

INTENSIVE COURSE IN PEDIATRIC NUTRITION  
**MCH NUTRITION IN TODAY'S WORLD**

UAB Department of Pediatrics- Division of Adolescent Medicine

**Wednesday, February 20, 2019**

**Birmingham Botanical Gardens Auditorium**

- 7:30 - 8:15**     **Registration and Continental Breakfast**  
**Welcome/Introductions/Housekeeping Details**
- 8:15-9:15**     **The Changing World of Pediatric Nutrition from Birth through 5**  
Harriet Cloud, RD, MS  
Professor Emerita  
University of Alabama at Birmingham
- 9:15-10:00**    **Changes in Medicaid – Opportunities/Challenges for Interdisciplinary Professionals**  
Cason Benton, MD  
Assistant Professor – General Pediatrics  
University of Alabama at Birmingham
- 10:00-11:00** **Managing Inherited Disorders of CHO, Pro, and Fat Metabolism in Adolescence**  
Lauren Dodd, MA, RD, LD  
Nutritionist  
University of Alabama at Birmingham
- 11:00-12:30** **Cultural Competence and Diversity**  
Julia Sosa, MS, RD, LD  
Latino HIV and Prenatal Outreach Coordinator  
Whatley Health Services Inc.
- 12:30-1:15**    **Lunch**
- 1:15-2:15**     **Adolescent Diet and Mental Health**  
Sylvie Mrug, PhD  
Interim Chair – Department of Psychology  
Senior Scientist – Nutrition and Obesity Research Center  
University of Alabama at Birmingham
- 2:15-3:15**     **Intervention with Children with Special Needs: Adolescent Nutrition Case Studies**  
Suzanne Geerts, MS, RD, LD  
Clinical Assistant Professor – Department of Nutrition Sciences  
University of Alabama at Birmingham
- 3:15-4:15**     **Eating Disorders in Today's World**  
Nicole Sigfried, PhD, CEDS-s  
Chief Clinical Officer  
Alsana Eating Recovery Community
- 4:15-4:30**     Discussion, Evaluation and Drawing

**Thursday February 21, 2019**  
**Birmingham Botanical Gardens Auditorium**

- 7:30-8:00 Registration and Continental Breakfast**
- 8:00-9:00 Executive Function in Weight Management: Implications for Intervention**  
Marissa Gowey, PhD  
Assistant Professor – Department of Pediatrics – Psychology  
University of Alabama at Birmingham
- 9:00-10:00 Allergies and Food Intolerances**  
Amy CaJacob, MD  
Assistant Professor – Department of Pediatrics - Allergy and Clinic Immunology  
University of Alabama at Birmingham
- 10:00-11:00 Early Life Stressors and Hypertension**  
Daniel Feig, MD, PhD  
Professor of Pediatrics – Division of Nephrology  
University of Alabama at Birmingham
- 11:00- 12:00 Transition in Cystic Fibrosis**  
Valerie Tarn, MS, RD, LD  
Assistant Professor – Division of Pediatric Pulmonary & Sleep Medicine  
University of Alabama at Birmingham
- 12:00-1:00 Lunch**
- 1:00-2:00 Motivational Interviewing**  
Heather Austin, PhD  
Assistant Professor – Department of Pediatrics – Adolescent Medicine  
University of Alabama at Birmingham
- 2:00-3:00 Sleep and Health**  
Mary Halsey Maddox, MD  
Assistant Professor – Division of Pediatric Pulmonary & Sleep Medicine  
University of Alabama at Birmingham
- 3:00-4:00 Substance Abuse/Opioid Use in MCH Population**  
Lorie Harper, MD  
Associate Professor – Division of Maternal-Fetal Medicine  
University of Alabama at Birmingham
- 4:00-4:30 Discussion, Evaluation and Drawing**

**Friday February 22, 2017- HOT TOPICS**  
**Birmingham Botanical Gardens Ireland Room**

**7:30-9:00 Breakfast with the Experts**

**Table 1**

**Table 2**

**Table 3**

**Table 4**

**Table 5**

**Table 6**

**Table 7**

**Table 8**

**9:00-10:00 The Ketogenic Diet**

Eric Plaisance, PhD

Associate Professor, Graduate Program Director, Honors Program Director – Department of Human Studies – Exercise Physiology

Associate Professor – Department of Nutrition Sciences

Associate Scientist – Center for the Study of Community Health, Nutrition and Obesity Research Center, UAB Comprehensive Diabetes Center, Center for Exercise Medicine

University of Alabama at Birmingham

**10:00-11:00 Intermittent Fasting**

Courtney Peterson, PhD

Assistant Professor – Department of Nutrition Sciences

University of Alabama at Birmingham

**11:00-12:00 Health at Every Size**

Amy Claire McMurtie, MS, RD, LD

Lead Dietitian

Alsana Eating Recovery Community

Amber Parris, LICSW, PIP, CEDS

Director of Clinical Services

Alsana Eating Recovery Community

UAB Department of Pediatrics – Division of Adolescent Medicine  
Leadership Education in MCH Nutrition Presents  
**The 2019 Intensive Course in Nutrition**  
**MCH Nutrition in Today's World**

**February 20<sup>th</sup> and 21<sup>st</sup> 2019**  
Birmingham Botanical Gardens Auditorium  
7:30am – 4:30pm

**February 22<sup>nd</sup> 2019**  
Birmingham Botanical Gardens Ireland Room  
Breakfast with the Experts & Hot Topics  
7:30am – 12:00pm

The goal of the course is to improve the nutritional status of the MCH population across the life-course using complex/difficult cases through interactive case analyses and interactive activities involved in the nutrition care process as well as through both formal and informal learning in a varied learning context, including group case-based discussion sessions, faculty interaction, and peer networking opportunities. We will accomplish this goal through the following objectives:

- 1) Providing leadership in training in pediatric nutrition by developing high levels of clinical competence, providing instruction in nutrition needs, navigating the complexities of the dynamics of nutritional concerns from pregnancy through adulthood, and providing training in systems of delivery of nutrition care.
- 2) Integrating evidence-based nutrition practice and recent developments and research into the practice of MCH nutrition.
- 3) Discuss the management

CE's Offered:

Day 1: Approved for 7 hours by the Commission on Dietetic Registrations, Program # 145173

Day 2: Approved for 7 hours by the Commission on Dietetic Registrations, Program # 145174

Day 3: Approved for 3 hours by the Commission on Dietetic Registrations, Program # 145175