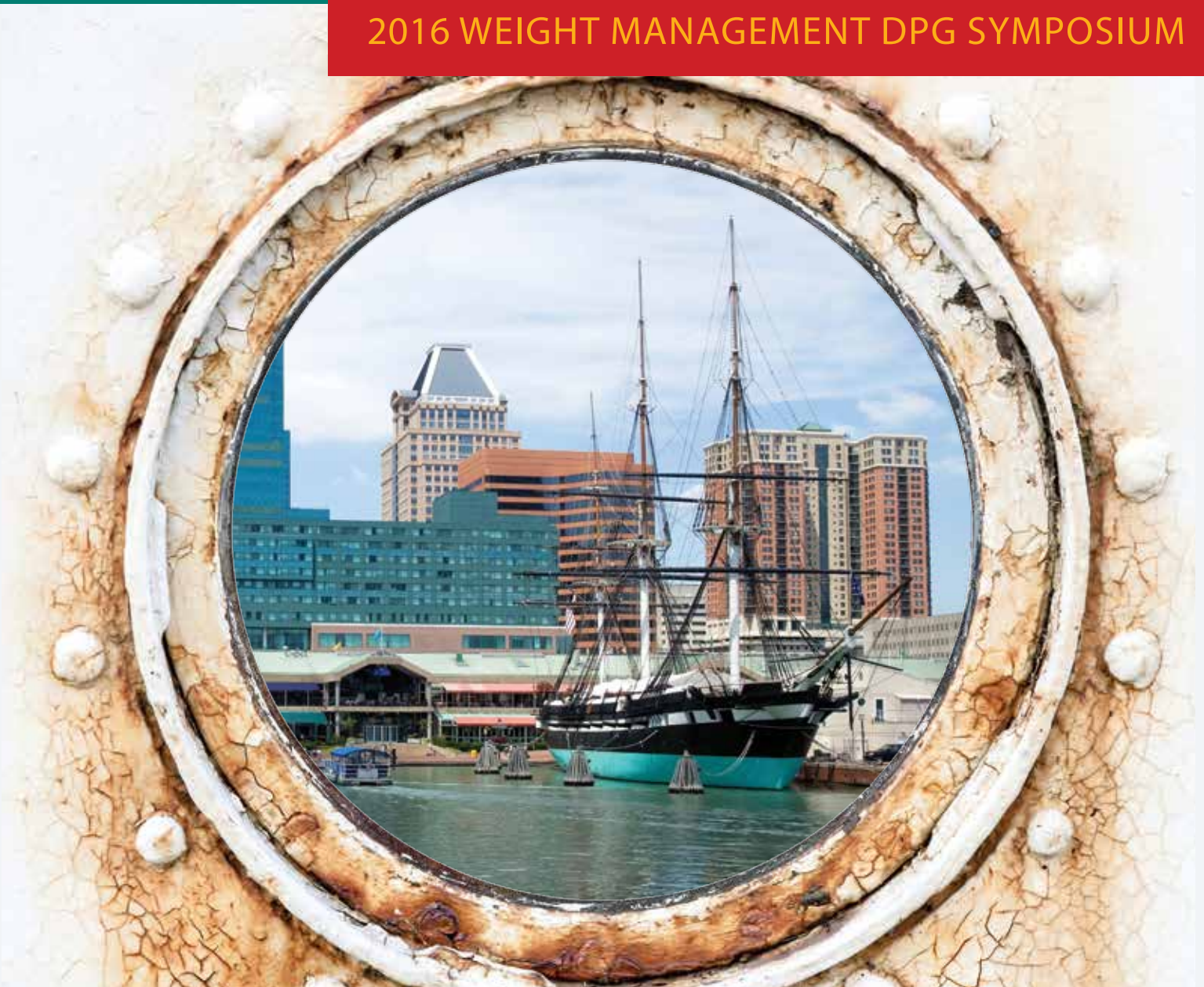


# Build on the Past: Navigate the Future

2016 WEIGHT MANAGEMENT DPG SYMPOSIUM



April 15-17th

Hyatt Regency: Baltimore Inner Harbor  
Baltimore, Maryland

[www.wmdp.org/symposium](http://www.wmdp.org/symposium)

**Weight  
Management**

a dietetic practice group of the  
**Academy of Nutrition  
and Dietetics**



# LETTER FROM THE DPG CHAIR AND SYMPOSIUM DIRECTOR

April 2016

Dear Fellow Professionals,

On behalf of the Weight Management Dietetic Practice Group (WM DPG) Symposium Planning Committee and Executive Committee, WELCOME to Baltimore, Maryland and the 2016 Weight Management DPG Symposium! We are excited to have you here to **Build on the Past: Navigate the Future** and participate in an evolving conversation of weight management. With a stellar line-up of speakers, you will be challenged to open your minds to new ideas and concepts in the field. We hope to provide you with cutting edge research and innovative approaches to standard practice models.

This year's theme, **Build on the Past: Navigate the Future** was inspired by the early settlers who sailed to Baltimore to embark upon the vast shipbuilding industry, which later evolved into new industries and businesses. Today, shipbuilding is history, but like days of old, we are in need of understanding our foundation in order to keep up with the ever-changing landscape in weight management. Over the next 2 1/2 days, we encourage you to think about where you want to go professionally and offer this symposium as part of your navigational map.

We hope you will take advantage of everything there is to offer at symposium! Come visit with exhibitors and take some time to meet new people at our Friday night reception. There will be another opportunity to network Saturday night at the subunit reception. Come visit with friends, colleagues and meet the Directors of the Bariatric, Pediatric and Coaching subunits to learn about the benefits in being part of these great resource groups if you are not already a member. Be sure to check out our Poster Presentations Sunday during breakfast. Under the leadership of Drs. Hollie Raynor and Anne Mathews, the WM DPG again has supported their innovative research mentorship program focusing on RDs collecting outcomes. And don't forget there will be opportunities to exercise: enjoy activity breaks featuring Nia and Yoga on Friday and Saturday or start your mornings off with a workout walk or run.

As a practice group, we are experiencing exciting advancements in the field of obesity and weight management. Our Past-Chair, Anne Wolf has taken the lead as the Academy moves forward with the Interdisciplinary Certification in Obesity and Weight Management Credential. As this evolves, we continue to collaborate with The Obesity Society (TOS), the American Society for Metabolic and Bariatric Surgery (ASMBS), and the Obesity Action Coalition (OAC) in shared strategic initiatives including obesity counseling reimbursement. We are **building on our past** and **navigating our future** as an organization and are so happy you are here to be part of the movement.

In health,



Kris Clark, PhD, RDN, FACSM  
WM DPG Chair



Christina Scott, RD, LD, CDE  
Symposium Director

# Build on the Past: Navigate the Future

Friday, April 15, 2016

## Pre-Symposium Workshop

Location: Constellation AB

**Workshop  
Registration opens  
7:00am**

**7:30am – 11:00am**

### Let's Talk: Coaching Your Clients to Success

*Darlene Trandel, PhD, RN / FNP, CSN, CCP, PCC and  
Faculty at University of Maryland, School of Nursing and Wellcoaches*

Do you ever feel 'stuck' when helping clients with behavior change? Do you wish your patients would 'just do it'? Whether you are a seasoned coaching veteran or a new learner, attendees will benefit from the hands-on practice and skill-building gained in this interactive workshop.

Learn how to present nutrition information to increase patient confidence in modifying habits while reducing resistance to change. Participants will engage in practice coaching sessions adapted to children, teens, and families to individual adults and groups in a variety of practice settings.

### Weight Management DPG:

**MISSION** Empowering members to be the food and nutrition leaders in weight management and lifestyle change.

**VISION** Optimizing healthy weight through food and nutrition.

# DAY-AT-A-GLANCE

Friday, April 15, 2016

7:00am – 6:00pm Foyer

**Registration**

## Pre-Symposium Workshop

*Breakfast will be provided with the Pre-Symposium Workshop*

7:30am – 11:00am Constellation AB

### Let's Talk: Coaching Your Clients To Success

Darlene Trandel, PhD, CSN, FNP, CCP, PCC and  
Faculty at Univ. of Maryland, School of Nursing and Wellcoaches

*Presiding Officer: Lynn Grieger, RD, CDE, CPT,  
2016 WM DPG Coaching Subunit Director*

## 2016 Symposium Program

12:15pm – 12:30pm Constellation AB

### Welcome

*WM DPG Chair - Kris Clark, PhD, RDN, FACSM  
Symposium Director - Christina Scott, RD, LD, CDE*

12:30pm – 1:30pm Constellation AB

### Captains of the Future: Ensuring the RDN as a Central Resource

*Keynote: Mary Christ-Erwin,  
Honorary Member of the Academy of Nutrition & Dietetics*

1:30pm – 2:30pm Constellation AB

### 2015 Dietary Guidelines: Looking Forward

Alice Lichtenstein, DSc

*Presiding Officer: Catherine Champagne, PhD, RDN, LDN,  
2016 Symposium Planning Committee*

2:30pm – 3:00pm

### Active Break

*Activity: Nia, led by Anne Wolf, MS, RDN, WM DPG Past Chair*

3:00pm – 4:00pm Constellation AB

### There's an App for That: Using Technology to Enhance Your Practice

Deborah Tate, PhD

*Presiding Officer: Ashley Mullins, RD, LD, CNSC,  
2016 WM DPG Communications Director*

4:00pm – 5:00pm Constellation AB

### Time Out: Role of Circadian Rhythms in Weight Management

Courtney Peterson, PhD, MS, MSc, MAST

*Presiding Officer: Lisa Talamini, RD,  
2016 Symposium Planning Committee*

5:15pm – 7:15pm Exhibit Hall

### WM DPG Reception & Exhibits

# DAY-AT-A-GLANCE

Saturday, April 16, 2016

6:00am – 7:00am Hotel Lobby

## Morning Workout

Start your day off with a morning walk or run along the Inner Harbor.

*Morning Walk:* led by Cindy Davis, MPH, RDN

*Morning Run:* led by Betsy Anderson Steeves, PhD, RD,  
2016 WM DPG Policy and Advocacy Leader

7:00am – 8:00am Exhibit Hall

## Breakfast and Exhibits

8:00am – 9:00am Constellation AB

## Portion Control: Tips and Tools for Weight Management

Barbara Rolls, PhD

*Presiding Officer:* Laura Bartee, RD, LD,  
2016 Symposium Planning Committee

9:00am – 9:15am Constellation AB

## Awards Ceremony

9:15am – 10:15am Constellation AB

## Managing Weight Gain During Pregnancy: Evidence and Challenges of Achieving Energy Balance

Danielle Downs, PhD

*Presiding Officer:* Sara Pinson, RDN, LD,  
2016 Symposium Planning Committee

10:15am – 10:45am

## Active Break

*Activity:* Yoga, led by Laura Andromalos, RD, LDN,  
2016 WM DPG Bariatric Subunit Director

## Concurrent Sessions:

10:45am – 11:45am Maryland Suites

## Adolescent Mental Health and Bariatric Surgery: What Do We Know?

Kathryn Hillstrom, EdD, RD, CDE

*Presiding Officer:* Melissa Page, MS, RDN, LDN,  
2016 Symposium Planning Committee

10:45am – 11:45am Constellation AB

## Leaning Out: Fat Loss and Muscle Gain in a Caloric Deficit

Todd Miller, PhD, CSCS, TSAC-F, FNSCA  
Stephanie Mull, MS, RD, CSSD

*Presiding Officer:* Cindy Davis, MPH, RDN,  
2016 Symposium Planning Committee

11:45am – 1:00pm Exhibit Hall

## Lunch & Exhibits

Sponsored by ConAgra Foods, Inc.

# DAY-AT-A-GLANCE

1:00pm – 2:00pm	Constellation AB	<b>Fetal Programming: Is Your Weight What Your Mom Ate?</b> Jessica Redmond, MS, RD, CSCS <i>Presiding Officer: Linda Gigliotti, MS, RDN, CDE, 2016 WM DPG Professional Development Director, 2016 Symposium Planning Committee</i>
2:00pm – 2:15pm		<b>Break</b> <i>Sponsored by Medifast, Inc.</i>
<b>Concurrent Sessions:</b>		
2:15pm – 3:15pm	Maryland Suites	<b>Biologic Drivers Behind the Weight Loss Scene</b> Laura Frank, PhD, MPH, RD, CD <i>Presiding Officer: Laura Andromalos, RD, LDN, 2016 WM DPG Bariatric Subunit Director</i>
2:15pm – 3:15pm	Constellation AB	<b>Healthy Weight from the Start: Infant Feeding Practices</b> Jill Castle, MS, RDN <i>Presiding Officer: Emily Hartline, RDN, CSP, LDN, 2016 WM DPG Pediatric Subunit Director</i>
3:15pm – 3:30pm		<b>Break</b>
3:30pm – 4:30pm	Constellation AB	<b>Comparative Effectiveness of Bariatric Surgery and Lifestyle Interventions</b> Valerie Myers, PhD <i>Presiding Officer: Catherine Champagne, PhD, RDN, LDN, 2016 Symposium Planning Committee</i>
4:30pm – 5:45pm	Constellation AB	<b>Integrative Medicine Weight Management: Evaluating Evidence, Practice &amp; Ethics</b> Mary Beth Augustine, RDN, CDN, FAND <i>Presiding Officer: Lisa Talamini, RDN, 2016 Symposium Planning Committee</i>
4:30pm – 6:00pm	Foyer	<b>Poster Presentation Opening</b>
6:00pm – 7:30pm	Harborview	<b>Subunit Reception</b>
6:00pm – 7:00pm	Hotel Lobby	<b>Evening Walk</b> Enjoy a leisurely stroll around the Inner Harbor. <i>Led by: Laura Bartee, RD, LD, 2016 Symposium Planning Committee</i>

# DAY-AT-A-GLANCE

Sunday, April 17, 2016

6:00am – 7:00am	Hotel Lobby	<b>Workout Walk</b> Come take in the sites of the historic Baltimore harbor. <i>Led by: Sara Pinson, RDN, LD, 2016 Symposium Planning Committee</i>
7:00am – 8:00am	Exhibit Hall	<b>Breakfast</b>
7:00am – 8:00am	Foyer	<b>Poster Presentations</b> Come visit with our RDN poster presenters who are collecting research outcomes.
8:00am – 9:00am	Constellation AB	<b>Beyond the Clinic: Weight Management in the Workplace</b> Erica Lokshin, MS, RD, CDN <i>Presiding Officer: Christina Scott, RDN, LD, CDE, 2016 Symposium Director</i>
9:00am – 10:00am	Constellation AB	<b>Obesity Pharmacotherapy: Enhancing the PCP and RDN Relationship</b> Scott Kahan, MD, MPH <i>Presiding Officer: Anne Wolf, MS, RDN, WM DPG Past Chair</i>
10:00am – 10:15am		<b>Break</b>
10:15am – 11:15am	Constellation AB	<b>News Flash: Latest Updates on Weight and Cancer Prevention</b> Connie Rogers, PhD, MPH <i>Presiding Officer: Eileen Ford, MS, RDN</i>
11:15am – 12:15pm	Constellation AB	<b>But Can They Keep It Off? Innovative Weight Maintenance Tools</b> Paul MacLean, PhD <i>Presiding Officer: Eileen Stellefson Myers, MPH, RD, LDN, FADA, 2016 WM DPG Chair-Elect</i>
12:15pm – 12:30pm	Constellation AB	<b>Closing Remarks</b> Eileen Stellefson Myers, MPH, RD, LDN, FADA WM DPG Chair-Elect

## 2016 AWARD RECIPIENTS

### Excellence in Outcomes Research for the Emerging Researcher Award

#### 2016 Award Recipient: Betsy Anderson Steeves, PhD, RD

Sponsor: Weight Management DPG

*The Excellence in Outcomes Research for the Emerging Researcher Award recognizes outcomes research by Weight Management DPG members involved in research for equal to or less than five years and promotes recognition of this research internally within the Weight Management Dietetic Practice Group and the Academy of Nutrition and Dietetics, and externally in the diverse scientific societies that address obesity and weight management.*



Dr. Betsy Anderson Steeves completed a BS in Dietetics from the University of Dayton in Dayton, OH; a MS in Public Health Nutrition and dietetic internship at the University of Tennessee, in Knoxville, TN; and a PhD in Public Health at the Johns Hopkins Bloomberg School of Public Health in Baltimore, MD. Betsy has been a Weight Management DPG (WMDPG) member since 2010 and has served on the WMDPG's Executive Committee as the Policy and Advocacy Leader since 2014.

Betsy is currently an Assistant Professor in the Nutrition Department at the University of Tennessee, Knoxville. Her research is focused on designing and conducting community-based interventions to reduce health disparities and prevent obesity among underserved populations, with a specific emphasis on low-socioeconomic status children and adolescents. Her research also explores how social and physical (built) environments influence food purchasing and consumption behaviors of youth and adults. In addition, she is deeply invested in training future dietitians and weight management professionals through teaching and working with graduate and undergraduate nutrition students.

### Excellence in Weight Management Practice Award

#### 2016 Award Recipient: Christine K. Weithman, MBA, RD, LDN

Sponsor: Novo Nordisk Inc.

*The Excellence in Weight Management Practice Award recognizes Weight Management DPG members for exceptional performance in weight management practice, contributions to the advancement of weight management practice, and leadership in weight management or dietetics-related organizations.*



Christine Weithman has been an ADA/Academy member since 1979 and a WMDPG member since 2007. She completed her undergraduate degree at Framingham State College as a participant in the Coordinated Program in Dietetics (CP) and received her MBA from Northeastern University in 1986. Chris has worked at HMR Weight Management Corporation (HMR) [formerly Health Management Resources] since 1987, where she has helped support the medical treatment of hundreds of thousands of patients in HMR's clinic-based programs. She helped to establish the nutritional thresholds of HMR's very low-calorie diet program and is responsible for overseeing the nutritional quality of HMR's meal replacements. She continues to play a role in new product development, as well as development of HMR's remote, moderate calorie deficit weight loss program. Chris is also responsible for overseeing the presentation of nutritional information in HMR materials and helps with nutrition training for HMR medical staff. Additionally, Chris has partnered with HMR's research department to present several abstracts at both FNCE and Obesity Week.

In Chris's early years as an RD, she was on the faculty for the dietetic internship at Mount Auburn Hospital. Since working at HMR she has mentored thousands of dietitians and has helped to influence the development of HMR's evidence-based programs.

Chris has served as WM's first symposium chair, as Director of Professional Development, Treasurer, and Chair for the WMDPG. She currently serves on the Policy Committee and is a member of the Academy's Committee for Lifelong Learning (also known as the FNCE Planning Committee).



## 2016 AWARD RECIPIENTS

### Excellence in Weight Management Outcomes Research Award

**2016 Award Recipient: Diane Rigassio Radler, PhD, RD**

*Sponsor: Heartland Food Products*

*The Excellence in Weight Management Outcomes Research Award recognizes Weight Management DPG members by encouraging outcomes research by members and promotes recognition of this research internally within the Weight Management Dietetic Practice Group and the Academy of Nutrition and Dietetics, and externally in the diverse scientific societies that address obesity and weight management.*



Dr. Diane Radler completed a BS in Human Nutrition and Foods at Rutgers University in New Brunswick, NJ, and then completed internship and graduate degrees at the University of Medicine and Dentistry of New Jersey, which merged with Rutgers in 2013.

Dr. Radler is an Associate Professor in the Department of Nutritional Sciences at Rutgers University's School of Health Related Professions and the director of the Institute for Nutrition Interventions. Since 2013 she has been the Principal Investigator and director of the worksite wellness practice based research protocol. The program, LIFT UP (Lifestyle Interventions For Total Health — a University Program), focuses on weight management and reducing risk factors for cardiometabolic disease. Participants who enroll in this longitudinal weight management study meet with a Registered Dietitian at a baseline appointment, followed by 12 weeks of educational sessions, and then periodic follow-up appointments over two years to monitor progress and changes over time. The outcomes of LIFT UP have been consistent with significant improvements in cardiometabolic risk factors. Additionally in her academic role Dr. Radler has mentored students in thesis and doctoral outcomes research using interim analyses of the LIFT UP data.

**To learn more about opportunities for awards and stipends please visit our website at [wmdpg.org/member-services/awards-stipends/](http://wmdpg.org/member-services/awards-stipends/).**

## CONTINUING PROFESSIONAL EDUCATION

**CPE Certificates of Attendance are located at the back of this book.**

*The following learning needs codes are suggestions from the program planners.*

*Other codes may apply based on your individual Professional Development Portfolio needs.*

Pre-Symposium Workshop: 6010, 6020, 6070, 6080

Friday: 5370, 1020, 1070, 4030

Saturday: 5370, 4120, 4130, 5125, 4180, 5420

Sunday: 5370, 3070, 5150, 6010

Posters: 1080, 2090, 3100, 5370

Exhibits: 1010, 2020, 5370

## 2016 SPEAKERS

### **MaryBeth Augustine, RDN, CDN, FAND**

MaryBeth Augustine is the Senior Integrative Nutritionist and Integrative Nutrition Internship Program Director at the Mount Sinai Beth Israel Center for Health & Healing in New York. Prior employment includes Director of Saybrook University Master's degree program in Integrative and Functional Nutrition, Integrative Medicine Nutritionist at Memorial Sloan Kettering Cancer Center, and cardiovascular risk reduction research at the American Health Foundation. She is recipient of the 2012 Excellence in Practice Award from Dietitians in Integrative and Functional Medicine (DIFM) DPG, and serves as Past Chair, 2015-2016, for DIFM DPG. Publications include *The Detox Prescription*, and contributing author to *Integrative Medicine Principles for Practice* and *The Complete Guide To Nutrition in Primary Care*. Speaking highlights include the United Nations Committee on Aging, American Institute for Cancer Research, Integrative Healthcare Symposium, and New York, New Hampshire, Massachusetts, Wisconsin, and Nebraska Academy of Nutrition and Dietetics meetings. She has been featured on CBS, NBC, ABC, & Fox5 news, Today in New York, CNN Market Watch, Discovery Health TV, & National Public Radio. .

### **Jill Castle, MS, RDN**

Jill Castle has practiced as a Registered Dietitian/Nutritionist in the field of pediatric nutrition for over 25 years. She is the author of *Eat Like a Champion: Performance Nutrition for Your Young Athlete*, co-author of *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School*, and creator of *Just the Right Byte*, a childhood nutrition blog. Jill has been published in peer-reviewed journals, chapters in textbooks, consumer books, cookbooks and other blogs. She is the Food Allergies expert for About.com, the nutrition expert at Bundoo.com, and regularly contributes to USA Swimming, US Rowing, Sporting Kids magazine, and Wee Feed (the newsletter for 1,000 Days). As a speaker, Jill has spoken to a wide variety of groups, including the National WIC meeting, state WIC, affiliate and DPG meetings, The Obesity Society annual conference, and local parent, school and other interest groups. As a consultant, she has partnered with corporations for product marketing, research, writing and social media endeavors. Jill is regularly quoted in popular print and online publications as a leading childhood nutrition expert.

### **Mary Christ-Erwin, Honorary Member of the Academy of Nutrition & Dietetics**

Mary Christ-Erwin leads Porter Novelli's Food, Beverage & Nutrition division. Her experience with the issues of product and organizational positioning has been integral to clients ranging from The Walt Disney Corporation to McDonald's to the Grocery Manufacturers Association. Currently, she is deeply involved in developing strategies designed to address the issues related to health and wellness, providing clarity around issues such as nutrient adequacy, food safety and satiety. A frequent speaker on development and communication of food-related messages, Mary is an advisor to the annual Consumer Federation of America Food Policy Conference. She is a member of the Nutrition and Public Policy Committees, as well as the Joint Task Force of the IFT, ASN, the Academy of Nutrition and Dietetics and IFIC that was created to facilitate collaboration among food and nutrition sciences to enable collaborative solutions that impact public health. In 2009, the American Dietetic Association granted Mary the highest honor for non-members – honorary membership in the Academy of Nutrition and Dietetics – in recognition of her contribution to advancing the profession and was named to the Board of the Academy Foundation in 2012.

### **Danielle Downs, PhD**

Dr. Danielle Downs is a Professor of Kinesiology and Obstetrics and Gynecology and the Director of the Exercise Psychology Laboratory at The Pennsylvania State University. Her focus is rooted in applied behavior change psychology, with a doctoral training in exercise and sport psychology, and subsequent research training in intervention methodology and clinical/translational research. Her training and research has progressed from a broad interest in identifying key theoretical determinants and outcomes of exercise motivation from sedentary behavior to exercise dependence, to a more specialized focus on intervention methodology and promoting healthy behaviors in women as they transition to motherhood. Her primary research focus promotes healthy behaviors during preconception, prenatal, and postpartum periods in an effort to improve health and reduce adverse outcomes among women and their children. This is a critical time in the life cycle as the majority of U.S. women enter pregnancy already overweight, elevating their risk for complications; reducing maternal/infant morbidity. She has published nearly 70 journal articles and given over 100 presentations nationally and internationally.

## 2016 SPEAKERS

### **Laura Frank, PhD, MPH, RD, CD**

Dr. Laura Frank has a doctorate in Exercise Physiology, a Master's in Nutrition & Dietetics, and a Master's in Public Health (MPH) in Epidemiology. She has been a Registered Dietitian for over 20 years. She has published several peer-reviewed papers and book chapters discussing the salutary effects of either exercise or nutrition in improving body weight, cognition and/or metabolic risk variables associated with insulin resistance and obesity-related chronic diseases as well as the role of the RD in Nutrition Assessment. Currently, Dr. Frank is Clinical Assistant Professor and Director/Preceptor of Clinical Sites for the Coordinated Program in Dietetics (CPD) in the program of Nutrition & Exercise Physiology, Washington State University Health Sciences, Spokane. She is active in the American Society for Metabolic and Bariatric Surgery (ASMBS) as well as the American Society for Parenteral and Enteral Nutrition (ASPEN). Dr. Frank is an invited national speaker emphasizing the key roles of the RD in recognizing, treating and preventing obesity and malnutrition in the bariatric, hospitalized and/or community-dwelling patient.

### **Kathryn Hillstrom, EdD, RD, CDE**

Dr. Kathryn Hillstrom holds her doctorate in Educational Psychology from the University of Southern California, a Master's degree in Public Health from the University of North Carolina, Chapel Hill and is a Registered Dietitian and Certified Diabetes Educator. Dr. Hillstrom currently is an Associate Professor at California State University, Los Angeles. Her areas of research have focused on family based weight management programs, the built environment and their role in access to healthful food choices, and most recently, mental health outcomes among adolescents undergoing bariatric surgery. Dr. Hillstrom has spoken and presented at many local and national conferences including: The California Dietetic Association, the American Public Health Association National Conference, and the Childhood Obesity Conference and has been published in peer reviewed journals and industry-specific newsletters such as the Weight Management DPG Newsletter, Weight Management Matters, and Today's Dietitian. Currently, she is writing a chapter on preconception nutrition for a textbook and continuing her research on quality of life and depression outcomes among obese youth engaged in a pediatric weight management program.

### **Scott Kahan, MD, MPH**

Dr. Scott Kahan is a physician trained in both clinical medicine and public health. He is board-certified in Preventive Medicine, Obesity Medicine, and clinical nutrition, specializing in weight management and obesity medicine. He is Director of the National Center for Weight and Wellness and Medical Director for the George Washington University-based Strategies to Overcome and Prevent (S.T.O.P.) Obesity Alliance. He is on the Board of Directors for the American Board of Obesity Medicine and is Chair of the Clinical Committee for The Obesity Society. Dr. Kahan has published 14 books in the fields of medicine, nutrition, and public health and has co-authored a nutrition handbook for physicians, which is distributed free-of-charge to medical students in North America. He serves as a reviewer for more than 30 academic journals and research organizations. Dr. Kahan is a columnist for The Huffington Post, has written articles in numerous newspapers and scientific journals, and often speaks at professional and public conferences and events, including media outlets. He has received numerous awards, including Healthcare Provider Advocate of the Year, the Patients' Choice award, and has been rated as the #1 Preventive Medicine physician in Washington, D.C. by rateMDs.com.

### **Alice Lichtenstein, DSc**

Dr. Alice Lichtenstein is the Stanley N. Gershoff Professor of Nutrition Science and Policy in the Friedman School, and Director of the Cardiovascular Nutrition Laboratory and Senior Scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), both at Tufts University. Dr. Lichtenstein's research focuses on assessing the interplay between diet and heart disease risk factors, including issues related to trans fatty acids, soy protein and isoflavones, and the relationship between nutrient biomarkers and cardiovascular disease risk. She currently serves as an Associate Editor of the *Journal of Lipid Research* and Executive Editor of the *Tufts Health and Nutrition Letter*. She served on the 2000 Dietary Guidelines Advisory Committee and as vice-chair of the 2015 Dietary Guidelines Advisory Committee; and several Institute of Medicine committees. She is a member and was past-chair of the American Heart Association Nutrition Committee and was vice-chair of the 2013 ACC/AHA Guidelines on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults. Dr. Lichtenstein is currently member of the Food and Nutrition Board of the Institute of Medicine.

## 2016 SPEAKERS

### **Erica Lokshin, MS, RDN, CDN**

Erica Lokshin is a Registered Dietitian and an Employee Wellness Nutritionist at Memorial Sloan Kettering (MSK). She received a BS in Nutrition and MS in Clinical Nutrition from New York University (NYU) and completed her Dietetic Internship at NYU in affiliation with Memorial Sloan Kettering. She received her certificate of Training in Adult Weight Management and is a member of the Academy of Nutrition and Dietetics, New York Dietetic Association, and Weight Management DPG. She has experience as a wellness dietitian, inpatient clinical dietitian, and nutrition consultant for a food service company. Her motto is “small changes make big differences.” Erica presented two research posters at FNCE in Atlanta discussing Worksite Wellness initiatives at MSK: *“Development and Implementation of an 8 Week Web-Based Weight Loss Program for Employees”* and *“Creating an Environment of Wellness within Food Offerings; Memorial Sloan Kettering’s Experience with the Healthy Hospital Food Initiative.”* Erica and her team were accepted to present at FNCE in Nashville for their work on *“Maintain Don’t Gain: An 8-Week Web-Based Program for Employees to Maintain their Weight During the Holidays.”*

### **Paul Maclean, PhD**

Dr. Paul MacLean is Professor of Medicine and Pathology at the University of Colorado School of Medicine and currently serves as Associate Director of the Colorado Nutrition Obesity Research Center. He received his training at Brigham Young and East Carolina Universities. His research efforts are focused on understanding the metabolic consequences of obesity and weight loss, especially weight regain. He leads a research program on obesity, its metabolic consequences, and therapeutic strategies that can lead to long term weight reduction and works closely with other scientists at the Colorado Health and Wellness Center. He has ongoing studies funded by the National Institutes of Health that examine how obesity and weight loss affect certain aspects of women’s health, including the development of the mammary gland, lactation performance, postnatal programming, the menopausal transition, and postmenopausal breast cancer. He has a number of interdisciplinary collaborations with other programs on campus investigating the metabolic complications of obesity.

### **Todd Miller, PhD, CSCS, TSAC-F, FNSCA**

Dr. Todd Miller is an Associate Professor of Exercise and Nutrition Sciences at the George Washington University Milken Institute School of Public Health. He is also the Director of the Weight Management and Human Performance Laboratory at GW’s Virginia Science and Technology Campus in Ashburn, Virginia. Dr. Miller is an expert in the science of resistance training, and is well known at the national and international levels. He is heavily involved with the National Strength and Conditioning Association (NSCA), and is currently serving his second term on the NSCA Board of Directors. Dr. Miller’s current work involves the use of resistance training as the primary means of exercise for the purpose of weight management in non-athletic populations.

### **Stephanie Mull, MS, RD, CSSD**

Stephanie Mull is a Registered Dietitian and Board Certified Specialist in Sports Dietetics with a Masters in Exercise, Fitness and Health Promotion. She also serves as Adjunct Faculty at American University in the School of Education, Teaching and Health. For the last 15 years, Stephanie has worked with individuals and families in a variety of settings including hospitals and outpatient centers where she helped people discover how they can use food and exercise to manage health conditions. Over her years of experience, Stephanie developed a passion for working with athletes of all ages and with children, adolescents and adults who struggle to manage their weight and adopt healthy eating behaviors. Since starting with the GWU Weight Management Lab, Stephanie has worked closely with clients to modify dietary intake based on individualized metabolism and body composition results to support fat loss.

## 2016 SPEAKERS

### **Valerie Myers, PhD**

Dr. Valerie Myers is a Scientist III at Klein Buendel, Inc., and licensed psychologist, having completed her graduate studies from Drexel University and her postdoctoral training at Pennington Biomedical Research Center. She was a faculty member at PBRC from 2005-2012. Her research focuses on developing behaviorally-based interventions which can be scaled to meet the needs of undertreated populations across the lifespan. Technological approaches to deliver efficacious weight management, disordered eating, diabetes management, and physical activity promotion protocols to real-world settings are being explored. Currently, she is a Co-Investigator on a Louisiana state funded project comparing bariatric surgery to an intensive medical program for weight loss. She is a member of The Obesity Society (Chair of the Ethics Committee), Society of Behavioral Medicine (member of the Education, Training, and Career Development Council), American Psychological Association, American College of Sports Medicine, and many others. In addition, she is author or co-author of several published peer-reviewed articles and has been a speaker at numerous professional conferences.

### **Courtney Peterson, PhD, MS, MSc, MAST**

Dr. Courtney Peterson is currently an Assistant Professor at Pennington Biomedical Research Center, and works closely with Dr. Eric Ravussin. Her interests are the impact of dietary interventions on diabetes and obesity risk and mathematical modeling of metabolism and body composition. She is very interested in the role of meal timing and circadian rhythms in metabolism, particularly that time-restricting feeding combines intermittent fasting and eating in alignment with the circadian clock to promote metabolic health. Her previous research included the investigation of diurnal rhythms in glucose tolerance in people with prediabetes, interventions involving resistant starch, overeating, stimulation of brown fat, and mathematical modeling of clinical data to produce better estimates of trunk fat and body composition. She received a Career Development Award from The Obesity Society and a Louisiana Clinical and Translational Science Center Roadmap Scholars Fellowship. She completed her postdoctoral training at Pennington Biomedical Research Center, was promoted to Instructor in 2013 and to Assistant Professor in 2014. She has published about two dozen peer-reviewed articles.

### **Jessica Redmond, MS, RD, CSCS**

Jessica Redmond is a PhD candidate in Science Education at Syracuse University, where her dissertation research focuses on fetal programming and physical activity behaviors. She also meets with sports nutrition and weight management clients through her private practice, Major League Wellness. Jessica received her undergraduate degree in nutrition from Cornell University, followed by a dietetic internship in Yavapai County, Arizona. Following this, Jessica returned to the East Coast to work at the Food Bank of Central New York. She then earned a Master of Science degree in Exercise Science, with a concentration in Exercise, Nutrition, and Eating Behavior, from the George Washington University School of Public Health. During this time, she worked as an outpatient dietitian at the Washington Cancer Institute. Currently, Jessica is an adjunct instructor at Onondaga Community College and Syracuse University. Jessica holds a certificate in Adult Weight Management through the Commission on Dietetic Registration. She is currently the secretary for the Dietitians in Integrative and Functional Medicine DPG.

### **Connie Rogers, PhD, MPH**

Dr. Connie Rogers is Assistant Professor in the Department of Nutritional Sciences at Penn State University, with training in physiology, immunology, and cancer biology. Her lab focuses on interdisciplinary research questions regarding how changes in energy balance and various nutritional factors alter tumor immunology and inflammatory mediators, which in turn, may influence cancer risk and progression. Her PhD training in Cell Biology & Physiology provided perspective on the integrated nature of the immune system, and metabolic and endocrine mediators. She has completed two postdoctoral fellowships, one in molecular immunology and the other in cancer prevention through the NCI-sponsored Cancer Prevention Fellowship program. As part of the latter fellowship, she obtained an MPH in Public Health, with a focus on epidemiology. Her laboratory is exploring the role of changes in energy balance and various nutritional interventions on inflammatory mediators, metabolic hormones, and mechanisms of anti-tumor immunity in pancreatic and breast cancer using both animal models and human subjects. She is interested in examining the role of exercise or weight maintenance on primary tumor growth and metastatic spread.

## 2016 SPEAKERS

### **Barbara Rolls, PhD**

Dr. Barbara Rolls is Professor and Helen A. Guthrie Chair of Nutritional Sciences at The Pennsylvania State University. Her research focuses on satiety and obesity, and demonstrates how characteristics of foods such as variety, energy density, and portion size can influence energy intake across the lifespan. She has authored over 250 scientific articles and six books, including the well-known “Volumetrics” series. She has served as President of both the Society for the Study of Ingestive Behavior and The Obesity Society, and has served on the Advisory Council of NIDDK. In 2006 she was elected a fellow of the American Association of the Advancement of Science. Her awards and honors include Academy of Nutrition and Dietetics Honorary Member, American Association for the Advancement of Science Fellow, International Award for Modern Nutrition, Atwater Lecturer, American Society for Nutrition (ASN) Award in Human Nutrition, The Obesity Society’s Bray Founders Award, ASN Fellows Class of 2011, ASN David Kritchevsky Career Achievement Award, and the Society for the Study of Ingestive Behavior Hoebel Award for Creativity.

### **Deborah Tate, PhD**

Dr. Deborah Tate is a Professor in the Department of Health Behavior at the UNC Gillings School of Global Public Health with 20 years of research in behavioral weight management through lifestyle intervention, particularly delivered through web and mobile platforms. Tate conducted several of the first randomized trials using the Internet and new technologies to deliver behavioral treatments for obesity and has continued to conduct a programmatic series of studies to determine which features of digital weight control programs contribute to efficacy. Her research program focuses on two main areas: (a) strategies for improving both short and long-term weight loss and (b) the translation of obesity treatment programs using alternatives to clinic-based care often involving new technologies. She has been continuously funded in obesity and digital health intervention research by the National Institutes of Health since 2000 and is known internationally for her work in web and mobile interventions. Dr. Tate has published over 75 peer reviewed papers and conducted numerous RCTs based on self-regulation theory, and participated in multi-center trials of behavioral interventions; most involving new technologies.

### **Darlene Trandel, PhD, RN/FNP, CSN, CCP, PCC**

Dr. Darlene Trandel is a Licensed Family Nurse Practitioner, Mental Health Clinical Nurse Specialist; an International Coach Federation Certified Professional Health and Wellness Coach, and a Certified Professional nurse in Chronic Care. She is Associate Professor in the Dept. of Partnerships, Professional Education & Practice at the University of Maryland, School of Nursing where she is helping to design and pilot a research project using faculty mentor coaching as a primary strategy to establish healthful work environments. She is project director at Wellcoaches Corporation training and mentoring health-wellness certified coaches. She teaches specialized classes in the neuroscience-based coach training, *Organize Your Mind and Life* and *Motivational Coaching Skills*. As Senior Adviser and Subject Matter Expert for National Certification at the National Consortium for Credentialing Health and Wellness Coaching, Darlene has played an active role in assisting the Board in setting national standards and certification of health and wellness coaches. As part of her own private practice, she works with individuals, groups and organizations as a coach, consultant, mentor and trainer.

# POSTER PRESENTATIONS SUNDAY, APRIL 17, 2016

7:00-8:00 a.m.

The Academy proposes that research is the foundation of the dietetics profession, and the Standards of Professional Practice state that dietetic professionals should effectively apply, participate in, or generate research to enhance practice. Collecting outcomes is one way to generate research to enhance practice. The outcome data can demonstrate what part of the program worked (i.e., dietary data show if a dietary change was made and fitness testing data indicate if physical activity changed), and how the program influenced health outcomes.

Since 2009, the WM DPG has been supporting Registered Dietitians Nutritionists (RDNs) in their efforts to collect outcomes related to weight management. To showcase RDNs' effort in this process, a poster session presenting weight management outcomes will be held on Sunday morning. Please stop by the posters to talk with the RDNs about their programs and experience with collecting outcome data!

## **Creating a Comprehensive Assessment for Weight Management within a Primary Care/Sports Medicine Practice: Using MEDGEM, Exercise Assessment and Dietary Analysis.**

***Cindy Cassell, PhD, RD, LD; Jessie Carf, BS; Laurie Jakoplic, MEd, ACSM;  
James Tytko, MD; Visma Sinha, MD***

Kettering Sports Medicine Center (KSMC) and Greystone Family Practice, Kettering, Ohio

## **Treating Obesity in the Uninsured Population**

***Victoria Myers, RD/N, LD/N; Bharti Shetye, MD; Sarah McPhee, B.S.***

Florida Department of Health in Pinellas County

## **Type 2 Diabetes Weight Loss Pilot: A Fresh Approach to Long-Term Weight Management**

***Christine Calvin, MS, RD, LD; Barbara Macmillan, MS, RN, CNS, CDE, BC-ADM; Toni Wood, RN, RD, MS, CDE; Linda Reineke, RD, CDE; ML Johnston, MS, RD, CDE; Ruth Bear, MS, RD, CDE***

University of New Mexico Hospital - Center for Diabetes and Nutrition Education

## **Weight Gain Prevention Program for College Freshman**

***Erin O'Hora, DHSc, RDN, LDN; Stacie M. Smith, BS***

Marywood University Department of Nutrition and Dietetics, Scranton, PA

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## GOLD SPONSOR

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130 portion- and calorie-controlled single-serve meal and entrée selections that contain 450 calories or fewer to help your clients achieve healthier body weight. Visit [ConAgraFoodsScienceInstitute.com](http://ConAgraFoodsScienceInstitute.com) for nutrition data, free Nutri-Bites<sup>®</sup> webinars, recipe & culinary resources, client educational brochures and coupons.

\*Academy of Nutrition and Dietetics Evidence Analysis Library. "Single serving portion sized meals and weight management" Accessed 15 June 2015: <http://www.andeal.org/topic.cfm?menu=5311>

## SILVER SPONSOR

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www.medifast1.com



Medifast: The power to choose health. Medifast, Inc., is a public company (NYSE: MED) striving to live up to our vision to create hope, health, and happiness for millions of Americans through clinically proven

weight-management products, programs, and support. We produce, distribute, sell, and support physician-recommended weight-management meal replacements and dietary supplements through multiple channels. We serve our clients through Take Shape For Life, our direct-to-consumer network of health coaches; through Medifast Direct, our direct web-based sales channel; through Medifast Weight Control Centers, our "brick-and-mortar" centers; and through our Medical Providers network of physicians and medical professionals who provide Medifast programs to their patients. Throughout the first decade of the new century, Medifast has been among the fastest growing public companies in the country. The Medifast Vision is to create hope, health, and happiness for millions of Americans through clinically proven weight-management products, programs, and support. Our Mission is to combat the obesity epidemic and improve the health of our nation by delivering clinically proven weight-management products and protocols through multiple, innovative support programs, each of which meets different personal weight-management, health, and wellness needs.

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As a world leader in therapeutic proteins and specialized health care, Novo Nordisk does more than produce medicines. We work to close the gap between the number of people who need care and those who receive it, and help improve access to adequate health care for people with chronic conditions wherever they live.

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## Academy of Nutrition and Dietetics Political Action Committee (ANDPAC)

*Booth 8*  
Teresa Nece  
1120 Connecticut Ave., NW  
Washington, DC 20036  
800-877-0877  
andpac@eatright.org  
www.eatright.org/andpac

Want to learn more about the Academy's latest nutrition policy and advocacy initiatives? Stop by the Academy's Political Action Committee (ANDPAC) booth to find out how policy is impacting you and your career. Ask about trending nutrition issues affecting the health of your community and our nation. Hear easy ways to get involved on a local level to make a national impact.

## Bariatric Fusion

*Booth 25*  
Marc N McCabe  
2741 Transit Road  
Elma, NY 14059  
866-259-0602  
marc@bariatricfusion.com  
www.bariatricfusion.com

Bariatric Fusion was designed and formulated by medical professionals to provide increased amounts of key vitamins and nutrients vital for patients who have undergone weight loss surgery. Bariatric Fusion products meet or exceed the nutritional guidelines of the ASMBS and taste great, are affordable, and have an easy daily regimen making us #1 in patient compliance.

## BiPro USA

*Booth 24*  
Candyce Anderson  
7500 Flying Cloud Drive  
Suite 250B  
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Candyce.Anderson@daviscofoods.com  
www.BiProUSA.com

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## Celebrate Vitamins

*Booth 4*  
Shannon Kisha  
516 Corporate Parkway  
Wadsworth, OH 44281  
877-424-1953 ext. 524  
shannon@celebratevitamins.com  
www.celebratevitamins.com

Celebrate Vitamins is a leading bariatric supplements brand offering the widest range of products for surgical weight loss patients, as well as a comprehensive medical weight loss plan for programs and their patients.

## Heartland Food Products Group

*Booth 13*  
Maureen Conway  
14300 Clay Terrace Blvd.  
Suite 249  
Carmel, IN 46032  
267-282-6281  
maureen.conway@Heartlandfpg.com  
www.heartlandfpg.com

Heartland Food Products Group is a global leader in the production of low-calorie sweetener products, including SPLENDA® Sweeteners; creamers, beverage concentrates, coffee, and nutritional drinks. Visit Heartland at www.heartlandfpg.com

## Konsyl Pharmaceuticals

*Booth 27*  
Kim Vaccari  
8050 Industrial Park Rd  
Easton, MD 21601  
410-822-5192 x142  
kvaccari@konsyl.com  
www.konsyl.com

Konsyl Original Formula is the #1 doctor-recommended all natural psyllium fiber supplement. One of the advantages of adding fiber to your diet is that it makes you feel "fuller" longer, which can help curb food cravings and increase your chance for weight-loss success. Fiber has been shown to enhance weight loss when accompanied by reduced calorie intake and exercise.

## Livliga | Elegant Portion Control

*Booth 3*  
Sheila Kemper Dietrich  
P.O. Box 18102  
Boulder, CO 80308  
816-260-1020  
sheila@livligahome.com  
www.LivligaHome.com

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## Llorens Pharmaceutical International Division, Inc.

*Booth 10*  
Jose Hernandez  
7080 NW 37th Court  
Miami, FL 33147  
305-716-0595  
joseh@llorenspfarm.com  
www.proteinx.com

Llorens Pharmaceutical was founded in 1985 with a mission to meet the current and future needs of customers by offering them excellent quality service. During the past twenty years, Llorens Pharmaceutical Corp. and Llorens Pharmaceutical International Division, Inc. have experienced significant growth, introducing a diversity of new products in the United States and in Puerto Rico. During the company's time in the medical industry, we have provided products that are being used on or by renal patients/dialysis, post operative, geriatrics, gastric bypass, wound care, cancer, patients with absorption problems and malnutrition.

## Marlene Koch Culinary Nutrition

*Booth 12*  
Marlene Koch  
131 Jackson St  
Los Gatos, CA 95030  
marlenekochrd@gmail.com  
www.Marlenekoch.com

Eat What You Love! NY Times bestselling author/RDN Marlene Koch's cookbooks feature beloved crave-worthy recipes, low in sugar, fat and calories! Family friendly, with nutritional information, food exchanges and "points." Show discounts!

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## Nutritional Resources, Inc./ HealthWise

*Booth 2*  
Tammy Hutchisen  
5003 Wrightsboro Road  
Grovetown, GA 30813  
800-395-8931  
tammyh@healthwisenri.com  
www.healthwisenri.com

HealthWise is committed to providing weight loss practitioners with the products, programs and professional assistance they need to inspire clients to overcome obesity and reclaim their passion for life.

## Obesity Action Coalition (OAC)

*Booth 23*  
Eileen Blake  
4511 N. Himes Ave.  
Suite 250  
Tampa, FL 33614  
www.ObesityAction.org

The Obesity Action Coalition (OAC) is a more than 50,000 member-strong 501(c)(3) National non-profit organization dedicated to giving a voice to the individual affected by the disease of obesity and helping individuals along their journey toward better health through education, advocacy and support. Our core focuses are to raise awareness and improve access to the prevention and treatment of obesity, provide evidence-based education on obesity and its treatments, fight to eliminate weight bias and discrimination, elevate the conversation of weight and its impact on health and offer a community of support for the individual affected.

## The Obesity Society (TOS)

*Booth 22*  
Mollie Turner  
1110 Bonifant St  
Suite 500  
Silver Spring, MD 20910  
mturner@obesity.org  
www.obesity.org

The Obesity Society is committed to improving the lives of those with obesity, nurturing careers of obesity scientists and practitioners, and promoting the interdisciplinary nature of obesity research, management, and education.

## The Peanut Institute

*Booth 28*  
Ashley Hammond  
403 North Henry Street  
Alexandria, VA 22314  
AHammond@pmkassociates.com  
www.peanut-institute.org

The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles that include peanuts and peanut products.

## Portion Perfection

*Booth 26*  
Amanda Clark  
PO Box 1160  
Coolangatta, Queensland 4225  
Australia  
amandaclark@greatideas.net.au  
www.portiondiet.com

Portion Perfection is a weight management toolkit devised by Australian dietitian Amanda Clark. The U.S. version has been modified with the assistance of bariatric RDs and aims to show people how much is right to eat for their needs.

## ProCare Health

*Booth 29*  
Linda Statler  
500 Huber Park Court  
Ste 106  
St. Charles, MO 63304  
800-575-0302  
lindastatler@personalcareproducts.biz  
www.procarenow.com

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jenny@unjury.com  
www.UNJURY.com

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## Weight Management DPG

*Booth 9*  
JenaShay Russell  
120 S. Riverside Plaza, Suite 2000  
Chicago, IL 60606  
312-899-4813  
jrussell@eatright.org  
www.wmdpg.org

The Weight Management DPG's mission is to empower members to be the nation's weight management leaders. Our efforts to accomplish this can be found on our accessible website chock full of resources including current and past newsletters, webinars, awards, stipends and more. Members can connect with each other through our four EMLs or in person here! Contact any Executive Committee member to get involved.

## Wellspring Camps/ RiverMend Health Program

*Booth 6*  
2300 Windy Ridge Parkway  
Suite 210 S  
Atlanta, GA 30339  
www.wellspringcamps.com

Wellspring Camp is the nation's leading provider of fitness & weight loss camps for children, teens, young adults & families. Unlike fat camps, boot camps or traditional weight loss camps, Wellspring Camps' scientific approach to weight loss is giving boys and girls ranging from ages 10 to 26 the inspiration, education and tools to change their lifestyle for the better. In fact, 70% of Wellspring Camps' participants achieve significant weight loss results during their camp experience and continue to successfully maintain a healthy weight for the long-term.

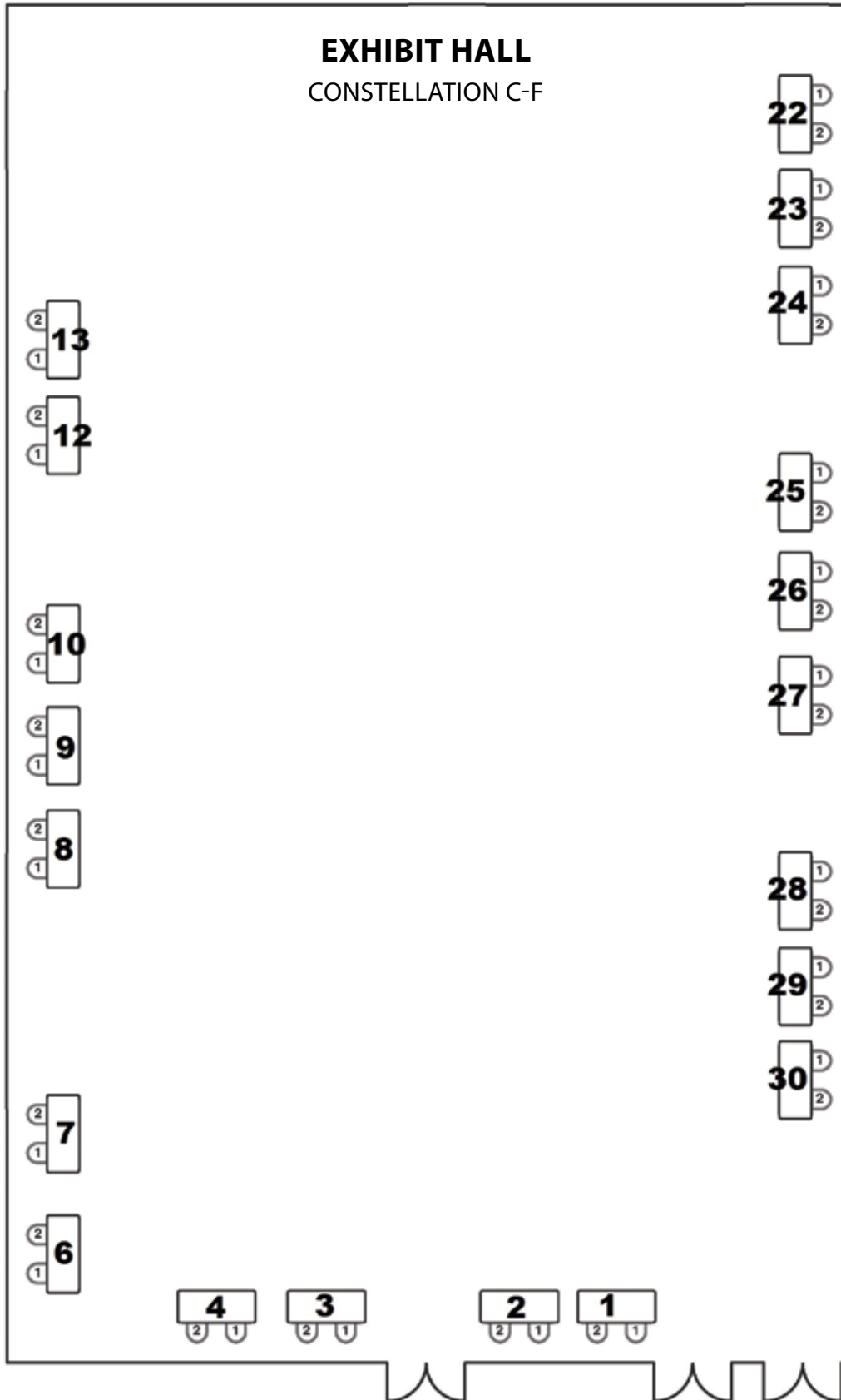
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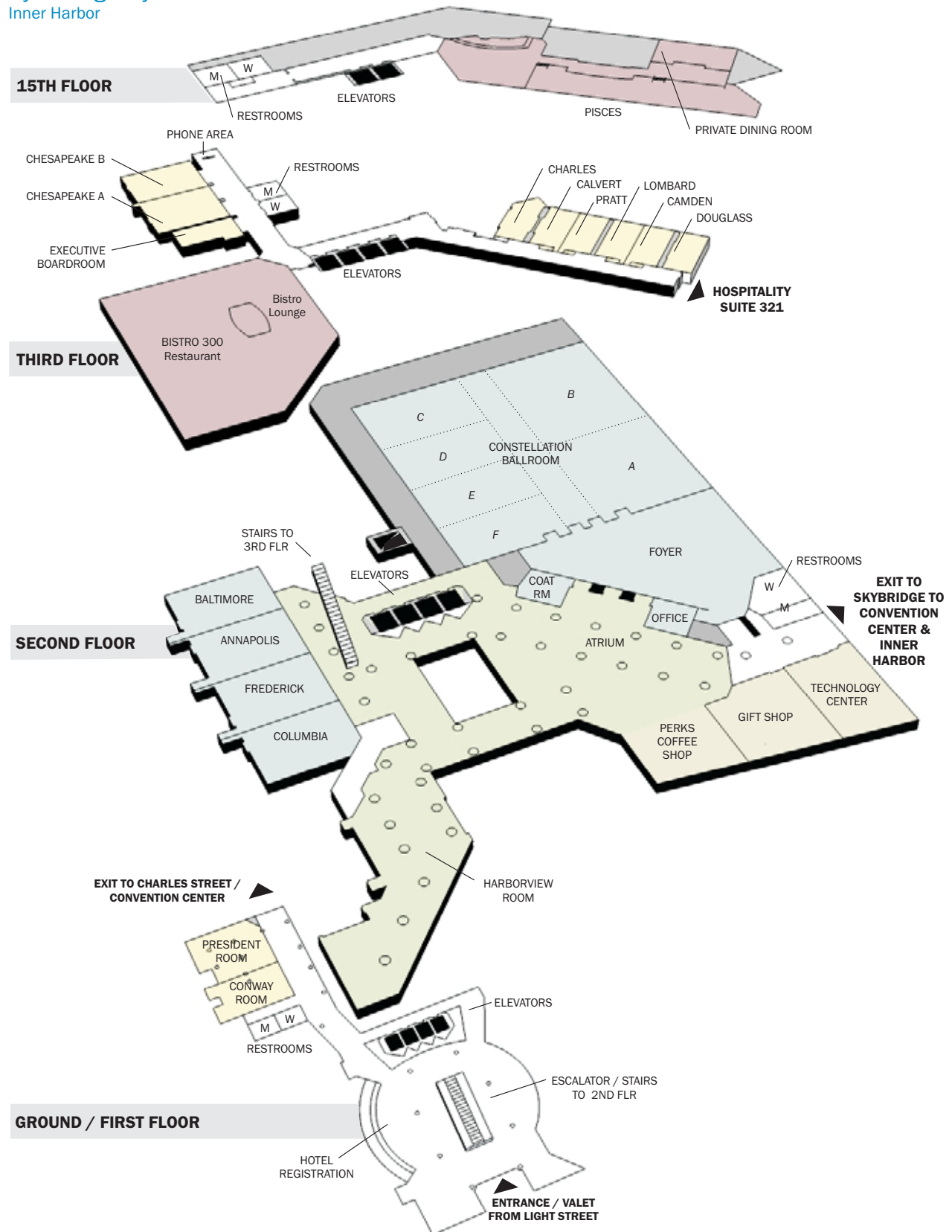
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## Are you wanting to collect outcomes on weight management in your setting but you are unsure of the process?

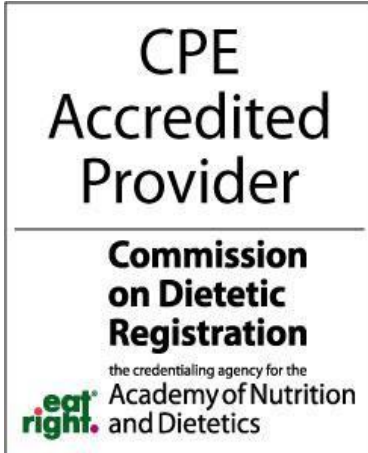
Would you like to evaluate the effectiveness of your own practice but don't know how to get started? Have you been collecting outcomes, but you are not clear about how to examine your data?

The Research Committee of the WM DPG will be launching a mentoring program for Registered Dietitians Nutritionists (RDNs) who are members of the WM DPG interested in collecting outcomes. Go to

<http://wmdpg.org/research/wm-dpg-research-documents/>

for details about the mentoring program. Contact Hollie Raynor, PhD, RD, LDN, the Research Committee Director, at [hraynor@utk.edu](mailto:hraynor@utk.edu), with questions.

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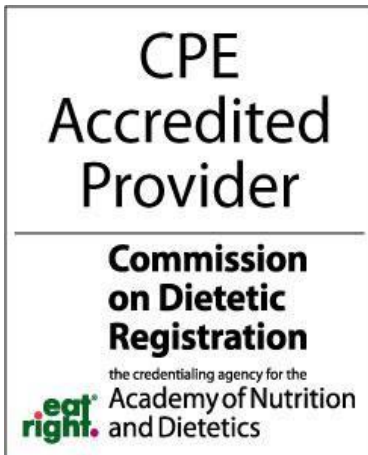
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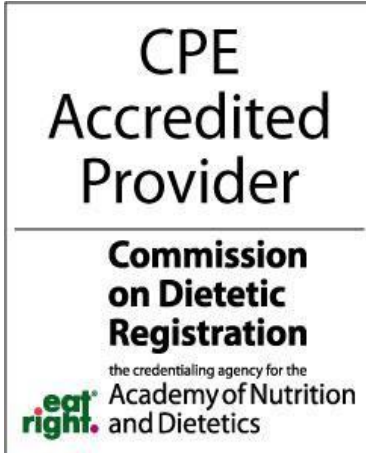
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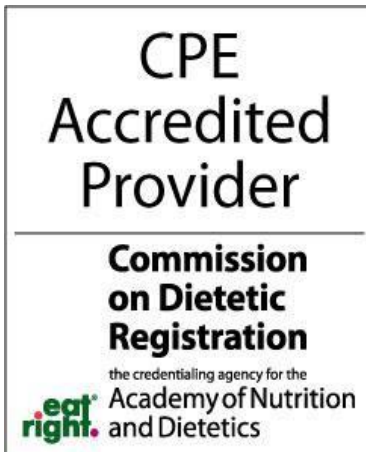
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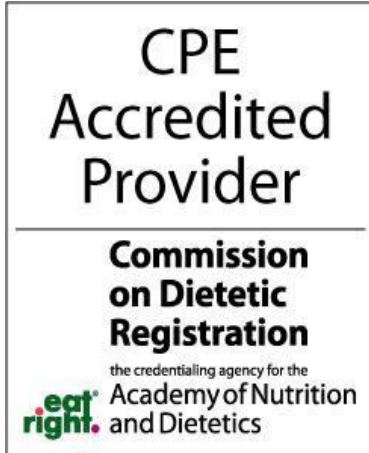
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Participant Name \_\_\_\_\_

RD/DTR ID Number \_\_\_\_\_

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CPE Level

\_\_\_\_\_  
Learning Need Code\*

\_\_\_\_\_  
(2.0 Max)  
Exhibit CPEUs

\_\_\_\_\_  
(1.0 Max)  
Poster CPEUs

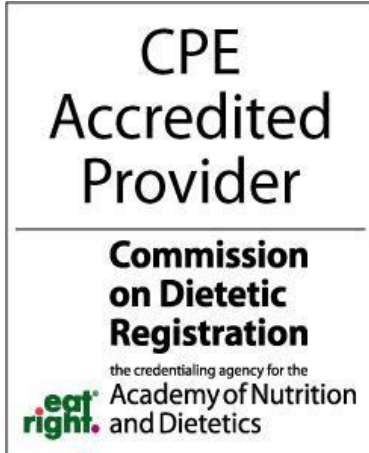
*Dane M. Enos, MPH, RD, FAND*  
CDR Accredited Provider Signature

**RETAIN ORIGINAL COPY FOR YOUR RECORDS.**

*\*Refer to your Professional Development Portfolio Learning Needs Assessment Form (Step 2)*



**Continuing Professional Education  
Certificate of Attendance – Attendee Copy  
2016 WM DPG Symposium- (Sunday)  
(Activity #123587)**



CDR Accredited Provider # AM003

Participant Name \_\_\_\_\_

RD/DTR ID Number \_\_\_\_\_

Sunday, April 17, 2016  
Date Completed

\_\_\_\_\_  
(4.0 Max)  
EDU CPEUs

\_\_\_\_\_  
CPE Level

\_\_\_\_\_  
Learning Need Code\*

\_\_\_\_\_  
(1.0 Max)  
Poster CPEUs

*Dane M. Enos, MPH, RD, FAND*  
CDR Accredited Provider Signature

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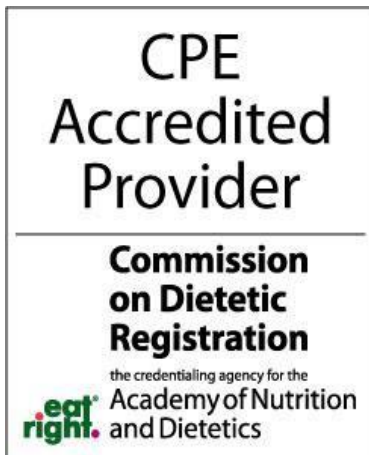
*\*Refer to your Professional Development Portfolio Learning Needs Assessment Form (Step 2)*



**COPY II: STATE LICENSURE VERIFICATION**

Please complete a separate Certificate of Attendance Form for each session attended. Present a completed form to your Licensure Board upon request.

**Continuing Professional Education  
Certificate of Attendance – Licensure Copy  
2016 WM DPG Symposium- (Sunday)  
(Activity #123587)**



CDR Accredited Provider # AM003

Participant Name \_\_\_\_\_

RD/DTR ID Number \_\_\_\_\_

Sunday, April 17, 2016  
Date Completed

\_\_\_\_\_  
(4.0 Max)  
EDU CPEUs

\_\_\_\_\_  
CPE Level

\_\_\_\_\_  
Learning Need Code\*

\_\_\_\_\_  
(1.0 Max)  
Poster CPEUs

*Dane M. Enos, MPH, RD, FAND*  
CDR Accredited Provider Signature

**RETAIN ORIGINAL COPY FOR YOUR RECORDS.**

*\*Refer to your Professional Development Portfolio Learning Needs Assessment Form (Step 2)*



# NOTES

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**Check [www.wmdp.org](http://www.wmdp.org) for all upcoming Weight Management DPG related events.**

# Weight Management

a dietetic practice group of the  
**Academy of Nutrition and Dietetics**

