

# National Maternal Nutrition INTENSIVE COURSE

## July 28, 2009

- 7:30 a.m. Registration Check-in and Continental Breakfast
- 8:30 a.m. Welcome and Introductions  
*Jamie Stang*
- 9:00 a.m. IOM Weight Gain Guidelines & Obesity  
*Kathleen Rasmussen*
- 10:15 a.m. Break
- 10:30 a.m. Management of Nausea, Vomiting and Malnutrition in Pregnancy  
*Miriam Erick*
- 11:45 a.m. Lunch (on your own)
- 1:00 p.m. Walking in Two Worlds: A Community Health Worker Model  
*Anne Graney*
- 2:30 p.m. Break
- 2:45 p.m. Maternal Mental Health and Infant Feeding Behaviors and Growth  
*Kristen Hurley*
- 3:45 p.m. Break
- 4:00 p.m. "Oregon WIC Listens": A Model Program for Implementing Participant Centered Education  
*Susan Greathouse*
- 5:00 p.m. Reception

## July 29, 2009

- 7:30 a.m. Registration Check-in and Continental Breakfast
- 8:30 a.m. Biological Nurturing  
*Suzanne Colson*
- 10:00 a.m. Break
- 10:20 a.m. Biological Nurturing cont.  
*Suzanne Colson*
- 12:00 p.m. Lunch (on your own)
- 1:00 p.m. Breastfeeding and WIC  
*Kristen Hurley*
- 2:00 p.m. Balancing Concerns About Dietary Sources of Environmental Contaminants During Pregnancy and Lactation  
*Julie Daniels*
- 3:10 p.m. Break
- 3:30 p.m. Lead and Mercury in MCH Populations  
*Rachel Kossover*
- 4:30 p.m. Closing remarks

## July 30, 2009

- 7:30 a.m. Registration Check-in and Continental Breakfast
- 8:30 a.m. Nutrition Management of GDM  
*Diane Reader*
- 9:45 a.m. Exercise as a Management for GDM  
*Melissa Avery and Beth Lewis*
- 11:00 a.m. Break
- 11:30 a.m. Catch-Up Growth vs. Rapid Early Weight Gain: Definitions and Consequences  
*Mary Hediger*
- 12:45 p.m. Closing remarks

## About this Program

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.
- Describe the effect of maternal eating behaviors on birth outcomes and infant health status and development.
- Identify characteristics of model programs and counseling approaches for maternal and infant nutritional health.

### Cancellation Policy

A refund can be made if written notice of cancellation is received by July 15. All refunds will be assessed a \$25 administrative fee. A full refund will be made if the program is not held. The University of Minnesota reserves the right to cancel the program if necessary.

### COURSE LOCATION AND PARKING

The course will be held in Cowles Auditorium at the Hubert H. Humphrey Institute of Public Affairs, 301-19th Avenue South on the West Bank Campus of the University of Minnesota.

Public parking is available in the 19th Avenue Ramp and the 21st Avenue ramp. A map with detailed parking information will be emailed to all registrants. Go to <http://www1.umn.edu/pts/> for campus maps and driving directions to campus.

### PARKING RATES

\$3.00/hour to a maximum charge of \$12.00/day (applies to both parking ramps)  
\$6.00/day (applies only to 21st Avenue Ramp if you arrive before 7 a.m.)

### HOTEL AND DORMITORY ACCOMMODATIONS

A block of sleeping rooms has been reserved at the Holiday Inn Metrodome, located at 1500 Washington Avenue South in Minneapolis. The hotel is a short walk to the Humphrey Center and has free shuttle service to campus. Call 612-333-4646 to make reservations. Please be sure identify yourself as a participant in the National Maternal Nutrition Course to receive the group rate of \$115 plus tax (13.40%). Rates are guaranteed until June 28, 2010.

Accommodations are also available at Middlebrook Residence Hall, a University of Minnesota dormitory. The rate is \$41/ per night with 24 hour computer lab access. The dorm is located on the West Bank Campus and is a short walk to the Humphrey Institute. To reserve a room, please complete the information requested on the registration form. Dormitory rooms are smoke free and air-conditioned.

### FOR MORE INFORMATION CONTACT

Centers for Public Health Education and Outreach  
University of Minnesota  
2221 University Avenue SE #350  
Minneapolis, MN 55414  
Telephone: 612-626-4515  
Fax: 612-626-4525  
E-mail: [cpheo@umn.edu](mailto:cpheo@umn.edu)  
Website: [cpheo.sph.umn.edu/events/mnic](http://cpheo.sph.umn.edu/events/mnic)



## FACULTY

**Melissa Avery, PhD, RN, CNM, FACNM, FAAN**  
*Associate Professor and Chair*  
Child and Family Health Cooperative  
School of Nursing, University of Minnesota  
Minneapolis, MN

**Suzanne Colson PhD, MSc, BA, RM, RGN**  
*Independent Lecturer and Co-founder*  
*The Nurturing Project*  
Honorary Senior Lecturer, Canterbury Christ Church University  
Kent, England

**Julie Daniels, MPH, PhD**  
*Associate Professor of Epidemiology & Maternal and Child Health*  
University of North Carolina – Chapel Hill  
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**Miriam Erick, MS, RD, CDE, LDN**  
*Senior Dietitian-Manager*  
Department of Nutrition, Brigham and Women's Hospital  
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*Executive Director*  
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Mankato, MN

**Susan Greathouse, MPH, RD, IBCLC**  
*WIC Nutrition & Local Services Manager*  
Oregon WIC Program  
Portland, OR

**Mary Hediger, PhD**  
*Acting Chief*  
Division of Epidemiology, Statistics & Prevention Research, National Institutes of Health  
Rockville, MD

**Kristen Hurley, MPH, PhD**  
*Assistant Professor of Pediatrics*  
University of Maryland School of Medicine  
Baltimore, MD

**Rachel Kossover, MPH, RD**  
*Public Health Prevention Specialist*  
Environmental Public Health Program  
Division of Public Health, Section of Epidemiology, State of Alaska  
Anchorage, AK

**Beth Lewis, PhD**  
*Assistant Professor*  
School of Kinesiology, University of Minnesota  
Minneapolis, MN

**Kathleen Rasmussen, ScD, RD**  
*Professor*  
Division of Nutritional Sciences, Cornell University  
Ithaca, NY

**Diane Reader, RD, CDE**  
*Manager, Diabetes Professional Training*  
International Diabetes Center  
Minneapolis, MN

## COURSE CO-DIRECTORS

**Jamie Stang, PhD, MPH, RD**  
*Assistant Professor*  
Division of Epidemiology and Community Education  
School of Public Health, University of Minnesota  
Minneapolis, MN

**Mary Story, PhD, RD**  
*Professor*  
Division of Epidemiology and Community Health  
School of Public Health, University of Minnesota  
Minneapolis, MN

**Melissa Avery, PhD, RN, CNM, FACNM**  
*Associate Professor and Chair*  
Children's and Family Health Division  
School of Nursing, University of Minnesota  
Minneapolis, MN

## COURSE ASSOCIATES

**Irene Alton, MS, RD,**  
West Side Clinic  
St. Paul, Minnesota

**Sharon Vegoe, Education Specialist,**  
Meghan Taylor, Program Associate

**Chris Carlstrom, Program Coordinator**  
**Maggie Truax, Assistant Office Specialist,** Centers for Public Health Education and Outreach, School of Public Health, University of Minnesota



### ACCREDITATION

The program has been submitted for approval to the American Dietetic Association for 16 continuing education hours.

Contact hours have been applied for through Wisconsin Nurses Association Continuing Education Approval Program Committee an accredited approver by the American Nurses Credentialing Centers Commission on accreditation.

The program qualifies for 16 contact hours (1.6 Continuing Education Units) of professional continuing education. The Centers for Public Health Education and Outreach, University of Minnesota School of Public Health, maintains permanent records of all continuing education activities.

### REGISTRATION

The registration fee includes program sessions, materials, continuing education certificate, continental breakfast and refreshment breaks each day and a reception on July 29. Single day registration is available and students may register for the entire conference at a reduced rate (see registration form for fees). **Pre-registration by July 15, 2009, is requested.**

## Registration Form

## National Maternal Nutrition INTENSIVE COURSE July 28–30, 2010

Registration requested by July 15, 2010

Please print or type

NAME \_\_\_\_\_  
(When registering as a group, register the name of the group site coordinator)

TITLE/POSITION \_\_\_\_\_

EMPLOYER/ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

DAYTIME TELEPHONE \_\_\_\_\_

FAX \_\_\_\_\_

EMAIL \_\_\_\_\_

- Please do not include me on the participant roster distributed to program participants

Register Online:

[http://ustar.ahc.umn.edu/register\\_event.cfm](http://ustar.ahc.umn.edu/register_event.cfm)

### CONFERENCE REGISTRATION FEES

- Full rate - \$195/person
- Daily rate - \$80 – July 28, 2010
- Daily rate - \$80 – July 29, 2010
- Daily rate - \$50 – July 30, 2010
- Full-time student rate - \$90 (entire conference only)

### DORMITORY RESERVATION

\$41/night, single occupancy only (includes breakfast and 24 hour computer lab access)

- July 27, 2010 \_\_\_ Female \_\_\_ Male
- July 28, 2010 \_\_\_ Female \_\_\_ Male
- July 29, 2010 \_\_\_ Female \_\_\_ Male

### ONLINE VIDEO VIEWING REGISTRATION

Registration Options:

- \$100 Group Site Video Streaming Registration (9 or fewer participants)
- \$200 Group Site Video Streaming Registration (10-20 participants)
- \$10 x \_\_\_ additional participants over 20 (this payment can be made after the program if the number of participants is unknown at the time of registration)

### PAYMENT METHOD (Payable in U.S. Dollars)

- I enclose \$\_\_\_\_\_ check or money order

Please make checks payable to the University of Minnesota/CPHEO

- Please bill my agency for \$\_\_\_\_\_ (a purchase order is attached)

- Charge \$\_\_\_\_\_ to my credit card  
 VISA  Master Card

CARD NUMBER \_\_\_\_\_

EXP. DATE \_\_\_\_\_

NAME AS PRINTED ON CARD \_\_\_\_\_

ADDRESS OF CARD HOLDER (if different than above) \_\_\_\_\_

SIGNATURE OF CARDHOLDER \_\_\_\_\_

Mail completed form with payment to:

CPHEO Registrar  
2221 University Avenue S.E. #350  
Minneapolis, MN 55414

Fax: 612-626-4525



# National Maternal Nutrition INTENSIVE COURSE

July 28–30, 2010

COWLES AUDITORIUM – HUBERT H. HUMPHREY INSTITUTE  
301 19TH AVENUE SOUTH  
UNIVERSITY OF MINNESOTA WEST BANK CAMPUS



The University is committed to the policy that all persons shall have equal access to its programs, facilities and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status or sexual orientation.

To request disability accommodations or a copy of this publication in an alternative format, please contact CPHEO at 612-626-4515.

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Online  
Viewing  
Available

### UNIVERSITY OF MINNESOTA

School of Public Health  
Centers for Public Health  
Education and Outreach  
2221 University Ave. SE #350  
Minneapolis, MN 55414

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### UNIVERSITY OF MINNESOTA

School of Public Health

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COWLES AUDITORIUM – HUBERT H. HUMPHREY INSTITUTE  
301 19TH AVENUE SOUTH  
UNIVERSITY OF MINNESOTA WEST BANK CAMPUS

#### Presented by

- University of Minnesota School of Public Health
- Division of Epidemiology and Community Health
- Centers for Public Health Education and Outreach

#### Sponsored by

- Maternal and Child Health Bureau
- Health Resources and Services Administration
- U.S. Department of Health and Human Services



**USDA Food & Nutrition Service**

*Distance Education Opportunity Available*

## Online Video Viewing

The National Maternal Nutrition Intensive Course is offering online access to select sessions.

- IOM Weight Gain Guidelines and Obesity
- Walking in Two Worlds: A Community Health Worker Model
- Maternal Mental Health and Infant Feeding Behaviors and Growth
- "Oregon WIC Listens": A Model Program for Implementing Participant Centered Education
- Balancing Concerns about Dietary Sources of Environmental Contaminants During Pregnancy and Lactation
- Nutrition and Management of GDM
- Exercise as a Management for GDM
- Catch-Up Growth vs. Rapid Early Weight Gain: Definitions and Consequences

Online viewing is available from August 20 to October 22, 2010 and eligible for up to 9.6 contact hours of professional continuing education or .96 Continuing Education Units (CEUs).

#### PREPARATION FOR STREAMING FOR THIS EVENT:

- Before viewing go to: <http://www.unite.umn.edu/streaming-video/special> to learn about system requirements.
- We will send complete video viewing instructions upon registration.
- Firewalls and slow Internet connections may make it impossible to view the program. Be sure to view the demonstration site prior to registering.

#### VIEWING OPTIONS

- Small groups of 3-4 people can gather around a personal computer to view the video streamed program.
- Larger groups require computer (LCD) projection and classroom/auditorium space. In this setting, the group can enhance the program by conducting their own discussions after the sessions.

#### GROUP SITE REGISTRATION

The registration fee for a group site is \$100 for 9 or fewer participants and \$200 for 10-20 participants. Each site receives a login identifier and password to access the program unlimited times from August 20-October 22, 2010. Sites with more than 20 participants will be charged \$10 for each additional person requesting a certificate of attendance.

Group sites are required to provide a site coordinator who is responsible for:

- Registering the organization/company
- Acting as the contact person for communication with the University of Minnesota
- Ensuring that the organization's equipment meets the minimum technical requirements
- Testing the computer configuration and linkages with the demonstration prior to a group program
- Distributing information about accessing the program and providing technical support to participants who view the video streamed program on individual computers
- Collecting fees for additional participants (more than 20 participants per site) and submitting payment to the University of Minnesota
- Returning continuing education forms and program evaluations from participants to the University of Minnesota

#### FOR MORE INFORMATION CONTACT

The Centers for Public Health  
Education and Outreach  
University of Minnesota  
2221 University Avenue SE #350  
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