

Children's Health Online Seminar

8:15 A.M.–8:30 A.M. CST

Sign-in to classroom

8:30 A.M.–2:45 P.M. CST

A short break will take place from 11:30 AM - 11:45 AM with a working lunch.
(full attendance required & ALL participants must complete a course evaluation).

TOPICS TO BE COVERED:

Diabetes and Cardiometabolic Disorders in Children

- What causes type 1 diabetes - virus?
- Body mass index (BMI) and risk of type 1 diabetes - does obesity play a role in pathogenesis.
- Type 2 diabetes: The fastest growing epidemic. Available treatment options.
- PCOS: Polycystic Ovarian Syndrome: Current treatment strategies.
- Cardiovascular risks associated with obesity in children and adolescents.
- Obesity: A serious health threat to our children. Inflammation and cardiovascular disease.
- Dietary and exercise strategies for managing glucose and insulin levels.

Asthma and Allergies

- Breastfeeding and Asthma: What is the Connection? Smoke and Other Triggers.
- Exercise Induced Asthma: How to Maintain an Active Lifestyle.
- Current Management Strategies. Behavior Modification Techniques.
- Selecting the Medication Regimen to Treat Children With Asthma.
- Food Intolerances and Allergies in Children. Diagnosing Food Allergies.
 - Trans Fatty Acids: Their Role in Asthma and Allergies.
 - Identifying Major Food Allergens (e.g. Peanuts, Shellfish, etc.).
- Soy Protein: Are Phytoestrogens Safe for Children?

Eating Disorders: New Treatment Guidelines and Research

- Defining Eating Disorders: Anorexia Nervosa, Bulimia Nervosa, Pediatric Obesity.
- Pediatric Obesity: An Emerging Epidemic.
- What is the Genetic Role in Anorexia and Obesity?
- The Connection Between Eating Disorders and Osteoporosis.
- Approved Drug Treatment Protocols for Eating Disorders.
 - Should Drug Therapy Be Used to Treat Pediatric Obesity?
- The Team Approach to Treatment: Nutritional, Psychological and Medical Aspects.
- Treatment of osteopenia and osteoporosis in anorexia nervosa.
- Managing Relapse. Strategies for Success.

Nutrition and Physical Fitness: Healthy Goals for Our Children

- The New Dietary Reference Intakes (RDIs) and Growth Charts.
- Supplements: Are They Safe for Children. Vitamin and Mineral Recommendations
 - Ergogenic Aids: Prevalence of Use.
- Dietary Guidelines for Children and Adolescents. Planning Healthy Meals and Snacks.
- Vegetarian Diets. Ensuring Proper Protein Intake. Recommended Supplements for Vegetarians.
- Exercise: How Much Do Our Children Need? Developing the Right Exercise Prescription.
- Cardiovascular Fitness: Guidelines for Preventing Heart Disease in Children.

Course Objectives

- Discuss the role of nutrition and physical fitness in children's health and their role in disease prevention.
- Discuss current management strategies for treating children with asthma and allergies.
- Identify major food allergens and dietary interventions to treat known food allergies.
- List current nutritional and medical therapies for treating anorexia nervosa, bulimia nervosa and pediatric obesity.
- Discuss the role of obesity in the development of diabetes and heart disease.