

HA DPG 2019 Virtual Conference:

Mental Health, Depression, Addiction and Aging: The Impact of Nutrition

May 7, 2019 at 12pm ET (9am PT, 10am MT, 11am CT)

May 14, 2019 at 12pm ET (9am PT, 10am MT, 11am CT)

May 7th – Depression (12:00 – 1:00 p.m. Eastern)

Section 1: The Role of Nutrition in Older Adult Depression

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Summarize current research on dietary quality and mental health.
2. Identify select nutrient deficiencies associated with depression in older adults.
3. Discuss diet and nutrient based supplement intervention to address depression in older adults.

Speaker: Jeanette M. Jeffrey, MS, MPH, MCHES

Section 2: Cross-sensitization of Addiction and Eating Disorders in the Aging Population

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Recognize four behavioral signs and symptoms of eating disorders and addiction in the aging and older adult population.
2. Identify risks of undiagnosed co-occurring disorders and the cycle of cross-sensitization.
3. Implement sensitive verbiage to address eating disorders and/or addiction in nutritional counselling sessions.

Speaker: Ashley Lytwn, MS, RDN, LDN

May 7th – Addiction (1:00 – 2:00 p.m. Eastern)

Section 3: The Opioid Crisis and Links to Nutrition in Older Adults

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Describe the current opioid crisis from a biopsychosocial perspective
2. Discuss special considerations of older adults amidst the epidemic
3. List 3 important nutrition-related concerns related to opioid use

Speaker: David A. Wiss, MS RDN CPT

Section 4: Drugs, Supplements and Nutrients in the Aging Population

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. List the scope of products that may be used as supplements by aging patients.
2. Identify drugs in common use by the elderly that potentially affect the need for, absorption, metabolism or excretion of nutrients.
3. Identify the reliable resources for seeking current and developing information re: drug: nutrient interactions.

Speaker: Ruth Leye Wallace, PhD

May 14th – Mental Health (12:00 – 1:00 p.m. Eastern)

Section 1: Healthy Aging of Persons with Intellectual Disabilities

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Explain some of the age-related physiological changes and their nutritional implications.
2. Identify common nutrition-related concerns in older adults with intellectual disabilities (ID).
3. Explain several indicators of malnutrition in older persons with ID.
4. Describe dietary strategies for preventing or treating select nutritional problems (e.g. unintended weight loss, poor appetite, sarcopenia). Explain the guidelines for planning a healthy diet for persons with ID.

Speaker: Dawna T. Mughal, PhD, RDN, LDN, FADA, FAND

Section 2: Role Changes in Later Life and Illness: Impact on Health and Diet

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Identify unique role changes in later life
2. Explain the multidirectional relationships of illness, disability, and roles
3. Recognize links between roles, illness, social determinants of health, and nutrition

Speaker: Erin Emery-Tiburcio, PhD

May 14th – Aging: A Whole-Body Approach (1:00 – 2:00 p.m. Eastern)

Section 3: The Role of Nutrition on the Brain in Terms of Dementia, Anxiety and Depression

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Explain the role of nutrition in relation to specific mental health diagnoses.
2. Explain the connection between food and mood regarding how your food choices influence your mood and mood influences food choices.
3. To increase knowledge and awareness of the different dietary approaches to help with dementia, anxiety and depression

Speaker: Julia Cassidy, MS, RD, CEDRD-S

Section 4: Feeding the Brain Throughout the Lifespan

Learning Objectives:

At the conclusion of this session, participants will be able to:

1. Identify the three regions of the brain that impact activation of the Central Nervous System
2. Name two (2) clinical techniques that facilitate motivation for the consumption of critical brain nutrients
3. Describe three (3) behavioral symptoms that demonstrate malnutrition throughout the lifespan

Speaker: April N. Hackert MS, RDN, CEDRD