



13<sup>TH</sup> ANNUAL

# Updates in Pediatric Clinical Nutrition Conference

November 1, 2024

In person and virtual conference

Children's Hospital Colorado  
Anschutz Medical Campus  
2<sup>nd</sup> floor, Conference and Education Center

**Provided by:**  
Children's Hospital Colorado, Department of Clinical Nutrition



Children's Hospital Colorado



Affiliated with  
University of Colorado  
Anschutz Medical Campus

# 13<sup>th</sup> Annual Updates in Pediatric Clinical Nutrition Conference

## Overview and Target Audience

This conference is intended to present the most current research and application for clinical nutrition practice areas for the care of infants and children and will be of interest to staff at Children's Colorado, community physicians, nurses, dietitians and other multidisciplinary healthcare providers.

## Objectives

Following the presentations, attendees should be able to:

- Identify the major ways to reduce anxiety, stress and power struggles during a family meal.
- Recognize that solid foods also play a critical role in infant development.
- Discuss rational, evidence and key principles for using motivational interviewing.
- Identify common sports supplements in young athletes and understand current research of risk vs benefits.
- Identify and assist parents in formula choices and the differences between formulas.
- Identify common pediatric nutrition concerns.
- Describe current federal and state nutrition policy topics.

## Continuing Education Credit

Upon completion of the evaluation, a certificate of attendance will be provided.

Medical: Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Children's Hospital Colorado designates this activity for a maximum of 5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Dietitians and DTR's: This conference will provide 5 continuing professional education units (CPE) for RDN's and DTR's.

OT's and SLP's: Some sessions may be eligible for continuing education credits, please see program to determine which would be applicable to your field.

## Location and Parking

This conference will be held on the Anschutz Medical Campus at the Children's Hospital Colorado, 13123 E 16<sup>th</sup> Ave, Aurora, Colorado 80045. Arrive early to allow for pre-screening. Please enter the hospital at the main entrance and take the elevators to the Conference and Education Center on the second floor.

Free parking for conference guest available in **Lot #10 Visitor Parking** located on Victor Street, just east of the hospital's main entrance. Employees must park in their designated parking areas. [Directions and Parking](#)

## Registration Fees

Visit our website to register online: [Register Here](#)

Conference Fees: \$100

Full time students/Fellows/Residents/Interns: \$35

Children's Colorado Nutrition Fellows/Dietetic Interns: Free

## Conference Handouts

As provided, handouts will be emailed out to each registered participant after the conference.

## Exhibit Hall

Our exhibit information will be available for in person attendees. While participation is optional, we encourage attendees to meet with our generous exhibitors.

## Further Information

A few days prior to the conference virtual attendees will receive an email that will include instructions for signing in virtually the morning of the conference, and how to join the conference online.

If you need additional information, please contact Haley Willison at [Haley.Willison@childrenscolorado.org](mailto:Haley.Willison@childrenscolorado.org) or 720-777-4314 at least one week in advance of the conference.

For CE support, contact Shaun Ayon at 720-777-2700 or [shaun.ayon@childrenscolorado.org](mailto:shaun.ayon@childrenscolorado.org)

# Agenda

## November 1, 2024

- 7:30-8:00 Registration and Breakfast
- 8:00-8:15 Welcome and Introductions
- 8:15-9:15 Lyn Stevenson Pediatric Nutrition -  
Keynote Presentation  
Food is More than a Source of Calories  
*Judy Delaware, OTR/L, CLC*
- 9:15-9:45 Break/Exhibit Hall
- 9:45-10:45 Complementary Feeding and its  
Impact on Health  
*Minghua Tang, PhD*
- 10:45-11:00 Break/Exhibit Hall
- 11:00-12:00 Motivational Interviewing in Pediatric Weight  
Management  
*Matthew A. Haemer, MD, MPH*  
*Helen Seagle, MS, RD*
- 12:00-1:00 Lunch Break/Exhibit Hall
- 12:45-1:00 Afternoon Welcome
- 1:00-2:00 Break Out #1  
  
Sports Supplements for the Young Athlete  
*Amanda McCarthy, MS, RDN, CSSD*  
  
Navigating Infant and Pediatric  
Formula Choices  
*Karen Beers, MAE, RDN, CNSC*
- 2:00-2:20 Break/Exhibit Hall
- 2:20-3:20 Break Out #2  
  
Updates in Nutrition Policy  
*Laura Pickens, MS, RDN*  
*Jess Church, MS, RD*  
  
Texts from Friends: The Most Common  
Nutrition Questions from my  
Pediatrician Friends  
*Stephanie Gilley, MD, PhD, FAAP*
- 3:20-3:30 Wrap up/Evaluations/Adjourn

## Faculty List

### **Karen Beers, MAE, RDN, CNSC**

Clinical Dietitian  
Children's Hospital Colorado

### **Jess Church, MS, RD**

System Director of Community Health  
Common Spirit Health

### **Judy Delaware, OTR/L, CLC**

Pediatric Feeding Specialist  
Feeding Littles, Nurturing Babies and Parents

### **Stephanie Gilley, MD, PhD, FAAP**

Assistant Professor, Department of Pediatrics  
Section of Nutrition  
University of Colorado School of Medicine

### **Matthew A. Haemer, MD, MPH**

Professor, Department of Pediatrics, Section of Nutrition  
University of Colorado School of Medicine

### **Amanda McCarthy, MS, RDN, CSSD**

Clinical Dietitian  
Children's Hospital Colorado

### **Laura Pickens, MS, RDN**

Dietitian, Public Policy Coordinator  
Colorado Academy of Nutrition and Dietetics

### **Helen Seagle, MS, RD**

Clinical Nutrition Manager  
Children's Hospital Colorado

### **Minghua Tang, PhD**

Associate Professor, Lillian Foundation-Smith Endowed Chair  
Food and Science and Human Nutrition  
Colorado State University