

# Sharpen your Tools with Hands-on Training



## **Tools & Techniques for Peak Professional Performance**

29th annual SCAN symposium  
westin michigan avenue  
chicago, illinois

**APRIL 26-28, 2013**



**Excellence in Practice Award**

**SATYA JONNALAGADDA, PHD, RD**

SCAN is proud to present the Excellence in Practice Award, which is one of SCAN's highest honors, to Satya Jonnalagadda. This award recognizes Satya for outstanding

service and professional accomplishments that advance her practice area of Cardiovascular Health, and which are achieved with high visibility and broad impact. Satya is a Principal Scientist at the General Mills Bell Institute of Health and Nutrition, Minneapolis, MN. Her current responsibilities include providing scientific and research support to the business in key health platform areas, and implementing whole grain health and nutrition research. Satya received her PhD in Human Nutrition and Foods from Virginia Tech, an MBA from Augsburg College, two postdoctoral fellowships at Brandies University and Pennsylvania State University, and a dietetic internship from Georgia State University. Prior to joining General Mills, Satya was an Associate Professor at Georgia State University in the Department of Nutrition, a clinical dietitian and a Senior Manager in Global R&D at Novartis Medical Nutrition. Satya has a strong Human Nutrition and Foods background in research, education, and clinical care, with areas of expertise including, chronic diseases treatment and management, specifically Cardiovascular Disease, Diabetes, and Obesity; Sports Nutrition, and Critical Care Nutrition.



**Achievement Award**

**CHRISTINA SCRIBNER, MS, RD, CSSD**

In conferring this year's Achievement Award, SCAN recognizes Christina Scribner as a practitioner who has played a significant role in the evolution of SCAN through both outstanding service to the

organization and professional accomplishments in the field. Christina serves as a Faculty Associate at Arizona State University and owns Encompass Nutrition LLC, a private practice providing nutrition therapy located in Littleton,

Colorado. Christina is dedicated to providing nutrition therapy consistent with the principles of excellence, integrity, and credibility. She strives to create a stimulating, effective learning and behavior change environment for students, patients, families and sports teams. Christina became a RD in 1986, a SCAN member in 1993, and CSSD in 2009. Previously, Christina served as the Nutrition Program Director at Metro State (now Metro State University) in Denver. She developed the Eating Disorders Minor and accredited Nutrition Major at Metropolitan State, and introduced students in the Nutrition and Human Performance programs to SCAN through student clubs, presentations, and courses.



**Student Award**

**SARA SHIPLEY**

SCAN's inaugural Student Award recognizes Sara Shipley, a SCAN student member, who has unmistakable commitment to at least one of SCAN's practice areas as evidenced by outstanding contribution to SCAN, extraordinary

community service, and academic excellence. A student member of SCAN since 2012, Sara serves as a Student Member Liaison to the Executive Committee, as well as an editor to the SCAN student quarterly e- newsletter, The Beat. Sara is a senior Nutrition, Dietetics and Food Management student at the University of Central Oklahoma pursuing her second bachelor's degree, with a background in Fashion Marketing. Following graduation, Sara plans to pursue a dietetic internship and become a Registered Dietitian. Currently, Sara works as an intern for Banister and Associates, LLC, a registered dietitian's private practice in Oklahoma City. Furthermore, she actively serves as the Vice-President of the UCO Student Association of Nutrition and Dietetics. Last January, Sara joined the UCO Peer Health Leadership Program, where she developed the 'UCO Supermarket Smarts Tour' program. Sara also volunteers at the Veterans Affairs Medical Center Hospital in the Food and Nutrition Department.

# Welcome!

Dear Symposium Attendees,

Welcome to the 2013 SCAN Symposium. **This year marks the 29th Annual Symposium for SCAN and we are certain it will be well worth your time.**

A great amount of effort was spent by the Symposium Chair, Sharon Smalling, Assistant Chair, Heather Mangieri, Executive Director, Athan Barkoukis, and an amazing team of volunteers to sculpt and craft this dynamic program.

Our goal this year was to provide a unique and high value learning opportunity in an environment in which participants could learn new practice related skills, put them into action under the supervision of our expert content providers (aka speakers) and continue SCANs traditions of networking, collaboration and interacting throughout the event.

Where did this hands-on technique and skill driven symposium idea come from? It came from the belief that learning needs to be informative but also dynamic. It needs to allow for real-time practice and refinement of the skills and tools that add value to your practice. And, **SCAN wanted to provide programming that would allow participants to return to their communities, work sites and clients and immediately apply what they learned at this year's symposium.**

Whether it be the media training, body composition assessment, advanced lipid courses, social media or any one of the many opportunities offered, I think you will be glad you made the decision to join us here in Chicago!

We look forward to your participation and feedback.

Welcome to Chicago!



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**Mentor Program Co-Coordinator:**

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Kate Fortunato, RD

# Daily Programs

## Thursday April 25, 2013

**4:00–8:00 p.m.**  
**Registration Open**

## Friday April 26, 2013

**6:45 a.m.–6:00 p.m.**  
**Registration Open**

**7:45 a.m.–10:00 a.m.**

*Advancing Your Knowledge for the Management of Dyslipidemia: Circa 2013 (Part 1)*

Penny Kris-Etherton, PhD and Ralph LaForge, MS

Sponsored by The Canola Council of Canada

**10:00 a.m.–10:30 a.m.**

Sports Dietetics-USA Subunit Meeting

**10:00 a.m.–10:30 a.m.**

Wellness/Cardiovascular Subunit Meeting

**10:00 a.m.–10:30 a.m.**

Disordered Eating & Eating Disorders Subunit Meeting

**10:45 p.m.–11:00 a.m.**

Opening Session

Ingrid Skoog, MS, RD, CSSD

**11:00 a.m.–12:00 p.m.**

Keynote Address:

*Above & Beyond Cancer*

Richard L. Deming, MD

Sponsored by The Canola Council of Canada

**12:00 p.m.–3:45 p.m.**  
**5:45 p.m.–8:00 p.m.**

**Exhibit Hall Open**

**12:00 p.m.–8:00 p.m.**

**Poster Session Open**

Sponsored by Abbott Nutrition

**12:00 p.m.–1:00 p.m.**

Lunch:

*Current Science and Perspectives Regarding Dietary Patterns for Cardiovascular Health*

David A. McCarron, MD, FACP

Sponsored by ConAgra Foods

**1:15 p.m.–2:15 p.m.**

Concurrent Session:

*Track, Share & Compare: Self Tracking Trends and Opportunities*

Carol Torgan, PhD

**1:15 p.m.–3:15 p.m.**

Concurrent Session:

*Media Training: The Pros Perfect Your Communication Skills (Part 1)*

Kathleen Zelman, MPH, RD, LD & Elizabeth Ward, MS, RD

**1:15 p.m.–3:15 p.m.**

Concurrent Session:

*Advancing Your Knowledge for the Management of Dyslipidemia: Circa 2013 (Part II)*

Penny Kris-Etherton, PhD & Ralph LaForge, MS

Sponsored by The Canola Council of Canada

**2:15 p.m.–3:15 p.m.**

Concurrent Session:

*Keeping an Eye on Water & Fat: The Science of Monitoring Hydration and Body Composition in Athletes*

Bob Murray, PhD, FACSM

**3:15 p.m.–3:45 p.m.**

**Break in Exhibit Area**

Sponsored by Chobani

**Interact with Poster Session Participants**

Sponsored by Abbott Nutrition

**3:45 p.m.–5:45 p.m.**

Concurrent Session:

*The Weight is Over: Using Behavioral and Motivational Approaches to Promote Weight Loss*

Valerie Myers, PhD & Catherine Champagne, PhD, RD, LND, FADA

**3:45 p.m.–5:45 p.m.**

Concurrent Session:

*Cracking the Code: Treating Complex Co-morbidity in Eating Disorders*

Amy Baker Dennis, PhD, FAED & Melanie Jacob, RD, CSSD

**3:45 p.m.–5:45 p.m.**

Concurrent Session:

*Media Training: The Pros Perfect Your Communication Skills (Part II)*

Kathleen Zelman, MPH, RD, LD & Elizabeth Ward, MS, RD

**6:00 p.m.–8:00 p.m.**

SCAN Reception

Welcome Remarks

Patricia M. Babjak, Academy CEO

Sponsored by Hass Avocado Board

## Saturday April 27, 2013

**6:00 a.m.–6:30 a.m.**

**Morning Fitness Activity**

**6:30 a.m.–6:00 p.m.**

**Registration Open**

**7:00 a.m.–8:00 a.m.**

Breakfast Session:

*From Average Joe to Elite Athletes: How 'My Bowl' Can Help Start Off Each Day*

Alicia Kendig, MS, RD, CSSD  
Jennifer Gibson, MSc, RD, IOC Dip Sports Nutr & Sarah Woodside, MS, RD

Sponsored by The Kellogg Company

**7:00 a.m.–5:15 p.m.**

**Poster Sessions Open**

Sponsored by Abbott Nutrition

**8:15 a.m.–9:15 a.m.**

Keynote Address:

*Energy Balance, Components and Popular Misconceptions: The 3,500 kcal/lb Rule is Obsolete*

Steven B. Heymsfield, MD

**9:00 a.m.– 11:00 a.m. & 2:30 p.m.–5:15 p.m.**

**Exhibit Hall Open**

**9:20 a.m.–10:15 a.m.**

Concurrent Session:

*Nutrient Timing: Affect on Exercise Performance, Training Adaption and Body Composition*

John L. Ivy, PhD

Sponsored by Abbott Nutrition

# Daily Programs

**9:50 a.m.–10:50 a.m.**

Concurrent Session:

*Social Media Boot Camp: Developing Digital Strategies to Sell Your Services & Build Your Brand (Part 1)*

Janet Helm, MS, RD; Lori Fromm, MS, RD; & Adam Keats

**9:50 a.m.–10:50 a.m.**

Concurrent Session:

*Fool Yourself Full: A Mindful Approach to Snacking and Weight Management*

James Painter, PhD, RD

Sponsored by Pistachio Health

**10:50 a.m.–11:20 a.m.**

**Break**

Sponsored by The California Date Administrative Committee

**11:30 a.m.–1:00 p.m.**

Concurrent Session:

*Social Media Boot Camp: Developing Digital Strategies to Sell Your Services & Build Your Brand (Part II)*

Janet Helm, MS, RD; Lori Fromm, MS, RD; & Adam Keats

**11:30 a.m.–1:00 p.m.**

Concurrent Session:

*Corporate Wellness: Creating Career and Workplace Solutions*

Juliet Rodman, RD, LD, CPT; Heather Calcote, RD; & Leah Evert, MS, RD, CSSD, LS, CSCS, HFS

**11:30 a.m.–1:00 p.m.**

Concurrent Session:

*Disordered Eating Among Athletes: The Dietitian's Role in Understanding and Overcoming Treatment Resistance*

Jenny H. Conviser, MS, PsyD

**1:00 p.m.–1:15 p.m.**

**Closing Remarks**

**4:45 p.m.–5:15 p.m.**

**Break in Exhibit Hall**

Sponsored by The Almond Board of California

**5:15 p.m.–6:15 p.m.**

Concurrent Session:

*From Cocoa Bean to Chocolate Bar: The Science Behind the Super Fruit*

Deborah L. Miller, PhD

Sponsored by The Hershey Company

**5:15 p.m.–7:15 p.m.**

Concurrent Session:

*Promoting Recovery From Binge Eating Disorders*

Jessica Setnick, MS, RD, CEDRD & Andrienne Ressler, PsyD

**6:15 p.m.–7:15 p.m.**

Concurrent Session:

*Cooking Cocoa: Adding Flavor and Flavonols*

Ken Gladysz

Sponsored by The Hershey Company

**7:15 p.m.**

**Dine Out With SCAN**

*Restaurant recommendations by SCAN's Local Arrangements Committee*

## Sunday April 28, 2013

**6:00 a.m.–6:30 a.m.**

**Morning Fitness Activity**

**6:30 a.m.–1:15 p.m.**

**Registration Open**

**7:00 a.m.–8:00 a.m.**

Breakfast Session:

*How Powering the Immune System Can Benefit Athletic Performance*

Joy Dubost, PhD, RD, CSSD & Don Cox, PhD

Sponsored by Wellmune

**8:10 a.m.–9:40 a.m.**

*Using Energy Expenditure Assessment from Indirect Calorimetry to Enhance Care and Practice*

Carol Ireton-Jones, PhD, RD, LD, CNSC, FACN

Sponsored by VacuMed

**9:20 a.m.–10:15 a.m.**

Concurrent Session:

*Decoding Reimbursement: Tricks of the Trade*

Betsy LaForge, MPH

**10:15 a.m.–10:45 a.m.**

**Break in Exhibit Area**

Sponsored by The Federation of Quebec Maple Syrup Producers

**10:45 a.m.–11:45 a.m.**

Concurrent Session:

*From Your Brain to the Plate: A Neurobiologic View of Eating Disorder Pathology*

Scott E. Moseman, MD

Sponsored by Laureate Eating Disorders Program

**10:45 a.m.–12:45 p.m.**

Concurrent Session:

*Advancing Your Knowledge for the Management of Dyslipidemia: Circa 2013 (Part III)*

Penny Kris-Etherton, PhD & Ralph LaForge, MS

Sponsored by The Canola Council of Canada

**11:45 a.m.–12:45 p.m.**

Concurrent Session:

*What's Missing From Your Fuel: Dietary Assessment*

Sally Hara, MS, RD, CSSD, CDE

Sponsored by PowerBar

**1:00 p.m.–2:30 p.m.**

SCAN Awards Luncheon

& Presentation:

*Carbohydrate Mouth Rinsing and Exercise Performance*

James Carter, PhD

Sponsored by The Gatorade Sports Science Institute

**2:45 p.m.–4:45 p.m.**

Concurrent Session:

*Increasing Your Cultural Literacy*

Judith Rodriguez, PhD, RD

**2:45 p.m.–4:45 p.m.**

Concurrent Session:

*One Size Doesn't Fit All: Designing Customized Nutrition Plans for Athletes*

Sally Hara, MS, RD, CSSD, CDE

## Continuing Education, Student Raffle, Poster Session & Exhibit Hall

### Continuing Professional Education

SCAN is authorized by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics to provide a maximum of **24.0 CPEUs** for the 2013 Symposium Program, **3.0 CPEUs** for Exhibits and **3.0 CPEUs** for the Poster Session as applicable.

### Commission on Dietetic Registration (CDR)

Prior approval has been obtained for the credits as follows for each day:

Day	Sessions	Exhibits	Poster Sessions
<b>Friday, April 26</b>	9	1.5	1.5
<b>Saturday, April 27</b>	9	1.5	1.5
<b>Sunday, April 28</b>	5		

### American College of Sports Medicine (ACSM)

Prior approval has been obtained for credit as follows for each day:

Day	Sessions
<b>Friday, April 26</b>	1
<b>Saturday, April 27</b>	5.5
<b>Sunday, April 28</b>	1.5

### National Commission for Health Education Credentialing (CHES)

Prior approval has been obtained for credit as follows for each day:

Day	Sessions
<b>Friday, April 26</b>	5
<b>Saturday, April 27</b>	5
<b>Sunday, April 28</b>	4

### Certificates of Completion

CDR, ACSM and CHES Certificates of Completion for the Symposium may be obtained at the end of each day at the Registration Counter. A list of Suggested Learning Need codes will be provided at the Registration Counter. Make a copy of each Certificate of Completion and present to your state Licensure Board upon request.

### Student Raffle

Visit the Registration Counter to view a list of Raffle items and purchase tickets. Drawings will be held throughout the Symposium. Proceeds will benefit the SCAN Graduate Student Research Grant Program.

### Poster Sessions

The Poster Session will be displayed in the Great Lakes Foyer.

#### PUBLIC DISPLAY HOURS:

<b>Friday April 26</b>	12:00 p.m.–8:00 p.m.
<b>Saturday April 27</b>	7:00 a.m.–5:15 p.m.

Presenters will be available to discuss their projects and answer your questions at the following times:

<b>Friday, April 26</b>	3:15 p.m.–3:45 p.m. 6:00 p.m.–7:00 p.m.
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<b>Saturday, April 27</b>	10:15 a.m.–10:45 a.m.
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### Exhibit Hall

Many outstanding companies and organizations will be exhibiting this year. Take advantage of this great opportunity to learn about the latest products and services of importance to your patients, clients, or practice, while earning continuing education credits. Social activities and breaks will be hosted in the exhibit hall to provide a relaxing respite from the intensive program.

<b>Friday, April 26</b>	12:00 p.m.–3:45 p.m. 5:45 p.m.–8:00 p.m.
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<b>Saturday, April 27</b>	9:00 a.m.–11:00 a.m. 2:30 p.m.–5:15 p.m.
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<sup>1</sup>Fuller, R., et al. 2012. Influence of yeast-derived 1,3/1,6 glucopolysaccharide on circulating cytokines and chemokines with respect to upper respiratory tract infections. *Nutrition*. 28: 665-669.

<sup>2</sup>Talbott, S. et al. 2009. Effect of Beta 1,3/1,6 Glucan on Upper Respiratory Tract Infection Symptoms and Mood States in Marathon Athletes. *Journal of Sports Science and Medicine*. 8:509-515.

<sup>3</sup>Carpenter KC, Breslin WL, Davidson T, Adams A, and McFarlin BK. 2012. Baker's Yeast Beta-Glucan Supplementation increases Monocytes and Cytokines Post-Exercise: Implications for Infection Risk? *Brit J Nutrition*. doi:10.1017/S0007114512001407 2012.

## Friday Program

### ***Advancing Your Knowledge for the Management of Dyslipidemia: Circa 2013***

**Part I:** Atherosclerosis, Lipids, and Lipoproteins; Clinical Trials Overview; Diagnosis and Clinical Appraisal of Lipids Disorders

**Part II:** Pharmacologic Therapies & Treatment Targets; NHLBI ATP IV Guideline Overview; NHLBI ATP IV Dietary Recommendations

This short 6-hour intensive program (split into three 2-hr sessions) provides a compact indoctrination to lipid science and essential information for the systematic management of dyslipidemia and the metabolic syndrome. The curriculum covers basic competencies in clinical lipidology for dietitians and licensed nutritionists and helps set the stage for preparing to sit for the clinical lipid specialist certification by the Accreditation Council for Clinical Lipidology. Elevate your knowledge of the fundamentals while preparing for more advanced training and/or a certification pathway such as the Clinical Lipid Specialist (CLS) or Basic Competency in Clinical Lipidology (BCCL) program.

**PENNY M. KRIS-ETHERTON, PHD, RD, FAHA**

Penny Kris-Etherton’s research expertise is cardiovascular nutrition. She has served on many national committees that have established dietary guidelines and recommendation, including the 2nd Adult Treatment Panel of the National Cholesterol Education Program, the Dietary Reference Intakes for Macronutrients Committee of the National Academies, the HHS/USDA Dietary Guidelines Advisory Committee 2005, and the AHA Nutrition Committee’s diet and lifestyle recommendations for the prevention and treatment of CVD. Penny is a Fellow of the American Heart Association and The National Lipid

Association. She was President of the National Lipid Association (2011-2012) and Chair of the Medical Nutrition Council of The American Society for Nutrition (2010-2012). Penny has published over 250 scientific papers, 30 book chapters and co-authored 4 books.

**RALPH LAFORGE, MS**

Ralph LaForge is a Clinical Lipid Specialist and Diplomat of the Accreditation Council for Clinical Lipidology. He is also a clinical exercise physiologist and former Managing Director of the Duke Lipid Disorder Physician Education Program at Duke University Medical Center, Division of Endocrinology, Metabolism and Nutrition where he is now consulting faculty. Ralph also serves as senior faculty for the U.S. Indian Health Service Diabetes Treatment and Prevention Division in Albuquerque, NM. He is the current president of the Accreditation Council for Clinical Lipidology which certifies advanced practice clinical professionals in clinical lipidology and President Elect of the Southeast Lipid Association. Ralph has helped over 300 medical staff groups throughout North America organize and operate cholesterol disorder, preventive endocrinology and cardiology programs. Furthermore, Ralph has published over 350 professional and consumer publications on cardiometabolic risk reduction and applied exercise science.

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### ***Keynote Address – Above and Beyond Cancer***

Climbing a mountain is a metaphor that many cancer survivors use to describe their cancer experience. Only cancer survivors, themselves, can articulate the overwhelming sense of accomplishment they feel when they succeed in reaching the “summit” of their cancer journey. But what every survivor will tell you is that, during the ascent, his or her perspective on life is forever changed. Through the adversity along the way, survivors have had to apply personal strengths, often illusive before their journey. On the other

hand, they’ve also had to acquire an appreciation for the talents of others, those who are there for their support. At the end of the journey, they are forever changed. In straightforward terms: Adversity Leads to Personal Growth. Dr. Deming will share the experiences of 4 Above + Beyond Cancer journeys that he has led to dramatic locations in Africa, Asia and North America. These journeys take cancer survivors on life-transforming adventures.

**RICHARD L. DEMING, MD**

Dr. Richard Deming is the Medical Director of Mercy Cancer Center in Des Moines. Dr. Deming is known in the community for the compassionate care he provides cancer patients and their families. He was awarded the Lane Adams Award by the American Cancer Society for excellence and compassion in patient care and the Iowa Cancer Champion Award for his tireless work in the field of advocacy. Dr. Deming is the Founder and Chairman of the nonprofit organization Above+Beyond Cancer. In April 2011, Dr. Deming led a group of fourteen cancer survivors on a trek to Mount Everest Base Camp while in January 2012 he took a group of nineteen cancer survivors to the summit of Mount Kilimanjaro. Likewise, in June 2012, Dr. Deming led five cancer survivors in ‘Race Across America’ (RAAM) where they bicycled from Oceanside, California to Annapolis, Maryland in less than seven days. Dr. Deming continues to be motivated and inspired by his patients and their families.

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### ***Current Science and Perspectives Regarding Dietary Patterns for Cardiovascular Health***

This presentation summarizes the evidence from prospective longitudinal studies and randomized controlled trials of nutritional patterns associated with the greatest health benefits, i.e. reduced risk of common medical conditions and, thereby health costs. Further the presentation will address

several examples of how current nutrition policies, in particular reduction in sodium and fat, impair a society’s ability to achieve nutritional adequacy and, thus, optimal health. Several common assumptions and/or nutrition policies targeting many of the above conditions either had no impact or an adverse one on health outcomes. Specifically, reduced sodium was associated with an increase in CVD and all cause mortality, low fat foods were not essential to improved outcomes and processed/prepared versus natural food items were indistinguishable in their impact. The medical literature provides compelling evidence that a simplified national nutrition policy focusing on assuring the consumption of common foods has the potential to dramatically reduce health care costs while improving health outcomes.

**DAVID A. MCCARRON, MD, FACP**

Dr. McCarron is an Adjunct Professor with the Department of Nutrition, UC Davis and former Professor of Medicine and Head of Nephrology at Oregon Health & Science University. He was the 2004 recipient of the International Award for Modern Nutrition, which was given in recognition of his research contributions to nutrition, specifically minerals in CVD prevention. He is the author of more than 250 scientific publications and over 500 scientific papers at research meetings in 25 countries. Dr. McCarron is a Fellow of the American College of Physicians and the AHA Council for High Blood Pressure Research. Dr. McCarron received his undergraduate degree in chemistry with highest honors from Williams College and medical degree from the University of Pennsylvania. He completed his Internal Medicine training at Case Western Reserve and Nephrology at Tufts- where he also served as Chief-Resident in Internal Medicine. He is board certified in Internal Medicine and Nephrology.

### ***Media Training: The Pros Perfect Your Communication Skills (Part I & Part II)***

These days, it seems like everyone is talking nutrition and health. It takes great communication skills to stand out from the crowd, and take your career to the next level. In order to be an influencer, and not a bystander, effective communication skills are essential. In this electronic media age, you can’t afford to be left out of the conversation. Whether you want to start a blog, increase your social media presence, write for online outlets, or be more effective on-camera – it all starts with polished communication skills. Being able to communicate effectively on camera, online or in public provides the opportunity for recognition as a leader in the nutrition field. Investing time and effort to refine these essential skills will help you achieve your professional goals, help you to better influence others, and jumpstart your career. This ‘how-to’ skill building workshop is designed to help enhance communication skills and take your career to the next level.

**KATHLEEN M. ZELMAN, MPH, RD, LD**

Kathleen Zelman is director of nutrition for WebMD, overseeing diet, nutrition and food content on the website. Kathleen has extensive media experience, including co-hosting a weekly radio program, serving twelve years as a spokesperson for the Academy and over a thousand print and television appearances. Zelman is an invited speaker at professional meetings worldwide. She recently shared the stage as the nutrition expert with First Lady Michelle Obama celebrating the second anniversary of Let’s Move. In June, 2011, Agricultural Secretary Tom Vilsack invited Zelman to make comments at the launch of My Plate. In 2007, Zelman was awarded the Academy’s “Media Excellence Award”. The American Society for Nutrition named Kathleen the 2011 recipient of their “Nutrition Science Media Award” for outstanding science

and nutrition journalism. In 2012, the Institute of Food Technologists awarded her with the “Media Award for Excellence in Consumer Journalism.”

**ELIZABETH WARD, MS, RD**

Elizabeth M. Ward is a freelance writer and nutrition consultant. Her latest book is MyPlate for Moms, How to Feed Yourself & Your Family Better. Ward is also the author of Expect The Best: Your Guide to Healthy Eating Before, During, & After Pregnancy; The Pocket Idiot’s Guide to the New Food Pyramids, and The Complete Idiot’s Guide to Feeding Your Baby and Toddler. Ward regularly writes for WebMD and Men’s Fitness magazine. As a spokesperson for the Academy of Nutrition and Dietetics for nine years, Ward has been featured in hundreds of print and broadcast interviews, including CNN, U.S. News & World Report, and The New York Times. More recently, she has appeared on the Today Show and The Dr. Oz Show, and is a regular guest on Fox 25’s Morning News in Boston. In 2011, Ward received the Media Excellence Award from the Academy.

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### ***Track, Share & Compare: Self Tracking Trends and Opportunities***

Do your clients weigh themselves regularly? Do they note their miles run or menstrual cycle? If so, they’re a self-tracker! Tracking tools and technologies are evolving rapidly from pedometers and heart rate monitors to an amazing array of gadgets and sensors that can be attached to the body, woven into clothes, or even implanted into the body. Sensors are currently being used by professional athletes and astronauts, as well as by patients. Add in the power of smart phones, apps and social networking, and you have the hot trend of ‘track, share and compare.’ Learn about evidence-based best practices for self-tracking technologies in clinical and research settings and become familiar with key issues such as data visualization and

accuracy. Discover the opportunities that tracking offers you to engage, educate and motivate your clients to achieve their goals, and share your experiences of what works in your practice.

### **CAROL E. TORGAN, PHD**

Carol E. Torgan is an award-winning health scientist, strategist, and consultant with over 15 years experience in public health and medicine. She specializes in translating complex issues at the intersection of health, science, and technology into actionable steps that reach the right people in the right place at the right time. Dr. Torgan received her PhD in Kinesiology from The University of Texas and was a Research Associate and Assistant Research Professor in the Division of Cardiology at Duke University School of Medicine. While a Research Fellow at the National Institutes of Health, Carol traded in the lab bench for a lap top in order to translate scientific information to a broader audience. She then joined Revolution Health as senior content director. Carol currently consults for several government agencies, nonprofits, and corporations. Contact Carol at [www.caroltorgan.com](http://www.caroltorgan.com) or on Twitter at @ctorgan.

### ***Keeping an Eye on Water & Fat: The Science of Monitoring Hydration and Body Composition in Athletes***

This presentation takes a practical look at simple ways to monitor hydration status and body composition in athletes, along with the science behind each. Hydration status affects mental and physical performance capacity because changes in hydration status directly influence a variety of important physiological functions. For that reason, monitoring hydration status can help athletes get the most out of training and competition. Hydration status can be estimated in a variety of ways, including sweating rates, urine color, urine volume, urine specific gravity, plasma osmolality, and other measures. Body composition

- muscle mass and fat mass in particular - can also affect performance capacity, especially in weight-bearing sports such as running, cycling, gymnastics, and a variety of team sports. Body comp can be estimated via skin-fold measures, body-segment circumferences, air plethysmography (BodPod), DEXA scanning, ultrasound, and other techniques.

### **BOB MURRAY, PHD, FACSM**

Bob Murray is the president of Sports Science Insights, LLC, a consulting group he founded in 2008. SSI clients range from start-up enterprises to Fortune 100 companies with interests in exercise science and sports nutrition. A native of Pittsburgh, Dr. Murray earned his B.S. and M.Ed. degrees in Physical Education at Slippery Rock University. He was an Assistant Professor of Physical Education and Head Swimming Coach at Oswego State University from 1974-1977 before returning to graduate school for his Ph.D. in exercise physiology from Ohio State. He then served as Associate Professor of Physical Education at Boise State University from 1980 to 1985 before relocating to Chicago to help create the Gatorade Sports Science Institute, serving as its director from 1985 to 2008. An author of numerous publications in scientific texts and journals, Bob has been an invited speaker at conferences around the world.

### ***The Weight is Over: Using Behavioral and Motivational Approaches to Promote Weight Loss***

Overweight and obesity affect more than two-thirds of the population. Effective weight management techniques using social cognitive theory, the trans-theoretical model (e.g., stage-of-change model), and motivational enhancement approaches have shown great promise in positive health behavior change and weight loss promotion. The stage of change model focuses on tailoring

behavioral techniques to the client's level of readiness. Motivational enhancement is a directive, client-centered style of working collaboratively with clients to overcome ambivalence. A constant struggle for most professionals is employing effective motivation strategies to assist clients bring about needed change. However, many professionals have not been systematically trained in these effective approaches. This seminar will provide skill-based learning in stage of change and motivational enhancement techniques for weight management. It is designed to be interactive so that the professional can immediately apply these approaches to his/her clinical practice. The attendee will learn fresh, new approaches for dealing with resistant clients.

### **VALERIE MYERS, PHD**

Valerie H. Myers earned her doctorate in clinical psychology from Drexel University. She is a clinical psychologist with a specialty in health behavior change research. She is a faculty member at Pennington Biomedical Research Center, a campus of the Louisiana State University System in Baton Rouge, LA. Current research interests include behavioral factors in weight management, and translational research for use in primary care settings with a focus on obesity and diabetes. Other interests include chronic disease prevention and management, and behavior change maintenance research. She has been an Investigator and lead behavioral scientists on several NIH- and state-funded trials and is currently an Investigator on four NIH-funded studies. She was the Principal Investigator on a four-year follow-up study of bariatric patients, and is currently the Principal Investigator on a state-wide obesity prevention program. In addition to her research interests, Dr. Myers provides clinical services in the Pennington clinic.

### **CATHERINE CHAMPAGNE, PHD, RD, LND, FADA**

Catherine Champagne is a Professor/Chief, Nutritional Epidemiology/ Dietary Assessment and Counseling

at Pennington Biomedical Research Center, Baton Rouge, LA. A member of AND, she serves on several workgroups and is a member of SCAN, Weight Management, and Research DPGs. She maintains memberships in ASN, TOS, AHA, and American Diabetes Association. She is involved in studies which include dietary counseling and/ or dietary intake assessment and directs nutrient database activities. Her interests are women and children's health, diet for weight loss and chronic disease, Mediterranean diet approaches, physical activity promotion, nutritional assessment of diverse populations, cancer prevention/treatment and functional foods. One of her significant achievements was the final design of the DASH and DASH-Sodium diets. Some of her projects include NIH-funded trials: Weight Loss Maintenance, POUNDS LOST, Healthy Aging Study, CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy); USDA-funded Lower Mississippi Delta Obesity Prevention Research Unit; Department of Defense and diabetes intervention projects.

### ***Cracking the Code: Treating Complex Co-morbidity in Eating Disorders***

Eating disorders are complex, life threatening psychiatric illnesses. Unfortunately, a vast majority of eating disorder patients have additional comorbid psychiatric conditions. Approximately 68% of eating disorder patients enter treatment with a diagnosable depressive disorder, 50% have a comorbid anxiety disorder, 50% are abusing either drugs or alcohol and approximately 60% have at least one personality disorder. Effective treatment not only requires the collaboration of a multidisciplinary team of highly skilled professionals, but a complete understanding of how these comorbid disorders impact on the treatment and recovery process. This workshop is designed to introduce practicing dietitians to these common comorbid conditions. We will explore how these

conditions impact team composition, treatment expectations, selection of treatment approach, length of treatment and the role of the dietitian. We will highlight how treatment contracts can be utilized to improve team communication and patient commitment.

### **AMY BAKER DENNIS, PHD, FAED**

Amy Baker Dennis has specialized in the treatment of eating disorders for over 35 years. She was the founding President of Eating Disorder Awareness and Prevention (NEDA), a Founding Fellow and Board member of the Academy for Eating Disorders, a Founding member of the Eating Disorders Research Society and a Founding Fellow of the Academy for Cognitive Therapy. She currently serves on the NEDA Executive Board of Directors. Dr. Dennis has served on the faculty of Wayne State University School of Medicine, The University of South Florida College of Medicine and Hamilton Holt Graduate School at Rollins College. She has published and lectured both nationally and internationally and has received numerous awards for her contributions to the field of eating disorders. She has also provided introductory and advanced training programs for health and mental health professionals for over 27 years.

### **MELANIE JACOB, RD, CSSD**

Melanie Jacob is owner of Nutrition Therapy, LLC a private practice in metropolitan Detroit Michigan. She co-authored the Academy of Nutrition and Dietetics first practice paper: Nutrition Intervention in the Treatment of Eating Disorders. With advanced training, by Amy Baker Dennis, PhD, in eating disorders treatment, Melanie is a skilled practitioner. She is passionate about equipping RDs with the knowledge and skills to work with clients who have eating disorders. Her professional memberships include: Academy of Nutrition and Dietetics, Academy of Eating Disorders, Professional Development Chair on the SCAN DEEDs, Nutrition Entrepreneurs, and Weight management DPG.

## Saturday Program

### ***From Average Joe to Elite Athletes: How 'My Bowl' Can Help Start off Each Day***

We all know breakfast is an important meal to start the day, yet it's no surprise that busy mornings may mean that breakfast is skipped, or rushed choices may lead to consuming extra calories and too few nutrients. Providing tools to help clients understand how to build a nutritious breakfast based on their needs—whether they are an average Joe or elite athlete—is one key to motivating them to eat it. These tools can include Kellogg's MyBowl™, developed by Kellogg to help bring to life U.S. Dietary Guidelines, 2010 for meals served in bowls, such as a cereal breakfast. Another tool, developed for elite athletes by dietitians at the U.S. Olympic Committee in conjunction with the University of Colorado in Colorado Springs, is the Athletes' Plate for Easy, Moderate, and Hard Training days. Two dietitians from the USOC will present the Athlete's Plate and demonstrate how it can be translated to clients at all levels of activity.

### **ALICIA KENDIG, MS, RD, CSSD**

Alicia Kendig is a Sports Dietitian within the U.S. Olympic Committee working with the Winter and Summer Strength and Power Sports (Figure Skating, Women's Ice Hockey, Swimming, Track and Field, and Equestrian). Alicia holds a Bachelor's Degree in Nutrition and a Master's degree in Public Health Nutrition from Case Western Reserve University in Cleveland, Ohio. She was a collegiate varsity athlete and numerous time All-American and National Champion in the distance freestyle events, which fueled her passion for learning more about performance based nutrition recommendations. A coaching internship brought Alicia to Colorado Springs, and since then she has focused her efforts specifically to sports nutrition and exercise science. Over the past few years she has worked with various

National Governing Bodies, the USOC and the United States Anti-Doping Agency to educate athletes on both sports nutrition and dietary supplements.

### **JENNIFER GIBSON, MSC, RD, IOC DIP SPORTS NUTR**

Jennifer Gibson is a full time RD working with the Acrobat and Combat Sportfolio at the USOC in Colorado Springs. As a former competitive kickboxer, Jennifer has a passion for creating innovative sport nutrition approaches with her weight-class sports. Jennifer is also an adjunct sport nutrition lecturer for the University of Colorado at Colorado Springs. Before the USOC, Jennifer worked as a sport dietitian within the Canadian high performance sport system servicing National & Olympic sports as well as professional sport. Jennifer completed her undergraduate (Ryerson University) & dietetic education (University Health Network) in Toronto, Canada. Her Masters research (University of Victoria, Victoria, Canada) focused on investigating the nutrition and hydration status of junior elite female athletes. Jennifer is a distinguished graduate of the IOC Diploma in Sport Nutrition, and a Level 2 certified anthropometrist with the International Society for the Advancement of Anthropometry (ISAK).

### **SARAH WOODSIDE, MS, RD**

Sarah Woodside is a registered dietitian with a passion for nutrition communications. She works in the Nutrition Marketing department at the Kellogg Company in Battle Creek, Michigan, where she supports nutrition communications and outreach to consumers and healthcare professionals. Sarah spent four years in the Kellogg Consumer Affairs department where she helped train call center staff on nutrition issues and managed the Kellogg's Kitchens recipe development process. Prior to Kellogg, Sarah worked for the Bell Institute of Health and Nutrition at General Mills. She provided nutrition communications support for their snacking and cereal brands, as well as Betty Crocker and Pillsbury publications. Before that, she was an associate editor

for a weekly nutrition regulation and policy newsletter called Nutrition Week. Sarah earned her Bachelor's degree in Dietetics from Michigan State University and her Master's degree in Nutrition Communication from Tufts University.

### ***Energy Balance, Components and Popular Misconceptions: The 3,500 kcal/lb Rule is Obsolete***

Weight loss for treatment of excess adiposity and related chronic diseases is now a standard recommended clinical practice. The amount of anticipated weight loss is frequently guided by the widely held view that a 3500 kcal energy deficit will lead to one pound of weight loss. The usual recommendation states that a deficit of 500 kcal/d achieved by lowering intake and increasing activity will lead to a weight loss rate of one-pound per week even though theoretical evidence exists as to the limitations of this classic rule. The presentation will provide a historical overview of the "3500 kcal" rule, explain limitations supported by experimental findings, and suggest more accurate alternative approaches for predicting subject weight loss.

### **STEVEN B. HEYMSFIELD, MD**

Steven B. Heymsfield is the Executive Director of Pennington Biomedical Research Center of the Louisiana State University System and he holds the George A. Bray, Jr. Chair in Nutrition. Previously he was the Global Director of Scientific Affairs for the obesity franchise at Merck & Co. where he oversaw scientific aspects of the Company's obesity drug development program. Dr. Heymsfield received a degree in medicine from Mount Sinai School of Medicine, and he completed his internship and residency at Emory University, continuing on to become a Fellow in Medicine prior to his Columbia University appointment as Professor of Medicine and Deputy Director, New York Obesity Research Center, in 1986. Dr. Heymsfield has published more than 450 peer-reviewed articles. His contributions

to the study of human nutrition led to the TOPS Award from NAASO, the Rhoads Award of the American Society of Parenteral and Enteral Nutrition, and the Forbes Memorial Award Lecture, International Society of Body Composition Research.

### ***Nutrient Timing: Affect on Exercise Performance, Training Adaption and Body Composition***

The type of exercise and dietary regimen one initiates can have a significant impact on body weight and composition. Just as important, however, is the timing of meals and nutrient supplementation. During the day, there are certain times in which the body is nutrient sensitive. That is, the body is better able to process nutrients effectively for the purpose of tissue repair, growth and adaptation. For example, appropriate nutrient intervention within 30 minutes post-exercise rapidly restores muscle glycogen, increases protein synthesis and reduces proteolysis. This results in an accelerated rate of recovery and training adaptation. Furthermore, recent research suggests that appropriate supplementation post-exercise can also have a dramatic effect on body composition. The timing and macronutrient composition of daily meals can also be of significance. It is important that the macronutrient composition of the daily meals reflect the changing needs of the body throughout the day. Only by matching nutrient intake with changing body metabolism can body composition be optimized. Recommendations for an appropriate meal plan to optimize exercise training adaptation and body composition will be provided.

### **JOHN L. IVY, PHD**

Dr. John Ivy is the Teresa Lozano Long Endowed Chair Emeritus at the University of Texas at Austin. He received his Ph.D. in Exercise Physiology from the University of Maryland, and trained in physiology and metabolism

at Washington University School of Medicine as an NIH Post-Doctoral Fellow. Dr. Ivy's research has pioneered our understanding of muscle metabolism and how nutritional supplementation can improve muscle performance and recovery from exercise. He is the author of over 170 scientific papers, numerous book chapters and three books on sports nutrition including the very popular Nutrient Timing. Dr. Ivy's research has provided the underpinning for many practical and conceptual advances in our understanding of how muscles work, recover and adapt. His research has been translated into practical exercise and nutritional programs used by athletes at all levels. Dr. Ivy is a Fellow of the National Academy of Kinesiology, and the American College of Sports Medicine and a recipient of the College's Citation Award. He is also a member of the American Physiological Society and the American College of Nutrition.

### ***Decoding Reimbursement: Tricks of the Trade***

Health Care Reform, evidence-based weight management guidelines, and growing demand for worksite wellness programs are creating new opportunities for dietitians and expanded coverage of nutrition counseling. Yet working with insurance carriers can be complex and frustrating for professionals in the dietetic field, whose training has focused on patient care, not billing issues. This session will provide insights from Blue Cross and Blue Shield of North Carolina, one of the most progressive insurers in the country when it comes to reimbursing dietitians for their services. Everything from deciphering reimbursement codes to understanding what credentialing means will be covered.

### **BETSY LAFORGE, MPH**

Betsy LaForge is the Director of Healthcare Program Development for Blue Cross and Blue Shield of North Carolina. In her role at Blue Cross, she is responsible for designing and

managing innovative health and wellness programs. Blue Cross has received national recognition for several of these award winning initiatives in preventive care and obesity management. In 2005, Betsy took the lead in implementing Blue Cross and Blue Shield of North Carolina's coverage of Medical Nutrition Therapy, which provides 100% coverage for all nutritional needs, including weight management. Betsy has over 20 years of health care experience developing health improvement programs in hospitals, clinics, worksites and health plans. Betsy holds a masters degree in public health from UCLA and was a registered dietitian from 1984–2004.

### ***From Your Brain to the Plate: A Neurobiologic View of Eating Disorder Pathology***

This presentation will review the history of how we have arrived at our current definitions for eating disorders and postulate how diagnostic paradigms will likely shift beyond DSM 5 with further scientific advancements. The presentation highlights the future of more precise diagnosis and treatment of eating disorders based on use of "biosignatures" being developed by examining the neurobiology of neurocircuits that attribute to psychiatric symptomatology. During the explanation of the neurobiology of eating disorders I will provide experiential examples of how neurobiological circuits are thought to be experienced by patients through using models that will involve participation by the audience and bring the neurobiology to "real life."

### **SCOTT E. MOSEMAN, MD**

Scott Moseman received his bachelors from the University of Tulsa. He attended medical school at Texas A&M University and attended adult residency at the University of Arizona. Dr. Moseman went on to do a fellowship in Child and Adolescent Psychiatry at Western Psychiatric Institute and Clinic where he served as Chief Fellow. He returned to

Tulsa in 2004 and has been working with inpatient and outpatient eating disorder services at the Laureate Psychiatric Hospital and Clinic where he currently serves as medical director of the eating disorders program. Dr. Moseman is also an investigator at the Laureate Institute of Brain Research where he participates in studies using functional imaging to investigate eating related illnesses. Dr. Moseman sits on the board of the Oklahoma Eating Disorders Association and is co-chair for the child and adolescent special interest group for the Academy of Eating Disorders.

### ***Advancing Your Knowledge for the Management of Dyslipidemia: Circa 2013***

**Part III:** NHLBI ATP IV Dietary Recommendations summary; Exercise and Dyslipidemia; Cardiometabolic Risk Assessment; Advanced Risk Assessment: The Role of Biomarkers and Diagnostic Testing

This short 6-hour intensive program (split into three 2-hr sessions) provides a compact indoctrination to lipid science and essential information for the systematic management of dyslipidemia and the metabolic syndrome. The curriculum covers basic competencies in clinical lipidology for dietitians and licensed nutritionists and helps set the stage for preparing to sit for the clinical lipid specialist certification by the Accreditation Council for Clinical Lipidology. Elevate your knowledge of the fundamentals while preparing for more advanced training and/or a certification pathway such as the Clinical Lipid Specialist (CLS) or Basic Competency in Clinical Lipidology (BCCL) program.

### **PENNY M. KRIS-ETHERTON, PHD, RD, FAHA**

Penny Kris-Etherton's research expertise is cardiovascular nutrition. She has served on many national committees that have established dietary guidelines

and recommendation, including the 2nd Adult Treatment Panel of the National Cholesterol Education Program, the Dietary Reference Intakes for Macronutrients Committee of the National Academies, the HHS/USDA Dietary Guidelines Advisory Committee 2005, and the AHA Nutrition Committee's diet and lifestyle recommendations for the prevention and treatment of CVD. Penny is a Fellow of the American Heart Association and The National Lipid Association. She was President of the National Lipid Association (2011-2012) and Chair of the Medical Nutrition Council of The American Society for Nutrition (2010-2012). Penny has published over 250 scientific papers, 30 book chapters and co-authored 4 books.

### **RALPH LAFORGE, MS**

Ralph LaForge is a Clinical Lipid Specialist and Diplomat of the Accreditation Council for Clinical Lipidology. He is also a clinical exercise physiologist and former Managing Director of the Duke Lipid Disorder Physician Education Program at Duke University Medical Center, Division of Endocrinology, Metabolism and Nutrition where he is now consulting faculty. Ralph also serves as senior faculty for the U.S. Indian Health Service Diabetes Treatment and Prevention Division in Albuquerque, NM. He is the current president of the Accreditation Council for Clinical Lipidology which certifies advanced practice clinical professionals in clinical lipidology and President Elect of the Southeast Lipid Association. Ralph has helped over 300 medical staff groups throughout North America organize and operate cholesterol disorder, preventive endocrinology and cardiology programs. Furthermore, Ralph has published over 350 professional and consumer publications on cardiometabolic risk reduction and applied exercise science.

### ***What's Missing From Your Fuel: Dietary Assessment***

If software can do your job for you, you aren't doing the work of a professional sports dietitian. Sports dietitians have depth of knowledge and expertise resulting from years of specialized training in nutrition and exercise science. However, nutrition information and software that will generate nutrition assessments, goals and plans are widely available online – no expertise necessary. This session identifies assessment skills that help distinguish CSSDs from others who dispense nutrition advice. Skilled sports dietitians use a wide lens to assess each athlete, taking into consideration numerous factors that may influence health, performance and behavior. They consider the etiology of eating behaviors, physiological symptoms, lab values, and performance concerns –critically analyzing the interactions of all. We will identify parameters to include when assessing athletes, and will explore how to utilize a variety of conventional and emerging tools and resources to be effective professionals who stand out as sports nutrition experts.

### **SALLY HARA, MS, RD, CSSD, CDE**

Sally Hara has a private practice (ProActive Nutrition) in the Seattle area, where she provides MNT and sports nutrition coaching. She has a sub-specialty working with diabetic athletes. Her education includes BS degrees in both Nutrition Science, and Exercise Physiology, as well as an MS degree in Nutrition Science, all from U.C. Davis. Sally is an experienced public speaker, former college instructor; and writer. She is a contributing author to the ADA's Sports Nutrition; A Guide for the Professional Working with Active People (4th edition; 2008). She has also co-authored several published research studies, contributed a nutrition chapter to a book on outdoor fitness training (Fit by Nature, by Colver & Nazzaro, Mountaineers Books, 2011), and published various nutrition articles. On a personal note, Sally is an avid road

cyclist, enjoys hiking and outdoor fitness training; and is the mother of 2 teens

### ***Carbohydrate Mouth Rinsing and Exercise Performance***

Carbohydrate ingestion during high intensity (>75% VO<sub>2</sub>peak) exercise of relatively short duration (30-60 min) has been demonstrated to improve performance. However, the mechanisms responsible are unclear and are not expected to involve conventional metabolic pathways. This assertion is supported by studies reporting an ergogenic effect of mouth rinsing and expectorating a carbohydrate solution during similar exercise. The majority of these studies have shown performance improvements between 2-4% compared to a placebo rinse, independent of sweetness and taste. It has been speculated that such improvements are dependent on the athlete's fed state, although several recent studies have demonstrated an ergogenic effect in both the fed and fasted athlete. Studies using magnetic resonance imaging have shown that carbohydrate in the oral cavity, independent of sweetness, activates areas of the brain associated with reward, arousal, motivation and the control of motor behaviour. Whether mouth rinsing carbohydrate during exercise acts as a positive afferent brain signal, reducing central fatigue and increasing motor output, remains to be determined.

### **JAMES CARTER, PHD**

James Carter has over 10 years experience in the application of exercise physiology in sporting and occupational settings. Following completion of a BSc in Sport and Exercise Sciences at the University of Birmingham, he undertook a PhD with his body of work focused on endurance exercise and the relationship between carbohydrate supplementation, environmental heat stress and performance. During his PhD (2000-2003), James carried out additional physiology consultancy

projects with the Ministry of Defense (British Army) and Chelsea Football Club. On leaving Birmingham, James spent eight years working for the UK-based occupational physiology company Optimal Performance Limited (OPL). More recently, James has spent four years in the United Arab Emirates (UAE), on behalf of OPL, setting up and helping to run a Health and Sports Medicine Centre for the UAE Armed Forces. James joined the GSSI team in April 2012 and is currently Head of the UK Athlete Testing Facility.

### ***Increasing Your Cultural Literacy***

Tools and techniques for increasing cultural literacy and the professional benefits of such will be discussed. Cultural literacy involves knowledge of self, knowledge about others, capacity to determine linguistic and literacy barriers, and the ability to be culturally sensitive and create culturally appropriate education and health interventions. Be it for individuals or organizations, a plan that facilitates valuing diversity, the capacity for self-assessment, and conscious dynamics of interaction are essential in the development of cultural literacy. Attendees will identify and analyze changing demographics and their implications for professional practice. Terms common to the cultural competency literature and national guidelines and recommendations will be reviewed. Models of cultural competence will be compared. There are several models available to guide development of cultural proficiency. Despite slight variations, their similarities include the elements of awareness (multiple views of self and others'), knowledge about the group(s), skill development, and inductive learning.

### **JUDITH RODRIGUEZ, PHD, RD**

Judith Rodriguez is Chairperson of, and professor in, the Department of Nutrition & Dietetics in the Brooks College of Health at the University of North Florida (Jacksonville, FL). Dr. Rodriguez

received a Ph.D. from the Department of Anthropology at Rutgers University, and an M.A. and a B.S. in Nutrition from New York University. Her interests focus on cultural competency, nutrition education, food and culture, and health and nutrition issues related to underserved populations. Dr. Rodriguez has been involved in professional activities related to nutrition education for a variety of audiences ranging from children to consumers to future practitioners. She is active in service to the profession and is past president of the Academy of Nutrition and Dietetics. She has received numerous recognitions and awards and has published professional peer reviewed and consumer publications including the Latino Food Lover's Glossary (Florida Dietetic Association) and The Diet Selector (Running Press).

### ***One Size Doesn't Fit All: Designing Customized Nutrition Plans for Athletes***

Building on concepts presented in the earlier session "What's Missing from Your Fuel: Dietary Assessment," this session takes a practical approach to designing affective sports nutrition plans for athletes and teams. We will explore how to utilize data obtained in initial assessments to construct customized nutrition plans that optimize health, performance and desired behavior changes. We will identify sport-specific and athlete-specific components that should be considered in order to maximize desired outcomes. It's becoming evident that to be affective and competitive, sports dietitians need to be more than educators who provide handouts and pre-printed diet plans. We need to become nutrition coaches and tailor our advice to each individual athlete or team. Thus, we will discuss strategies for nutrition coaching and goal setting, and will investigate on-line tools and resources available to help us guide our clients to successfully meet their goals.

### **SALLY HARA, MS, RD, CSSD, CDE**

Sally Hara has a private practice (ProActive Nutrition) in the Seattle area, where she provides MNT and sports nutrition coaching. She has sub-specialty working with diabetic athletes. Her education includes BS degrees in both Nutrition Science, and Exercise Physiology, as well as an MS degree in Nutrition Science, all from U.C. Davis. Sally is an experienced public speaker, former college instructor; and writer. She is a contributing author to the ADA's Sports Nutrition; A Guide for the Professional Working with Active People (4th edition; 2008). She has also co-authored several published research studies, contributed a nutrition chapter to a book on outdoor fitness training (Fit by Nature, by Colver & Nazzaro, Mountaineers Books, 2011), and published various nutrition articles. On a personal note, Sally is an avid road cyclist, enjoys hiking and outdoor fitness training; and is the mother of 2 teens.

### ***Promoting Recovery From Binge Eating Disorders***

Binge eating disorder does not always respond to the same treatments as anorexia or bulimia. In particular, improvement in negative body image can be hindered by the fact that many clients are considered overweight by both medical and cultural standards. In other cases, binge eating may go undetected because the exercise demands of high school, college, or professional athletics prevent excess weight gain, often a key BED symptom. Once identified, binge eating behaviors can be treated with a combination of nutritional modifications and therapeutic strategies adapted from addiction treatment and creative arts therapies.

### JESSICA SETNICK, MS, RD, CEDRD

Jessica Setnick, MS, RD, CEDRD, author of The American Dietetic Association Pocket Guide to Eating Disorders and creator of Eating Disorders Boot Camp, is known for her practical and shame-free approach to eating disorders treatment. After treating hundreds of individuals with eating disorders in the hospital and out, she has spent the last ten years sharing her strategies with health professionals. A past chair of the Behavioral Health Nutrition Practice Group of the American Dietetic Association, Jessica has been recognized many times for her work in the eating disorders field, receiving honors including the BHN Award for Excellence in Practice and the inaugural Texas Dietetic Association Outstanding Nutrition Educator Award. Most recently Jessica was recognized as one of Today's Dietitian magazine's 10 Dietitians Who Are Making A Difference. Currently she is most proud of her role in developing the treatment program at the country's first residential program for college women, Ranch 2300.

### ADRIENNE RESSLER, PSYD

Adrienne Ressler is an eating disorder and body image specialist, serves as National Training Director for The Renfrew Center Foundation and is immediate past-president/Fellow of iaedp. She has extensive training in gestalt therapy, psychodrama, bio-energetic analysis and Alexander Technique. Adrienne received her degrees from the University of Michigan, where she also served on the faculty in the School of Education. Her work has been published in The International Journal of Fertility and Women's Medicine, Social Work Today, and in the chapters BodyMind Treatment in Effective Clinical Practice in the Treatment of EDs, Holistic Interventions to Heal the Shattered Self in Bridging the Research/Practice Gap and Experiential and Somatopsychic Approaches to Body Image Change in the first Encyclopedia of Body Image and Human Appearance. Adrienne has been a guest commentator on the Today Show and Good Morning America Sunday.

### ***From Cocoa Bean to Chocolate Bar: The Science Behind the Super Fruit***

This session will review the composition of cocoa and chocolate products and related evidence for potential health benefits. The discussion will cover: (1) macro- and micronutrients and phytochemicals, focusing on those that are unique to cocoa, and the process of making chocolate from cocoa bean; (2) epidemiological evidence which suggests that cocoa and chocolate may beneficially impact risk factors for cardiovascular disease will be presented for cocoa alone and cocoa compared to other flavonoid-containing foods; (3) clinical research studies to date, including recent reviews and meta analyses, that indicate cocoa and dark chocolate may beneficially impact many traditional and emerging risk factors for cardiovascular disease; (4) emerging areas of research including cognitive function, insulin sensitivity and skin health.

### DEBRA L. MILLER, PHD

Debra L. Miller is a 1988 graduate of Juniata College (Huntingdon, PA) and a 1996 graduate of Penn State with a PhD in Biobehavioral Health and a minor in Nutrition Science. Debra is currently the Director of Nutrition for The Hershey Company where she is responsible for the clinical nutrition program, nutrition communications and overall nutrition related support for The Hershey Company and its Hershey Center for Health & Nutrition in Hershey, PA. Previously, Dr. Miller served as Director of Nutrition Communications for the Solae Company, St. Louis, MO. Prior to joining the food industry, Dr. Miller was an Assistant Professor at Johns Hopkins University School of Medicine where she investigated human food intake regulation and obesity treatment. She completed a post-doctoral fellowship in obesity treatment at Harvard Medical School after completing her degree at Penn State.

### ***Cooking Cocoa: Adding Flavor and Flavanols***

The science behind the composition of cocoa and chocolate products and related evidence for potential health benefits will be translated into practice through a live culinary demonstration. The culinary demonstration will feature recipe applications for sweet and savory snacks and meals as part of a balanced lifestyle.

### KEN GLADYSZ, EXECUTIVE CHEF

Ken Gladysz currently serves as Executive Chef of The Hotel Hershey. Gladysz entered the culinary field in 1981 and obtained his certification from the Culinary Institute of America. Gladysz undertook quite a culinary journey to get to his current post as Executive Chef of The Hotel Hershey in 2006. Beginning in Florida and taking him as far as Indonesia, his career has generated a style rich in international influences combined with a "down-home" feel. The result is surprising and creative fare, an ideal complement to all culinary aspects of the Hotel. A milestone in Gladysz's career is The Hotel Hershey being awarded Restaurants & Institutions coveted Ivy Award in 2010. This well-deserved honor recognizes Gladysz and his staff as professionals who are driven by providing quality and excellence. In 2011, Gladysz was named "Chef of the Year" by the Central Pennsylvania Chapter of the American Culinary Federation.

## Sunday Program

### ***How Powering the Immune System Can Benefit Athletic Performance***

Protein, energy and recovery issues have long dominated the discussion of sports nutrition. Often overlooked is the importance of dietary interventions to support the immune health of athletes. The session begins with a refresher

on how the immune system works. Dr. Dubost will discuss why augmenting the diet to keep the immune system going strong is vital to supporting sports training and performance goals. Dr. Cox will highlight the growing body of peer-reviewed, published clinical research demonstrating the role that immune support can play in sports performance, including research findings on a proprietary yeast beta 1,3/1,6 glucan as a dietary intervention. The studies were conducted on athletes and others experiencing high physical and lifestyle stress. The focus will be on three areas impacting performance: 1) reduction of the "open window" in the body's defenses that may derail training programs and performance gains; 2) strengthening of immune defenses before, during and after exercise; 3) reduction of the incidence of upper respiratory tract infection symptoms.

### JOY DUBOST, PHD, RD, CSSD

Joy Dubost has more than 15 years of experience in the areas of clinical nutrition, research, product development, education and communications. She owns Dubost Food and Nutrition Solutions, LLC, which specializes in scientific advising and communications. Dr. Dubost has authored research articles for scientific journals, and writes nutrition and food science articles for professional and consumer publications. She has received numerous prestigious honors, including being inducted into the national honor society, Phi Kappa Phi. She is a board-certified specialist in sports dietetics and a national competitor in figure skating. Dubost earned a bachelor's degree in Nutrition and Chemistry from Hood College, a master's degree in Food Science and Technology from the University of Georgia and a doctorate in Food Science from Pennsylvania State University.

### DON COX, PHD

Donald Cox is the Senior Vice President, R&D and Business Development, at HealthCare Group. Dr. Cox leads Biothera's product development,

regulatory, pre-clinical and clinical research and development efforts for Wellmune WGP®. He has acted as sponsor (12) or P.I. (2) on clinical studies that generated clinically valid, published and marketable results. Dr. Cox has overseen multiple regulatory filings with key markets including the United States, Canada, China, Mexico and the European Union. His technical services have supported multiple industry launches by food and beverage companies such as Mead Johnson and Hormel Foods. Under his leadership, Biothera has received a product innovation award from IFT and a Best Practices in Research award by Frost & Sullivan, among others. Previously, Dr. Cox has held positions with DKSH North America Inc., Cargill and Diamond V, Inc. Dr. Cox has a Ph.D. in Food Microbiology from Cornell University and an MBA from the University of Iowa.

### ***Using Energy Expenditure Assessment from Indirect Calorimetry to Enhance Care and Practice***

Most clinicians do not estimate a person's blood pressure or weight; however a majority estimate energy expenditure when readily available equipment can be used to actually measure energy expenditure for both "normal" healthy individuals and those who are ill or injured. Indirect calorimetry has been taken from the research setting and the hospital setting to the out-patient and ambulatory setting through available, easy to use hand held indirect calorimeters. Dietitians can provide these measurements to help better guide their weight management interventions. This is especially true in the ICU where weight is less reliable due to effects of the disease process and interventions which effect fluid intake and status. Ambulatory patients with cancer, GI disease, pre and post bariatric surgery and many others could benefit from measurement of their energy expenditure to provide an individualized regimen of care. Finally,

indirect calorimetry can be a part of an individualized work out plan or healthy eating program.

### CAROL IRETON-JONES, PHD, RD, LD, CNSC, FACN

Carol S. Ireton-Jones received her Master's and PhD in Nutrition from Texas Woman's University in Denton, Texas and her undergraduate degree from Texas Tech University in Lubbock Texas where she also completed her clinical training. She is a member of the Clinical Faculty for the Department of Clinical Nutrition at the University of Texas Southwestern Medical Center in Dallas and Adjunct graduate faculty for Texas Tech University in Lubbock, Texas. She also lectures in the Department of Food and Nutrition at Texas Woman's University. Dr. Ireton-Jones has published in various books and journals, on many topics in nutrition including enteral and parenteral nutrition, the role of nutrition in GI disease, and nutritional care for burn victims. She is a recipient of the American Dietetic Association's Medallion Award in 2002. Dr. Ireton-Jones has published two books – Practice Oriented Nutrition Research and The Handbook of Home Nutrition Support published in 2007.

### ***Social Media Boot Camp: Developing Digital Strategies to Sell Your Services & Build Your Brand (Part I & II)***

This intense, interactive workshop will help you navigate the ever-expanding world of social media to increase your digital presence, enhance your business and build your brand. Designed for multiple levels of experience, this skills-based workshop will provide you with the social media lexicon and how-to guide to get you started or take you to the next level. You'll learn how to create a social media business plan and execute digital strategies based on your specific needs and goals.

### JANET HELM, MS, RD

Janet Helm is the Chief Food and Nutrition Strategist in North America for Weber Shandwick. She provides strategic counsel to a variety of food and beverage clients – including the National Milk Mustache got milk? Campaign, National Pork Board, Cherry Marketing Institute, Kraft, Campbell’s and McCormick. Janet has combined degrees in nutrition and communications into a career that has spanned more than 20 years. She was one of the first registered dietitians to break into the field of public relations, and has remained an active nutrition journalist and freelance writer throughout her career. Janet is the creator of the popular blog Nutrition Unplugged and founder of Nutrition Blog Network and #RDChat on Twitter. She is a regular contributor to the Chicago Tribune and Cooking Light magazine. She is the author of the forthcoming book with Cooking Light called “The Food Lover’s Healthy Habits Cookbook.”

### ADAM KEATS

Adam Keats provides strategic oversight and leads award-winning programs that help clients achieve their public relations and marketing goals using the interactive, emerging and social media technology. Adam’s more than 15 years of experience in the digital space spans all of the firm’s key practice areas, including consumer marketing, pharmaceutical healthcare, personal technology and business-to-business. He is an accomplished public speaker and has led global seminars on interactive and social media communications. Adam’s current clients include Motorola, The National Milk Mustache “got milk?” Campaign, Kraft Foods Inc, Mondalez, the National Pork Board, Campbell’s Soup Company, Unilever and Fisher-Price. Before joining Weber Shandwick, Adam managed and led interactive and digital programs for clients including Absolut, Barnes & Noble, Barilla, Johnson & Johnson, Butterball, Whirlpool Corporation, Unilever and Pizza Hut.

### LORI FROMM, MS, RD

Lori is a registered dietitian and expert in nutrition communications with more than ten years of experience in the food industry. A go-to resource at Weber Shandwick, Lori offers her food and health expertise to a variety of food-related clients. She provides strategic direction, translates complex science into motivating consumer messages, activates key influencer audiences and develops integrated PR programs. Her experience spans large commodity programs – including the national award-winning Milk Mustache got milk? program – to some of the nation’s top food brands. Lori also manages key nutrition influencer relationships for clients across the Weber Shandwick network and is the co-founder of the Nutrition Blog Network – a first-of-its-kind network of more than 500 registered dietitians bloggers. Lori is earned a bachelors of science in nutrition from Cornell University in Ithaca, New York and a master’s degree in clinical nutrition from Rush-Presbyterian-St. Lukes Medical Center and Rush University in Chicago.

### ***Fool Yourself Full: A Mindful Approach to Snacking and Weight Management***

Snacking is an increasingly important part of the American diet and an area to target for weight management. Historically, weight management methods have focused on restriction—of carbohydrates, fat, chocolate and the like—which can result in cravings and eventual consumption of the restricted food. Recent research indicates that mindful eating techniques can positively alter an individual’s food environment to support weight management goals without feelings of restriction. This presentation will review the latest mindful eating research and its application to our snack-oriented food culture. Evidence-based mindful eating techniques will be discussed, including how dietitians can encourage clients to utilize visual cues, awareness of the shape of containers,

changing the form and visibility of food, and practicing food recording to achieve weight management goals.

### JAMES PAINTER, PHD, RD

James Painter received his Masters from Oklahoma State University and PhD from University of Illinois. He has been a Registered Dietitian since 1980 and is a member of the Academy of Nutrition and Dietetics. Jim worked with Marriott Corporation in the 1980s, taught at University of Illinois in the 1990s and is presently a professor and Chair of the School of Family and Consumer Sciences at Eastern Illinois University. He serves on advisory boards for Paramount Farms and Disney, and is the Director of Nutrition Research for the California Raisin Marketing Board. He is associated with Apicius Culinary Institute in Florence Italy. Jim has been the recipient of numerous grants that focused on changing our eating environment. He has over 100 peer reviewed publications and presentations. He produced the video Portion Size Me and coauthored The Art of Nutritional Cooking 3rd ed. He focuses on food psychology and mindless eating.

### ***Corporate Wellness: Creating Career and Workplace Solutions***

The increasing prevalence of workplace wellness programs has dietitians wondering how to get one foot in the door of corporate offices and two hands on employees’ behaviors. Currently, 70% of healthcare costs are a direct result of unhealthy lifestyles; prevention is essential. With the right tools, dietitians can create a vital role for themselves in onsite wellness implementation. As part of the Affordable Care Act, companies will now be able to motivate employees with financial incentives of up to 30% of their health care premium. This is the carrot-stick approach that most employers take in encouraging behavioral change. RDs stand to benefit with a clearer understanding of comprehensive wellness programs, healthcare costs, implementation

techniques and effective marketing strategies. In this presentation, Juliet Rodman RD, LD, CPT, Senior Vice President of Wellness Corporate Solutions, will share her expertise in corporate wellness and provide the building blocks for successful program development.

### JULIET RODMAN, RD, LD, CPT

Juliet Rodman has been motivating people to become healthy for more than 20 years. She is Senior Vice President of Wellness Corporate Solutions, an award winning, woman owned business that builds customized, high impact corporate wellness programs. Over the last seven years, Juliet has been inspiring clients to achieve their company’s corporate health goals through health promotion and wellness. Her professional career as a registered dietitian, exercise physiologist and fitness trainer has been the perfect stepping stone to corporate wellness. Juliet presents and lectures nationally, appears regularly in health and fitness media, and writes a popular blog, “365 Days of Wellness”. Her entire career has been dedicated to providing the education, motivation and inspiration for people to make healthier lifestyle changes.

### HEATHER CALCOTE, RD

Heather Calcote is Wellness Coach and Program Manager for Wellness Corporate Solutions (WCS). Her areas of expertise are sports nutrition, weight management counseling, nutrition education at various literacy levels and recipe development. As a part of the health team at WCS, she uses creative writing skills to author and disseminate nutrition and health-focused materials such as weekly blogs, monthly webinars and various seminars for onsite wellness programs. She is a registered dietitian with a bachelor’s degree in nutrition from Penn State University. Her overall approach to health is one that balances nutrition, activity, goal-setting and stress management. Her writing and health tips can also be found at dietitianontherun.com and @heatherdcRD.

### LEAH EVERT, MS, RD, CSSD, CSCS, HFS

Leah Evert is a Senior Program Manager at Wellness Corporate Solutions where she consults with organizations to improve their employee health and wellbeing at a corporate level. Some of her clients include Dealer Tire, American Enterprise Institute and Marriott International. At Marriott, she serves as their senior corporate wellness program manager and consultant dietitian. She is also a Captain in the United States Army Reserve where she is the Officer in Charge for the Army Reserves’ “Soldier Athlete Readiness Program.” She previously worked in health promotion for Joint Base Anacostia-Bolling in Washington, DC and runs the nutrition and fitness online newspaper The Fit Review. Leah has a Master’s degree in Sports Nutrition and Exercise Science and a Bachelor’s degree in Kinesiology/ Exercise Science. She is a Registered Dietitian, Certified Sports Dietitian, ACSM Certified Health Fitness Specialist and NSCA Certified Strength and Conditioning Specialist.

### ***Disordered Eating Among Athletes: The Dietitian’s Role in Understanding and Overcoming Treatment Resistance***

Disordered eating (DE) among athletes, poses serious risk to medical health, social/emotional wellness and athletic performance. The registered dietitian is a vital member of the multidisciplinary treatment team for DE and is highly influential in matters related to nutrition, performance and body weight. The dietitian assists in optimizing the athlete’s nutritional status and decreasing risk of DE. Unfortunately, the dietitian may be the first to observe the athletes objections or non-compliance with treatment recommendations. How can the dietitian best understand and manage the athlete who is non-compliant or treatment resistant? This presentation will summarize policies, strategies and communication techniques that

effectively target treatment resistance and help to re-establish healthy eating patterns, good health and enhanced athletic performance.

### JENNY H. CONVISER, PSYD, MS

Jenny H. Conviser, Psy.D is a Licensed Clinical Psychologist and an Assistant Professor of Psychiatry and Behavioral Sciences in the Feinberg School of Medicine, of Northwestern University. She serves on staff at Northwestern Memorial Hospital in Chicago. Dr. Conviser holds Certificates of Training in Behavioral Medicine from the University of Chicago and in Family and Child Psychotherapy from The Family Institute of Northwestern University. With a Master’s Degree in Exercise Science, experience as a NCAA Division One Head Coach and Certified in Sport Psychology, Dr. Conviser directs Sport Psychology Services at DePaul University and works with athletes around performance, and health related issues. She enjoys teaching, supervision, research and public speaking on issues related to eating and weight related disorders. Dr. Conviser serves on the Psychosocial Committee of the Illinois Chapter of the American Academy of Pediatrics targeting research and policy development for pediatric obesity prevention.

## Exhibitors Information & Volunteer Opportunities

### Exhibitors Hours

**Friday, April 26, 2013**

12:00 p.m.–3:45 p.m.  
5:45 p.m.–8:00 p.m.

**Saturday, April 27, 2013**

9:00 a.m.–11:00 a.m.  
2:30 p.m.–5:15 p.m.

Explore the SCAN Symposium Exhibit Hall and learn more about new and improved products and services for your practice and clients. SCAN thanks all of our exhibitors and sponsors for their support of the Symposium as well as SCAN educational projects through the year!

### Exhibitors

Abbott Nutrition **(13)**

Academy of Nutrition and Dietetics **(Foyer)**

Center for Change **(21)**

Chobani **(10)**

ConAgra Foods **(14)**

Customized Nutrition Newsletter **(3)**

Eating Recover Center **(9)**

Federation of Quebec Maple Syrup Producers **(4)**

Hass Avocado Board **(15)**

Human Kinetics **(1)**

Korr Medical Technologies **(18)**

Laureate Eating Disorders Program **(2)**

McCallum Place **(7)**

National Lipid Association **(8)**

Personal Health Recording for Quality of Life **(23)**

Pistachio Health **(24)**

PowerBar **(11)**

PowerICE **(22)**

SCAN:

SD-USA, DEED, CV/Well, Membership Café **(Foyer)**

Smart Balance **(5)**

The Hershey Company **(16)**

Timberline Knolls **(17)**

VacuMed **(6)**

Washington Red Raspberries **(25)**

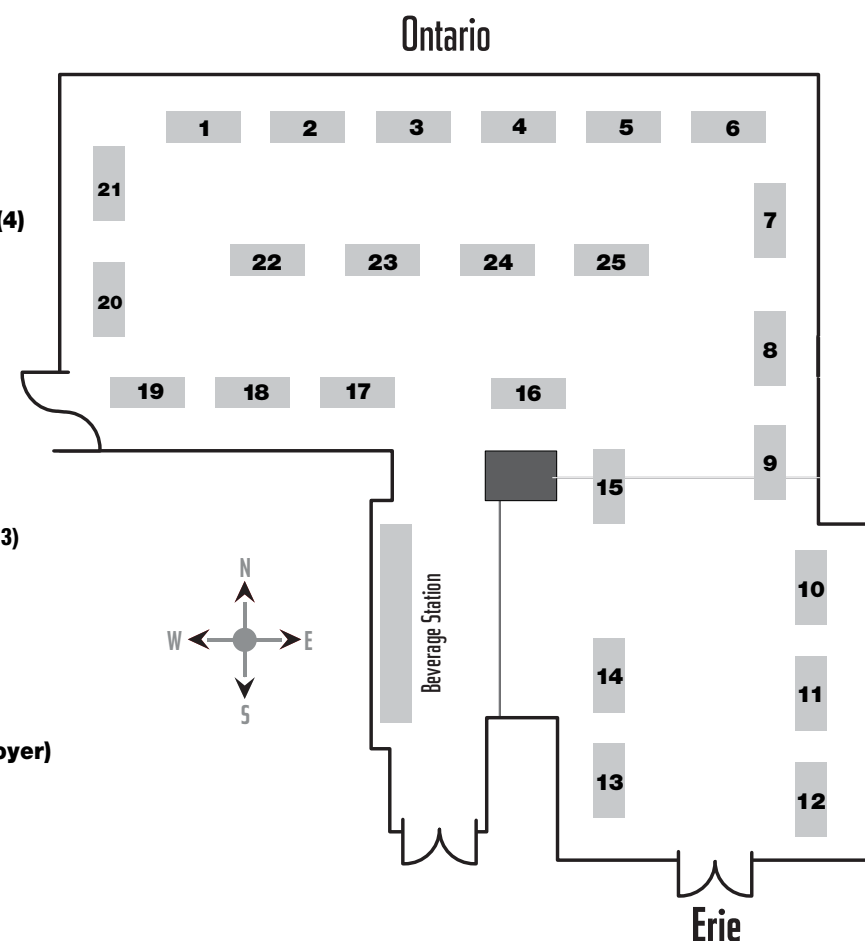
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SCAN needs interested and engaged volunteers! Volunteering helps SCAN, but also helps you – by offering a way to boost your resume, connections and experiences. Volunteers are needed for all projects large and small, varying in content, skill level and time commitment. Our online volunteer form allows you to match your interest and desired commitment level to suite your volunteer needs. Visit: <http://www.scandpg.org/volunteer-scan/>.



## GATORADE SPORTS SCIENCE INSTITUTE

### SCIENCE OF SPORTS NUTRITION

Founded in 1985, the Gatorade Sports Science Institute (GSSI) is committed to helping athletes optimize their performance and well-being through driving the research, improving education and providing world class sports science services.



The Gatorade Sports Science Institute is built on three main pillars: Research, Education and Sports Science Service:

- Using **research**, GSSI aims to lead in the field of sports nutrition, generate ideas, support new product development and improve recommendations to athletes.
- Through **education**, GSSI translates complicated science into practical applications.
- Utilizing **sports science services**, GSSI helps athletes obtain a better and more detailed understanding of their body and provides key benchmarks.

#### LOCATIONS

Headquartered in Barrington, IL, GSSI has expanded in order to service more athletes and increase the research capacity. GSSI has opened two new satellite labs, each having a specific focus:

- GSSI Performance Lab at IMG: Opened in Bradenton, FL in the summer of 2011, this lab, located the center of IMG Academies where thousands of athletes train each year, concentrates on North American sports and hot weather conditions.
- GSSI Performance Lab at Loughborough: Opened in Loughborough, UK on the campus of Loughborough University which is renowned for its sports science department and the large number of elite athletes who live and train there, this lab focuses on track and field, cycling, field hockey and soccer.

#### RESEARCH

Not all research takes place within the GSSI labs. For many projects, GSSI collaborates with world experts in their field and collaborates with leading universities around the globe. In addition to these collaborations, GSSI has access to advanced labs within PepsiCo R&D including the Biology Innovation Lab at Yale which has extensive Metabolomics facilities and expertise.

#### EDUCATION

Hundreds of studies conducted by the Institute and its consultants have been shared with the academic community and published in leading peer reviewed scientific journals around the world. In addition, GSSI researchers produce educational materials for the continuing education of members of the sports science community which can be downloaded at [GSSIweb.org](http://GSSIweb.org).

#### GSSI HAS WORKED WITH ATHLETES FROM

National Football League (NFL)  
Major League Baseball (MLB)  
National Basketball Association (NBA)  
Major League Soccer (MLS)  
NASCAR  
Women's Tennis Association (WTA)  
World Triathlon Corporation (Ironman)  
NCAA Football  
International professional football (soccer), Basketball

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