

## Pediatric Metabolic Health & Nutrition Summit



**Friday & Saturday, January 27-28, 2017**

Renaissance Seattle Hotel  
515 Madison Street  
Seattle, WA 98104

Co-sponsored by the Institute for Responsible Nutrition, Swedish Medical Center and the United States Healthful Food Council

## Needs Statement

The prevalence of childhood obesity and metabolic disease in the form of prediabetes, type 2 diabetes, non-alcoholic fatty liver disease (NAFLD), and lipid disorders is a serious problem that continues to grow at an alarming rate, particularly among ethnic populations. The appearance of diseases in children that previously took a lifetime to develop highlights the urgent need for more effective strategies to promote healthy eating.

Many clinicians are not adequately prepared to discuss diet and nutrition with patients and their parents/families. The majority of medical schools have no requirements for nutrition coursework. Those that do require nutrition coursework require an average of just two credits, or the equivalent of one course. Further, our understanding of nutritional science and the development of metabolic disease is evolving daily. Conventional thinking is that obesity is the central issue. Eighty percent of the population with obesity do in fact have metabolic disease (57 million). However, what typically isn't recognized is that forty percent of the population without obesity also has metabolic disease (67 million). Blind spots such as these prevent practitioners from getting to the root of the problem; focusing only on symptoms.

Our society has been concerned with nutrition and diet-related disease for decades. Despite good intentions, our dietary recommendations have only made matters worse. Implementing effective nutrition intervention in a child with metabolic disease requires unlearning previously accepted truths, taking action to prevent the development of metabolic disorders, and managing and reversing those that are already established.

## Course Description

This course is designed to illuminate the connection between what a child eats and the metabolic consequences that will often last a lifetime. An international faculty of experts will present essential information on basic nutrition science, describe the prevalence and causes of metabolic disease, debunk key nutrition myths that misinform and prevent progress, discuss best practices, and provide community-based solutions that healthcare providers can implement in their practices. This summit will feature round-table discussions and demonstrations punctuated by informative didactic lectures.

## Intended Audience

This symposium is intended for physicians and allied health professionals who care for pediatric patients in the Western United States. Pediatricians and Pediatric Subspecialists, Family Medicine Physicians, Gastroenterologists and Bariatric Medicine Specialists are encouraged to attend.

## Course Objectives

At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

- Describe how dietary trends have led to a pandemic of preventable, chronic metabolic diseases and identify key phases during a child's development during which meaningful changes in diet and nutrition can make irreversible impacts on gut and immune health
- Debate the science on the effects of sugar consumption; discuss the barriers to improving population health; and examine the health impacts of reducing sugar consumption of children
- Recognize the health benefits of traditional, unpasteurized foods; demonstrate the simplicity of making kraut at home and discuss ample ways to incorporate kraut and other fermented foods into the daily diet of children
- Discuss the nutritional and metabolic differences between processed and real food; evaluate the impact of processed food on chronic disease and list what providers can do to educate the public about the dangers of processed food
- Describe common patient misunderstandings and industry misinformation about sugar and health and utilize messages to assure patients gain accurate understanding about effects of sugar on health, sources of sugar in the food supply, benefits of reducing sugar consumption and how to cut down on sugar intake.
- Recognize environmental challenges that have a negative impact on developing healthy eating habits in children; relate to the struggles of children growing up with a lack of basic food education and support; and troubleshoot with pediatric patients and their families as they learn healthy eating life skills
- Illustrate the importance of first food choices; examine how the first foods recommended during the latter part of the twentieth century contributed to our current childhood obesity epidemic and communicate best first food practices to their patients
- Identify practical and impactful dietary and lifestyle interventions for the prevention and reversal of chronic, metabolic diseases; describe best practices for the interpretation of lab data in the context of metabolic diseases and describe best practices for recognizing when to intervene in obesity-related metabolic disease
- Create new "packable" lunch items that utilize nutrient-rich whole foods; remind patients of the health advantages associated with home-cooked foods and reframe both providers' and patients' idea of cooking at home as something beyond a chore and rather an opportunity to practice mindfulness
- Illustrate the impact of obesity and food insecurity on the health of children and list ways in which pediatricians can care for children's nutritional needs in their offices and communities
- Demonstrate and discuss systemic and community-based solutions to pediatric obesity and metabolic disease to use in provider practice

# Agenda

## Friday, January 27

- 7:15 a.m. **Registration and Continental Breakfast**
- 8 a.m. **Welcome and Introductions**  
R. Guy Hudson, M.D., MBA, FAAP  
and Wolfram Alderson, MS
- 8:15 a.m. **Roundtable Panel and Q&A: Defining and Identifying the Causes of Diet-Driven Disease in Children**  
*Moderator:* Uma Pisharody, M.D., FAAP  
*Panelists:* Arti Chandra, M.D., MPH;  
Lenna L. Liu, M.D., MPH and  
David L. Suskind, M.D.
- 10:25 a.m. **Break**
- 10:45 a.m. **Keynote Lecture and Q&A: Sugar. Activism or Advocacy?**  
Aseem Malhotra, MBChB, MRCP
- Noon **Lunch** (provided)
- 12:20 p.m. **Lunch Lecture: Functional Food**  
Arti Chandra, M.D., MPH and Julie O'Brien
- 1:05 p.m. **Keynote Lecture and Q&A: Processed Food: An Experiment that Failed**  
Robert Lustig, M.D., MSL
- 2:20 p.m. **Break**
- 2:35 p.m. **Roundtable Panel and Q&A: Debunking Key Myths that Misinform the Public**  
*Moderator:* Nwando Anyaoku, M.D., MPH  
*Panelists:* James Krieger, M.D., MPH;  
Richard Lindquist, M.D. and  
Robert Lustig, M.D., MSL
- 4:45 p.m. **Closing Remarks**  
Wolfram Alderson, MS
- 5 p.m. **Adjourn**
- 5 p.m. **\*\*No-host Reception in lobby**
- 6 p.m. **\*\*Optional Documentary Screening – “The Big Fat Fix”**  
Complimentary screening of “The Big Fat Fix”, which presents a lifestyle approach to disease prevention and reversal. Stay for a Q&A with one of the films’ producers, Dr. Aseem Malhotra. This session is not eligible to claim for AMA PRA Category 1 credit™.

## Saturday, January 28

- 8 a.m. **Check-in and Continental Breakfast**
- 8:30 a.m. **Opening Remarks**  
Melissa Cate, R.N., MN, MBA
- 8:40 a.m. **Roundtable Patient Panel and Q&A: Patient-Focused Care**  
*Moderator:* Uma Pisharody, M.D., FAAP  
Patient Panelists
- 9:45 a.m. **Break**
- 10 a.m. **Keynote Lecture and Q&A: Let's Begin at the Beginning - Changing First Foods to Set Children Up for Life Long Healthy Food Preferences**  
Alan R. Greene, M.D.
- 10:45 a.m. **Roundtable Panel and Q&A: Clinical Practices for Prevention and Reversal of Metabolic Disease**  
*Moderator:* Leslie Lee, MS, RD, CNSC  
*Panelists:* Alan R. Greene, M.D.;  
Sandra G. Hassink, M.D., MS, FAAP  
and Lenna L. Liu, M.D., MPH
- 11:50 a.m. **“Home Cooking for Health” Cooking Demonstration**  
Cynthia Lair
- 12:10 p.m. **Lunch** (provided)
- 1:10 p.m. **Keynote Lecture and Q&A: Building the Foundations of Health: Promoting Nutrition and Wellness from Birth and Beyond**  
Sandra G. Hassink, M.D., MS, FAAP
- 1:55 p.m. **Roundtable Panel and Q&A: Systemic and Community Based Solutions & Tools**  
*Moderator:* Wolfram Alderson, MS  
*Panelists:* Sandra G. Hassink, M.D., MS, FAAP;  
James Krieger, M.D., MPH and  
Leslie Lee, MS, RD, CNSC
- 3:10 p.m. **Closing Remarks**  
R. Guy Hudson, M.D., MBA, FAAP and  
Wolfram Alderson, MS
- 3:20 p.m. **Adjourn**

*Registrants are encouraged to bring questions and cases for discussion during the panels and Q&A sessions.*

## Faculty

### **Wolfram Alderson, MS**

Founding Executive Director, Chief Operating Officer  
Institute for Responsible Nutrition  
San Francisco, CA

### **Nwando Anyaoku, M.D., MPH**

Associate Medical Director Pediatrics  
Swedish Medical Group  
Seattle, WA

### **Arti Chandra, M.D., MPH**

Family Medicine/Functional Medicine Physician  
Swedish Medical Group  
Seattle, WA

### **Alan R. Greene, M.D.**

Adjunct Professor of Pediatrics  
Stanford University School of Medicine  
Stanford, CA

### **Sandra G. Hassink, M.D., MS, FAAP**

Director, AAP Institute for Healthy Childhood Weight  
Adjunct Professor of Pediatrics  
Center for Child Health and Policy  
Case Western Reserve  
Cleveland, OH

### **James Krieger, M.D., MPH**

Founding Executive Director  
Healthy Food America  
Clinical Professor of Medicine and Health Services  
University of Washington School of Medicine  
Seattle, WA

### **Cynthia Lair**

Adjunct Professor  
Bastyr University  
Seattle, WA

### **Leslie Lee, MS, RD, CNSC**

Director of Education and Community Engagement  
Institute for Responsible Nutrition  
San Francisco, CA

### **Richard Lindquist, M.D.**

Director  
Swedish Weight Loss Services  
Swedish Medical Center  
Seattle, WA

### **Lenna L. Liu, M.D., MPH**

Odessa Brown Children's Clinic  
Professor of Pediatrics  
University of Washington School of Medicine  
Seattle, WA

### **Robert Lustig, M.D., MSL**

Professor of Pediatrics  
Division of Endocrinology  
Director  
Weight Assessment for Teen and Child Health  
University of California, San Francisco  
San Francisco, CA

### **Aseem Malhotra, MBChB, MRCP**

Cardiologist  
National Health Service  
London, England

### **Julie O'Brien**

Nutritional Therapist  
Business Owner  
Firefly Kitchens  
Seattle, WA

### **Uma Pisharody, M.D., FAAP**

Pediatric Gastroenterologist  
Swedish Medical Group  
Seattle, WA

### **David L. Suskind, M.D.**

Professor of Pediatrics  
Director of Clinical Gastroenterology  
Division of Gastroenterology, Hepatology and Nutrition  
Seattle Children's Hospital  
University of Washington  
Seattle, WA

### **Planning Committee**

R. Guy Hudson, M.D., MBA, FAAP, *Course Chair*  
Wolfram Alderson, MS  
Nwando Anyaoku, M.D., MPH  
Melissa Cate, R.N., MN, MBA  
Arti Chandra, M.D., MPH  
Colleen Dawkins, ARNP, MS, RD, CNSC  
Leslie Lee, MS, RD, CNSC  
Uma Pisharody, M.D., FAAP  
Julie Taraday, M.D.  
Caye Boosalis, MEd, *CME Manager*  
Michelle Low, *CME Specialist*  
Rose Mullins, *CME Specialist, Sr.*

### **Accreditation with Commendation**

Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### **AMA PRA Category 1 Credits™**

Swedish Medical Center designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **AAFP Prescribed Credits**

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

### **Acknowledgments**

This symposium is financially supported in part by educational grants in accordance with ACCME's Standards for Commercial Support. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.



### **For Further Information:**

Phone: 206-386-2755

Fax: 206-320-7462

E-mail: [CME@swedish.org](mailto:CME@swedish.org)

Web: [swedish.org/CME](http://swedish.org/CME)

### **Location**

Renaissance Seattle Hotel is located at 515 Madison Street in downtown Seattle, WA. From the south, take I-5 N and take Madison St/Convention Center exit. Merge onto 7th Ave, then turn left onto Madison St.

From the north, take I-5 S and to exit 165/James Street. Turn left onto Cherry Street. Turn left onto 7th Ave, and then turn left onto Madison St.

### **Parking & Transportation**

Limited, on-site, valet parking will be available for conference participants for \$32/day. Public parking lots are located near the hotel at 5th Ave between Madison St. and Marion St., or on 4th Ave between Spring St. and Madison St. The Sound Transit Light Rail Pioneer Square Station is 0.2 miles from hotel.

### **Hotel Accommodations**

A block of rooms has been reserved for conference participants at the Renaissance Seattle Hotel at a discounted rate of \$159/night plus tax. To reserve, call 206-583-0300 and reference "Swedish Medical Center Pediatrics" or book online at: [https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=15573244](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=15573244)



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## REGISTRATION FORM

### Pediatric Metabolic Health and Nutrition Summit

Friday & Saturday, January 27-28, 2017

Please print or type information

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SPECIALTY \_\_\_\_\_

Friday, 1/27-6 p.m. **Optional Movie Screening: "The Big Fat Fix"**  
(This screening is not eligible for *AMA PRA Category 1 credit*™)

#### Registration Fees

#### Advance Registration

#### After Jan. 17

M.D. or D.O.	<input type="checkbox"/> \$440	<input type="checkbox"/> \$470
Allied Health Professional	<input type="checkbox"/> \$220	<input type="checkbox"/> \$250
Medical Student	<input type="checkbox"/> No Charge	
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Check enclosed, payable to Swedish CME

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Signature \_\_\_\_\_ Expiration Date \_\_\_\_\_

#### Registration Information:

Pre-registration is required as space is limited. Participants who register by the "Advance Registration" deadline will receive a confirmation postcard after Tuesday, January 17, 2017. Registrations will only be processed when accompanied by full payment.

#### If using the registration form, please mail or fax it to:

Continuing Medical Education  
Swedish Medical Center  
747 Broadway  
Seattle, WA 98122  
Fax: 206-320-7462

**Cancellation:** To receive a refund, notice of cancellation must be received no later than Friday, January, 20, 2017.

**Please note:** No registrations are accepted by phone or e-mail.

If you have special needs or food restrictions, please contact the CME office at 206-386-2755.

**Registration Fees:** The fee for this course includes catering, all instruction materials, online syllabus access and a certificate of *AMA PRA Category 1 Credits*™.



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