

May 31 – June 2, 2018

Portland, Oregon

Commission on Dietetic Registration

**Certificate of Training in Childhood and Adolescent Weight Management Course Agenda**

While CDR will make all attempts to adhere to this agenda, the agenda may be modified in order to accommodate faculty schedules as needed.

**Hilton Portland Downtown  
Grand Ballroom I  
921 SW Sixth Ave.  
Portland, Oregon 97204**



**Day 1 – Thursday, May 31, 2018**

7:30 - 8:30 am	<b>Check-in and Light Breakfast</b>
8:30 - 8:45 am	<b>Welcome and Program Overview</b> Kathy Cobb, MS, RD, CDN – Program Facilitator
8:45 – 9:30 am	<b>Keynote on Fundamental Research and Current Practice Guidelines</b> Sandra G. Hassink, MD, FAAP
9:30 – 9:45 am	Q & A
9:45 – 10:00 am	Beverage Break – Coffee and Tea Service
10:00 am – 12:15 pm	<b>Assessment, Treatment and Case Management of Pediatric Overweight</b> Nancy Copperman, MS, RD, CDN Marc Jacobson, MD
12:15 – 12:30 pm	Q & A
12:30 – 1:45 pm	Lunch - On Own
<i>Optional</i> 1:20 – 1:35 pm	<b>Physically Active and Appropriate Activities for Youth Hands-On Exercise Session</b> Melinda Sothern, PhD
1:45 – 2:00 pm	<b>Announcements and Introductions</b> Kathy Cobb, MS, RD, CDN
2:00 – 3:15 pm	<b>Physical Activity as Treatment</b> Melinda Sothern, PhD
3:15 – 3:30pm	Q & A
3:30 – 3:45 pm	Beverage Break – Coffee and Tea Service
3:45 – 5:00 pm	<b>School Nutrition</b> Donna Martin, EdS, RDN, LD, SNS
5:00– 5:15pm	Q & A

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### ***Day 2 – Friday, June 1, 2018***

7:30 – 8:30 am	<b>Breakfast</b> <b>Great time to meet and network with a fellow participants.</b>
8:15 – 8:30 am	<b><i>Announcements and Introductions</i></b> Kathy Cobb, MS, RD, CDN
8:30 – 9:45 am	<b>Behavioral Management: Assessment and Interventions</b> Craig Johnston, PhD
9:45 – 10:00 am	Q & A
10:00 – 10:30 am	<b>Counseling – Spirit of MI</b> Craig Johnston, PhD
10:30 – 11:00 am	<b>Role Play and Q &amp; A</b> Craig Johnston, PhD Michelle Horan, RD, LD
11:00 am – 11:15 am	<b>Beverage Break and Move to Breakout Rooms</b>
11:15 am – 12:45 pm	<b>Breakout Practice Sessions</b> <b><u>Facilitators</u></b> Gwen Davies, PhD Gail Frank, DrPH, RD, CHES Michelle Horan, RD, LD Craig Johnston, PhD Aida Miles, MMSc, RDN, LD, LMNT, FAND
12:45 – 2:00 pm	<b>Lunch</b>
2:00 – 2:15 pm	<b>Announcements and Introductions</b> Kathy Cobb, MS, RD, CDN
2:15 pm – 3:15 pm	<b>Managing a Clinical Program for Childhood and Adolescent Obesity</b> Vanessa O. Thornton, RD, CSP  Q & A
3:15 – 3:30 pm	
<i>Optional</i> 3:30 – 3:45 pm	<b>Time for ABCs: “Activity Break Choices”</b> <b>Optional</b> Debra Kibbe, MS, PHR
3:45 pm – 4:00 pm	<b>Beverage Break</b>
4:00 pm – 5:00 pm	<b>Weight Loss Surgery for Adolescents with Severe Obesity: Nutritional Considerations</b> M. Susan Sewell, MS, RD, LD, CHWC
5:00 – 5:15 pm	Q & A

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***Day 3 – Saturday, June 2, 2018***

7:30 – 8:30 am	<b>Breakfast</b> Great time to meet and network with a fellow participants.
8:15 – 8:30 am	<b><i>Announcements and Introductions</i></b> Kathy Cobb, MS, RD, CDN
8:30 – 9:25 am	<b>Cultural Competence for Successful Weight Management Counseling</b> Gail Frank, DrPH, RD, CHES
9:25 – 9:40 am	Q & A
9:40 – 10:25 am	<b>Environmental Influences on Pediatric Overweight</b> Dana E Gerstein, MPH, RD
10:25 – 10:40 am	Q & A
10:40 – 10:55 am	Beverage Break – Coffee and Tea Service
10:55 – 12:10 pm	<b>Prevention of Pediatric Overweight and Obesity: Population and Individual Approaches</b> Debra Kibbe, MS, PHR
12:10 pm – 12:25 pm	Q & A
12:25 – 12:40 pm	<b>Concluding Remarks and Post-test Instructions</b> Kathy Cobb, MS, RD, CDN – Program Facilitator

