Registration Deadline Extended!
Register and reserve hotel by November 5

5TH ANNUAL

ADVANCES & CONTROVERSIES in
CLINICAL NUTRITION

December 4–6, 2015  Hilton Long Beach
701 W Ocean Blvd, Long Beach, CA 90831

Jointly provided by

American Society for Nutrition
Excellence in Nutrition Research and Practice
www.nutrition.org

Tufts University
School of Medicine

#ACCN15

www.nutrition.org/meetings/clinical
Message from the Program Chairs

Dear Colleague:

We invite you to participate in the American Society for Nutrition’s fifth annual Advances and Controversies in Clinical Nutrition (ACCN15) conference being held December 4 – 6, 2015 in Long Beach, California.

ACCN15 provides three days of unparalleled education through presentations given by the world’s top leaders in nutrition, obesity, medicine and food science. Sessions will explore cutting-edge advances in nutrition research and its practical applications, as well as stimulate discussion on emerging or controversial topics that impact human health. If you have an interest in the role of nutrition on health, this meeting is not to be missed!

We’ll discuss the report from the 2015 Dietary Guidelines Advisory Committee and dive into some of the related controversies such as dietary fats in the diet. You’ll learn practical tips for helping your patients navigate the world of carbohydrates and hear how best to evaluate the evidence on dietary supplements. We’ll review when gluten free diets are appropriate and when they are not, and explore what we are learning about the microbiome from the latest studies. All of this and much more will be featured at ACCN15.

From high quality educational sessions to informal networking opportunities, ACCN15 is a one-of-a-kind event. We hope to see you in December!

Best regards,

Joel B. Mason, MD, Co-Chair
Professor of Medicine and Nutrition
Tufts University, Boston, MA

Kelly A. Tappenden, PhD, RD, Co-Chair
Kraft Foods Human Nutrition
Endowed Professor
University of Illinois,
Urbana-Champaign, IL

Conference at a Glance

WHAT
Advances and Controversies in Clinical Nutrition Conference 2015 — a three-day topical conference designed to meet the needs of health professionals with a focus in clinical nutrition. Programming is designed to communicate significant, cutting-edge advances in nutrition research, as well as stimulate discussion on emerging or controversial topics that impact human health.

WHO
Health care professionals with an interest in clinical nutrition as it relates to obesity, diabetes, aging and more.

AMA PRA Category 1 Credits for Physicians
CPE for Registered Dietitians
ANCC Contact Hours for Nurses
Category 1 CECH in Health Education for CHES

WHEN
Friday, December 4 – Sunday, December 6, 2015

WHERE
Hilton Long Beach
701 W Ocean Blvd
Long Beach, CA 90831

NEW THIS YEAR!
ACCN on Demand - ACCN attendees can experience sessions from ACCN again, viewable online at your convenience. Purchase one year of unlimited access for $50 when you register for ACCN.

www.nutrition.org/meetings/clinical
Advance Program

Friday, December 4

Registration & Continuing Education Desk Hours
9:00 am – 6:00 pm

Poster Session 1 and Exhibits
1:00 pm – 2:00 pm
Posters hung until 7:00 pm

2:00 pm – 2:15 pm

Welcome, Opening Remarks, Sponsor Acknowledgment, Accreditation Overview
Connie W. Bales, PhD, RD, Chair, ASN Medical Nutrition Council

2:15 pm – 3:45 pm

Opening Session
The Microbiome: What we are Learning from Human Studies
Rob Knight, PhD, University of California San Diego

Potential Utility of Probiotics in Treating Insulin Resistance and Diabetes
Max Nieuwdorp, MD, PhD, Academic Medical Center, Amsterdam, The Netherlands

4:15 pm – 5:00 pm

Dietary Supplements: Is There a Recommended Approach for Evaluating the Evidence?
Thomas A. Trikalinos, MD, PhD, Center for Evidence-Based Medicine, Brown University

5:00 pm – 5:45 pm

ACCN15 Oral Abstract Presentations
Moderator: Peter Greenwald, MD, PhD, National Cancer Institute, National Institutes of Health

6:00 pm – 7:30 pm

Opening Reception and Posters

Saturday, December 5

Registration & Continuing Education Desk Hours
7:00 am – 6:00 pm

Sponsored Satellite Program and Breakfast
7:00 am – 8:45 am

Fact or Fiction: Children Need to Eat Breakfast
Sponsored and organized by The Egg Nutrition Center and the Hass Avocado Board
No CE will be provided.

9:00 am – 10:50 am

Morning Session
Highlights from the Scientific Report of the 2015 Dietary Guidelines Advisory Committee
Marian L. Neuhouser, PhD, RD, Fred Hutchinson Cancer Research Center, Seattle, WA
Member, 2015 Dietary Guidelines Advisory Committee

Dietary Fats: Quality, Quantity and Impact on Health
Ronald M. Krauss, MD, Children’s Hospital Oakland Research Institute

Nutritional Approaches to Non-alcoholic Fatty Liver Disease (NAFLD/NASH)
Kris V. Kowdley, MD, FACP, FACG, AGAF, FAASLD, Swedish Medical Center

11:20 am – 12:00 pm

Lifestyle Approaches to the Management of Sarcopenia in the Elderly
Elena Volpi, MD, PhD, Division of Geriatric Medicine, University of Texas Medical Branch
Advance Program

12:00 pm – 1:30 pm

Poster Session 2 and Exhibits
Posters hung until 4:00 pm

1:30 pm – 2:10 pm

Navigating the New Obesity Guidelines and Algorithms
Scott Kahan, MD, MPH, STOP Obesity Alliance Medical Director

2:10 pm – 2:50 pm

Fit Bits, Apps and Weigh Ins: What do we know about Self-Monitoring?
Gary D. Foster, PhD, Weight Watchers International

2:50 pm – 3:35 pm

ACCN15 Oral Abstract Presentations

3:00 pm – 4:15 pm and 4:30 pm – 5:45 pm

Motivational Interviewing Techniques to Encourage Lifestyle Change and Weight Loss
Kathryn I. Pollak, PhD, Duke Medicine
Pre-registration required. See page 5.
No CE will be provided.

3:45 pm – 5:45 pm

Afternoon Session
Hot Topics in Food Production and their Influence on Food Quality and Health

Genetically-modified Foods: Myths vs. Realities
Alan McHughen, PhD, University of California, Riverside

Potential of Insects as Food and Feed in Assuring Food Security
Arnold van Huis, PhD, Wageningen University

Sunday, December 6

Registration & Continuing Education Desk Hours
7:00 am – 1:45 pm

7:00 am – 8:45 am

Sponsored Satellite Program and Breakfast
See website for details as programs are confirmed.
No CE will be provided.

9:00 am – 11:00 am

Morning Session
Carbs Under Attack: Helping Patients Navigate the World of Carbohydrates

Cutting Through Controversies: Carb Recommendations for Diabetes Nutrition Management
Alison Evert, MS, RD, CDE, University of Washington Medical Center, Diabetes Care Center

Gluten Sensitivity: New Epidemic or Current Craze?
Benjamin Lebwohl, MD, MS, The Celiac Disease Center at Columbia University

The FODMAP Diet: A Critical Analysis
Kelly A. Tappenden, PhD, RD, University of Illinois at Urbana-Champaign, Urbana, IL

11:15 am – 11:55 am

Low-Calorie Sweeteners and Weight Management
James O. Hill, PhD, Colorado Clinical Nutrition Research Unit, University of Colorado School of Medicine

11:55 am – 12:35 pm

The AREDS 2 Study: Micronutrients in the Treatment of Macular Degeneration
Paul S. Bernstein, MD, PhD, University of Utah

12:45 pm

Closing Remarks
Joel B. Mason, MD, Professor of Medicine and Nutrition, Tufts University, Boston, MA

Kelly A. Tappenden, PhD, RD, Kraft Foods Human Nutrition Endowed Professor, University of Illinois Distinguished Teacher-Scholar, University of Illinois at Urbana-Champaign, Urbana, IL
Small Group Workshop

Motivational Interviewing Techniques to Encourage Lifestyle Change and Weight Loss

Kathryn Pollak, PhD
Associate Professor, Community and Family Medicine, Duke Medicine
Workshop will be repeated. Attendance is limited.

Saturday, December 5 • 3:00 pm – 4:15 pm and 4:30 pm – 5:45 pm

No CE will be provided.

Register at www.nutrition.org/member-dashboard/event-registration

Sponsored Satellite Programs

Make plans to attend the sponsored satellite programs held in conjunction with ASN’s Advances and Controversies in Clinical Nutrition 2015. Attendance is free to conference participants.

Fact or Fiction: Children Need to Eat Breakfast
Sponsored and organized by The Egg Nutrition Center and the Hass Avocado Board

Saturday, December 5 • 7:00 am – 8:45 am

Numerous prospective cohort and cross-sectional studies have associated regular consumption of breakfast with lower body mass index, lower risk for chronic disease and higher diet quality in both children and adults. However, over the past several years, new evidence has challenged the long-held belief that breakfast is the most important meal of the day. For example, intervention studies in adults have shown no distinct advantage of breakfast consumption for weight loss or metabolic health versus breakfast skipping. As the debate in adults continues, it is important to draw a distinction with regards to the effects of breakfast consumption in children, as their developmental stage presents a unique set of circumstances from that of an adult. This symposium will review the evidence to date of the role of breakfast and breakfast composition in children with a focus on satiety and body weight, as well as cognitive performance and mood.

Presentations

Role of Breakfast Composition on Satiety, Food Intake and Body Weight in Children
Nick Bellissimo, Ryerson University

The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents
Louis Dye, University of Leeds

How to Make Quick, Wholesome Breakfasts Kids will Love
Caroline Kaufman, RD

CE will not be offered for this program.

Register at www.nutrition.org/member-dashboard/event-registration
About the Conference

Target Audience
The primary target audience for this conference is health care professionals (MDs, NPs, PAs, RNs, RDs); faculty in medical, nursing, nutrition and other health professional schools; nutrition scientists; and public health professionals.

Activity Goal
This activity is designed to foster an interest in clinical nutrition among health care professionals. Programming is designed to communicate significant, cutting-edge advances in nutrition research, as well as stimulate discussion on emerging or controversial topics that impact human health. Many health care professionals lack adequate training and education in nutrition, although nutrition plays a critical role in the prevention and treatment of various non-communicable diseases.

Learner Objectives
At the conclusion of the activity, learners will be able to:
• Describe the role of diet in the development of cardiovascular disease, obesity, and other chronic diseases.
• Critically appraise current nutrition controversies and advances and identify opportunities for integrating evidence-based research findings into clinical practice.
• Discuss advances in the treatment of obesity and methods to improve clinical practice and patient care.
• Discuss patient-provider communication techniques to encourage lifestyle changes and help patients reach their goals.
• Evaluate evidence obtained from nutrition research.

This activity is designed to address the following ABMS/IOM competencies: Medical Knowledge, Patient Care, Interpersonal and Communication Skills, Work in interdisciplinary teams and Effective use of evidence-based medicine.

Accreditation Statements
Physicians: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of Tufts University School of Medicine (TUSM) and the American Society for Nutrition. TUSM is accredited by the ACCME to provide continuing medical education for physicians.

TUSM designates this live activity for a maximum of 13 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Tufts University School of Medicine Office of Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s COA.

This activity provides 13 contact hours for nurses.

Dietitians:
ASN designates this education activity for a maximum of 13.5 CPEUs. ASN (Provider #NS010) is accredited and approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians.

Certified Health Education Specialists:
Advances and Controversies in Clinical Nutrition conference has been approved for a total of 13.5 continuing education contact hours (CECH) by the National Commission for Health Education Credentialing, Inc. (NCHEC)

There are no advanced-level continuing education contact hours available.

Requirements for Successful Completion
To receive CE credit/contact hours, participants must sign-in, attend the activity and complete and submit the activity evaluation provided in syllabus materials. Partial credit will be awarded for attending one or more presentations. Certificates/statements of credit will be emailed/mailed within 4-6 weeks after the activity.

Disclosure
Disclosure information from faculty and all other persons in control of content will be provided to participants prior to the beginning of the educational activity.

Commercial Support and Exhibitors
A list of commercial supporters and exhibitors will be provided to participants in activity materials.

Registration/Cancelation Policy
Please see details here: http://www.nutrition.org/meetings/advances-and-controversies-in-clinical-nutrition-2015/attendee-registration/

ADA/OEO Nondiscrimination Policy
Tufts University School of Medicine (TUSM) considers all applicants and program participants without regard to race, color, national origin, age, religious creed, sex or sexual orientation. TUSM is an Equal Opportunity Employer. TUSM does not discriminate on the basis of a disability in admissions, access to treatment, or employment in their programs and activities as identified in the American with Disabilities Act. Please let us know in advance if you require any accommodations.

Policy on Privacy and Confidentiality
To view the privacy policy for TUSM OCE, please see: http://medicine.tufts.edu/Education/Continuing-Education/Privacy-and-Confidentiality-Policy

For questions regarding continuing education, please contact Tufts University School of Medicine- Office of Continuing Education at med-oce@tufts.edu or 617-636-6579.
Faculty

Paul S. Bernstein, MD, PhD  
Mary Boesche Professor of Ophthalmology and Visual Science  
University of Utah School of Medicine

Alison Evert, MS, RD, CDE  
Coordinator Diabetes Education Programs  
University of Washington Medical Center

Gary D. Foster, PhD  
Director, Center for Obesity Research and Education Weight Watchers

Peter Greenwald, MD, PhD  
Associate Director for Cancer Prevention, National Cancer Institute, National Institutes of Health

James O. Hill, PhD  
Anschutz Professor, University of Colorado School of Medicine  
Executive Director, University of Colorado Anschutz Health and Wellness Center

Scott Kahan, MD, MPH  
Medical Director, Stop Obesity Alliance, George Washington University

Rob Knight, PhD  
Professor, Biomedical Sciences Graduate Program University of California San Diego

Kris V. Kowdley MD, FACP, FACG, AGAF, FAASLD  
Director of the Liver Care Network and Organ Care Research, Swedish Medical Center

Ronald M. Krauss, MD  
Senior Scientist and Director of Atherosclerosis Research  
Children's Hospital Oakland Research Institute  
Adjunct Professor in the Department of Medicine at UCSF and in the Department of Nutritional Sciences at UC Berkeley

Benjamin Lebwohl, MD, MS  
Herbert Irving Assistant Professor of Medicine and Epidemiology  
The Celiac Disease Center at Columbia University

Alan McHughen, PhD  
CE Biotechnology Specialist and Geneticist, University of California, Riverside

Marian L. Neuhouser, PhD, RD  
Full Member  
Fred Hutchinson Cancer Research Center

Max Nieuwdorp, MD, PhD  
Professor Internal Medicine/Diabetes  
Academisch Medisch Centrum—UVA, The Netherlands

Kathryn I. Pollak, PhD  
Associate Professor, Community and Family Medicine, Duke Medicine

Kelly A. Tappenden, PhD, RD, Co-Chair  
Kraft Foods Human Nutrition Endowed Professor University of Illinois Distinguished Teacher-Scholar  
University of Illinois, Urbana-Champaign

Thomas A. Trikalinos, MD, PhD  
Associate Professor of Health Services, Policy and Practice, Director of Evidence-based Medicine  
Brown University

Arnold van Huis, PhD  
Professor, Tropical Entomologist  
Wageningen University

Elena Volpi, MD, PhD  
Daisy Emery Allen Distinguished Chair in Geriatric Medicine  
Director, Sealy Center on Aging  
Associate Director, Institute for Translational Sciences  
University of Texas Medical Branch
Planning Committee

Connie W. Bales, PhD, RD
ASN Medical Nutrition Council Chair
Professor, Duke University School of Medicine

Catherine Barrell Wall, RN, MSN, PNP-BC, CPON
Nurse Planner, Office of Continuing Education
Tufts University School of Medicine

Ruth E. Grossmann, RN, MNHP, PhD
Assistant Professor, University of Iowa College of Nursing, Nutrition and Health Sciences

Melina B. Jampolis, MD
President, National Board of Physician Nutrition Specialists
American Outcomes Management
CNN Diet and Fitness Expert

Scott Kahan, MD, MPH
Associate Director
John Hopkins Weight Management Center, Director of the National Center for Weight and Wellness

Zhaoping Li, MD, PhD
Associate Professor, UCLA David Geffen School of Medicine

Joel B. Mason, MD, Co-Chair
Professor of Medicine and Nutrition
Tufts University

Susan Raatz, PhD, MPH, RD
Research Nutritionist, USDA/ARS, Human Nutrition Research Center

Ed Saltzman, MD
Associate Professor
Tufts University School of Medicine and Friedman School of Nutrition Science and Policy

Kelly A. Tappenden, PhD, RD, Co-Chair
Kraft Foods Human Nutrition Endowed Professor
University of Illinois Distinguished Teacher-Scholar
University of Illinois, Urbana-Champaign

Tom R. Ziegler, MD
Professor of Medicine, Division of Endocrinology Metabolism and Lipids
Director, Emory Center for Clinical and Molecular Nutrition
Director, Emory University Hospital Research Unit, ACTSI Clinical Research Network
Join ASN in Long Beach

Sleeping rooms have been reserved with the Hilton Long Beach at the discounted rate of $189 for conference attendees.

The Hilton Long Beach is the official headquarters hotel of the conference; all sessions, exhibits, etc. will be held on-site. Connections Housing is the only provider of housing reservations on behalf of ASN’s Advances & Controversies in Clinical Nutrition conference. Hotel information, rates, and instructions for making a reservation are online at www.nutrition.org/meetings/clinical.

The Hilton Long Beach is located 7 miles from the Long Beach Airport (LGB) and 20 miles from Los Angeles International Airport (LAX).

We look forward to welcoming you to the beautiful city of Long Beach. While attending the meeting, make plans to explore the city’s attractions, restaurants, and more. For more information visit www.visitlongbeach.com.
Registration Form

Required of All Registrants. Please Print Clearly.

First Name

Last Name

ASN Member ID ___________________________________ Degree(s) ________________________________

Institution or Company ________________________________________________________________

Address ______________________________________________________________________________

City __________________________________ State ________ Zip________________ Country________

Telephone ____________________________________________________________________________

E-mail ______________________________________________________________________________

REGISTRATION RATES

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<th>REGULAR RATES AFTER 11/5</th>
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<td>REGULAR OR ASSOCIATE</td>
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<td>MEDICAL RESIDENT OR YOUNG PROFESSIONAL</td>
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Emeritus, Retired and Government members: contact ASN for a discounted rate.

NON-MEMBER JOIN ASN & SAVE $200 ON YOUR REGISTRATION

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<td>ONE DAY FR SAT</td>
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NEW! ACCN ON DEMAND - $50

Add one-year of unlimited online access to recorded presentations from Advances & Controversies in Clinical Nutrition 2015.

1. Register Online

www.nutrition.org/meetings/clinical

See registration details for this conference on ASN’s web site at: www.nutrition.org/meetings/clinical. You must have a www.nutrition.org profile to register. Creating a profile is free.

2. Register by Fax or Mail

FAX: +1-301-634-7894

MAIL: Attn: Clinical Conference, Room 3500
9650 Rockville Pike • Bethesda, MD 20814-3990

Make sure to provide complete contact information (above) and the following payment information:

METHOD OF PAYMENT

☐ Check or international money order

Payable to ASN; using a U.S. Bank and in U.S. dollars

☐ Wire transfer

Contact meetings@nutrition.org for details

☐ Credit card (please select one)

☐ MC ☐ Visa ☐ AmEx

Card No. ____________________________________________ Expiration Date _______________________

Cardholder’s Name __________________________________ Signature ___________________________

Total Payment ________________________

If you have any questions about registration, please contact ASN at meetings@nutrition.org or +1-301-634-7050.

For information regarding the conference program, hotel reservations, exhibits, sponsorships and more, please visit www.nutrition.org/meetings/clinical.

Refund Policy

Requests for refunds of registration fees must be received by ASN by October 19, 2015.

Contact: e-mail meetings@nutrition.org

Fax +1-301-634-7894

Phone +1-301-634-7050.

All requests for refunds will incur a $45 fee for processing.

Special Services

Please inform ASN at the time of registration if you request special services or assistance.

Become an ASN Member and Save!

Not an ASN member? Join now to save up to $200 on the cost of ACCN 2015 meeting registration and receive all the benefits of ASN membership (including discounted rates on ASN’s Annual Meeting, free access to the top-ranked journals in nutrition and dietetics and more!). Visit www.nutrition.org/join to BECOME A MEMBER AND START SAVING TODAY!