

USPHS Scientific and Training Symposium

Category Day, Wednesday, June 6, 2018

Dietitian Agenda

8:15 AM - 8:30 AM

Welcome and Meet and Greet

CAPT Suzan Gordon

8:30 AM - 9:30 AM

Learning Core Leadership: Building and implementing a Commissioned Corps Service-Oriented Leadership Framework and Training Model

LCDR Kristie Purdy

As Commissioned Corps officers we are challenged in mapping our journey by the dispersed environments in which we operate, the breadth and depth of our roles, responsibilities and activities in public health and the organizations, communities and locations we serve.

This leadership training is tied to the Commissioned Corps' core value of Service and offers an opportunity to build a broad framework and collaboration that leverages our diversity. This presentation will discuss a current multi-disciplinary and multi-agency program for leadership development officers may choose to engage in.

At the end of this session attendees will be able to:

1. Identify and describe a foundational leadership competency for Commissioned Corps officers in their commitment to the core value of Service.
2. Describe a framework for officer leadership development and collaboration that leverages the diversity, breadth and depth of the Commissioned Corps
3. Apply this framework to their own leadership development plan and identify opportunities for enhancing their impact on public health and leadership as a Commissioned Corps officer.

9:30 AM - 10:15 AM

Deployment Updates and Experiences

CDR Dierdra Holloway, Lcdr Stephanie Magill, LT Brenda Riojas, LT Patricia Ellis

In response to public health emergencies, dietitians face many unique challenges to ensure patients receive adequate nutrition support. Dietitians must assess the food service operations system and coordinate food service planning and nutritional case management with the primary health care providers. Often situations are dire and few options exist for multiple food choices that can meet the spectrum of nutritional needs. Dietitians must adapt approaches to medical nutrition therapy to best meet their patients nutritional status needs.

At the end of this session attendees will be able to:

1. Discuss how to plan food service operations for patient nutritional needs including: patient meals and snack, enteral and oral nutrition supplementation, and coordinating with contracting food service operations.
2. Discuss how to develop standard operating procedures for nutritional case management, in conjunction with the lead Registered Nurse, for patient intake process and criteria for nutrition assessments.

USPHS Scientific and Training Symposium

Category Day, Wednesday, June 6, 2018

3. Implement strategies for designing food service operation with limited resources. / Discuss complexities of various roles and responsibilities of registered dietitians identified in response to hurricanes Harvey, Irma and Maria in 2017. / Identify methods registered dietitians utilized to promote adequate nutritional status for disaster evacuees.

10:15 AM - 11:00 AM

Cooper Institute

Katherine Nashatker

The Cooper Institute (CI) is one of the leading health and wellness institutions focused on research, adult education and youth programs. Known for translating the latest scientific findings into proactive solutions that improve population health, Dr. Steve Farrell and Katherine Nashatker of CI will share the latest research on “Fitness versus Fatness” and key implementation strategies for getting the information to intended audiences through non-traditional methods.

At the end of this session attendees will be able to:

1. List three characteristics of fitness and wellness as it relates to ongoing research.
2. Describe various practices used to disseminate information to targeted audiences.
3. Describe various techniques of adiposity measurement and the process associated with the difference between fitness versus fatness according to research at the Cooper Institute.

11:15 AM - 1:00 PM

Exclusive Exhibit Hall Time

Please use this time to visit our exhibitors. There will also be exhibitor showcases which some categories can receive continuing education for.

1:00 PM - 2:30 PM

Lunch, CPO Presentation, and Award Presentations

CAPT Suzan Gordon

2:30 PM - 3:00 PM

Botulism in Corrections

CDR Mitchell Holliday

The U.S. has the highest documented incarceration rates in the world with an estimated 1.5 million prisoners in state and federal correctional facilities. Foodborne illness outbreaks occur in correctional institutions at higher rates than outside of correctional settings. A major cause of these outbreaks is due to food illicitly prepared into alcoholic beverages called pruno. In recent years, pruno consumption in correctional institutions has caused a number of botulism outbreaks, including the largest outbreak in the United States in the past 40 years. This session will highlight this ongoing public health issue within the field of corrections.

At the end of this session attendees will be able to:

1. Describe foodborne disease outbreaks within U.S. correctional institutions.
2. Describe illicit alcohol consumption within correctional settings .

USPHS Scientific and Training Symposium

Category Day, Wednesday, June 6, 2018

3. Identify recent botulism outbreaks within U.S. prisons caused by illicit alcohol consumption.

3:00 PM - 3:30 PM

A Plant-Based Diet: Something to Consider for Your Health and the Environment

LCDR Kelly Ratteree

Evidence-based facts and guidance will be presented, including varying definitions and extents of plant based eating, health benefits, nutrient adequacy, and impacts on the environment. Evidence aimed at dispelling the myth that a plant-based diet is more expensive will be presented, along with resources for healthy recipes and meal planning ideas.

At the end of this session attendees will be able to:

1. List definitions and degrees of different approaches to plant-based eating.
2. Verbalize health benefits, nutrient adequacy and environmental impacts of plant-based eating.
3. Identify reliable resources for healthy recipes and meal planning ideas.

3:30 PM - 4:00 PM

Pilot Program- Implementation of a Group Weight Management Support Program for Corps officers using the Dietitian PAC's Weight Management Modules

LT Lusi Martin-Braswell, LT Kimberlea Gibbs

During the 2017 USPHS Scientific and Training Symposium, Acting Surgeon General RADM Sylvia Trent-Adams announced a plan to implement weight compliance standards for all officers. Implementation of the retention weight standards will not be implemented prior to October 1, 2018. This discussion will cover the free resource available to officers: Commissioned Corps Weight Management Modules. The presentation will describe how the modules were utilized and provide changes on dietary and physical activity practices, as well as self-efficacy, and knowledge as a result of the program.

At the end of this session attendees will be able to:

1. Describe how the Dietitian Professional Advisory Committee (PAC) weight management modules were utilized in the HRSA Weight Management Support Program.
2. Present changes in officers weight, BMI, and weight management practices.
3. Present officers perceptions of the usefulness of each program session in implementing lifestyle changes. Discuss lessons learned and suggestions for long-term weight management support for Corps officers.

USPHS Scientific and Training Symposium

Category Day, Wednesday, June 6, 2018

4:00 PM - 4:30 PM

Sports Nutrition in USPHS - The Science in Performance

LT Daniel Johnson

All USPHS officers are athletes. Some are high-level performers, others are masters athletes. None-the-less, each officer desires to improve their self-fitness and in doing so, the fitness of those they serve: the American public. Today, sports nutrition is at the forefront of athletics from professional and Olympic athletes to recreational sports and elementary competitors. As a result, each one of us deserves to train and fuel our bodies, our best marketing material for public health, like athletes. Discussing the effect of food before, during, and after competition and knowing how science has infused and driven this aspect of dietetics, we'll sharpen our teeth for performance nutrition and finish with current trends on ergogenic aids and supplements that you may, or may not, need.

At the end of this session attendees will be able to:

1. Describe the role and types of pre-, post-, and during competition fueling
2. Demonstrate the science of sport-specific fueling techniques and scheduling
3. Develop a strategy for addressing supplements and existing food sources of fueling

4:30 PM - 5:00 PM

Closing Remarks & Category Day Evaluations

CDR Susan Hoelscher , LT Tara Lemons