

Nutritional Concerns Conference



Tuesday, March 13, 2012 ♦ Albany Marriott ♦ 189 Wolf Road ♦ Albany, New York

Join your peers from across New York State and New England for a full day of exciting educational exhibits and workshops.

Sponsored by: Cornell Cooperative Extension of Albany, Rensselaer, Saratoga and Schenectady Counties

Five credits Continuing Education Accreditation from:

- Academy of Nutrition and Dietetics (formerly American Dietetic Assoc.) ■ Certifying Board of Dietary Managers
- School Nutrition Association ■ American Association of Family and Consumer Sciences ■

Keynote Speaker

How do you say no to a hot bagel? When knowledge isn't enough.

Dr. Nina Marinello, Ph.D is not your average nutritionist. Sure, she'll bring the veggie platter to the party but the truth is that she would much rather bring the cheesecake. You'll see a bit of yourself in this nutrition professor, writer and Brooklyn-born foodie who understands it's not easy dealing with the stigma that nutritionists are "perfect" eaters. With honesty and humor, her presentation will address the pressures of being a nutrition professional from memorizing metabolism to eating a Big Mac in public, leaving you with a smile on your face!

Dr. Marinello is an Associate Professor of Nutrition and Chair of Nutrition Science at The Sage Colleges in Troy, New York. She has earned undergraduate degrees in Biology and Nutrition Science and a Ph.D. in Molecular Biology. She is an experienced research scientist and nutrition educator. Her interests include the role of nutrition and genetics on health, athletic performance and weight management. Dr. Marinello is a member of The American Dietetic Association and has received the ADA *Certificate of Training in Adult Weight Management*. She is a columnist for the Albany *Times Union* answering nutrition and wellness questions in a bi-weekly column, *The Healthy Professor*.

Directions

The Albany Marriott is located on the northern end of Wolf Road, with ample parking on site.

From North: Take I-87 (Northway) south to Exit 4. From the ramp, turn left onto Wolf Road Extension, then left on Albany Shaker Road then turn right onto Wolf Road. The Marriott will be half a mile on the left (Beltrone Drive).

From South: Take I-87 (Thruway) north to Exit 24 at Albany. Follow I-87 (Northway) north to Exit 4. Turn right off the ramp onto Wolf Road. The Marriott will be on the left (Beltrone Drive).

Schedule of Events

8:00 - 8:30 AM	Registration/Breakfast/Exhibit Time
8:30 - 8:45 AM	Welcome Address
8:45 - 10:00 AM	Speaker #1
10:00 - 10:15 AM	Break/Exhibit Time
10:15 - 11:30 AM	Speaker #2
11:30 - 12:15 PM	Break/Exhibit Time
12:15 - 1:15 PM	Lunch and Raffles
1:15 - 2:15 PM	Keynote Speaker
2:15 - 2:30 PM	Break
2:30 - 3:45 PM	Speaker #3
3:45	Return completed evaluation & drive home safely!

To leave a message at the Marriott, call 518-458-8444.

Speakers

Speaker #1: The Synergy between Exercise and Nutrition in the Prevention and Treatment of Diabetes and Obesity

Two-thirds of all US deaths are related to lifestyle factors such as poor diet and physical inactivity. Despite these sobering statistics, less than half of all adults meet the recommended guidelines for physical activity. Research clearly shows that exercise alone often produces disappointing results; therefore, a healthy nutrition plan is the key to reversing these trends. When healthy eating is combined with exercise, the positive results are even more impressive. This workshop will: a) describe and explain the scientific research findings on the physiological effects of exercise on improving diabetes and obesity (also known as diabetes), b) identify and describe the most scientifically proven nutritional strategies to reduce diabetes and obesity risk and promote optimal health, and c) provide real-life practical solutions of how to incorporate daily lifestyle strategies of healthy eating and proper exercise to prevent diabetes and obesity and promote optimal health and performance!

Dr. Paul J. Arciero is a Professor in the Health and Exercise Sciences Department at Skidmore College. He specializes in performance nutrition and exercise training for optimal health. Dr. Paul received his M.S. in exercise physiology from Purdue University in 1987, an M.S. in nutritional sciences from University of Vermont in 1993, a doctorate in physiology of exercise from Springfield College in 1993, and post-doctoral training in applied physiology from Washington University School of Medicine in 1994. Dr. Paul provides nutrition and exercise training consultation to world-class, college, and high school athletes. He is an author/co-author of over 30 peer-reviewed scientific articles, and serves as a reviewer for numerous medical/science journals in the areas of sports nutrition, athletic performance, obesity and disease prevention. A highly sought after TV, radio, newspaper/magazine and web personality, he has been featured on “The Today Show on MSNBC”, “WebMD”, “Doctor Radio on Sirius/XM Satellite Radio”, and many others.

Speaker #2: Speak the MyPlate Way

This session will discuss using the MyPlate icon in nutrition education sessions as well as the benefits and challenges of the icon. Bonnie will also discuss available resources to use with individuals and groups and how to adapt the icon to fit different cultures/ethnicities. After attending this session, you will 1) better understand how to use the MyPlate Icon in counseling sessions; 2) learn the benefits and challenges of USDA’s MyPlate Icon and 3) identify resources for its use.

Bonnie Taub-Dix is Owner of BTD Nutrition Consultants and is a past ADA spokesperson. She has a long-standing private practice specializing in behavior and lifestyle modification. Bonnie is a regular guest on national TV, radio shows and in the press, including the New York Times, Washington Post, USA Today, WebMD, CNN, CBS Early Show, and ABC’s Good Morning America and she is a consultant to the Cartoon Network. She writes a weekly blog for USA Today and is a regular contributor to MSNBC.com. Her articles and interviews have appeared in Life, Health, Vogue, Fitness, Martha Stewart’s Everyday Food, and Prevention, to name a few. She has written chapters for textbooks, including Weight Management: A Practical Guide (ADA) and The Entrepreneurial Nutritionist and is co-author of Koshers By Design Lightens Up. Her latest book is, *Read It Before You Eat It* (Plume). Bonnie was the recipient of NYSDA’s Media Excellence Award and is very active (and a little obsessed!) with social media.

Speaker #3: Diet and Nutrition in Children with an Autism Spectrum Disorder (ASD)

Children with autism have special emotional, physical and nutritional needs. This presentation will discuss nutrition concerns for children with autism. It will also cover and share ways to work with families and the children to make sure nutritional needs are being met. After participating in this session, you will learn 1) background information on ASDs; 2) why children with an ASD may be at nutritional risk; 3) prevalence of gastrointestinal issues in children with an ASD; 4) understand Complementary and Alternative Medical (CAM) therapies that are used to treat the core deficits in children with an ASD. The speaker will also discuss problematic eating and feeding behaviors often seen in children with an ASD, micronutrients that are commonly high/low in children with an ASD and goals of nutritional therapy.

Nikki Withrow is a Pediatric Registered Dietitian at the Colorado Children’s Hospital, affiliate faculty at Metro State College of Denver, Research Dietitian for the Autism Treatment Network in Colorado. She is a LEND Fellow (LEND - Leadership Education in Neurodevelopmental Disorders) for JFK Partners at the University of Colorado Anschutz Medical Campus. She received her Bachelor of Arts degree from Purdue University and MS from Colorado State University. Currently, she is completing her Ph.D in Nutrition Sciences at Colorado State University and University of Colorado Anschutz Medical campus. Her dissertation work is concentrating on dietary intake and prevalence of overweight and obesity in children with an Autism Spectrum Disorder.



Cornell University Cooperative Extension

34th Annual Nutritional Concerns Conference

Planning Committee:

- Chair - Sandra Varno, MS, RD, CDN
Albany County
- Sandra Butts, MPH, RD
Schenectady County
- David Hawley, MS, CDN
Rensselaer County
- Kim Parnell, MS
Rensselaer County
- Diane Whitten, MS
Saratoga County

Registration Form

REGISTRATION DEADLINE: Payment must be received by **Friday, March 2.**

Name _____

Circle all that apply:

Food Service RN/LPN RD DTR Teacher CDN Student CCE: NPE/NTA CCE Supervisor Other: _____

Place of Employment _____

Job Title _____

E-mail work _____

E-mail home _____

Cost: \$85.00 per person

Luncheon Choice:

- Black Bean Risotto Cake with Grilled Balsamic Vegetables - Vegan choice
- Steak Au Poive (Peppercorn encrusted filet mignon served with a brandy cream sauce)
- Chicken Alexander (Panko encrusted breast stuffed w/spinach, roasted peppers, and cheese with Alfredo sauce)

Dessert Choice:

- Ultimate Chocolate Cake
- Fresh Fruit Plate

Mail Registration form to:
Cornell Cooperative Extension, Saratoga County
50 West High Street
Ballston Spa, NY 12020

Make check payable to:
CCE Saratoga County

We are no longer accepting purchase orders
or vouchers.

There will be a handling fee of 20%
on all refunds.

There will be no refunds after March 2.

If you have special needs, please call CCE Saratoga County at 518-885-8995 by March 9, so that we may accommodate you.

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