

CATEGORY: OBESITY AND WEIGHT MANAGEMENT

Registered dietitians and credentialed health professionals are in a unique role to educate consumers on how to successfully lose and maintain weight. These sessions focus on childhood and adult obesity, and highlight strategies that can help consumers reduce and maintain their weight.

Childhood Obesity

- Childhood Obesity News: Downward Trends, Positive Programs and the Problem with Bullying
- Childhood Obesity: Handle with Care
- Factors Contributing to Overweight and Obesity in Children with Special Needs: What our Role can be to Prevent and Minimize Risk

Nutrition Strategies for Weight Loss and Maintenance

- Curb those Irresistible Food Cravings
- Evidence-Based Nutrition Management of Obesity Disease
- **Is there a 'Breakfast of Champions' for Satiety, Glucose Control & Weight Management?***
- Overcoming Our Obesogenic Environment
- Preserving Muscle Mass During Weight Loss
- Small Changes, Big Results: Successful Weight Loss Strategies
- Using *MyPlate* to Conquer Obesity and Diabetes

Understanding Obesity

- Can You Be Fit and Fat?
- Diet or Physical Inactivity: Which is the Major Cause of the Obesity and Diabetes Epidemic
- Physical Inactivity: A Major Public Health Problem for the 21st Century

Speakers Available for this Category

- Barbara Mayfield, MS, RD
- Dayle Hayes, MS, RD
- Donald Layman, PhD
- Georgia Kostas, MPH, RD, LD
- Heather Leidy, PhD
- Keith Ayoob, EdD, RD, FAND
- Kevin C. Maki, PhD
- Linda Farr, RD, LD
- Nancy Rodriguez, PhD, RD
- Nikki Withrow, MS, RD
- Richard Wood, PhD
- Steven Blair, PED
- Theresa Niklas, DrPH, LN

SESSION DESCRIPTIONS

Childhood Obesity

Childhood Obesity News: Downward Trends, Positive Programs and the Problem with Bullying

Many child nutrition experts have grown concerned about the negative or counter-productive effects of some approaches to childhood obesity prevention. This informative and thought-provoking session will describe the current trends in childhood weight, nutritional status, eating problems and physical activity. It will explore the relationship of bullying in school to student weight, as well as physical and emotional health. Attendees will learn about the best school-based “do no harm” practices to promote healthy weights and well-being for all children. At the end of this session, participants will be able to:

- Describe most current trends in childhood weight, nutritional status, eating problems and physical activity.
- Identify potential negative and counterproductive effects of some childhood obesity programs.
- Discuss relationship of bullying to student weight and health.
- Outline best school-based practices to promote healthy weights for all children.
 - *Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

Childhood Obesity: Handle with Care

The rising prevalence of overweight among children is a troubling concern for health professionals, parents and policy makers. The reasons for this increase encompass a wide array of genetic, environmental and lifestyle factors. How to address and change this trend is subject to debate, with health professionals taking up sides. This presentation will address the weighty issue of childhood obesity and discuss how to handle it with care so as not to do more harm than good.

- *Possible Learning Needs Codes: 4000, 5000, 6000*

Factors Contributing to Overweight and Obesity in Children with Special Needs: What Our Role Can be to Prevent and Minimize Risk

This presentation provides an overview of the prevalence of overweight and obesity among children with an ASD v. typically developing. Participants will learn the factors contributing to overweight and obesity in children with special needs v. typically developing and what our role can be to prevent and minimize risk.

- *Possible Learning Needs Codes: 4000, 6000, 8000*

Nutrition Strategies for Weight Loss and Maintenance

Curb those Irresistible Food Cravings

Whether food cravings are physiological or psychological, they are real and can sabotage your diet. The daily food choices you make can affect body chemicals that regulate appetite, mood and cravings. Learn why you have food cravings and how to combat them.

- *Possible Learning Needs Codes: 2000, 4000, 6000, 8000*

Evidence-Based Nutrition Management of Obesity Disease

Are you a physician or health care professional that works directly with patients and clients who are struggling with their weight? Do you find it difficult to stay up on all the most recent scientific evidence about the treatment of obesity? While there are several methods available to treat obesity disease such as surgery, drugs and counseling, there is strong evidence-based science on the role that nutrition therapy plays in the treatment for weight loss and long-term weight maintenance. Common weight loss

myths and evidence-based nutrition guidelines related to diet, behavior change and physical activity will be presented.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 8000*

Is there a 'Breakfast of Champions' for Satiety, Glucose Control & Weight Management?*

Objectives:

1. To determine whether breakfast (skipping) is causally linked to obesity (through alterations in appetite control & weight management)
2. To examine whether the potential effects of breakfast (on appetite control and weight management) are influenced by the type of breakfast consumed
3. To identify whether the consumption of a high protein breakfast positively influences other health-related outcomes, including glycemic control
4. To provide practical recommendations and examples related to how much and what type of breakfast should be consumed on a daily basis
 - *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*

Overcoming Our Obesogenic Environment To succeed at achieving and maintaining a healthy weight, the clients and families you work with must overcome an obesogenic environment that promotes excess intake and prevents adequate daily movement. Awareness of the impact of our environment is the first step. Changing our personal environment and making healthier choices when faced with temptations to eat more and move less is the second. Helping change our obesogenic environment through community involvement and social change is the ultimate answer. We can help people succeed on all fronts.

- *Possible Learning Needs Codes: 4010, 5370, 6010*

Preserving Muscle Mass During Weight Loss

As obesity and diabetes remain at the forefront of concern in public health, weight loss is a therapy of significant interest. However, a percentage of weight loss comes from fat-free mass, of which a considerable amount is muscle mass. Muscle mass is critical to function and metabolism, so preserving muscle mass during weight loss should be a high priority. As we learn more about different weight loss strategies, it appears that diets of differing macronutrient distribution may have different effects on the preservation of muscle mass. A key cohort of patients are those with sarcopenic obesity: having a low amount of muscle mass and a high amount of fat mass concurrently. Preserving muscle mass during weight loss in such patients is extremely important. This presentation will begin with an introduction to sarcopenic obesity, followed by a review of how various dietary treatments impact fat-free mass. Next, the effects of exercise during weight loss will be covered, and finally the effects of combined diet and exercise strategies.

- *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*

Small Changes, Big Results: Successful Weight Loss Strategies

Small changes that eliminate only 100-150 calories per day can lead to a 10-15 pound weight loss in one year. Small changes don't make you feel deprived and are easier to implement over a long period of time. Ways to cut calories from meals at home, at work and in restaurants will be discussed. Want to make permanent changes? Start small!

- *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*

Using MyPlate to Conquer Obesity and Diabetes

Creating the ideal plate-look to counter the epidemics of obesity and diabetes requires balancing protein and carbohydrates at each meal. The meal composition of protein and carbohydrates determines muscle health, body fat storage or use, and satiety. The presentation will examine the research behind creating an ideal plate-look.

Objectives:

- Review recent advances in understanding macronutrient balance for cardiometabolic health.
- Evaluate research about dietary protein and saturated fat for renal and cardiovascular health.
- Examine the impact of lifestyle changes on muscle health and cognitive responses.
- Examine the application of higher-protein reduced carbohydrate diets in a sustainable health environment.

- *Possible Learning Needs Codes: 4000, 5000, 6000, 8000, 9000*

Understanding Obesity**Can You Be Fit and Fat?**

Does being overweight mean a person can't be fit too? Explore the newest research on the importance of staying fit and the role of regular exercise routines. Learn how obese individuals who are fit are less likely to develop premature diabetes than those who are overweight but unfit. Learn from a leading expert how you can help overweight clients become more physically active.

- *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*

Diet or Physical Inactivity: Which is the Major Cause of the Obesity and Diabetes Epidemic?

Review of data on dietary intake and physical activity as they relate to risk for becoming obese and/or developing diabetes. Changing dietary and physical activity patterns have both contributed to the dramatic increase in the prevalence of obesity, although the relative contributions are less clear. This talk explores lifestyle habits and other factors that have been associated with risks for obesity and diabetes, along with practical advice for helping patients and clients to make changes that will help lower their risks.

- *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*

Physical Inactivity: A Major Public Health Problem of the 21st Century

Sedentary habits are highly prevalent in most countries of the world. In the U.S. approximately 25-35% of adults are inactive, meaning that they have sedentary jobs, no regular physical activity program, and are generally sedentary around the house and yard. Given that sedentary and unfit individuals are at approximately two-fold higher risk for many health conditions than those who are moderately active and fit, the population attributable risk (PAR) of inactivity is high. Over the past few decades we have largely engineered the need for physical activity at home, on the job, and during leisure-time out of the daily lives of most people in industrialized societies. To address the major public health problem of physical inactivity we will need to consider and evaluate societal, environmental, and individual approaches to making physical activity more common for more people more of the time.

- *Possible Learning Needs Codes: 4000, 5000, 6000, 9000*