



# Certificate of Training in Childhood and Adolescent Weight Management

**Commission  
on Dietetic  
Registration**  
the credentialing agency for the  
American Dietetic  
Association



120 South Riverside Plaza  
Suite 2000  
Chicago, Illinois 60606-6995  
800/877-1600 ext. 5500  
www.cdrnet.org

◆ **September 23-25, 2010**  
**Middleton (Near Madison), Wisconsin**

◆ **October 14-16, 2010**  
**San Francisco, California**

Offered by the American Dietetic Association  
and Commission on Dietetic Registration.  
Approved for 29 CPE Hours

Visit the CDR website at [www.cdrnet.org](http://www.cdrnet.org)  
for additional program information.

*“This Certificate Program provides much needed and cutting-edge knowledge and skills that will enable dietetics practitioners to capitalize on many new and exciting weight management career opportunities.”*

- **John Foreyt, PhD, Professor**  
Department of Medicine,  
Baylor College of Medicine

Participation is limited. Please register by the registration deadline. (See registration form)  
Past certificate programs have been filled to capacity several days prior to the registration deadline.  
CDR strongly recommends that flight arrangements and hotel reservations not be finalized until  
written registration confirmation is received.

**Hotel Reservations**—A limited number of rooms have been reserved at the following hotels. To reserve your room at the special program rate noted below, please call the hotel by the registration deadline date and mention that you are attending the ADA Weight Management Workshop. You will need to guarantee your reservation with a major credit card. Payment of all room, tax and incidentals will be the responsibility of each individual.

**September 23-25, 2010—Middleton (Near Madison), Wisconsin**

Marriott Madison West, 1313 John Q. Hammons Drive, Middleton, WI 53562

Rate \$142 single/double for the evenings of September 22, 23, and 24.

To make your reservation, please call the Marriott at 1/888-745-2032 by September 1, 2010.

**October 14-16, 2010—San Francisco, California**

The Argonaut Hotel, 495 Jefferson Street, San Francisco, CA 94109

Rate \$195 single/double for the evenings of October 13, 14, and 15.

To make your reservation, please call The Argonaut at 1/415-563-0800 by September 22, 2010.

**In event of cancellation of a certificate of training program, any expenses incurred by registrants or prospective participants shall not be the responsibility of CDR.**

The country's leading health researchers call obesity the top nutrition problem in the United States. More than half of all adults are overweight and a third are obese, according to the National Institutes of Health, and as many as 20 percent of children are obese. Meanwhile, the Surgeon General's "Report on Physical Activity and Health" found exercise and physical activity among everyone from school-age children to adults to be at an all-time low. And, childhood and adolescent obesity is an increasingly important predictor of adult obesity. This program is designed to produce providers of comprehensive weight management care for children and adolescents who also know when and how to refer patients to other specialists. It is open to ADA members, RDs and DTRs.

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### The Certificate of Training Offers:

- ◆ cutting edge information and skills shared by leading practitioners in the field
- ◆ cases and exercises to allow hands-on experience
- ◆ valuable resource materials and tools for immediate use and future reference
- ◆ an opportunity to showcase your expertise by earning a Certificate of Training

### What's Involved?

There are four components to the certificate of training program.

- ◆ on-line self-study module (including 11 hours of readings and activities)
- ◆ pre-test
- ◆ a 2 1/2 day live workshop
- ◆ a take-home post test—only one opportunity to pass this test

- ★ You must complete the online self-study module and pass the pre-test to attend the workshop. After successful completion of the course and take-home post-test, you will be awarded a Certificate of Training in Childhood and Adolescent Weight Management, suitable for framing. All program participants will receive continuing professional education units; however, only those who pass the post-test will receive the certificate. Participants will only be given one opportunity to take the post-test.

*"Great program! Incorporated all parts of the field of dietetics; combined with both traditional and new and exciting information and techniques. The total package!"*

**Stephanie S Thomas, RD CD  
Fishers, IN**

*"This was a fantastic and energizing training! It is so empowering to know that we can make a big difference."*

**Sherri A Hoffman, MPH RD LD  
Hebron, KY**

#### **To Register**

| # Online at [www.cdrnet.org](http://www.cdrnet.org)

| Call 1-800-877-1600 ext. 5500

| Mail form to:

**Commission on Dietetic Registration  
120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606-6995**

| Fax form to: 1-312-899-5364

# Go to [www.cdrnet.org](http://www.cdrnet.org) to register online. Click on the certificate of training link on the CDR homepage and choose the adult or childhood program.

Please see brochure for hotel information.

## ◆ Agenda

### Program Topics

Fundamental Research and Current Practice Guidelines

Nutrition Assessment, Treatment, and Case Management

Medical Assessment and Management

Environmental and Genetic Influences on Pediatric Overweight

Prevention of Pediatric Overweight and Obesity

Physical Activity as Treatment

Behavioral Management: Assessment and Interventions

Motivational Interviewing

Pediatric Weight Management Programs

School Nutrition

## ◆ Timeline (Tentative)

**September 23-25, 2010 & October 14-16, 2010**

**Thursday**

8:00 am—6:00 pm

**Friday**

8:30 am—6:00 pm

**Saturday**

8:30 am—1:00 pm

## ◆ Faculty\*

**Justina Brooks, PhD**

**Nancy Copperman, MS, RD**

**Patricia Crawford, PhD, RD**

**Susan M. Cummings, MS, RD**

**Gwen Davies, PhD**

**Diana Cullum Dugan, RD, LDN**

**Dana E. Gerstein, MPH, RD**

**Michelle Horan, RD, LD**

**Robin Hamre, MPH, RD, LD**

**Gail Frank, DrPH, RD, CHES**

**Marc Jacobson, MD**

**Craig Johnston, PhD**

**Debra L. Kibbe, MS, PHR**

**Shelley Kirk, PhD, RD, LD**

**Donna Martin, EDS, RD, LD, SNS**

**Aida Miles, MMSc, RD, CSP, LD, CSND**

**Santhi Periasamy, PhD**

**Judy C.C. Phillips, MS, RD, LDN**

**Simone Rahotep, PhD**

**Melinda Sothorn, PhD, CEP**

**Frederick Trowbridge, MD, MSc**

**Wendi Williams, PhD**

*\*Program faculty to be selected from this list.*

## ◆ Advisory Committee

A team of over thirty leading experts in the field of weight management contributed to the development and review of this certificate of training course, including :

**Cheryl L. Alto, MS, RD**

**Judith L. Anderson, MS, RD**

**Diane Anderson, PhD, RD, FADA**

**Sarah Barlow, MD**

**Robert Berkowitz, MD**

**Karen Bettin, MS, RD**

**Nancy Copperman, MS, RD**

**Marilyn L. Day, MS, RD**

**William Dietz, MD, PhD**

**Lenard Epstein, MD**

**Illene Fennoy, MD**

**Steve Gortmaker, MD**

**Marc Jacobson, MD**

**Beth Leonberg, MS, RD, CSP, FADA, CNSD, LDN**

**Betty Lucas, RD**

**David Ludwig, MD, PhD**

**Anne B Marietta, PhD, RD, LD**

**Aida Miles, MMSc, RD, CSP, LD, CSND**

**Karen Peterson, MS, RD, LDN**

**Judy C.C. Phillips, MS, RD, LDN**

**Kennith Resnicow, PhD**

**Terri Lang Rubio, MPH, RD**

**Denise Sofka, MPH, RD**

**Karen Amorde Spalding, MS, RD, CSP**

**Bonnie Spear, PhD, RD**

**Jamie Stang, PhD, MPH, RD**

**Andrew Tercovec, MD**

**Robyn L. Wong, MPH, RD, CSP**

**Carol P. Williams, MS, RD, LD**

**Tracy Winder, MS, RD, LD, CSND**

**Babette Zemel, PhD**