**Wednesday May 10**

**Dietitian Category Day**

Dietitian **Dietitian Welcome and Announcements**

5/10/2023 08:00

5/10/2023 08:15

Dietitian **Wellness Around Traditional Community Health-Lessons Learned and** 5/10/2023 08:15 **Next Steps in Working with Indigenous Community to Enhance Health** 5/10/2023 09:00 **of Young Children**

*Dr. Susan B. Sisson, RDN, CHES, FACSM*

Wellness Around Traditional Community Health - Lessons Learned and Next Steps in Working with the Indigenous Community to Enhance the Health of Young Children Wellness Around Traditional Community Health is an intervention aiming to increase fruit and vegetable intake and physical activity in young children in Native American early care and education programs. The program aims to bridge health and education providers to enhance health of young Native American children. The project has been developed from formative work across Oklahoma and has been piloted in five Indigenous communities in Oklahoma. These lessons on working with communities and bridging infrastructure and can be used to strengthen future community partnerships.

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

1. Explain the the Social Ecological Model

2. Discuss childhood obesity early childhood context

3. Describe a clinic-community intervention to enhance diet and activity in young children

Dietitian **Mindful Eating Basics in Diabetes Self-Management**

5/10/2023 09:00  *Erica Dean, MS, RDN, CDCES, FMNS, Diabetes Program Dietitian, USPHS* 5/10/2023 09:45 *Claremore Indian Health Service*

Mindful Eating is a patient-centered, self-awareness tool that dietitians can use with patients with diabetes to improve clinical outcomes. This presentation teaches practical techniques that participants can practice to increase awareness of their own eating habits which will allow them to better understand how to use these tools with patients.

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

1. Use Mindful Eating techniques as a trauma-informed patient education tool.

2. Teach community members about 3 mindful eating skills that serve as a beginning foundation

3. Identify how to incorporate mindful eating education into your community or clinical practice.

Dietitian **Comparison of Medications Used for Weight Loss**

5/10/2023 09:45 *LCDR Robert Montanez, Advanced Practice Pharmacist , Claremore Indian* 5/10/2023 10:30 *Hospital - IHS*

Medication profiles for the most common currently used drugs for weight loss/management. Obesity rates continue to increase in the United States. Obesity has a significant negative contribution to morbidity and mortality. This scenario presents a major public health concern now and for the future.

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

1. Identify medications that are FDA approved for weight loss   
2. Summarize differences between medications for weight loss   
3. Analyze a patient case to determine the most appropriate weight loss medication

Dietitian **Recruitment Presentation**

5/10/2023 10:30 *LCDR Rachel McBride, MS, RDN/LD, CDCES; LT Jessica Bluto*

5/10/2023 11:00

Recruitment presentation for dietetic students

Exhibits **Break in Exhibit Hall**

5/10/2023 11:00

5/10/2023 13:00

Please join us in the exhibit hall to meet our sponsor and exhibitors. You can view who is attending and where to find them in the Sponsor, Exhibitor, and Map sections of the app.

Dietitian **Dietitian Category Luncheon and Awards Ceremony**

5/10/2023 13:00 *CDR Frank Koch, MS, RD, LDN, Chair of USPHS Dietitian Professional* 5/10/2023 14:30 *Advisory Committee, FDA*

Awards Ceremony will begin at 2:00 PM

Dietitian **Dietitian Category Update**

5/10/2023 14:30 *CAPT Mitchel K. Holliday, EdD, RDN, FAND, Chief of Nutrition and* 5/10/2023 15:30 *Dietetics, BOP*

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

1. Discuss relevant trends to the USPHS Dietitian Category
2. Recognize Dietitian Category strengths and opportunities for improvement
3. Discuss questions and concerns with the USPHS Chief Dietitian Office

Dietitian **Alllied Health Panel**

5/10/2023 15:30 *CAPT Christine Nemeti, MSW, LCSW, BCD; CAPT Michael Verdugo,* 5/10/2023 16:15 *Pharm.D., MS, BCPS; CDR Eduardo Cua, Psy. D.; CDR Kristie Purdy, MS,*

*RDN/LD, BC-ADM, CDCES*

*Moderator: LCDR Rachel McBride, MS, RDN/LD, CDCES*

A group of senior officers from various agencies, categories and deployment experiences and provide dietitian officers an idea of the unique and profound opportunities of our fellow Allied Health Category officers.

1) Recognize the diverse categories and specialties included in the Allied Health Category group

2) Identify various career paths of our Allied Health colleagues

3) Discuss multiple benefits of building bridges and networking outside of our PHS Category

Dietitian **Building Public Health Leadership Capacity: Effective Writing Skills for** 5/10/2023 16:15 **USPHS Dietitian Officers**

5/10/2023 17:15 *CDR Stephanie Magill, MS, RD, CD, FAND; LCDR Patricia Ellis, MS, RDN,*

*CPH, EIM, CLE; LCDR Lusi Martin-Braswell, MPH, MS, RDN, LD, CHES; LT Alexis Roberts, MPH, RDN, LD, Consumer Safety Officer, U.S. Food and Drug Administration*

Effective written communication is an essential role for all public health leaders now and in the future. Writing well allows leaders to communicate ideas clearly, connect with others on a personal level, and establish their credibility—skills vital to leaders in all disciplines. United States Public Health Commissioned Corps (USPHS) Dietitian Officers are considered leaders in the uniformed services and in the field of nutrition and dietetics. In the USPHS, writing is the primary basis in which one’s work, learning and intellect is judged not just in day-day-operations, but particularly for uniformed service career advancement or promotion. Building self-efficacy and the capacity for effective writing for USPHS Dietitian Officers is critical and foundational for successfully communicating public health priorities and impact in their careers now and in the future.

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

1. Describe how writing documents with a focus on communicating accomplishment, scope, and impact supports PHS career development and advancement.
2. Identify specific PHS documents in which writing impactful statements are critical.
3. Describe components of a strong impact statements for PHS documents.
4. Assess ways to enhance the impactof written statements or documents.
5. Practice drafting written statements to show impact in dietitian officer assignments.

Dietitian **Dietitian Closing Remarks**

5/10/2023 17:15