

10th Annual Healthy Lifestyles Conference

April 27, 2016

Comfort Suites, Burlington, Iowa

Featured Speakers:

The Ellyn Satter Institute

Anne K. Blocker, MS, RDN, CSSD, LD, CDE

Jennifer Harris, RDN, LD, CEDRD

Clarahan Consulting LLC

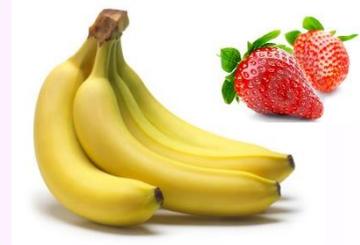
Sue Clarahan, RD, LD, CEDRD



Presented by Southeast Iowa
Regional Coalition for
Lifestyle Enhancement

Conference Agenda

Wednesday, April 27, 2016



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| 8:00 – 8:30 a.m. | Registration |
| 8:30 – 8:40 a.m. | Welcome and Introductions |
| 8:40 – 10:00 a.m. | Eating Competence - An Introduction to the Possibilities by <i>Anne K. Blocker, MS, RDN, CSSD, LD, CDE and Jennifer Harris, RDN, LD, CEDRD</i> |
| 10:00 – 10:15 a.m. | Beverage Break |
| 10:15 – 11:45 p.m. | Eating Competent Adults Raise Eating Competent Children by <i>Anne K Blocker and Jennifer Harris</i> |
| 11:45 – 12:30 p.m. | Lunch (Provided) |
| 12:30 – 2:30 p.m. | Eating Competence: The Feeding Relationship and Weight by <i>Anne K Blocker and Jennifer Harris</i> |
| 2:30 – 2:45 p.m. | Beverage Break |
| 2:45 – 4:15 p.m. | Health at Every Size®
by <i>Sue Clarahan, RD, LD, CEDRD</i> |
| 4:15 p.m. | Wrap Up, CEUs and Evaluations |

Speakers



Anne Blocker, MS, RDN, CSSD, LD, CDE is a dietitian, diabetes educator, consultant, professional speaker, author, nutrition therapist and health coach. For the past 26 years she has been helping people live healthier and happier lives by breaking free of rigid dieting and developing a trusting relationship with food and their bodies. Seeing firsthand the end result of the distortions caused by poor feeding practices and restrictions led Anne to incorporate Satter's feeding models into the heart of her counseling and nutrition programming work. Anne works with the Wellness Program at Luther College and sees patients in her private practice. As we are bombarded daily to slim down, eat less, and eat right, Anne is passionate about helping people bring joy back into eating. - See more at:

<http://ellynsatterinstitute.org/other/faculty.php#sthash.Pq9ZoRZT.dpuf>

Jennifer Harris, RDN, LD, CEDRD is a registered and licensed dietitian nutritionist. She has a varied work background which includes working at a WIC clinic, in an acute care hospital setting as a clinical dietitian, and as part of a student health service/wellness promotions clinic at an all-female college. For over 24 years Jennifer has worked at CentraCare Health in St. Cloud, MN and specializes in the treatment of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder and feeding and eating disorders not otherwise specified. Her work in the area of eating disorders led her to the conclusion that the Satter eating competence and feeding dynamics models are the ultimate prevention and treatment modality for childhood feeding and eating issues; including dysfunctional and disordered eating and weight divergence. Since her first exposure to the Satter feeding dynamics model in 1996, she has incorporated it into her practice.



<http://ellynsatterinstitute.org/other/faculty.php#sthash.Pq9ZoRZT.dpuf>

Eating Competence – An Introduction to the Possibilities

Raising a competent eater depends on a division of feeding responsibility between parent and child. The parent is responsible for *what* the child is offered to eat and for *when* and *where* the food is offered. The child is responsible for *whether* and *how much* they eat of what the parent has made available. The competent eater, child and adult alike, has positive eating attitudes, good food acceptance and food regulation skills, and positive mealtime behaviors. Research on eating competence shows these capabilities contribute to better overall nutrition status and wellbeing.

Eating Competent Adults Raise Eating Competent Children

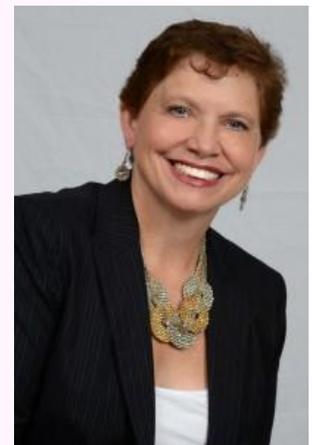
The feeding dynamic approach requires adult competence, not only with eating but with feeding. It requires parent confidence in their ability to recognize where their job with feeding ends and the child's job with eating begins. Every adult has their own eating history. Out of that history come attitudes and behaviors about eating and therefore will affect their job of feeding. Because feeding dynamics issues contribute to common nutritional problems such as poor eating, pickiness, poor growth, and excessive food intake and overweight, family

meals are the foundation for healthy feeding. To build that foundation, start with the families right where they are, and support them so they can learn and grow.

Eating Competence: The Feeding Relationship and Weight

Childhood overweight can be *prevented from birth* by doing an excellent job with feeding and correcting feeding problems early. Child overweight can be *treated* by examining the underpinnings and antecedents of growth divergence, restoring positive feeding and letting the child's own capability resolve the problem. Understanding feeding patterns explains distortions and gives intervention options for older as well as younger children. Early patterns persist, and either promote stable body weight throughout life or precipitate obesity. This research- and clinical-based, practical presentation teaches the *Satter Feeding Dynamics Approach* to resolving the dilemma of child overweight. Eating competence and feeding dynamics strategies work well for adults and children when they are implemented consistent with the models. In today's weight-obsessed culture with its pressure to "eat right", the integrity of the models can become diluted and ineffective. The final part of this session will include practice implementation strategies for community, clinical, public health and school settings.

Sue Clarahan, RD, LD, CEDRD is a registered dietitian who has over 30 years of experience in the field of dietetics. Her experience includes counseling clients in the home, hospital, and clinical settings. Sue is a sought after presenter on a variety of nutritional subjects. After 20 years of practice in Iowa where she received the 2007 Iowa Recognized Dietitian of the Year, she moved to Ohio. In Ohio Sue blended her passion for nutrition with practical and sensible approaches to eating by founding Clarahan Consulting, LLC. Clarahan Consulting, LLC specialized in treating clients with eating disorders and disordered eating. She helped develop New Beginnings Intensive Outpatient Eating Disorder Program in Akron, Ohio and continued to consult with the program until she moved back to Iowa.



In August of 2012, Sue reopened Clarahan Consulting in Iowa City. She continues to work with eating disorders and disordered eating. In 2014, Sue became the first CEDRD (Certified Eating Disorder Registered Dietitian) in the state of Iowa. She is an active board member with the Association for Size Diversity and Health, as well as the Eating Disorder Coalition of Iowa.

Health at Every Size® is an approach to health and wellness that may be very different from what you've heard from your health care team and media. It is an evidenced-based, weight-neutral approach to health that is an alternative to the weight-based paradigm which much of the current public health policies are based. There is considerable scientific evidence supporting the HAES® approach which focuses on the fact that health and well-being are multi-dimensional and include physical, social, spiritual, occupational, emotional, and intellectual aspects.



Conference Goals

- Understand the evidence-based principles of the Satter Feeding Dynamics Model and the Satter Eating Competence Model.
- Define evidence-based feeding dynamics primary intervention strategies that support the child's eating competence.
- Examine approaches that help adults develop their own eating competence.
- Understand the Health at Every Size® is an evidenced-based, weight-neutral approach to health that is an alternative to the weight-based paradigm.

Conference Location

Comfort Suites

1780 Stonegate Center Drive
Highway 61 South, Burlington, Iowa

You may book accommodations at this hotel by calling them directly at 319-753-1300 or through their website at www.comfortsuites.com. Parking is free.



Partners/Sponsors



General Information

Conference Registration:

Registration includes lunch, beverage breaks and conference materials.

Registration fee: \$75 if postmarked by April 19, 2016
After April 19TH, Registration is \$95
Full-Time Student Registration rate is \$25

Cancellation Policy: Cancellations must be received in writing by April 19, 2016 and are subject to a \$15 service fee. After April 19, 2016, substitutions will be accepted but no refunds will be given.

Please make your check out to: SIRCLE Conference

Send your registration fees to:

SIRCLE Conference
Community Action of Southeast Iowa
Attention: Christine O'Brien
2850 Mt. Pleasant Street - Suite 108
Burlington, Iowa 52601
FAX: 319-753-0687

CEUs available for the following:

Nurses: .72 CEU hours approved through Southeastern Community College:
Provider Number 24. Full attendance is required.

Dietitians and other disciplines: A Certificate of
Attendance will be available for those needing
CEU documentation.

For More Information Contact:

Christine O'Brien at (319) 753-0193 or christine.obrien@caofseia.org

Healthy Lifestyles Conference

Registration

Please use the form below to register for the Healthy Lifestyles Conference,
to be held in Burlington, Iowa on Wednesday, April 27, 2016.

Name: _____

Title: _____ RN License Number: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____

E-Mail Address: _____

Please note any Special Needs (Dietary, Disability, Breast Feeding Room, etc.): _____

Conference Fees:

Early Bird Registration: Fee \$75 – (postmarked by April 19, 2016)

Registration: Fee \$95 after April 19, 2016

Full-Time Student Registration: Fee \$25

Check Enclosed (*Make check payable to SIRCLE Conference*)

Amount \$ _____

Check # _____

PO # _____

Send Check to:

SIRCLE Conference

Community Action of Southeast Iowa

Attention: Christine O'Brien

2850 Mt Pleasant Street - STE 108

Burlington IA 52601

FAX: 319-753-0687

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