



Agenda for

Heather Finley, MS, DCN RDN, CEDRD and Quinn Nystrom, MS, Founder/President - Qspeak and Center for Change National Diabetes Ambassador presenting on

"360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients" and "Eating Disorders & Type 1 Diabetes: A Complicated Relationship"

June 7, 2019

8:00am-12:00pm

Presentation

8:00am- 12:00pm

- 8:00am
 - Check in and Breakfast
- 8:30am-12:00pm
 - Presentation
 - This clinical presentation is about bridging the gap between clinical nutrition and health and every size and intuitive eating. When treating an Eating Disorder, it can be challenging to reconcile what we know about clinical nutrition with the compelling research supporting Intuitive Eating and Health at Every Size. As health care providers, we must deliver ethical, evidence-based care — which may require drawing from both clinical nutrition and Intuitive Eating. This seminar will examine Intuitive Eating/HAES principals, discuss links between psychological and emotional health and the body's physiology, review published research on the impacts of weight loss/dieting on health outcomes, and consider the many factors that impact health.
 - Living with type 1 diabetes is complicated enough, but then throw in a dual diagnosis of an eating disorder, and the management of the two becomes tricky. Eating disorders paired with diabetes can be a life-threatening combination. Quinn will discuss her personal journey of seeking recovery, and how healthcare professionals can help guide and support their patients who present with both a chronic illness and an eating disorder.

Outline for "360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients:

1. Review of Diet culture in America and the health implications (Bacon, 2011; Bacon, 2005; Denny, 2013; Richards, 2017)
2. Overview of Health and Every Size, false assumptions of HAES and the research supporting Intuitive Eating for sustainable health (Bacon, 2011; Bacon, 2005; Tribole, 2010, Van Dyke, 2014)
3. Overview of Linda Bacon's research on HAES and Center for Change's research on Intuitive Eating (Bacon, 2011)
4. Overview of practitioner's weight biases that can impact care (Bacon, 2005; Bacon, 2011; Kristeller, 2014; Richards, 2017; Spoor, 2016)
5. Synopsis of Stress and Activation of HPA Axis and Cortisol (Juster, 2010; Mestanikova, 2019; Porges, 1995)
6. Impact of Digestion under stress and sympathetic/parasympathetic nervous system impact & Impact of Stress on epithelial lining and nutrient absorption (Pasini, 2019; Peter, 2018)
7. Overview of Vagus nerve in controlling digestion, mood, permeability, etc.(Furness, 2012)
8. A look at communication mediators in the brain and probiotic producers of these neurotransmitters (Finley, 2018; Dolan, 2017)
9. How Inflammation impacts health and the causes of inflammation
10. How Gut Diversity impacts mood and overview of BDNF (Cussotto, 2018; Hooks, 2018)
11. Explanation of Self Esteem and Self Efficacy
12. How Food Rules impact stress (Tribole, 2010)
13. Viewing health as a whole when creating a treatment plan for a patient with medical complications
14. Example case study
15. Overview of effective and ethical care and diet neutral language

Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.
- 6) Describe the 5 best communication styles when talking with patients living with diabetes.



Format: Presentation

Date: June 7, 2019

Time: 8:00am -12:00pm

Presentation Length: 3 Hours

Type: Lecture, interactive with Question and Answer

Training For: Staff of Hospitals, Medical Centers, Mental Health Clinics: General Medicine Physicians, Psychiatrists, APRN's, Psychologists, Counselors, Dietitians, Nurses, Mental Health Technicians

Presenters: Heather Finley, *MS, DCN RDN, CEDRD* and Quinn Nystrom, *MS, Founder/President - Qspeak and Center for Change National Diabetes Ambassador*

Presentation Title: "360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients" and "*Eating Disorders & Type 1 Diabetes: A Complicated Relationship*"

Brief Description of Presentation:

This clinical presentation is about bridging the gap between clinical nutrition and health and every size and intuitive eating. When treating an Eating Disorder, it can be challenging to reconcile what we know about clinical nutrition with the compelling research supporting Intuitive Eating and Health at Every Size. As health care providers, we must deliver ethical, evidence-based care — which may require drawing from both clinical nutrition and Intuitive Eating. This seminar will examine Intuitive Eating/HAES principals, discuss links between psychological and emotional health and the body's physiology, review published research on the impacts of weight loss/dieting on health outcomes, and consider the many factors that impact health.

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diabetes can be a life-threatening combination. Quinn will discuss her personal journey of seeking recovery, and how healthcare professionals can help guide and support their patients who present with both a chronic illness and an eating disorder.

Outline for "360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients:

1. Review of Diet culture in America and the health implications (Bacon, 2011; Bacon, 2005; Denny, 2013; Richards, 2017)
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14. Example case study
15. Overview of effective and ethical care and diet neutral language

Outline for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) Describe what life is like for an individual living with Type 1 diabetes.
- 2) Reasons why people with Type 1 diabetes are more at risk for eating disorders.
- 3) Describe the events that occurred to make the switch in thinking between being a victim or a victor with life with ED-DMT1.
 - a. Motivation to seek treatment.
 - b. Describe how recovery is a daily decision that needs to be made with Type 1 Diabetes and an eating disorder.
- 4) Unique challenges for a person who has Type 1 diabetes and an eating disorder.
- 5) Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with ED-DMT1.

- 6) Describe the 5 best communication styles when talking with patients living with diabetes.

Learning objectives for "360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients:

Based on the content of the workshop participants will be able to:

1. Describe how stress alters metabolism
2. Explain how emotional and psychological health impact gut physiology
3. Able to discuss how to utilize diet neutral language when developing a treatment plan

Learning objectives for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

Based on the content of the workshop participants will be able to:

- 1) Describe the complicated relationship with a person who is diagnosed with ED-DMT1.
- 2) Describe five communication styles to use when talking with a patient with type 1 diabetes and/or an eating disorder.
- 3) List various ways that aid in someone's success and increased self-efficacy when managing ED-DMT1.

Professional Review Peer and Clinical Text Resources and Citations for "360 Nutrition": Utilizing Clinical Nutrition and Intuitive Eating/HAES to treat complex Eating Disorder patients:

1. Bacon, L. A., Lucy. (2011). Weight Science: Evaluating the Evidence for a Paradigm Shift *Nutrition Journal*, 10(9).
2. Bacon, L., Stern, J. S., Van Loan, M. D., & Keim, N. L. (2005). Size acceptance and intuitive eating improve health for obese, female chronic dieters. *Journal of the American Dietetic Association*, 105(6), 929–936.
3. Cusotto, S., Sandhu, K. V., Dinan, T. G., & Cryan, J. F. (2018). The Neuroendocrinology of the Microbiota-Gut-Brain Axis: A Behavioural Perspective. *Front Neuroendocrinol*, 51, 80-101.
4. Denny, K. N., Loth, K., Eisenberg, M. E., & Neumark-Sztainer, D. (2013). Intuitive eating in young adults. Who is doing it, and how is it related to disordered eating behaviors? *Appetite*, 60, 13–19
5. Dolan KE, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 1, Mental and Neurological Health*. - PubMed - NCBI . [Ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).
6. Dolan, KE, e. (2017). Dolan KE, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 6, Skin Health*. - PubMed - NCBI . [Ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).
7. Finley, HJ, e. (2018). *Probiotics and Disease: A Comprehensive Summary- Part 8- Gastrointestinal and Genitourinary Disorders*. -PubMed- NCBI. [Ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).

8. Furness, J. B. (2012). The enteric nervous system and neurogastroenterology. *Nat Rev Gastroenterol Hepatol*, 9(5), 286-294.
9. Galley, J. D., Nelson, M. C., Yu, Z., Dowd, S. E., Walter, J., Kumar, P. S., . . . Bailey, M. T. (2014). Exposure to a social stressor disrupts the community structure of the colonic mucosa-associated microbiota. *BMC Microbiol*, 14, 189.
10. Gasta, MG, e. (2017). Dolan KE, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 4, Infectious Disease*. - PubMed - NCBI . *Ncbi.nlm.nih.gov*.
11. Gasta, MG, e. (2017). Dolan KE, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 5- ENT and Respiratory Conditions*. - PubMed - NCBI . *Ncbi.nlm.nih.gov*.
12. Hawks, S., Madanat, H., Hawks, J., & Harris, A. (2005). The relationship between intuitive eating and health indicators among college women. *American Journal of Health Education*, 36, 331–336
13. Hooks, K. B., Konsman, J. P., & O'Malley, M. A. (2018). Microbiota-gut-brain research: a critical analysis. *Behav Brain Sci*, 1-40.
14. Juster, R. P., McEwen, B. S., & Lupien, S. J. (2010). Allostatic load biomarkers of chronic stress and impact on health and cognition. *Neurosci Biobehav Rev*, 35(1), 2-16. doi:10.1016/j.neubiorev.2009.10.002
15. Kristeller, J., Wolever, R. Q., & Sheets, V. (2014). Mindfulness-based eating awareness training (MB-EAT) for binge eating: A randomized clinical trial. *Mindfulness*, 5, 282– 297.
16. Mestanikova, A., Mestanik, M., Ondrejka, I., Hrtanek, I., Cesnekova, D., Jurko, A., Jr., . . . Tonhajzerova, I. (2019). Complex cardiac vagal regulation to mental and physiological stress in adolescent major depression. *J Affect Disord*, 249, 234-241.
17. P. Scott Richards, Sabree Crowton, Michael E. Berrett, Melissa H. Smith & Kimberly Passmore (2017): Can patients with eating disorders learn to eat intuitively? A 2-year pilot study, *Eating Disorders*
18. Parker EC, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 2, Commercially Produced Cultured and Fermented Foods Commonly Available in the United States*. - PubMed - NCBI . *Ncbi.nlm.nih.gov*.
19. Pasini, E., Corsetti, G., Assanelli, D., Testa, C., Romano, C., Dioguardi, F. S., & Aquilani, R. (2019). Effects of chronic exercise on gut microbiota and intestinal barrier in human with type 2 diabetes. *Minerva Med*, 110(1), 3-11.
20. Peter, J., Fournier, C., Durdevic, M., Knoblich, L., Keip, B., Dejaco, C., . . . Moser, G. (2018). A Microbial Signature of Psychological Distress in Irritable Bowel Syndrome. *Psychosom Med*, 80(8), 698-709.
21. Pizano, JM, e. (2017). Dolan KE, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 7, Immune Disorders*. - PubMed - NCBI . *Ncbi.nlm.nih.gov*.
22. Porges, S. W. (1995). Cardiac vagal tone: a physiological index of stress. *Neurosci Biobehav Rev*, 19(2), 225-233.
23. Smith T, Hawks S: Intuitive eating, diet composition and the meaning of food in healthy weight promotion. *Am J Health Educ* 2006, 37:130-136.

24. Smith, T., & Hawks, S. R. (2006). Intuitive eating, diet composition, and the meaning of food in healthy weight promotion. *American Journal of Health Education*, 37, 130–136.
25. Spoor, K. D., & Madanat, H. (2016). Relationship between body image discrepancy and intuitive eating. *International Quarterly of Community Health Education*, 36, 189–197.
26. Tribole E, Resch E: *Intuitive eating: a revolutionary program that works*. 2 edition. New York: St. Martin's Griffin; 2010.
27. Van Dyke, N., & Drinkwater, E. J. (2014). Review article relationships between intuitive eating and health indicators: Literature review. *Public Health Nutrition*, 17, 1757–1766. doi
28. Williamson CB, e. (2017). *Probiotics and Disease: A Comprehensive Summary-Part 3, Cardiometabolic Disease and Fatigue Syndromes*. - PubMed - NCBI . [Ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov).

Professional Peer Review and Clinical Text Resources and Citations for Eating Disorders & Type 1 Diabetes: A Complicated Relationship:

- 1) *There Is a Missing Ingredient in Diabetes Care Today*, Aus Alzaid, MD, 2014
- 2) *Social Learning Theory*, Albert Bandura, 1977
- 3) *Comorbid Diabetes and Eating Disorders in Adult Patients*, Cynthia Gagnon, Annie Aime, Claude Belanger, Jessica Tuttmann Markowitz, 2012
- 4) *The Diabetes Educator's Role in Managing Eating Disorders and Diabetes*, Patti Urbanski, Ann E. Goebel-Fabbri, Maggie Powers, and Dawn Taylor, 2009

Statement of possible risk:

It is possible that participants, as a byproduct of attending this training, will have an opportunity to look at themselves and apply principles into their own lives, as well as those they treat. Therefore, there is always potential that participants could experience a mild degree of emotional discomfort as they look in the emotional mirror in application of these principles in their own lives.