

2022 USPHS Scientific and Training Symposium

Category Day

Wednesday, May 25, 2022

Dietitian Agenda

8:00 AM - **Welcome/Meet & Greet**

8:15 AM **CAPT Mitchel Holliday**, EdD, RDN, FAND, Dietitian Chief Professional Officer,
United States Public Health Service

8:15 AM - **Introduction: The United States Public Health Service Commissioned Corps (USPHS) - America's Health Responders and After Complex Public Health Emergencies.**

8:45 PM

LCDR Rachel McBride, Program Coordinator, Office of the Surgeon General/Office of Assistant Secretary for Health; **LCDR Anthea Edleman**, Public Health Director, Tuba City Regional Health Care Corporation

Welcome students to Dietitian Category Day! Join us for a presentation where we will provide an overview of the USPHS. We will cover themes regarding what it means to serve in uniform, highlight career and deployment opportunities and discuss the benefits of dietitian officers.

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

1. State the mission of the USPHS
2. Identify various roles of USPHS dietitian officers
3. Discuss multiple benefits of working as an officer in the USPHS.

8:45 AM - **Southwest Dietetic Internship (SWDI)**

9:45 AM **CDR Thelma Elliott; LCDR Charisse Holiday**, Chief, Nutrition Services, Phoenix Indian Medical Center

The Southwestern Dietetic Internship (SWDI) was developed in 2002 and accredited in 2006 with the purpose of addressing the shortage and access to qualified nutrition professionals in American Indian Alaska Native (AIAN) communities and the low numbers of AIAN Registered Dietitian Nutritionist. To date, the program has trained and graduated 27 dietetic interns in which half are employed in underserved areas/communities and 22% have been commissioned as a USPHS officer. This session will provide an overview of the program, the goals and objectives, and the impact on underserved populations.

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

1. State the program goals, objectives and outcomes of the SWDI.
2. Discuss the impact the SWDI has had on underserved populations.
3. Describe the SWDI to students for future recruitment.

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9:45 AM - **Eating Disorders are a Public Health Issue: A presentation on eating disorders, food access and weight stigma for public health professionals.**

10:30 AM **Taylor Aasand, RD, Registered Dietitian, Taylor Aasand Nutrition**

"Public Health: Preparing for the Future" Eating disorder rates have increased by 400% since the pandemic. Those in low income households are more likely to engage in eating disorder behaviors compared to those in middle class or high income households. Since eating disorders are the most deadly mental illness, we need to bring awareness to signs and symptoms and change public health policies to not only treat eating disorders, but to prevent them as well. This presentation will be tailored to public health professionals with the hopes of equipping participants with an understanding of eating disorders and empowering them to be an ally.

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

1. Discuss the prevalence and depth of eating disorders present day (estimates are that 30 million Americans meet the criteria for an eating disorder, this does not include individuals who display disordered eating behaviors which is estimated at 90% of the adult population).
2. Explain how current public health policies may be and are contributing to eating disorders/disordered eating
3. Enable public health professionals to feel confident in being an advocate and a resource for those struggling with eating disorders

10:30 AM - **Nutrition, Autism and Lifelong Health; Are we asking the right questions?**

11:00 PM **Tammy Leeper, RDN, Dietitian, Advocate and Mom of a really great guy with autism, Anderson's Nutrition Gilbert, AZ Maricopa County Public Health WIC, Chandler AZ**

There has been much discussion about how nutrition may affect autism symptoms. Meanwhile, risks for obesity and chronic diseases are increased for this population. As this population grows exponentially so is the impact to public health. Could we be asking how we help with this population's lifelong health with nutrition?

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

1. Educate on autism prevalence, impacts to health and activities of daily living
2. Educate on co- morbidities and health impacts
3. Educate on interventions

11:00 AM - **Break in Exhibit Hall**

1:00 PM

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- 1:00 PM - **State of the USPHS Dietitian Category/Lunch**
2:00 PM **CAPT Mitchel Holliday, EdD, RDN, FAND, Dietitian Chief Professional Officer,**
United States Public Health Service

This presentation will provide Commissioned Corps Dietitians with a summary of the current state of the category. This presentation will also outline future goals and action steps outlined by Senior Officers within the Dietitian Category.

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

1. Outline current demographics and statistics related to the USPHS Dietitian Category
2. Highlight focus areas for improvement along with related goals and future action steps
3. Address questions and concerns from USPHS Dietitian Officers

- 2:00 PM - **Awards Presentation**
2:30 PM **CAPT Mitchel Holliday, EdD, RDN, FAND, Dietitian Chief Professional Officer,**
United States Public Health Service

2022 Diet-PAC Honorary Awards

- USPHS Senior Dietitian of the Year
- USPHS Junior Dietitian of the Year
- USPHS Responder Dietitian of the Year

- 2:30 PM - **The Gut Microbiome, Type 2 Diabetes and Therapeutic Intervention Strategies**
3:30 PM **Dr. Cassie Mitchell, RD, Postdoctoral Research Fellow, Obesity and Diabetes**
Clinical Research Section, Phoenix Epidemiology and Clinical Research Branch,
NIH/NIDDK-Phoenix

To familiarize learners with the human gut microbiome, type 2 diabetes pathogenesis and gut dysbiosis that may occur in type 2 diabetes.

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

1. List the 4 components of the gut microbiome.
2. Describe 1 of the primary known functions of the human gut microbiome.
3. Explain 1 impact that impaired glucose homeostasis has on gut microbiome composition and function.

- 3:30 PM - **Nutrition Support Basics - A Review**
4:30 PM **LT Jamie Liao, RD, Indian Health Service**

This session will provide a basic review of nutrition support principles, including enteral (EN) and parenteral nutrition (PN). Topics will include protein/calorie requirements, electrolyte and

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fluid balance, developing an EN and PN support therapy plan, and monitoring of nutrition support.

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

1. Discuss indications for enteral and parenteral nutrition
2. Develop a proper plan for EN and PN with appropriate monitoring and management
3. Identify potential EN and PN complications and implement prevention and treatment strategies.

4:40 PM - **Advising Physical Activity in Individuals with Multiple Comorbidities**

5:15 PM **CDR Steven Spoonmore, Jr., PT, DPT, Clinical Specialist PT, Southcentral Foundation**

In this interactive session, participants will develop tools to supplement dietary considerations related to managing chronic pain. A focused discussion using osteoarthritis as an example will explore the definition of pain and its implications for reduced physical activity among other lifestyle factors. The application of the International Association Study of Pain revised definition and emerging evidence of the biology-related to osteoarthritis will be implemented into deliverable patient education. The role of physical activity in modulating symptoms of osteoarthritis will be demonstrated using high-intensity interval training. Participants should have a calculator, pen/paper or electronic notepad and be prepared to perform bouts of physical activity. Supplemental resources will be provided.

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

1. Define pain and the implication on reduced physical activity
2. Outline an individualized patient education approach for the role of physical activity in modulating knee osteoarthritis
3. Recommend a tailored high-intensity interval training program for deconditioned individuals with knee osteoarthritis

5:15 PM - **Closing Remarks**

5:30 PM **CAPT Mitchel Holliday, EdD, RDN, FAND, Dietitian Chief Professional Officer, United States Public Health Service**

Closing Remarks/Evaluations