



## **Professional Issues Council Conference 2016**

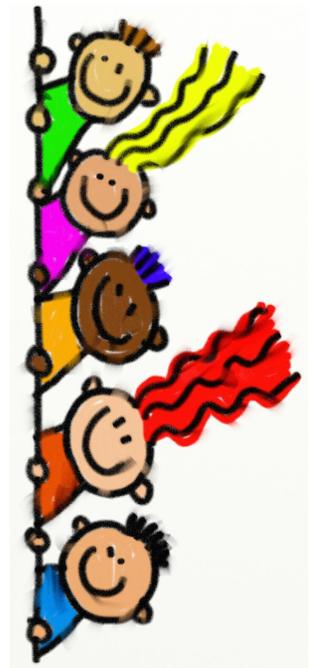
**When:** Saturday, March 5th 2016 8:00 am - 1:00 pm  
A light breakfast & lunch will be provided. Please inquire within if you require a vegetarian or gluten free meal.

**Presenter:** Kathy Isoldi, PhD, RD

**Session Title:** **Battling Childhood Obesity: Effectively Translating Messages of Success to Children and Families**

**Location:** St. Catherine of Siena Nursing & Rehabilitation Center  
52 Route 25A  
Smithtown, NY 11787  
At the top of the hill, the building is on the right.

**Registration:** **Space is limited! Register now at:**  
<http://eatrightli.org/pic-2016.html>  
LIDA & GNYDA members \$60  
Students \$50  
Non-LIDA members \$85



4 CEUs have been requested from the CDR  
For questions, contact Marina Bedrossian at  
[IngredientsForHealth@icloud.com](mailto:IngredientsForHealth@icloud.com)



**St. Catherine of Siena  
Medical Center**  
Catholic Health Services  
At the heart of health

**Long Island Dietetic Association  
Professional Issues Committee Conference  
Kathy K. Isoldi, PhD, RDN  
March 03/05/2016  
8:00 – 1:00 pm**

**Battling Childhood Obesity: Effectively Translating Messages of Success to Children and Families**

Childhood obesity remains a formidable public health issue. Although there are reports of pockets of reduction in prevalence in various areas across the country, there are also reports of increases in certain age categories and minority groups. It is estimated that millions of children in the United States are overweight or obese. There is certainly a need to stay on task and continue the important work to battle childhood obesity.

There are programs that show promise in treating and preventing childhood obesity, however translating the evidence to clients and families will take the careful and skilled use of effective communication techniques. Motivational interviewing (MI) techniques and strategies have shown great promise in promoting healthy behavior change. This workshop will review childhood obesity prevalence, prevention strategies that show promise and how the use of MI can increase counseling effectiveness in this population. The workshop will conclude with a practice session- applying MI techniques to typical cases.

Dr. Kathy Isoldi is an Assistant Professor of Nutrition at Long Island University and has been a registered dietitian and advocate for client-centered nutrition counseling for the past 34 years. She began her career at New York Presbyterian Hospital where she was a dietetic intern and later served as the Coordinator for Clinical Nutrition Services. She's spent a bit over 20 years counseling obese and overweight adults and children in a busy obesity treatment out-patient center affiliated with Weil Cornell Medical Center spending. Dr. Isoldi has had the opportunity to share her nutrition advice with the public through several television appearances, the publication of magazine articles and a book published through Woman's Day Magazine designed to help busy women maintain a healthy diet and body weight throughout their lifecycle.

Dr. Isoldi received her doctorate in Nutrition from New York University in 2010 and has since been engaged in research exploring ways to reduce childhood obesity risk. She designed and conducts Cooking Up Energy, a cooking and nutrition, research-based education program for youths aimed at improving food intake and reducing obesity prevalence. Cooking Up Energy is in its fifth year of data collection. A total of 269 youths have completed this well-received 10 week program. Dr. Isoldi includes her undergraduate students in her research as many volunteer to assist during the program working directly with children during afterschool hours. Dr. Isoldi teaches both undergraduate and graduate-level classes at the LIU Post focused on nutrition communication with the lay public, counseling skill development, and the nutritional care of overweight and obese individuals.