



Spring Nutrition Conference – “Hot Topics in Nutrition”

Wednesday May 16, 2018

The Mountaineers Program Center

7700 Sand Point Way NE

Seattle WA 98115

8:15 - Welcome

8:30-9:30 – **Katherine Pryor, author of Sylvia’s Spinach and Zora’s Zucchini. “Read Your Greens: Connecting Kids, Books and Food.”**

9:30-10:45 – **Cathy Breedon, PhD, RD, CSP, FADA, FAND “Hot Topics in Nutrition 1”**

10:45-11:15 – Break

11:15-12:30 – **Cathy Breedon, PhD, RD, CSP, FADA, FAND “Hot Topics in Nutrition 2”**

12:30-1:15 – Lunch

1:15 – 1:45 – **Q and A – with Cathy Breedon**

1:45-2:45 – **Panel Discussion “Being a Changemaker for Oral Health in Your Community.”**

2:45-3:00 – Break

3:00 – 4:00 – **Nick Rose, PCC – Healthy Eating on a Budget**

Objectives – Hot Topics in Nutrition 1 and 2

After attending the workshop and studying the accompanying thorough handouts, for each of the vitamins, minerals and other nutrition-related substances shown below, participants will be able to:

- Describe significant changes in our understanding of the nutrient/substance.
- Identify geographic and social factors that affect adequacy.
- Describe age- or developmental-related factors that affect adequacy, including specific nutrition issues of key importance during pregnancy and lactation, and from infancy through childhood.
- Describe common health problems that can be avoided or helped by adjustments in intake of this nutrient/substance.
- Identify important drug/nutrient interactions of concern.
- Identify simple, safe and inexpensive interventions to improve this picture significantly.

Nutrients and Nutrition-Related Substances

Vitamins: D, K, B12, Biotin and Choline.

Minerals: Magnesium, Iodine, Chromium, Selenium, Zinc and Iron.

Conditionally Essential Substances: Carnitine, CoQ10 and Alpha-Lipoic Acid,

Lipids: Omega-3, -6, and -9 Fatty Acids.

Phytochemical Antioxidants: e.g. anthocyanin, beta-carotene, lycopene, lutein, sulforaphane, quercetin, resveratrol, curcumin, etc.

Panel Discussion “Being a Changemaker for Oral Health in Your Community.” Panelists will discuss practical ways that you can address the importance of healthy food and beverages, not only helping improve overall health but improving oral health as well for clients and the broader community.

Valerie Segrest, an enrolled member of the Muckleshoot Indian Tribe, is a native nutrition educator who specializes in local and traditional foods. She coordinates the Muckleshoot Food Sovereignty Project and is a nutrition educator for the Northwest Indian College's Traditional Plants Program. Her goal is to restore health and well being to her tribe and other Native communities by combining traditional Native food and plant knowledge with modern scientific findings.

Emily Firman is a senior program officer with Arcora Foundation, the foundation of Delta Dental of Washington. Emily is the lead strategist for the foundation's work in addressing cavities upstream – before they require treatment – by improving understanding and distribution of the benefits of community water fluoride.

Kristen Rezabek is well-known to many conference attendees, both as the former Executive Director of Nutrition First and through her work in refining and presenting Arcora Foundation's oral health curriculum which is offered to WIC programs across Washington. Now the Access to Baby and Child Dentistry (ABCD) Coordinator for San Juan County, Kristen will address the opportunities for local agencies, organizations and stakeholders to work together to connect young children with dental care in their local communities through programs like the ABCD program.

Healthy Eating on a Budget – Nick Rose

It's no surprise the healthiest foods at the supermarket are not the cheapest foods at the supermarket, but with some smart planning and culinary creativity - you can eat well and save some dough. We all know to never go to the grocery store hungry, but did you also know that what you eat right before shopping can impact your food purchases while at the grocery store? PCC Nutrition Educator Nick Rose will discuss an assortment of tips and tricks to help shoppers maximize diet quality and minimize grocery bills.

Learning Objectives:

By the end of this presentation, participants will be able to:

1. List strategies for healthier food purchases for each of the following: before shopping, while at the grocery store, and once you get home.
2. Recommend creative recipe substitutions to save money without comprising the nutritional status of popular menu items.
3. Describe the nutritional differences between fresh and frozen produce.