

Nutritional Concerns Conference



Tuesday, March 25, 2014 ♦ **Century House** (Clarion Hotel)
997 New Loudon Rd (Rt. 9) ♦ Latham, New York 12110

A wonderfully comfortable and unique venue that donates one meal to the Regional Food Bank for every meal served

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

Sponsored by: Cornell Cooperative Extension of Albany, Rensselaer, Saratoga and Schenectady Counties,
and New York State Public Health Association

Five credits Continuing Education Accreditation from:

- Academy of Nutrition and Dietetics ■ Certifying Board of Dietary Managers ■
- American Association of Family and Consumer Sciences ■ National Board of Public Health Examiners
- National Commission for Health Education Credentialing, Inc. ■ School Nutrition Association ■

Keynote Speaker

Janice Johnson Dias:

How to Move a Client's Thinking toward Health and Wellbeing

In an engaging and eye-opening talk, Dr. Johnson Dias will offer an insider's view into how low income mothers with children think about poverty and health, as well as how they negotiate their daily interactions, both in society and with health officials. Through a lens trained on issues of race, power, sexism and poverty-bias, Johnson Dias provides insight into how mothers make decisions between competing obligations to the health of their family and themselves and basic survival. Johnson Dias will conclude with an interactive solution-building segment on how to move health workers toward a more robust understanding of clients, with specific and tailored strategies that health workers can implement to help clients make their health a priority.

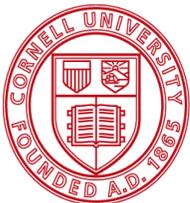
Janice Johnson Dias, PhD, has been described as a force of nature. Janice is a scholar activist whose life's work is developing research-informed, innovative solutions to the challenges facing the urban poor, particularly impoverished black mothers and their children, both locally and nationally. She has published multiple peer-reviewed academic papers on health, women and poverty. Dias also co-created the GrassROOTS Community Foundation (GCF), a health advocacy organization that develops, scales, and funds community health initiatives for impoverished women and girls. Janice has delivered her message to colleges and health institutions across the United States, New York Academy of Health, New York Department Health and Hygiene, Howard University and many other organizations. Janice received her M.A. and PhD in Sociology from Temple University, and is currently on the faculty of City University of New York, in the John Jay College of Criminal Justice.

Conference Planning Committee:

Co-Chairs -

- David Hawley, MS, CDN
- Kim Mullen, MS
Rensselaer County

- Sandra Butts, MPH, RD
Schenectady County
- Sandra Varno, MS, RD, CDN
Albany County
- Diane Whitten, MS
Saratoga County



Cornell University
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Speakers

Speaker #1: Healthy Food Access: Where's the Low Hanging Fruit?

Increasing access to healthy food is a key strategy for preventing obesity and other diet-related diseases. Many communities face barriers to accessing healthy and affordable food, which can affect diet and food security. In recent years many exciting efforts to improve healthy food access have emerged and are taking hold across the country. These changes in food environments and supporting policies present challenges and opportunities for practitioners and researchers.

Jennifer Wilkins, PhD, RD is a lecturer and senior extension associate in the Division of Nutritional Sciences at Cornell University. She is the Community Coordinator for the Cornell Dietetic Internship Program and teaches a graduate course in Community Nutrition to dietetic interns during their community nutrition professional practice. Her extension and applied research work explores relationships among food systems, health and sustainability. In the early 1990s Jennifer conceptualized and developed the first regional food guide in the United States – called the Northeast Regional Food Guide. As a Kellogg Food and Society Policy Fellow from 2004 to 2006 she developed a column, *The Food Citizen*, which appeared monthly in the *Albany Times Union* from 2006 to 2011. She has held leadership positions in several professional organizations including the Society for Nutrition Education and Behavior, the Academy of Nutrition and Dietetics, and the Agriculture, Food and Human Values Society.

Speaker #2: Simply Sensational Speaking: Top Tips to Improve Your Presentations

Reality check – While some nutrition professionals are attaining the media starlight, not all of us want or can use media to communicate nutrition messages. However, platform and public-speaking-on-our-feet opportunities already fill our professional lives. But sometimes audiences' eyes glaze over “as their minds can absorb only what their seats can endure” while you inform, educate and persuade with your valuable information. Learn to apply your unique personal characteristics along with a multitude of interactive techniques to connect with audiences, hold interest, and retain learning. Learn to present with credibility and poise, style and impact.

Felicia Lucas Busch, M.P.H., R.D., F.A.D.A. is a registered dietitian with over 30 years of experience as a communications consultant and business owner. With a background in pediatric nutrition and public health she became interested in working with the media and was in the first group of state media reps trained by the American Dietetic Association. She served for more than 10 years as an ADA national spokesperson. Felicia continues to give media interviews – over 1,500 to date, write for consumer publications and is a consultant to the restaurant, public relations and food industry. Her undergraduate degree in Dietetics and Nutrition is from Florida International University and she has a Master's degree in Public Health from the University of Minnesota. Her home-based business is located in St. Paul, MN and she serves clients from across the country.

Speaker #3: Stress and Your Health: The Role of Diet and Exercise

The effects of stress on your health are well established. We'll review those, and then discuss the role that diet and exercise can have in mediating those effects. Given the pervasive nature of stress in our increasingly busy lives, it is important to be armed with tools to mount a strong defense against the damaging effects of stress. While pharmacological treatments of the symptoms of mental stress are common, the neurochemical benefits of physical exercise have become increasingly recognized. We'll examine this neurochemical link, as well as the neuroprotective benefits of some commonly available foods.

Ryan Mitchell, PhD, is an Associate Professor of Nutrition at the The Sage Colleges in Troy where he teaches courses in Metabolism and Sports Nutrition. Dr. Mitchell has a Ph.D. in Biochemistry and Molecular Biology from U.C. Davis, and a B.S. degree in Nutrition from Penn State University. He has given seminars on stress and exercise for staff and faculty at DeVry University, taught pathophysiology and pharmacology, and has a strong interest in promoting health through exercise and mindful eating. His interests are in the limits of human endurance and altitude limits in mountaineering. Dr. Mitchell was a competitive bike racer for a number of years, and has extensive experience in mountaineering including climbs of Mt. Washington, Mt. Rainier, and Denali.

Directions

The Century House (Clarion Hotel) is located on Rt 9, north of Latham Circle, with plenty of parking available.

From South: Take I-87 (Thruway) north to Exit 23. Take I-787 north to Rt 7 West (Schenectady, Saratoga). Take exit for Rt 9. Turn left at the light onto Rt 9 north. The hotel is 1/2 mile on right.

From North: Take I-87 (Northway) south to Exit 7. Follow signs for Rt 9, Latham. Turn right at the light onto Rt 9 (North). The hotel is one mile on the right.

From West: Take Thruway to Exit 24. Take the Northway (I-87) north to Exit 7, and follow directions above. I-90 Follow to I-787 North and follow directions above.

Schedule of Events

8:00 - 8:45 AM	Registration/Breakfast/Exhibit Time
8:45 - 9:00 AM	Welcome Address
9:00 - 10:15 AM	Speaker #1
10:15 - 10:30 AM	Break/Exhibit Time
10:30 - 11:45 AM	Speaker #2
11:45 - 12:15 PM	Break/Exhibit Time
12:15 - 1:15 PM	Lunch
1:15 - 2:15 PM	Keynote speaker
2:15 - 2:30 PM	Dessert and Door Prizes
2:30 - 3:45 PM	Speaker #3
3:45	Return completed evaluation & drive home safely!

To leave a message at the Century House, call 518-785-1857.

Registration Form

REGISTRATION DEADLINE: Payment must be received by **Friday, March 14.**

Name _____

Circle all that apply:

Food Service RN/LPN RD Teacher CDN Student CCE: NPE/NTA CCE Other Public Health Health Educator Other: _____

Place of Employment _____

Job Title _____

E-mail work _____

E-mail home _____

Cost: \$85.00 per person

Century House Salad

Luncheon Choice:

- Herb Grilled Chicken** with brown rice pilaf and local roasted root vegetables
- Lemon-Broiled Scrod** with brown rice pilaf and local roasted root vegetables
- Vegan choice:** Crispy tofu and quinoa on a bed of arugula with pickled red onion and blistered tomatoes, drizzled with cashew sauce

Dessert:

Chocolate Mousse with sliced fresh fruit, made with local dairy ingredients

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 do not accept purchase orders
or vouchers.**

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

There will be no refunds after March 14.

If you have special needs, please call CCE Saratoga County at 518-885-8995 by March 19, so that we may accommodate you.

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