

SATURDAY, JANUARY 12, 2019

Hilton Toronto

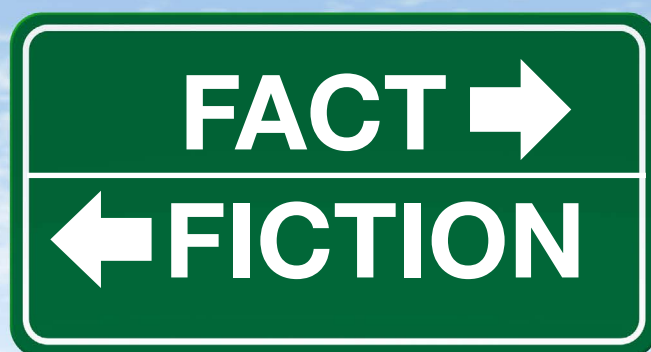
145 Richmond Street West, Toronto, ON M5H 2L2

ADVANCES IN NUTRITION

Healthy Diets and Weight - Sorting out Fact from Fiction

One-day Thematic Conference

Each year, the list of healthy diets to reduce or manage body weight continues to grow. Such diets are usually promoted in conjunction with evidence linking these diets to reduced chronic disease risk, clinical outcomes and quality of life. However, many are not backed by sound evidence and others fail to address important factors that need to be considered such as healthy weights, mental health and patient perspectives.



JOIN US FOR THIS ONE DAY CONFERENCE TO:

- ➔ Gain a better understanding of the multi-dimensional health risks associated with unhealthy diets
- ➔ Learn about current evidence behind healthy weights vs. weight loss and recent diet fads/trends
- ➔ Review clinical and patient perspectives of multifaceted diet programs aimed at minimizing health risks
- ➔ Develop insight and strategies on how to identify and use reliable science to guide practice.

Certificates of participation will be emailed to all participants.



Canadian Nutrition Society
Société canadienne de nutrition

Watch for more information at www.cns-scn.ca

SATURDAY, JANUARY 12, 2019



ADVANCES IN NUTRITION

Healthy Diets and Weight - Sorting out Fact from Fiction

Hilton Toronto

145 Richmond Street West
Toronto, ON M5H 2L2



Canadian Nutrition Society
Société canadienne de nutrition

CONFERENCE PROGRAM

7:30 am - 8:30 am **Breakfast and engagement with posters and sponsors**

8:30 am - 8:40 am **Introductions and Objectives**

Speakers: James House, PhD
Rupinder Dhaliwal, RD, FDC

Healthy Diets and Weight: Understanding the Connections

8:40 am - 9:10 am **Links Between Mental Health and Obesity: from Biology to Behaviour**

Speaker: Valerie Taylor, MD, PhD, FRCP is a Professor and Chair of the Department of Psychiatry at the University of Calgary. Her academic focus is on obesity, metabolic syndrome and mental health in both adults and children.

9:10 am - 9:40 am **Diets and body weight management: Trying to make sense of it all**

Speaker: Éric Doucet, PhD, is an expert in the field of body weight regulation in humans. He is a Professor at the Faculty of Health Sciences at the University of Ottawa.

9:40 am - 10:00 am **Q&A**

10:00 am - 10:30 am **Break**

Healthy Diets and Weight: Balancing the Evidence

10:30 am - 11:00 am **Why there probably isn't a "best diet" for weight management**

Speaker: Kevin Hall, PhD, is a tenured Senior Investigator at the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), one of the National Institutes of Health (NIH) in Bethesda, MD.

11:00 am - 11:30 am **Weight Loss and Client Centred Care; Perspectives in Nutrition Counselling**

Speaker: Andrea Miller, RD owns and operates a private nutrition consulting practice in Whitby, ON and is a sessional instructor at the University of Ontario Institute of Technology.

11:30 am - 11:50 am **Q&A**

11:50 am - 12:00 pm **Morning Wrap-up**

12:00 pm - 1:30 pm **Lunch / Poster and Exhibitor Viewing / Networking**

Healthy Diets and Weight: Translating Evidence into Action

1:30 pm - 2:30 pm **Promising Tools and Programs for Canadian Health Care**

Speaker: Paula Brauer, PhD, RD, is a dietitian and epidemiologist in Applied Nutrition at the University of Guelph working on obesity services in team-based primary care.

Commercial Weight-Loss Programs: Facts & Fiction

Speaker: Kimberly A. Gudzone, MD, MPH, FTOS, currently practices as an obesity medicine specialist at the Johns Hopkins Digestive Weight Loss Center.

Turning the tide with Health At Every Size® - Time for Change

Speaker: Maria Ricupero, RD is a Certified Diabetes Educator who works at the University Health Network, Toronto General as a Practice Leader for Endocrine and Mental Health programs.

2:30 pm - 2:50 pm **Q&A**

2:50 pm - 3:20 pm **Break**

Healthy Food and Weight: Pediatric Focus

3:20 pm - 3:50 pm **Kids on diets: How the culture of fad diets influences parental feeding and children's eating behaviours**

Speaker: Jess Haines, PhD, MHSc, RD, is an Associate Professor of Applied Nutrition at the University of Guelph and the Director of the Parent-Child Feeding Laboratory.

3:50 pm - 4:20 pm **Discussion Panel and Q&A**

4:20 pm - 4:30 pm **FINAL SUMMARY/ CLOSING REMARKS**

Speakers: James House and Rupinder Dhaliwal

* Program subjected to minor changes.



Join the conversation #CNS thematic2019