



NEW METHODS TO DETERMINE & EVALUATE ENERGY BALANCE

Up to **12** CPEUs
with Program &
THE BLACK BAG™
Certificate of
Training

*with THE BLACK BAG™
Certificate of Training (optional)*

**Saturday,
September 15, 2018
Shasta Room
Grand Sierra Resort
Reno, NV**

TIME	SESSION	PRESENTER/MODERATOR
7:00 AM-9:00 AM	Registration & Coffee Early Registration & Begin Training Stations for optional THE BLACK BAG™ Certificate of Training	
Morning Program: A New Paradigm		
9:00 AM-10:00 AM	Discussion of Publications on Energy Balance	St Jeor/Faculty
10:00 AM-12:15 PM	New Applications for Predictive REE Equations Behavioral Challenges for Long-Term Weight Maintenance Motivation & Activation for Self-Pay Models	St Jeor Foreyt Myers
12:15-1:00	Lunch, provided; Exhibits	
Afternoon Panel: Practice Models & Applications		
1:00 PM-2:30 PM	Weight Maintenance: Small Changes Use Simple Interventions (SCUSI) Prevention of Weight Regain: State of Slim (SOS) Prevention of Weight Gain (POW) Family Based Interventions: Health Opportunities for Preschool Children and Parents to Optimize their Cardiovascular Health (HOPSCOTCH)	St Jeor Bain/(Hill—Consultant) Foreyt Johnston
Technological Applications: Discussion & Presentation of Programs		
2:30 PM-3:30 PM	Indirect Calorimetry vs MSJE Food Intake, Physical Activity, and Health Tracking Innovations in Dietary Intake Assessment Pedometers vs Trackers	Forzani (Breezing)/ St Jeor Shahin (enquos)/ Swager Aronson (Diet IDTM)/Myers Sutton (Accusplit)/Kruskall
3:30-4:30	Break; Visit "Hands on" Technology Exhibits	
4:30 PM-5:00 PM	Research Ideas, Abstract Format, and Follow-Up Opportunities Wrap-Up, Evaluation, & Drawings from Exhibitors Invitation to THE BLACK BAG™ Mentor Club THE BLACK BAG™ Certificate of Training Continued	St Jeor/Benedict Myers
5:00 PM-7:00 PM	"Hands-on" Training Stations Submission of Certification Worksheets	St Jeor/Faculty

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LOCATION:
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REGISTRATION:
\$195 Conference- up to August 20th
\$225 after August 20th
Register by Monday 8/20 to receive abstracts of recommended readings & study guide

Optional.
Add \$50 to receive THE BLACK BAG™
Certificate of Training

\$100 Student Conference Registration -
(includes MSJE resource packet, observation of THE BLACK BAG™ Certificate of Training)

SPECIAL ROOM RATES:

Grand Sierra Resort
www.grandsierraresort.com

Call (775)789-2000 to reserve by 8/20
Shuttle Available

SureStay Plaza Hotel
www.surestay.com

Call (775)348-6370 to reserve by 9/1
Shuttle Available

MAJOR OBJECTIVE OF THE COALITION:

Provide a forum and working group to find answers and evaluate the diverse, dynamic and individualized nature of energy balance to improve assessment and recommendations to create *healthier Americans*

Attendees will be able to...

Discuss dynamic factors and metabolic variations affecting the individual assessment of energy balance

Introduce the new paradigm of weight maintenance \pm change (loss/gain) into their practice

Utilize new skills and knowledge of EB assessment to make improved recommendations of caloric requirements for weight management, disease prevention, and wellness

Motivate and activate clients to integrate technological advances, education, self-definition and evaluation to improve self-management

Participate in a coalition and mentor club with experts to guide national efforts to improve collaborations and foster new models to improve outcomes

Identify and evaluate new program models to guide innovative practices

Build collaborative pilot research projects & outcome studies

ADVISORY & PROGRAM PLANNING GROUP:

FACULTY

Karen Bain, LD, CDE, RDN

Jamie Benedict, PhD, RDN

Ruth Ann Carpenter, MS, RDN

Gary Cutter, PhD

John Foreyt, PhD

James Hill, PhD

Craig Johnston, PhD

Laura Kruskall, PhD, RDN, CSSD, LD, FACSM, FAND

Martin Kohlmeier, MD, PhD

Eileen Myers, MPH, RDN, FADA

Barbara Scott, MPH, RDN

Sachiko St. Jeor, PhD, RD, FADA

Bill Swager, MCT, MCSA

Jessica Unick, PhD

EXHIBITORS

Erica Forzani—Breezing

Anisa Shahin—enquos

Ron Sutton—Accusplit

Dina Aronson (Katz)—Diet ID™



***President
& Founder***



Chair



Co-Chair

ENERGY BALANCE IN PRACTICE:

Anytime, Anywhere with
THE BLACK BAG™
Portable Office + Toolkit



***For information and details regarding purchase or sharing of THE BLACK BAG™, visit genquestnutrition.com**

Training workshops scheduled with our fall and spring conferences or by special arrangements by special groups, graduate programs, dietetic internships or individuals

THE BLACK BAG™ CONTENTS

- User's Manual
- Programmed USB
- Special Programs
- Selected Resources
- MSJE Wheels, Charts,
- Energy Wheel, Calculators
- Scale with Body Composition
- Stadiometer
- Circumference Tapes
- Skinfold Calipers
- Pulse Oximeter
- BP Monitor
- Pedometers
- Dynamometer
- Certificate of Training to support Collaborative Research
- Membership in THE BLACK BAG™ Mentor Club

