

Continuing the **NEW FORMAT!** *39th Edition Current Issues in Nutrition*



“Appetite, Satiety, and Body Weight Control”

Step 1: Register online at www.cepd.iastate.edu/cin.

Step 2: View the online presentations beginning October 15, 2009.

Step 3: Participate in the interactive online Q/A Session on November 11, 2009.

Objectives:

- Review the physiology of body weight regulation
- Understand physiological factors influencing appetite and satiety
- Examine dietary and environmental factors influencing appetite and satiety
- Explore body weight control strategies

Why the new format? The web-based presentations and Q/A sessions allow registrants to participate from their own computers. This reduces travel costs for participation. In addition, online technology is considerably more cost efficient. ***This means the registration fee is actually less this year*** for the same great quality, science-based information.

RESEARCH PERSPECTIVE:

Physiology of appetite and body weight regulation
Heather Leidy, PhD

Heather Leidy, PhD, joined the faculty in the Department of Dietetics and Nutrition at the University of Kansas Medical Center (KUMC) in the Fall of 2007. She is responsible for teaching the Dietetics and Nutrition Seminar course and co-teaching the Nutrition for Sports and Exercise course and the Intervention for the Management and Prevention of Obesity courses. Dr. Leidy's research focuses on the metabolic, hormonal, and neural regulation of appetite, food intake, and body weight in overweight and obese men and women across the lifespan-with current emphasis on adolescents.

***CEUs have been requested for RDs,
CDMs, and FCS educators.***

APPLICATION PERSPECTIVE:

Diet and environmental factors contributing to obesity
James Hollis, Ph.D.

James Hollis, PhD joined the faculty in the Food Science and Human Nutrition department at Iowa State University in August 2008. Dr. Hollis' research interests relate to the sensory perception of food and how this influences eating behavior and body weight throughout the lifespan.

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