

Day One:

9:00-9:20am	Sign-In
9:20-9:30am	Welcome
9:30-10:00am	Introductions Jamie Stang
10:00-11:15am	IOM Weight Gain Guidelines and Obesity Kathleen Rasmussen
11:15-11:45am	The Effect of Exercise on Depression during Pregnancy and Postpartum Beth Lewis
11:45am-1:00pm	Lunch on your Own
1:00-2:30pm	Walking in Two Worlds: A Community Health Worker Model Anne Graney
2:30-2:45pm	Break
2:45-3:45pm	"Oregon WIC Listens": A Model Program for Implementing Participant Centered Education Susan Greathouse
3:45-4:45pm	Maternal Mental Health and Infant Feeding Behaviors and Growth Kristen Hurley
4:45pm	Adjournment End of First Day's Sessions



Please contact Michele.Bailey@dhss.mo.gov with questions or if an accommodation is needed.

Registration is Due By September 10th

Day Two:

8:30-8:50am	Sign-In
8:50-9:00am	Welcome
9:00-10:15am	Balancing Concerns about Dietary Sources of Environmental Contaminants During Pregnancy and Lactation Julie Daniels
10:15-10:30am	Break
10:30-11:45am	Nutrition and Management of Gestational Diabetes Mellitus Diane Reader
11:45am-1:30pm	Lunch on your Own
1:30-2:15pm	Exercise as a Prevention and Management Strategy for Gestational Diabetes Mellitus Melissa Avery
2:15-2:30pm	Break
2:30-3:30pm	Catch-Up Growth vs. Rapid Early Weight Gain: Definitions and Consequences Mary Hediger
3:30pm	Adjournment End Training Sessions

Accreditation

- ♥ The program has been submitted for approval to the American Dietetic Association for 10 continuing education hours.
- ♥ Contact hours have been applied for through the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited provider by the American Nurses Credentialing Centers Commission on accreditation.
- ♥ The program qualifies for 10 contact hours of professional continuing education for Missouri WIC staff.
- ♥ The Centers for Public Health Education and Outreach, University of Minnesota School of Public Health, maintains permanent records of all continuing education activities.

Presented by:
MO Department of Health and Senior Services,
Bureau of WIC and Nutrition Services,
Nutrition Training Institute,
and
University of Minnesota,
School of Public Health

Sponsored by:
U.S. Department of Health and Human Services,
Maternal and Child Health Bureau

2010 National Maternal Nutrition Intensive Course



Shown at the
Missouri Department of Health and
Senior Services, 930 Wildwood Drive,
Jefferson City, Missouri

October 14-15, 2010

Wild Birch & Maple Conference Rooms

About the Speakers:

- ♥ **Jamie Stang**, PhD, MPH, RD, Assistant Professor, Division of Epidemiology and Community Education, School of Public Health, University of Minnesota, Minneapolis, MN
- ♥ **Kathleen Rasmussen**, ScD, RD, Professor, Division of Nutritional Sciences, Cornell University, Ithaca, NY
- ♥ **Anne Graney**, MPH, Executive Director of YWCA, Mankato, MN
- ♥ **Kristen Hurley**, MPH, PhD, Assistant Professor of Pediatrics, University of Maryland School of Medicine, Baltimore, MD
- ♥ **Susan Greathouse**, MPH, RD, IBCLC, WIC Nutrition & Local Services Manager, Oregon WIC Program, Portland, OR
- ♥ **Julie Daniels**, MPH, PhD, Associate Professor, Epidemiology & Maternal and Child Health Department, University of North Carolina, Chapel Hill, NC
- ♥ **Diane Reader**, RD, CDE, Manager of Diabetes Professional Training, International Diabetes Center, Minneapolis, MN
- ♥ **Melissa Avery**, PhD, RN, CNM, FACNM, FAAN, Associate Professor and Chair, Child and Family Health Cooperative, School of Nursing, University of Minnesota, Minneapolis, MN
- ♥ **Beth Lewis**, PhD, LP, Assistant Professor, School of Kinesiology, University of Minnesota, Minneapolis, MN
- ♥ **Mary Hediger**, PhD, Acting Chief of Epidemiology Branch, Division of Epidemiology, Statistics & Prevention Research, Eunice Kennedy Shriver National Institute of Child Health & Human Development, National Institutes of Health, Rockville, MD

Goal:

This continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate high-quality nutrition services. It is designed for dietitians, nutritionists, certified nurse midwives, registered nurses and nurse practitioners, physicians and public health professionals who serve preconceptual, pregnant, postpartum and breastfeeding women.

Objectives:

- ♥ Describe ways that appropriate nutrition services can improve pregnancy outcomes.
- ♥ Identify characteristics of model programs and counseling approaches for maternal and infant nutritional health.
- ♥ Describe the effect of maternal eating behaviors on birth outcomes and infant health status and development.

Notes:

- ♥ Participants are asked to bring a sweater or jacket due to variations in temperature and personal preferences.
- ♥ Seating is limited. Please call the Nutrition Training Institute at 573.751.6244 to cancel.
- ♥ All meals and beverages will be on your own.

Individual Registration for the 2010 National Maternal Nutrition Intensive Course:

Please complete the information below and fax by **September 10, 2010** to Attn: Michele Bailey at 573.526.1470

NAME: _____

OCCUPATION: _____

PLACE OF EMPLOYMENT: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP CODE: _____

PHONE NUMBER: (_____) _____

E-MAIL: _____



A confirming email will be sent to you as your receipt.

If you do not receive an

acknowledgement by September 10th, please email Michele.Bailey@dhss.mo.gov to verify your registration.