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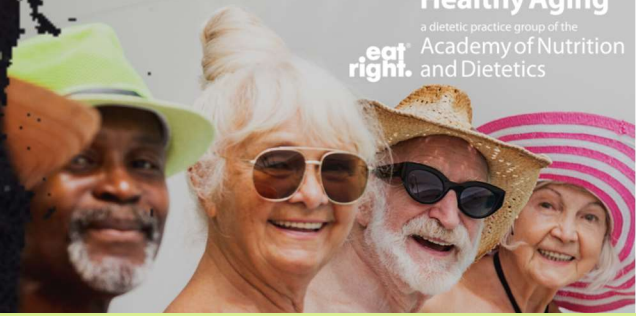
EMERGING TRENDS IN
THE OLDER ADULT

HEALTHY AGING VIRTUAL CONFERENCE

MARCH 30 & APRIL 6, 2023

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

eat
right.



Join us for two days and five total hours of CPEU professional education. Each day will feature three expert speakers followed by live Q/A.

Day 1 – March 30, 2023

12:00 – 2:30 pm ET

Safely Implementing a Low-Carbohydrate Diet in the Aging Adult

Speaker: Laura Buchanan, MD, MHP, ABOM

- Show how rapid BP, glucose, labs can change in highly motivated elderly patients
- List potential harms from rapid changes regarding medications and adverse events
- Recall the implications and patient benefits of multi-disciplinary interaction

Competency codes: 8.2.3, 8.4.1, 9.1.1, 10.4.4

Continuous Glucose Monitoring for Older Adults with T2DM

Speaker: Emily Schilling, RD, LDN, CDCES

- List 3 benefits of CGM compared to fingerstick blood glucose monitoring for older adults
- Describe ideal candidates for CGM
- List 3 special considerations for CGM use in older adults

Competency codes: 8.2.3, 8.4.1, 9.1.1, 10.4.4

Adapting the Diabetes Prevention Program for Older Adults

Speaker: Emily Johnston, PhD, MPH, RDN, CDE

- Identify barriers to participation in the Diabetes Prevention Program specific to older adults
- List feasible adaptations to make the Diabetes Prevention Program more accessible to older adults
- Interpret acceptability results from piloting adapted Diabetes Prevention Program materials among older adults

Competency codes: 10.3.5, 10.3.6, 12.2.2, 12.3.1, 12.3.2

Day 2 – April 6, 2023

12:00 – 2:30 pm ET

Delivering Culturally Appropriate Patient Care to Older Adults

Speaker: Melinda Boyd, DCN, MPH, MHR, RD

- Identify ways to personally develop cultural humility
- Incorporate a patient's cultural beliefs into evidence-based practice
- Develop strategies to implement culturally appropriate care in their own practice

Competency codes: 1.7.1, 1.7.2, 1.7.4, 2.1.1, 2.2.2

The Anti-Aging Diet: Separating Fact from Fiction

Speaker: Christa Hill, PhD

- Illustrate the biological mechanisms of aging
- List the types of anti-aging diets that are being researched (fasting, calorie restriction, ketogenic, protein restriction)
- Identify caveats and concerns with protein restriction in older adults, with recent findings from epidemiologic studies in older adults (age 75+)

Competency codes: 1.2.6, 4.1.2, 4.1.3, 4.2.7

Alphabet Soup for the Aging Brain

Speaker: Rachael Patusco, DNC, RDN

- Recognize the role vitamins and minerals play in cognitive aging
- Appraise the current evidence supporting micronutrient supplementation and cognitive health outcomes.
- Develop nutrition interventions for older adult patients/clients relative to micronutrient needs

Competency codes: 10.3.6, 10.3.7, 10.3.8, 10.5.1

Virtual Conference Discounted Fees: Early Bird Pricing Before February 28, 2023

HA DPG Member - \$20.00 per Session (\$30 per session after 2/28/2023)

HA DPG Student or Retired Member - \$10.00 per Session (\$20.00 per session after 2/28/2023)

Other - \$40.00 per Session (\$80.00 after 2/28/2023)