, LN CDR Learning Codes 7000 Business and Management 6000 Education Training 9000 Research and Grants</p> <p>C: Nutrition Support Presenters: Sarah Miller, Pharm D., BCNSP Kirsten Godwin, RD, CLC CDR Learning Codes 5000 MNT</p>	<p>A. Latest Buzz on Sugar</p> <ul style="list-style-type: none"> - Define the role and function alternative sweeteners play in the diet. - Define basis for ADI and dietary recommendations for aspartame and sucralose consumption. - Evaluate scientific safety studies of aspartame and sucralose in metabolism, cancer, neurological disorders, and application in everyday use, and in weight loss and chronic diseases. - Translate recent research on alternative sweeteners into consumer and patient guidelines and recommendations. <p>B. Dietetic Internship</p> <ul style="list-style-type: none"> - Understand the requirements for establishing a dietetic internship - Determine if participants and/or their institution would be interested in participating in a dietetic internship for Montana - List the steps of how to become involved in the process of developing a dietetic internship <p>C: Nutrition Support</p> <ul style="list-style-type: none"> - Analyze as to whether premixed TPN products would be viable given a specific hospital's nutrition support practices and characteristics. - Design a nutrition support regimen for an obese critically ill patient utilizing the concept of permissive underfeeding - Describe patient populations where

	3000 Nutrition Assessment	immune enhancing-enteral formulas may be useful.
11:30-1:00 pm 1:00 – 2:30 pm	Lunch Local Food: How Dietetic Professionals Can Get Involved Presenters: Alison Harmon, PhD, RD, LN Mary Stein, MS Lynn Hellenga, MS, RD Tessa Roberts, RD Christine Cox, RS/REHS CDR Learning Codes 4000 Wellness and Public Health	Local Food: How Dietetic Professionals Can Get Involved - Describe activities related to food sustainability that are on-going at Montana State University - List 3 resources to become more familiar or more involved with local foods in dietetic practice - Understand association between consumer demand for local foods and healthy eating behaviors - Be aware of statewide policy efforts related to increasing the availability of local foods to all Montanans. - Know of avenues through which they can become involved in statewide and community efforts to improve the availability of locally produced foods for Montanans
2:30-3:30 pm	Lunch with Local Foods Food and Nutrition Policies: What's at stake and the impact on our careers Presenters: MDA Public Policy Committee Members: Katie Bark, RD Lisa Ranes RD, LN, CDE Minkie Medora, MS, RD CDR Learning Codes 4020 Community Program development 4080 Government funded food and nutrition program 4150 Lactation	Food and Nutrition Policies: What's at stake and the impact on our careers - Describe two national and state public policy issues that pertain to food and nutrition - Describe the status of national nutrition issues from the perspective of a Montana Senators - Describe how national nutrition policy may affect the careers of nutrition professionals - State the name of first award recipient of the MDA Award of Excellence for Nutrition Advocacy
Fri 5/16 CPEUs	5.0	
Total CPEUs	18.25	