

## **LIFECYCLE NUTRITION**

### **Prenatal and Infancy**

- You Are What Your Mom Ate: Nutrition to Prevent High Risk Pregnancy
- Living Large and Pregnant: How to Improve Outcomes in Overweight Women
- Fueling Fertility with Good Nutrition
- Bonding with Baby: A New Parent's Call
- Hot Topics in Infant Feeding\*\*
- Introducing Solids to Baby: The Pros and Cons of Modern Feeding\*\*
- Feeding Styles and Practices: What is the Influence on Child Eating?\*\*\*
- Feeding Baby & Toddler: Using a Nutrient-Adequacy Approach\*\*

### **Childhood and Adolescence**

- What works for helping children learn to like new foods? Updates from the evidence base
- Picky Eaters Anonymous
- What are Children "Hungry" For?
- Me.... Teach Children Nutrition?! Yes!
- Nutrition Concerns for Children with Autism
- A Thoroughly Modern Approach to Childhood Nutrition in the 21st Century\*\*
- The Picky Eating Epidemic (Evidence, Strategies & Tips to Help Kids Enjoy Food)\*\*
- The Extreme Picky Eater: Evidence-Based Approaches to Provide Nutrition Care in the Office Setting\*\*

### **Adulthood**

- Healthy Eating for Women... All Lifelong
- Women's Health Across the Lifecycle: Reducing Risk of Chronic Disease
- Women's Health Issues: Age-Specific Nutrition and Fitness Needs Through the Life Cycle
- Nutrition Throughout the Female Lifecycle\*\*
- Reaching and Teaching Adults to Promote Healthy Habits
- Feeling Blue: How Nutrition Can Help Prevent Prenatal and Postpartum Depression\*\*

### **Healthy Aging**

- Healthy Aging – Can Diet Reverse the Clock?
- The Wisdom of Age: Learning How to Live Well a Long Time\*\*
- Energy Reboot\*\*

**\*\*New or Updated Topic**

#### **SPEAKERS AVAILABLE FOR THE CATEGORY:**

- Melissa Joy Dobbins, MS, RDN, CDE
- Susan Johnson, PhD
- Georgia Kostas, MPH, RD, RD
- Barbara Mayfield, MS, RD
- Theresa A. Nicklas, DrPh, MPH, LN
- Nancy Rodriguez, PhD, RD
- Bridget Swinney, MS, RD, LD
- Nikki Withrow, MS, RD

- James Swain, PhD, RD, LD, FAND
- Judy Barbe, MS, RDN
- Jill Castle, MS, RD, LDN

## **Prenatal and Infancy**

### **You Are What Your Mom Ate: Nutrition to Prevent High Risk Pregnancy**

What a mom eats (and doesn't eat) during pregnancy can have immediate effects on birth outcome, and it can also affect a child's health throughout his lifetime. "You are What Your Mom Ate" session highlights the various effects of under-nutrition, over-nutrition, gestational diabetes, and hypertension as well as specific nutrient deficits on birth outcome and lifelong health. Emerging research shows that lutein during pregnancy and the first year is important to visual and brain development. Choline is also critical for infant brain development. Iron, folic acid, vitamin D, calcium and fat intake before and during pregnancy can also have long-reaching effects on an infant's health. Finally, the session will highlight environmental chemical exposure during pregnancy and lactation and the potential permanent effect on development.

*Possible Learning Needs Codes: 2000, 4000, 5000*

### **Expect the Best: Update on Preconception and Pregnancy Nutrition**

A woman's diet and lifestyle before and during pregnancy sets the tone for her child's health at birth and decades down the road. It's important for women in their childbearing years who may become pregnant to prime their bodies for pregnancy, but this is challenging. More than ever, women are entering pregnancy overweight, or with other pre-existing conditions including type 2 diabetes, hypertension, and iron-deficiency anemia. This presentation reviews the latest research linking nutrition and exercise with fertility and pregnancy, including the role of body weight on fertility, pregnancy outcomes and birth defect risk.

*Possible Learning Needs Codes: 4000, 4020, 4130, 4180, 6000*

### **Living Large and Pregnant: How to Improve Outcomes in Overweight Women**

The growing problem of obesity in women in their childbearing years is trickling down to their children. This presentation focuses on how to intervene to stop (or at least slow down) the cycle of obesity.

*Possible Learning Needs Codes: 3000, 4000, 4130, 4180, 6000*

### **Fueling Fertility with Good Nutrition**

A look at how nutrition and lifestyle plays a role in fertility as well as risk of miscarriage. This presentation highlights nutrition and lifestyle interventions that the RDN can assist with to significantly improve both male and female infertility issues.

*Possible Learning Needs Codes: 4000, 4020, 4130, 4180, 6000*

### **Bonding with Baby: A New Parent's Call**

This session focuses on the important role of bonding and attachment during infancy on growth and well-being for a lifetime. Help parents understand their critical role in nurturing their newborn's development through sensory stimulus, focusing on the feeding relationship. Benefits of breastfeeding will be highlighted, but fathers and bottle-feeding parents won't be left out of achieving a positive and lasting bond with their infants.

*Possible Learning Needs Codes: 4130, 4140, 4150*

### **Hot Topics in Infant Feeding\*\***

Infant feeding is a dynamic topic; this presentation gives an update on current infant nutrition and feeding trends including baby-led weaning, allergy prevention, vitamin D, baby behavior and feeding cues. This talk includes an interactive jeopardy game to make learning more fun!

*Possible Learning Needs Codes: 4130, 4140, 4150*

### **Introducing Solids to Baby: The Pros and Cons of Modern Feeding\*\***

What is going on in the world of infant feeding and introducing solids? Castle covers sound principles of solid food introduction while focusing on some of the popular feeding approaches in infancy, from baby-led weaning to introducing solids too early, and their effects on children's eating, nutritional status, and weight. The latest evidence is presented along with practical tips for counseling families.

*Learning Codes: 3150, 5070, 4150, 4040*

### **Feeding Styles and Practices: What is the Influence on Child Eating?\*\*\***

We often focus on food to cure a child's weight and eating ills. Children are not only influenced by what they eat, but by how they are fed. Castle provides an overview on the different feeding styles and their associated feeding practices, such as rewarding with sweets, or restricting portions and second-helpings, and how these influence a budding relationship with food, food preferences, eating and weight status in children.

*Learning Codes: 3150, 5070, 4150, 4040*

### **Feeding Baby & Toddler: Using a Nutrient-Adequacy Approach\*\***

With the popularity and various modes of feeding baby and young toddlers (spoon-feeding, baby-led weaning, vegetarian, etc.), nutrient adequacy becomes critical. Castle explores the most important nutrients in the first two years of life, along with proven feeding approaches, such as responsive feeding, to help practitioners ensure optimized nutritional status and self-regulation of eating in young children, no matter the chosen mode of feeding.

*Learning Codes: 2090, 3150, 5070, 4150, 4040*

## **Childhood and Adolescence**

### **Adolescence Nutrition: Setting the State for Lifelong Health**

Adolescence is a time of rapid growth and bone development. Poor eating habits and low calcium and iron intake are endemic in girls often leading to eating disorders and reproductive problems. How can these problems be diagnosed and avoided? What are the long term effects of these behaviors?

*Possible Learning Needs Codes: 2000, 3000, 4000, 6000*

### **What Works for Helping Children Learn to Like New Foods? Updates from the Evidence Base**

What influences and responsibilities do parents have in helping their children make nutritious food selections? Children need guidance when choosing what they eat. Discover how parents' food patterns help to establish their children's eating habits, and gain tips on how to get children to eat what they should be eating.

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

### **Picky Eaters Anonymous**

Parents and caregivers often feel helpless when dealing with picky eaters, possibly feeling at their "wit's end" of how to handle this frustrating yet common behavior. In less than 12 steps, learn how to come alongside parents and teach them positive and effective strategies so that even the pickiest eater (maybe the parent!) will self-select a healthy balanced diet. Practice activities parents can do to improve dinner table behavior and food choice. This session is also available in a version specifically for school food service.

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

### **What are Children “Hungry” For?**

What takes place during feeding between child and caregiver is so much more than the provision of nutrients. This session goes beyond the nutrition of feeding and focuses on a number of very important needs that are met within the context of feeding, including attachment and bonding in infancy, a sense of identity and security, routine and structure, relationship-building and a sense of community, skill-building and responsibility, and so much more. What takes place during feeding builds the foundation for a lifetime of positive (or negative) behaviors, perceptions and attitudes.

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

### **Me.... Teach Children Nutrition?! Yes!**

Young children are the ideal audience for nutrition education. They are eager learners and love to discover about the world around them, especially topics that impact their everyday lives like food and their growing bodies. We will examine what makes nutrition education with young children effective and practice fun and creative approaches for teaching children, including games, music, movement, stories, puppetry and food experiences.

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

### **Nutrition Concerns for Children with Autism**

Children with autism have special emotional, physical and nutritional needs. This presentation will discuss nutrition concerns for children with autism. It will also cover and share ways to work with families and the children to make sure nutritional needs are being met.

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

### **A Thoroughly Modern Approach to Childhood Nutrition in the 21st Century\*\***

Food, feeding and child development are the trifecta of childhood nutrition in today’s modern world. Healthcare providers need to be equally versed in all three aspects to deliver the most effective nutrition care. Castle covers food and nutrients, feeding styles and practices, and age-related development to help practitioners treat the whole child. Based on the book, Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School.

*Learning Codes: 3150, 5070, 4150, 4040*

### **The Picky Eating Epidemic (Evidence, Strategies & Tips to Help Kids Enjoy Food)\*\***

Picky eating may be a normal stage of development, but it still causes distress in families. Castle explores the evidence behind picky eating, including genetics and feeding practices, as well as evidence-based strategies to encourage food exploration, a positive relationship with food, and healthy eating.

*Learning Codes: 3050, 4150, 5070, 4040*

### **The Extreme Picky Eater: Evidence-Based Approaches to Provide Nutrition Care in the Office Setting\*\***

Children with a feeding disorder classified as Avoidance/Restrictive Food Intake Disorder (ARFID) in the DSM-V, may experience nutritional, developmental and social challenges. ARFID is often many conditions rolled into one child, requiring a team of experts. Early recognition and collaborative healthcare treatment may improve nutritional status, eating skills, behavior, and social-emotional outcomes. Castle covers what it takes to recognize, treat, and integrate nutrition and feeding therapy, along with best practices for professional collaboration.

*Learning Codes: 3050, 4150, 5070, 4040*

## **Adulthood**

### **Healthy Eating for Women... All Lifelong**

A woman's health needs change throughout her life. Factors including lifestyle, hormone status and genetics are particularly critical in determining the risk for developing diseases such as heart disease, cancer and osteoporosis. This topic will focus on the changing roles of nutrition in a woman's life based on her hormonal status during pre- and post-menopause. The role of estrogen, progesterone and even testosterone in influencing women's health will be reviewed. Finally, how diet may alter the course for developing these diseases will be addressed for both pre- and post-menopausal women.

*Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

### **What Happens When Women Diet- Bone and Reproductive Problems**

This session highlights unique needs for women and the detrimental effects that may occur if the changing roles of nutrition in a woman's life as she ages is not understood or implemented.

*Possible Learning Needs Codes: 2000, 4000, 9000*

### **Menopause and Osteoporosis**

This topic will focus on the changing roles of nutrition in a woman's life based on her hormonal status during pre- and post-menopause. The role of estrogen, progesterone and even testosterone in influencing women's health will be reviewed, as well as the dietary factors that alter these changes.

*Possible Learning Needs Codes: 2000, 4000, 9000*

### **Women's Health Across the Lifecycle: Reducing Risk of Chronic Disease**

This session highlights unique points in a woman's life when prevention of chronic disease should be the focus: childhood, teen years, reproductive years, postmenopausal, older adult. Guides for healthy dietary and supplement behavior for a 10-year period after each age to address these diseases singly (choosing from obesity, hypertension, heart disease, cancer, osteoporosis and diabetes) are outlined.

*Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

### **Women's Health Issues: Age-Specific Nutrition and Fitness Needs through the Life Cycle**

Every decade has its unique nutrition and fitness needs. Fit your nutrition and fitness counsel to the age of your client, incorporating pro-active steps that optimize your client's overall health and fitness today and tomorrow. Even while providing MNT, you can help your patients protect their muscle, bones, heart, lungs, and metabolism, prevent premature chronic disease, and promote quality of life. If dietitians do not promote preventive action, who will?

*Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

### **Nutrition throughout the Female Lifecycle\*\***

Hot flashes? Vertigo? Mood swings? Insomnia? Why do I feel tired? How can I avoid osteoporosis? These questions, and many more, are asked of health and exercise professionals alike as women search for answers from trusted sources! As a work in progress, the changing needs of a woman's diet throughout her lifetime can make a significant difference in her overall health and energy. Health risks change, as do habits, during critical stages such as pre-pregnancy, pregnancy, pre-menopause and post-menopause. Certain nutrients, vitamins and minerals can assist females as they strive to reduce disease risk and aim to remain healthy and happy. Female clients may look to you as their first authority to navigate the masses of misinformation on the internet. Luckily, YOU CAN HELP! Make sure you're prepared to address each critical stage, the nutritional issues of each, and how to best prepare for

what's to come in this fun interactive session that addresses a woman's needs throughout her life's many stages.

*Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

### **Reaching and Teaching Adults to Promote Healthy Habits**

You serve adults who need to make positive changes in lifelong eating and activity habits to achieve health goals. Regardless of the channel you use to reach them, motivating adults to participate, pay attention, and take action challenges the most seasoned nutrition educator. This session reviews adult learning theory, dialogue learning, and motivational theory to maximize your results. Come prepared to discuss real life dilemmas in educating adults, leave with strategies ready to tackle your next nutrition or wellness initiative.

*Possible Learning Needs Codes: 6010, 6030, 6060, 2000, 3000*

### **Feeling Blue: How Nutrition Can Help Prevent Prenatal and Postpartum Depression\*\***

Postpartum depression is well known but depression during pregnancy is also very common and can affect fetal development as well as cause premature birth. This talk will review how nutrition affects depression and describe mental health superfoods and how to include them in the diet.

*Possible Learning Needs Codes: 2000, 4000, 5000*

### **Healthy Aging**

#### **Healthy Aging – Can Diet Reverse the Clock?**

Muscle and bone loss as we age influence health outcomes. Heart health, weight, physical strength, body balance, bone health, fitness, lipids, and metabolism can all improve by enhancing muscle metabolism with diet and exercise. Recent studies show protein – the right type, amount, and timing – can improve muscle and bone retention, and enhance metabolic processes related to overall health and weight. Come learn the latest science and strategies to assist your patients, so they can prevent chronic disease and live strong.

*Possible Learning Needs Codes: 2000, 4000, 4190, 6000*

### **The Wisdom of Age: Learning How to Live Well a Long Time\*\***

What are the hallmarks of a long, healthy life? What can we learn from men and women who successfully live to age 100 and beyond? How can we encourage others to adopt life-enhancing habits? Examine the results of several studies of centenarians and discuss ways to implement healthier habits decades before.

*Possible Learning Needs Codes: 4040, 4120, 4190, 1120, 2000*

### **Energy Reboot\*\***

Most people want to live with vitality — to live a higher quality of life longer. Yet, most of us don't need a complete overhaul — but, instead, a touch up, a refresh, a reboot. What you put on your fork, how you use your feet, who you connect with, and how you feed your soul are keystones to better living. Join registered dietitian Judy Barbe as she nudges you in the right direction to recharge your energy, focus, and productivity.

This life-style session includes a self-assessment and goal setting.

I review five ways to increase energy and productivity including:

1. Identifying health boosting foods
2. Finding activities to do for life

3. Arranging your environment to promote healthy living
4. Establishing a sleep system
5. Feeding your soul

*Possible Learning Needs Codes: 4040, 4120, 4190, 1120, 2000*

***\*\*New or Updated Topic***

