




# 2018 HAND Conference Topics

Speaker	Topic Learning Objectives
 <p data-bbox="282 758 444 827"><b>Jim Painter</b> PhD, RD</p>	<p data-bbox="583 422 1479 449"><b><u>Keynote Topic: Food Psychology: Why We Eat More Than We Think</u></b></p> <ol data-bbox="631 457 1560 646" style="list-style-type: none"> <li>1. Recognize that most people are not aware of their total consumption</li> <li>2. List environmental factors that lead to over-consumption</li> <li>3. Identify techniques that will help individuals to track their consumption and reduce weight</li> <li>4. Identify common pitfalls that cause individuals to overconsume food</li> </ol> <p data-bbox="583 678 1284 705"><b><u>Topic: 10 Foods To Reduce The Risk Of Heart Disease</u></b></p> <ol data-bbox="631 714 1560 831" style="list-style-type: none"> <li>1. Recognize misconceptions associated with heart disease etiology</li> <li>2. Identify foods that reduce the risk of developing heart disease.</li> <li>3. Discuss the mechanisms that make the foods effective.</li> </ol>
 <p data-bbox="267 1272 459 1341"><b>Elizabeth Pash</b> MS, RD, LDN</p>	<p data-bbox="583 911 1317 938"><b><u>Topic: Feeding ICU and Surgical Patients: A Scientific Update</u></b></p> <ol data-bbox="631 974 1528 1192" style="list-style-type: none"> <li>1. Discuss the benefits of early feeding for ICU and surgical patients</li> <li>2. Describe enhanced recovery protocols related to nutrition care in surgical patients</li> <li>3. Evaluate literature for the indications for immunonutrition in ICU and surgical patients</li> </ol>
 <p data-bbox="233 1692 493 1761"><b>Courtney Johnson</b> MPH, RD</p>	<p data-bbox="583 1415 1507 1484"><b><u>Topic: Value of short-term “challenges” to create sustainable lifestyle changes</u></b></p> <p data-bbox="583 1530 1552 1833">Community program development; facilitation of behavior change in diverse populations, including public and athletes; challenges in behavior change sustainability; value of supportive, community collaboration; Development of mindset, skill acquisition, habit change, support/accountability, character development; entrepreneurship with community support</p>



**Nobuko Kay Hongu Ph.D,  
M.Ed, RD, Professor**

**Topic: Brain Health: Benefits of a Healthy Lifestyle – nutrition & physical activity**

- 1) learn the differences of dementia, mild cognitive impairment, Alzheimer’s disease,
- 2) identify current areas of research in risk reduction and prevention, and
- 3) learn practical tips for setting physical activity and nutrition programs and social activities in optimizing brain health

**Presentation Summary:** Studies have shown that adherence to healthy diet and other healthy lifestyle factors, including regular physical activity, adequate sleep, and active social life may lower the risk of cognitive decline and several mental illnesses. Researchers are trying to find new measures that prevent or delay cognitive decline and dementia. This presentation outlines symptoms and prognosis of dementia, mild cognitive impairment, and Alzheimer’s disease, and discuss the benefits of the healthy lifestyle, including foods of Asian diets and social activities (e.g. physical activity programming) that are the most likely to prevent dementia.



**Amy Brown  
PhD, RDN**

**Topic: Gastrointestinal Disturbances and the Elimination Diet**

1. To understand the differences between celiac disease, non-celiac gluten sensitivity, wheat allergy, Crohn’s disease, and ulcerative colitis.
2. To learn the symptoms, diagnostic tests, and treatments for celiac disease, non-celiac gluten sensitivity, wheat allergy, Crohn’s disease, and ulcerative colitis.
3. To be able to provide an elimination diet to any patient in need of reducing their gastrointestinal and extra-intestinal symptoms.
4. To be able to explain the differences between an elimination diet, the Specific Carbohydrate Diet, and the FODMAP diet.
5. To learn how to use the handouts on the elimination diet, quality of life questionnaire, and symptom-diary sheet specifically created for gastrointestinal disturbances.



**Miki Wong**  
**MACO, RDN, YFT**  
**&**



**Gaye Arakaki**  
**MS, CCC-SLP**

**Topic: Strategies for Problem Feeders**

1. Identify the major reasons why children won't eat
2. Identify general strategies to address feeding difficulties
3. Identify considerations for children with autism spectrum disorders when addressing feeding difficulties
4. Targeting foods that matter



**Penni Hicks**  
**PhD, RD**

**Topic: The Tools for Growing Preterm Infants**

1. Learning Objectives(s): Define growth targets for preterm infants.
2. Define nutrition targets for preterm infants.
3. Identify various methods for individualizing feedings to meet the nutrient needs and growth targets of preterm infants.
4. Describe the importance of growth charts in the nutrition care of preterm infants.