

How America Eats: Health and Weight Management Implications

April 21, 2005



A Satellite
Videoconference

IOWA STATE UNIVERSITY

34th ANNUAL CURRENT ISSUES IN NUTRITION

CURRENT ISSUES IN NUTRITION

How America Eats: Health and Weight Management Implications

University Conference Services
102 Scheman Building
Ames, IA 50011-1112

UCS05-3537

Please join us for the 34th Annual Current Issues in Nutrition

How America Eats: Health and Weight Management Implications

A Satellite Videoconference

April 21, 2005

The Current Issues in Nutrition conference is organized by the Nutritional Sciences Council at Iowa State University. As a leading research institution, Iowa State understands the need professionals have for educational update opportunities that are focused on timely issues. Since 1988 the conference has been available to North America and the Pacific Islands via satellite, expanding the audience to more than 100 downlink sites annually.

FACTS

Almost two-thirds of the adults in the U.S. are considered overweight or obese according to the Centers for Disease Control. An exponential growth in the number of overweight/at-risk for overweight children and overweight/obese adults has occurred in the past three decades. Overweight and obesity have been associated with high blood pressure, high blood lipids, heart disease, type 2 diabetes, stroke, gallstones, and certain types of cancer, as well as other chronic diseases. Overweight and obesity and their associated health problems have a significant economic impact on the U.S. health care system. As a result, the multitude of dietary approaches proposed for weight management and long-term health has created a diet quandary for consumers and health professionals alike.

AUDIENCE

- Nutritionists
- Registered dietitians
- Nurses
- Dietetic technicians
- Physicians
- Physician assistants
- Medical professionals
- Exercise physiologists
- Family and consumer scientists
- Extension specialists
- Health educators
- Dietary managers
- Public health professionals

CONFERENCE GOALS

- Provide an overview of trends in food marketing, food purchasing, and macronutrient consumption
- Introduce educational opportunities for nutrition and health educators to understand the scientific basis and development of the new USDA food guide pyramid
- Define the concepts of low fat, low carb, and ketogenic diets, and explore their impact on weight management and long-term health

FOR MORE INFORMATION

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Schedule and Presentation Content

9:30 a.m.

Opening Remarks

Paul Flakoll, PhD

Director

Center for Designing Foods to Improve Nutrition
Iowa State University
Ames, Iowa

9:35 a.m.

What America Eats

Susan T. Borra, RD

Executive Vice President

International Food Information Council
Washington, D.C.

- Evaluate how consumers feel about health, weight, and weight management
- Identify the perceived motivators and barriers to weight management for consumers
- Interpret key findings from consumer research for use in developing messages that are relevant and meaningful to consumers in order to spark behavior change

10:25 a.m.

"New"trition: the Revised Food Guidance System

Eric Hentges, PhD

Director, Center for Nutrition Policy and Promotion, U.S. Department of Agriculture (USDA)
Washington, D.C.

- Scientific basis and development of the new food guidance system
- Educational opportunities for nutrition and health professionals

11:15 a.m.

Questions and Answers

11:30 a.m.

Lunch Break

12:25 pm

Update on Low Fat Diets

Thomas C. Keyserling, MD, MPH

Associate Professor
University of North Carolina at Chapel Hill
School of Medicine
Chapel Hill, North Carolina

- To understand, from an historical perspective, why low fat diets were advocated to prevent chronic disease

- Current status of low fat diets with regard to chronic disease prevention
- Current status of low fat diets with regard to weight loss

1:15 p.m.

Update on Low Carbohydrate Ketogenic Diets

Eric Westman, MD, MHS

Associate Professor of Medicine
Duke University Medical Center
Durham, North Carolina

- Why low carbohydrate ketogenic diets were advocated to prevent chronic disease
- Current status of low carbohydrate ketogenic diets relative to chronic disease
- Current status of low carbohydrate ketogenic diets relative to weight loss

2:05 p.m.

The Low Glycemic Index Diet: A Perfect Compromise between Low Fat and Low Carb

David S. Ludwig, MD, PhD

Director, Obesity Program
Associate Director, GCRC
Children's Hospital Boston
Associate Professor, Pediatrics
Harvard Medical School
Boston, Massachusetts

- Define the concept of glycemic index and glycemic load
- Discuss the evidence linking glycemic index to hunger and weight gain
- Compare a low glycemic index diet to low fat and "Atkins" diets
- Construct a low glycemic index diet for practical usage

2:55 p.m.

Questions and Answers

3:25 p.m.

Closing Remarks

Paul Flakoll, PhD

Moderator

3:30 p.m.

Adjourn



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A SATELLITE VIDEOCONFERENCE

Name	Title	Institution	Mailing address	City	State	Zip	Telephone	Fax	E-mail

PAYMENT

- Send the completed form with payment to the county site (listed in this brochure) where you will attend.
- Make check payable to ISU *only* if you will attend the Story County site.
- Otherwise, make check payable to the local county extension office (ie: Adams County Extension).
- Write names of all individuals on the check if one check will pay the registration fee for several individuals.

REGISTRATION FEE

<input type="checkbox"/> General	\$50
<input type="checkbox"/> ISU faculty and staff	\$20
<input type="checkbox"/> ISU student	No charge
<input type="checkbox"/> Box lunch (Ames site only)	\$15

TOTAL enclosed \$ _____

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CONTINUING EDUCATION UNITS

Applications have been submitted for the following:

Registered Dietitians	5.0 CEUs
Dietetic Technicians	5.0 CEUs
Certified Family and Consumer Scientists	5.0 PDU's
Physician Assistants	5.0 CMEs
Nurses	0.5 CEUs
ISFSA/ASFSA members	5.0 CECs
Certified Dietary Managers	5.0 hours

All other health professionals should contact their local, state, or national accrediting organization for continuing education credits for this program. Any fee for CEUs is the responsibility of the participant making the request; the fee must be paid to the granting agency.

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