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
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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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:

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American College of Sports Medicine (ACSM)
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National Commission for Health Education Credentialing (CHES)
Prior approval has been obtained for credit as follows for each day:

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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:

Friday, April 26 12:00 p.m.–8:00 p.m.
Saturday, April 27 7:00 a.m.–5:15 p.m.

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

Friday, April 26 3:15 p.m.–3:45 p.m.
6:00 p.m.–7:00 p.m.
Saturday, April 27 10:15 a.m.–10:45 a.m.

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.

Friday, April 26 12:00 p.m.–3:45 p.m.
5:45 p.m.–8:00 p.m.
Saturday, April 27 9:00 a.m.–11:00 a.m.
2:30 p.m.–5:15 p.m.

Power the immune system with Wellmune® WGP® to power sports performance. It’s the natural food, beverage and supplement ingredient that’s clinically proven to activate specific innate immune cells that help keep the body healthy.

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Learn more at our booth and at Sunday’s breakfast session.

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Abstracts and Bios

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 Lipid 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 (BCLC) 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 recommendations, including the 2nd Adult Treatment Panel of the National Cholesterol Education Program, the Dietary Intake References 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 Heart 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.

RICHARD L. DEMING, MD

Dr. Richard Deming is the Medical Director of the Ralph McCarron 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 Building Hope Beyond Cancer organization. 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.

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 prepared and/or processed 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 Nephropathy 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 9 books. Dr. McCarron has served on the Today Show and The Dr. Oz Show, and is a regular guest on Fox 25’s “Dr. Frank’s Weight Loss Revolution.” In 2011, Ward received the Media Excellence Award from the Academy.

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

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

These days, it seems like everyone is taking 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 development will help enhance communication skills and take your career to the next level.

Abstracts and Bios

ELIZABETH WARD, MS, RD

Elizabeth M. Ward is a freelance writer and nutrition consultant. Her latest book is My Plate: The Next Level, in order to be 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 Toddlers. 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 “Dr. Frank’s Weight Loss Revolution.” In 2011, Ward received the Media Excellence Award from the Academy.

Track: Share & Compare: Social 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 to include 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, emerging 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 helped develop a lab top in order to translate scientific information to a broader audience. She then joined Revolution Health as senior content strategist and has since consulted for several government agencies, nonprofits, and corporations. Contact Carol at 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 via simple 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 composition can be estimated via skin-fold measures, body-segment circumferences, air plethysmography (BioPod), 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 sport 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 1982 to 1986 before relocating to Chicago to help create the Gatorade Sports Science Institute serving as its director from 1986 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 behavior change 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 content of her research. She is a fellow member at Pennington Biomedical Research Center, a campus of the Louisiana State University System in Baton Rouge, LA. Current research interests include obesity factors in weight management, and translational research for use in primary care 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 and lifestyle interventions on diabetes in 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.

CATHARINE CHAMPAGNE, RD, CSSD
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 DGP. She maintains memberships in ASN, TDS, 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’s health, diet, 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, CAL-ERIE (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 co-morbid 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 co-morbid disorders impact 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. She is 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 Hotel 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 DEEEDs, Nutrition Entrepreneurs, and Weight management DGP.

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—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 Battlefield of the U.S. Olympic Committee in conjunction with the University of Colorado in Colorado Springs, is the Athlete’s Plate 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 swimming and water ski events, which fueled her passion for learning more about performance based nutrition recommendations. A coaching intern for both Weight 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...
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. HEYMFIELD, MD

Steven B. Heymfield 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. Heymfield 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. Heymfield 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 optimal results be achieved. 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 Professor of Sports Nutrition and the Director of Nutrition for 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 advancements 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 American 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 dieters 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 reimagining diets for their services. Everything from deciphering reimbursement codes to understanding what credentialing means will be covered.

BETTY LAFORGE, MPH

Betty 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 nutrition and obesity management. In 2005, Betty 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. Betty has over 20 years of experience in health care, with a background in developing health improvement programs in hospitals, clinics, worksites and health plans. Betty holds a master’s 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 change in the future 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 neurotranscuits that attribute to psychiatric symptomatology. During the explanation of the neurobiology of eating disorders I will provide experiential examples of how neurobiologic circuits are thought to be experienced by patients through using models that will involve participation of the audience and bring the neurobiology to “real life.”

SCOTT E. MOSEMAN, MD

Scott Moseman received his bachelor’s degrees 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 Washington 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 for 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; Cardiovascular 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 syndromes. 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 (BCLL) 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 ADA Nutrition Committee 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 Lafforge is in Clinical Lipid Specialist and Diplomat of the Accreditation Council for Clinical Lipidology. He is also a clinical exercise physiologist and 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. Department of Veterans Affairs 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 Southwest 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 cardiovascular risk reduction and applied exercise science. He 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 cardiovascular 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 CSBDs 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, CSBD, 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 Professionals 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% VO2peak) 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 the 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 reported an ergogenic effect in both the fed and fasted athletes. 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 U.S. Indian Health Service Diabetes Mouth rinsing carbohydrate during professional exercise acts as a positiveafferent 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 PhD 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 physical consultancy firm 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. It is 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. 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 professional culinary education, nutrition research, food and culture, and health and nutrition issues related to underserved populations. She has served 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 effective 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 effective 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 online tools and resources available to help guide our clients to successfully meet their goals.

Promoting Recovery From Binge Eating Disorders
Binge eating disorder does not always respond to the same treatments as individuals with 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 severe demands of high school, college, or professional athletics prevent excess weight gain, often a key BED symptom. Once identified, binge eating can be improved with a combination of nutritional modifications and therapeutic strategies adapted to enhance individual treatment and creative arts therapies.
Abstracts and Bios

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 Support at the Solaire 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 Flavonols
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. (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.

Ken Gladysz, Executive Chef
Ken Gladysz currently serves as Executive Chef of The Hotel Hershey. In the early 1980’s Ken 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 by 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.

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.

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 system support can play in injury recovery, training and peak 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; and (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.

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 PI. (2) in clinical trials that generated clinically valid, published and marketable results. Dr. Cox has overseen multiple regulatory filings with key markets including the United States, Mexico, China 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 JPT 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 outpatient 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 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 Tech University in Lubbock, 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 faculty graduate 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
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 expertise, 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 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 4RDChat 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 strategic 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 Motolora, The National Milk Mustache “got milk?”, Goya Foods, 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, Ballantine, 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 an earned bachelor’s degree in nutrition from Cornell University in Ithaca, New York and a master’s degree in clinical nutrition from Rush-Presbyterian-St. Luke’s Medical Center and Rush University in Chicago.

Foot Yourself Full: A Mindful Approach to Snacking and Weight Management

Snacking is an increasingly important part of the American diet and an area targeted 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 have a vital role in 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 employees to make healthy changes and 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 healthier 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 articles 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 @healthierRD

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 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 Reserve’s “Soldier Athlete Readiness Program.” She writes three times a week for 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, PsyD 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 Psychology 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!

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- Abbott Nutrition (13)
- Academy of Nutrition and Dietetics (Foyer)
- Center for Change (21)
- Chobani (10)
- ConAgra Foods (14)
- Customized Nutrition Newsletter (3)
- Eating Recovery 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)
- McCaullum 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)
- Wellmark (12)

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**Exhibitors Information & Volunteer Opportunities**

**GATORADE SPORTS SCIENCE INSTITUTE**

**SCIENCE OF SPORTS NUTRITION**

Founded in 1965, the Gatorade Sports Science Institute (GSSI) is committed to helping athletes optimize their performance and well-being through cutting-edge research improving education and providing data-based sports science services.

**RESEARCH**

Not all research takes place within the GSSI lab. For many projects, GSSI collaborates with world-renowned experts in their field and collaborates with leading universities around the globe. In addition to these collaborations, GSSI has access to advanced labs within PopCo R&D including the Biomechanics Innovation Lab at Yum! 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 sports science journals around the world. In addition, GSSI has developed educational materials for the continuing education of members of the sports science community which can be downloaded at GSSI.web.org.

**GSII HAS WORKED WITH ATHLETES FROM**

National Football League (NFL)
- Major League Baseball (MLB)
- Major League Basketball (NBA)
- Major League Soccer (MLS)
- NASCAR
- Women’s Tennis Association (WTA)
- World Taekwondo Federation (WTF)
- USA Football
- International Professional Football (soccer), Basketball

**FUELING ATHLETIC PERFORMANCE**

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**Beverage Station**

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About SCAN
Sports, Cardiovascular and Wellness Nutrition (SCAN) is one of the largest and most active dietetic practice groups of the American Dietetic Association. With more than 6,900 members, SCAN brings together nutrition professionals with expertise in sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

SCAN promotes professional excellence by providing innovative professional development and networking opportunities to its members, who are highly influential nutrition professionals. SCAN members work in acclaimed health care institutions, universities, government organizations, corporate wellness programs, and private practice. SCAN members advise a broad range of consumers, as well as professional, collegiate, amateur, and adolescent athletes and athletic teams and organizations.

SCAN members reach millions of consumers across the lifespan spectrum through interviews for high-profile media outlets. In addition, SCAN members are authors of numerous books, print articles, and online educational offerings focused on sports nutrition, wellness, the prevention and treatment of cardiovascular disease, weight loss programs, and eating disorders. Our website is a major resource for both members and consumers that averages 10,000 visitors monthly.

Mission
To empower members to be the nation’s food and nutrition leaders through excellence and expertise in nutrition for sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

Vision
Optimize the nation’s health by providing exceptional nutrition care in sports and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.

Goals
• SCAN members are recognized experts in food and nutrition for sports performance and physical activity, cardiovascular health, wellness, and disordered eating and eating disorders.
• SCAN members value the integration of four practice areas to provide comprehensive evidence-based medical nutrition therapy to improve the health of those we serve.
• Members and prospective members view SCAN as key to professional success.

The SCAN Credo
As a dietetic practice group of the American Dietetic Association, SCAN is dedicated to nutrition for sports performance and physical activity, cardiovascular health, wellness, and eating disorders and disordered eating. We hold to a set of essential beliefs that forms the basis of our mission and vision and are manifested through the principles of excellence, integrity and credibility that are evident in all our endeavors. These beliefs are embodied in the relationships we build and maintain with our constituents as we fulfill our responsibility to them.

THOSE SEEKING INFORMATION
We educate consumers about sound nutrition practices and how these can nourish the body and reduce the risks and impact of disease. We do this first by doing no harm and next by providing sound, evidence-based information. Our audiences include athletes, consumers, health and fitness professionals, the media, and members of the food and nutrition industries and regulatory agencies. We recognize the diverse backgrounds of these constituents and tailor our services accordingly.

SCAN MEMBERS SEEKING COMMUNITY
We acknowledge members as our greatest resource and embrace their diversity. We provide them with strong leadership that is centered on a food first approach to achieving peak performance and optimum health and wellness. We recognize our members as preeminent authorities in their areas of practice, and seek on their behalf new opportunities for research, innovation, and professional growth. We provide prompt and courteous support, timely information, and a forum for the exchange of ideas in a safe and collegial environment. We offer leadership development, opportunities to serve and network, and professional recognition.

HEALTH CARE AND INDUSTRY SEEKING PARTNERS
We collaborate with entities that share our commitment to using the best science and healthful eating practices to guide the public in making sound nutrition choices. Using our collective resources, we empower people to take charge of their health, reduce the risk of preventable illness, and maximize performance. We maintain the highest standards of ethical behavior as set forth by the American Dietetic Association.
Join SCAN prior to FNCE for a one-day workshop featuring speakers covering topics in all four of our practice areas.

Visit www.scandpg.org for more details.
Thank you to all of this years’ sponsors. SCAN continues to strive to provide its members with the most accurate, up-to-date and scientifically-based educational information. Through research, education and valuable sponsorships, SCAN is able to continue its’ mission. SCAN is privileged to have such a strong cast of sponsors for this years’ symposium and thank you for your continued support. We look forward to partnering with you again in the future.

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