

Diabetes and Obesity: Building Collaborative Practices

Weight Management (WM) and
Diabetes Care and Education (DCE)

Joint Symposium

March 20–22, 2009

Hilton DFW Lakes Executive
Conference Center
Grapevine, TX

Register online at
www.eatright.org/wmdce2009symposium



Diabetes and Obesity: Building Collaborative Practices

Diabetes and obesity have been recognized as public health concerns occurring in epidemic proportions throughout the US and the world. Despite growing evidence that lifestyle changes can reduce the risk for developing costly complications, significant gaps exist between evidence-based interventions and standard treatments. This symposium is a collaborative effort of two of the largest dietetic practice groups of the American Dietetic Association planned to focus on these two distinct but closely related health conditions. Faculty will describe emerging science and trends and provide insights and innovative solutions for improving patient outcomes and risk factor reduction.



Symposium Objectives:

- Explore the current and promising scientific evidence in the relationship between body weight, lifestyle and metabolic control for Type 1 and Type 2 diabetes
- Discuss and compare the outcomes of a variety of evidence-based treatment options for weight and glucose management including behavioral counseling, physical activity, medication and surgery
- Describe treatment strategies related to age, culture, ethnicity, health literacy and socioeconomic factors for various target populations
- Combine obesity and diabetes-related knowledge and skills to maximize client outcomes
- Identify public policy issues related to obesity and diabetes and discuss how dietitians can be leaders in advocating for health care reform

Intended Audience:

- Members of DCE and WM who wish to expand their knowledge and skills in the treatment of persons with or at risk for diabetes and/or obesity
- Registered Dietitians, Dietetic Technicians, Registered, other health care practitioners (e.g. physicians, nurses, nurse practitioners, pharmacists, certified diabetes educators, researchers, educators, managed care and human resources executives), and others interested or involved in diabetes care and weight management
- Attendees of the Commission on Dietetic Registration's Certificate of Training in Adult and/or Childhood and Adolescent Weight Management Program

Continuing Professional Education (CPE)

Weight Management (WM) and Diabetes Care and Education (DCE), Dietetic Practice Groups of the American Dietetic Association, are accredited Continuing Professional Education (CPE) Providers with the Commission on Dietetic Registration (CDR). Fourteen (14) CPEUs have been requested for Registered Dietitians (RDs) and Dietetic Technicians, Registered (DTRs). Attendees may also claim up to two (2) CPEUs for attending exhibits. Sessions will be offered as Level 2 or Level 3 training, with options for Learning Need Code categories provided onsite for Professional Development Portfolio activity logging. The views expressed by the speakers are their own and not necessarily those of the ADA, WM or DCE.

Faculty List

Ann Albright, PhD, RD
Centers for Disease
Control and Prevention
Atlanta, GA

**Paula Kellogg
Leibovitz,
MS, RD, CDE, CD-N**
Community Health Center
Meriden, CT

**Karen Chapman-
Novakofski,
PhD, RD, LD**
University of Illinois
Urbana, IL

Betsy La Forge, MPH
Blue Cross and Blue
Shield of North Carolina
Durham, NC

**Timothy Church,
MD, MPH, PhD**
Louisiana State University
Baton Rouge, LA

F. Xavier Pi-Sunyer, MD
St. Luke's-Roosevelt
Hospital Center;
Columbia University
New York, NY

**Adam
Drewnowski, PhD**
University of Washington
Seattle, WA

**April Popejoy,
RD, CDE, BC-ADM**
St. Mary's Medical Center
Apple Valley, CA

**Christie Ferriell,
RD, CD**
Reid Hospital &
Healthcare Services
Richmond, IN

**Megan Robinson,
MS, RD, CDE, LDN**
Children's Hospital
of Philadelphia
Philadelphia, PA

**Molly Gee,
MEd, RD, LD**
Baylor College
of Medicine
Houston, TX

**Julie Schwartz,
MS, RD, CSSD, LD,
ACSM-HFI**
Emory Bariatric Center
Atlanta, GA

Peter Jones, MD, FACP
Baylor College
of Medicine
Houston, TX

**June Skoropowski,
RD, LDN**
Beth Israel Deaconess
Medical Center
Boston, MA

Lee Kaplan, MD
Massachusetts
General Hospital
Boston, MA

**Sachiko St. Jeor, PhD,
RD, FADA, FAHA**
Nevada School of Medicine
Reno, NV

**Francine Ratner
Kaufman, MD**
University of
Southern California
Los Angeles, and
Medtronic
Minneapolis, MN

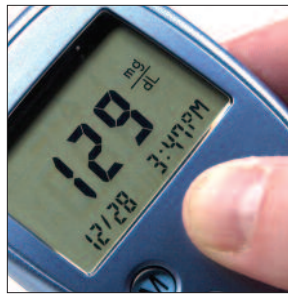
**Hope Warsaw,
MMSc, RD, CDE,
BC-ADM**
Hope Warsaw and
Associates, LLC
Alexandria, VA

**Molly Kellogg,
RD, LCSW**
Private Practice
in Psychotherapy
and Nutrition
Philadelphia, PA

**Erin Winterhalter,
RD, LDN**
Children's Hospital
of Philadelphia
Philadelphia, PA

**David Kruger, MSN,
APRN-BC, BC-ADM**
Henry Ford Medical Center
Detroit, MI

**Martin Yadrick,
MS, MBA, RD, FADA**
President, American
Dietetic Association
Los Angeles, CA



About Grapevine, Texas

Grapevine, Texas is a vibrant and charming city blessed by natural beauty, moderate year-round temperatures, and a population that embraces modern and historic Texas. This resort destination, home of beautiful Lake Grapevine and DFW International Airport, is at the crossroads of three major interstates, and serves as the gateway to the most dynamic destination in the Southwestern United States. Grapevine is located just minutes from DFW International Airport, with thousands of domestic and international flights daily, connecting Grapevine to all major cities throughout the US and the world. Visitors can expect southern hospitality as they enjoy a slice of Texas heritage. Check out the website at www.grapevintexasusa.com.



Historic Downtown Grapevine is the heart of the city's shopping and dining district. The renovated century-old buildings lining Main Street and the Historic District are full of character and charm. Stop for an outstanding meal at many one-of-a-kind restaurants. Within the Historic District, wine connoisseurs and novices can experience a truly wonderful Grapevine offering, by sampling fine Texas-grown vintages at numerous wineries and tasting rooms. The city is home to a growing artisan community that allows visitors to not only purchase unique art, but to see the creation of blown-glass, oil painting, artistic ironwork and world-class bronze sculpting. Grapevine is a delightful mix of old and new . . . and it's all waiting for you to come experience this truly unique American city. It will be a place you'll never forget!



Schedule



FRIDAY, MARCH 20, 2009

- 9:00 a.m. – 5:00 p.m. **Registration**
- 12:00 p.m. – 12:15 p.m. **Opening Remarks**
- 12:15 p.m. – 1:15 p.m. **Looking Ahead: New Frontiers for Diabetes and Obesity Prevention and Treatment**
F. Xavier Pi-Sunyer, MD
- 1:15 p.m. – 2:15 p.m. **Mission Possible: Medication, Glucose AND Weight Control**
Davida Kruger, MSN, APRN-BC, BC-ADM
- 2:15 p.m. – 2:45 p.m. **Break**
- 2:45 p.m. – 3:45 p.m. **Exercise and Health: Making Sense of the Conflicting Recommendations**
Timothy Church, MD, MPH, PhD
- 3:45 p.m. – 4:45 p.m. **Caring for Ourselves/ Caring for Our Clients**
Molly Kellogg, RD, LCSW
- 5:00 p.m. – 7:00 p.m. **Reception & Exhibits**

SATURDAY, MARCH 21, 2009

- 7:00 a.m. – 5:15 p.m. **Registration**
- 7:00 a.m. – 7:45 a.m. **Breakfast**
- 7:00 a.m. – 4:15 p.m. **Exhibits**
- 8:00 a.m. – 8:30 a.m. **ADA Foundation Tackles Childhood Obesity**
Martin Yadrick, MS, MBA, RD, FADA
- 8:30 a.m. – 9:30 a.m. **The Metabolic Syndrome Pandemic: Emerging Risk Factors**
Peter Jones, MD, FACP
- 9:30 a.m. – 10:30 a.m. **Public Policy for Transforming Healthcare Systems**
Ann Albright, PhD, RD
- 10:30 a.m. – 11:15 a.m. **Break & Exhibits**

Concurrent Sessions 11:15 a.m. – 12:15 p.m.

- 11:15 a.m. – 12:15 p.m. **Bench to Broadcast: Putting Research into Perspective**
Adam Drewnowski, PhD
Hope Warshaw, MMSc, RD, CDE, BC-ADM
- 11:15 a.m. – 12:15 p.m. **Nutrition Practice Standards for the Bariatric Patient**
June Skoropowski, RD, LDN

12:15 p.m. – 1:30 p.m. Buffet Luncheon in Exhibit Hall

Sponsored by Lean Cuisine
Exhibits

Concurrent Sessions 1:30 p.m. – 3:45 p.m. Pediatric Research and Practice Track

- 1:30 p.m. – 2:05 p.m. **STOP—Stop Taking on Pounds, Start Living a Healthy Lifestyle**
Christie Ferriell, RD, CD
- 2:10 p.m. – 2:45 p.m. **The HOT Project: Healthy Outcomes for Teens**
Karen Chapman-Novakofski, PhD, RD, LD
- 2:50 p.m. – 3:25 p.m. **Pediatric Double Diabetes: The Dietitian's Dilemma**
Megan Robinson, MS, RD, CDE, LDN
Erin Winterhalter, RD, LDN
- 3:25 p.m. – 3:45 p.m. **Q & A Session**

Concurrent Sessions 1:30 p.m. – 3:45 p.m. Adult Research and Practice Track

- 1:30 p.m. – 2:05 p.m. **FoodSmart and Fit: Using Self-management Goal Setting to Promote Healthier Lifestyles in Young Women**
Paula Kellogg Leibovitz, MS, RD, CDE, CD-N
- 2:10 p.m. – 2:45 p.m. **Collaborations that Work! Utilizing Community Partners for Obesity Prevention Programs**
April Popejoy, RD, CDE, BC-ADM



2:50 p.m. – 3:25 p.m. **Lessons from Year One:
Results of the Look AHEAD Trial**
Molly Gee, MEd, RD, LD

3:25 p.m. – 3:45 p.m. **Q & A Session**

3:45 p.m. – 4:15 p.m. **Break & Exhibits**

4:15 p.m. – 5:15 p.m. **Bariatric Surgery for Diabetes:
What Do We Know?
Where Do We Stand?**
Lee Kaplan, MD

SUNDAY, MARCH 22, 2009

7:00 a.m. – 12:00 p.m. **Registration**

7:00 a.m. – 7:45 a.m. **Breakfast**

8:00 a.m. – 9:00 a.m. **The Prevention and
Treatment of Diabetes
in Youth: Lessons Learned**
Francine Ratner Kaufman, MD

Concurrent Sessions 9:05 a.m. – 10:05 a.m.

9:05 a.m. – 10:05 a.m. **The Coach Approach to
Weight Management: Evolving
from Dieting to Sustained
Weight Management**
*Julie Schwartz,
MS, RD, CSSD, LD, ACSM-HFI*

9:05 a.m. – 10:05 a.m. **Private Payors and
Reimbursement for Weight
Management Services**
Betsy La Forge, MPH

10:05 a.m. – 10:45 a.m. **Break**

10:45 a.m. – 11:45 a.m. **Energy Balance:
Dietitians on the "GO"**
Sachiko St. Jeor, PhD, RD

11:45 a.m. – 12:00 p.m. **Closing Remarks**

This program is supported in part by educational grants from:
• Amylin Pharmaceuticals, Inc, and Eli Lilly and Company
• Takeda Pharmaceuticals North America, Inc.

Optional Events (During free time)

Optional activities are offered to registered symposium participants at no additional cost unless otherwise noted.

Reserve your spot in an optional event by checking the box on your symposium registration form or if you are registering online, e-mail your optional event reservation to Rita Pollack at pollackmtg@aol.com.



Friday, March 20, 2009

7:00 p.m. – 9:00 p.m.

Dinner

Sponsored by Paramount Farms

No charge to registered symposium participants.

Advance registration is required.

Saturday, March 21, 2009

6:00 a.m. – 6:45 a.m.

Wake-Up Walk

Sponsored by ACCUSPLIT, Inc.

Cost per person: No charge

6:00 a.m. – 7:00 a.m.

Cardio Tennis*

Cardio Tennis court time will be assigned on a first-come first served basis. Payment will be collected upon arrival at the hotel. Fee can be charged to your room.

Cost per person: \$6

Sunday, March 22, 2009

6:00 a.m. – 6:45 a.m.

Exercise Session

Cost per person: No charge

6:00 a.m. – 7:00 a.m.

Cardio Tennis*

Cost per person: \$6

**Cardio Tennis is a new, fun group activity featuring drills set to music to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to stay in shape and to burn calories, you must try Cardio Tennis. Watch a short video at www.cardiotennis.com.*

General Information

Handouts

Tired of carrying, transporting and storing those heavy educational session handout books? Great news . . . **WM/DCE Symposium educational sessions are going paperless!** This new paperless format means that there will no longer be an educational session handout book. Instead, all registrants will have several ways to access session handouts before, during and after the meeting.

Before the Symposium—All symposium registrants will be provided a web link with their registration confirmation that directs them to the online handouts. Session handouts will be available online for registered attendees for both printing and download prior to arriving in Grapevine.

During the Symposium—Designated printing kiosks at the hotel **will not** be available. Therefore, while the hotel has a small business center that allows you to access the Internet and print files for a fee, *you are strongly encouraged to print and/or download the handouts prior to arriving in Grapevine.*

After the Symposium—Handouts will be available online for two months after the symposium for all registered attendees.

The new paperless format allows attendees access to a wealth of session information. With this new online format, speakers will have the flexibility to offer additional resources previously not printed in the handout book due to space restrictions. Finally, the paperless format will allow attendees time to review educational session handouts prior to the symposium in order to select those concurrent sessions that best meet their professional development plan.

Ground and Air Transportation

Hilton DFW Lakes Executive Conference Center is located five minutes from DFW International Airport. The hotel provides complimentary airport transportation. The following steps should be followed to ensure an expedient transfer:

- Deplane and proceed to your assigned baggage claim and claim your checked luggage
- Proceed to the Hotel Ground Transportation Board, adjacent to each baggage claim area
- Locate the courtesy phone kiosk and follow the simple instructions on the touch screen, connecting you directly with Hilton DFW Lakes.
- Request Courtesy Transportation
- After speaking with the hotel, go to the lower level to the Gray "Courtesy Vehicle" sign and wait for the van to pick you up. The Hilton DFW Lakes Shuttle is Silver and Blue with DFW Lakes on the sides of the shuttle. Guests will **not** be met with signage.

Complimentary return shuttles to DFW International Airport are available every half-hour, 24 hours a day, meeting in the Main Lobby 10 to 15 minutes prior to departure.

Discounted fares on American Airlines have been negotiated through the ADA Travel Store. Please contact the ADA Travel Store at www.adatv1.com or 1-800-947-0167.

Attire and Climate

Business casual attire is highly recommended for the duration of the Symposium. Please feel free to dress comfortably. Grapevine's average March temperature runs from a low of 46 to a high of 68 degrees. If you plan to participate in the physical activity sessions on Saturday and Sunday mornings, remember to pack appropriate clothing. Please be sure to bring a sweater or jacket, as hotel meeting rooms can be chilly.

Housing and Reservation Information

A limited block of guest rooms is being held for Weight Management and Diabetes Care and Education Joint Symposium participants at Hilton DFW Lakes Executive Conference Center, 1800 Highway 26 East, Grapevine, TX 76051. Call the Hotel directly at 1-800-984-1344 to reserve your room or use this link: <http://www.hilton.com/en/hi/groups/personalized/DFWAHHF-4AW-20090318/index.jhtml>.

Sponsors confirmed as of December 1, 2008:

- Abbott Nutrition
- ACCUSPLIT, Inc.
- General Mills Bell Institute of Health and Nutrition
- Health Management Resources
- Lean Cuisine
- McNeil Nutritionals, LLC, a Johnson & Johnson Company
- Paramount Farms
- Slim-Fast
- Walden Farms

If you wish to exhibit or sponsor an event, please contact Pat Harper at harperp@dom.pitt.edu or 1-412-692-2971 or Charlotte Hayes at c_a_hayes@bellsouth.net or 1-404-872-9301 no later than February 2, 2009.

To receive the special rate of \$149 single occupancy/\$159 double occupancy plus 12 % tax per night, identify yourself as an attendee of the American Dietetic Association Weight Management and Diabetes Care and Education Joint Symposium (Hotel Booking Code 4AW) and make your reservation by **February 24, 2009**. All reservations need to be guaranteed by a credit card or deposit check equal to one night's stay. The deposit is refundable if your reservation is cancelled by **Tuesday, March 3, 2009**. After this date, all deposits are non-refundable. A personal check or any major credit card will be accepted and credit cards used to prepay will be charged immediately. Reservations will be accepted on a first-come, first-serve basis. Please make your reservation early to avoid disappointment, as a limited number of rooms are available.

About the Hotel

Bring your family to share in the fun! Hilton DFW Lakes Executive Conference Center has a 90-acre backyard that is an outdoor enthusiast's paradise. Take a stroll along miles of trails that meander through tall Texas oak trees. Try your hand at fishing from a fully stocked, private 10-acre lake. Lounge by the outdoor pool under blue Texas skies, enjoy a round of golf at the award-winning Cowboys Golf Course or play a game of tennis at one of the six outdoor or two indoor tennis courts or play sand volleyball on the special court. Hilton DFW Lakes is also home to Austin Ranch, one of the oldest dude ranches in Texas, where you can experience the Old West in all its glory. Their on-site stable houses 10 horses and offers trail rides and riding lessons.

Guest rooms are designed for peace and quiet. Each room has wired and wireless Internet connectivity, a 32" flat panel LCD TV and the new Hilton Serenity collection of bedding, to assure you a good night's sleep. Stop by the complimentary fitness and cardio workout room, book a massage during your free time or take the complimentary Hilton DFW Lakes Executive Conference Center shuttle to Bass Pro Shop Outdoor World/Grapevine Mills Mall, just across the road or to downtown Grapevine, based upon availability, for shopping or dining. Check out the hotel website at www.hiltondfwlakesec.com.

Symposium Registration and Cancellation

The full Symposium registration fee includes admittance to all sessions, reception, two continental breakfasts, Friday dinner and Saturday lunch. We encourage you to register online at www.eatright.org/wmdce2009symposium. **Pre-registration is preferred and forms must be postmarked, faxed or registered online on or before February 17, 2009 to receive the discounted registration fee.** As a benefit to **WM and DCE members only**, those registrations received on or before **February 1, 2009** will qualify for a special discounted registration fee. If you are paying by check, please mail your registration form to Pollack Meeting & Event Management, Inc. at the address listed on the form or you may fax your credit card registration to **1-312-475-1405**.

Registrations received after **March 11, 2009** will be accepted on-site, space permitting.

Written requests for Symposium registration refunds must be postmarked on or before March 6, 2009 to receive a refund, less a \$75 processing fee. No refunds will be granted for cancellation requests postmarked after March 6, 2009. All cancellation requests need to be made in writing to: Pollack Meeting & Event Management, Inc., 1030 North State Street, Suite 5C, Chicago, IL 60610 or faxed to **1-312-475-1405** or e-mailed to pollackmtg@aol.com.

If you have questions, please call:

Symposium: 1-312-475-1404 ~ Housing: 1-800-984-1344

Symposium Registration Form

2009 Weight Management Diabetes Care and Education Joint Symposium

March 20–22, 2009 • Grapevine, Texas

Office use only:

Ver Memb _____
 CC ADA _____
 Reg _____
 Conf _____
 Inv _____
 50% to 123-410-3160-2306
 50% to 126-410-3160-2606

1. Please complete all information, using one form per registrant. **Your badge will appear as shown below.**
 Your registration confirmation will be sent to you via E-mail or fax. This will NOT change your ADA membership record.

ADA MEMBER NUMBER	FORMAL FIRST NAME	NICKNAME
LAST NAME	PROFESSIONAL SUFFIX/CREDENTIALS	
POSITION TITLE	PLACE OF EMPLOYMENT	
MAILING ADDRESS		
CITY/STATE/ZIP CODE	E-MAIL ADDRESS (REQUIRED FOR CONFIRMATION PURPOSES)	
DAYTIME TELEPHONE NUMBER	FAX NUMBER	

2. Registration includes admittance to all sessions, one reception, two continental breakfasts, Friday dinner and Saturday lunch. Optional event fees are not included in this symposium registration fee. Costs are per person. Name badges are required at all events.

3. Please circle your membership type:

	Full Symposium On or Before 2/1/09	Full Symposium On or Before 2/17/09	Full Symposium After 2/17/09	Amount Due
ADA/WM/DCE Member	\$250	\$285	\$325	_____
ADA Member/Non-WM/DCE Member	\$310	\$310	\$350	_____
Non ADA Member	\$325	\$325	\$365	_____
Student	\$150	\$150	\$175	_____
*Guest (Name _____)	\$135	\$135	\$160	_____

**Guest participation includes reception, two continental breakfasts, Friday dinner and Saturday lunch.*

4. Please check the box if you will attend the dinner on Friday sponsored by Paramount Farms: Yes

5. Please check the box if you will attend the physical activity session:

Saturday, 3/21/09 Wake-up Walk—Complimentary
 Cardio Tennis—\$6 per person per session to be paid directly to hotel on site.*

Sunday, 3/22/09 Physical Activity Session—Complimentary
 Cardio Tennis—\$6 per person per session to be paid directly to hotel on site.*

**Please do not include your Cardio Tennis payment with your registration payment.
 Cardio Tennis fee is to be paid directly to the hotel when you arrive.*

6. If you have a special dietary or physical need, check yes here and explain: Yes
- _____

7. Please check the box if you do not want your contact information listed in the attendee roster that will be distributed to all symposium registrants on-site.

8. **Type of payment:** Facility purchase orders are not accepted.

Check/Money Order Enclosed
 VISA MasterCard American Express Discover

Card Number _____ Exp Date _____

Print Cardholder Name _____

Signature _____ Total Due _____

I agree to pay this amount according to card user agreement

Register online at
[www.eatright.org/
wmdce2009symposium](http://www.eatright.org/wmdce2009symposium)

To speed processing:

Fax completed form and credit card information to **1-312-475-1405**. Please do not mail this form if you have already registered on line at www.eatright.org/wmdce2009symposium or by fax. Or return completed form with check payable to **American Dietetic Association/DPG #23/26** and mail to: **Rita Pollack, WM/DCEDPG, C/O Pollack Meeting & Event Management, Inc., 1030 North State Street, Suite 5C, Chicago, IL 60610.**

Registration received after **Wednesday, March 11, 2009** will be accepted on-site, space permitting.

Written requests for refunds must be postmarked on or before **Friday, March 6, 2009** to receive a refund, less a \$75 processing fee. No refunds will be granted for cancellation requests postmarked after March 6, 2009.

Please keep a copy of this form for your records.

Weight Management/Diabetes Care and Education
Dietetic Practice Groups of the
American Dietetic Association
C/O Pollack Meeting & Event Management, Inc.
1030 North State Street, Suite 5C
Chicago, IL 60610



Diabetes and Obesity: Building Collaborative Practices

Register online at www.eatright.org/wmdce2009symposium

Diabetes
Obesity
BMI
Insulin Resistance
Metabolic Syndrome
Type 1
Type 2
Glucose Management
Behavioral Counseling
Physical Activity
Weight Management