

Healthy Aging Virtual Conference 2022

May 3 & May 10

Healthy Aging
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

HEAD TO TOE A Journey Through the Aging Body

Tuesdays @ 12 pm – 2:30 pm ET ~ May 3 & May 10

Join us for a total of 5 hours CPEU web-based education with 7 engaging expert speakers!

Each 2.5-hour session includes 3 expert speakers followed by Q&A.

May 3rd Sessions

OPTIMIZING NUTRITION CARE FOR THE AGING BRAIN

Speaker: Christine C. Ferguson, PhD, RD, LD

- List three neuroprotective properties of the MIND diet.
- Explain the latest nutrition recommendations for patients with neurological diseases.
- Identify at least one gap in the literature regarding nutrition and brain health coupled with one possible future direction to fill the respective gap.

SOMETHING TO CHEW ON - ORAL HEALTH IN OLDER ADULTS

Speaker: Rena Zelig, DCN, MS, RDN, CSG, CDCES

- Illustrate oral health risk factors affecting nutritional status.
- Examine oral NFPE features unique to older adults.
- Implement diet guidelines for tooth loss and replacement.

FOOD ALLERGIES AND THE OLDER ADULT

Speakers: Robert Earl, MPH, RDN, FAND & Tiffany Leon, MS, RD

- List and describe prevailing food allergies in older adults.
- Address management of food allergies in older adults using clinical best practice.
- Identify the legal requirements assisted living facilities must follow to ensure safety and inclusion for the older adult.

May 10th Sessions

AGING WELL WITH DIABETES

Speaker: Liz Quintana, EdD, LD, RD, CDE

- Put into practice for older adults: American Diabetes Association Standards of Medical Care in Diabetes.
- Identify coexisting conditions associated with aging with diabetes.
- Incorporate assessments to evaluate functional changes, which directly impact clinical management and diabetes education.

THE BODY ON MENOPAUSE: WHAT EVERYONE SHOULD KNOW

Speaker: Elizabeth M. Ward, MS, RDN

- List three stages of the menopause transition and when they occur.
- Consider the role of decreased estrogen levels in the development of chronic health conditions associated with menopause and the aging process.
- Apply balanced diet and physical activity during the menopause transition to reduce risk of chronic disease.

FALLS AND OLDER ADULTS

Speaker: India Swift, PT, DPT

- Identify three coexisting factors that impact overall stability in older adults.
- Include assessment strength and balance tests to determine risk of falls.
- Put into practice dietary recommendations for older adults to improve overall strength.

HA Virtual Symposium Early Registration Fees by Session

Early registration pricing until April 7, 2022

HA Member - \$20.00 (\$40.00 after 4/7)

Student Member - \$20.00 (\$20 after 4/7)

Other - \$40.00 (\$80 after 4/7)