

SATURDAY, JANUARY 11, 2020

Marriott Downtown Eaton Centre Hotel
525 Bay St, Toronto, ON

ADVANCES IN NUTRITION

Mental Health Across the Lifespan

One-day Thematic Conference



Advances in Nutrition: Mental Health Across the Lifespan is a one-day conference that will deliver an overview of current evidence and practice related to mental health and nutrition across the lifespan. Attendees will have the opportunity to learn from scientific experts and practitioners on treatment issues and how to address mental health conditions with diet and nutrition guidance.



CONFERENCE LEARNING OBJECTIVES:

- ➔ Establish a better understanding of the importance of a quality diet to mental health.
- ➔ Understand the current evidence and its limits in guiding nutritional care for those with a mental health condition.
- ➔ Review clinical perspectives on the multi-faceted approaches used to improve diet and quality of life for those with a mental health condition.
- ➔ Allow for an interactive discussion that offers insight and strategies on how to identify and use reliable science to guide professional practice.

This continuing education event was held under the auspices of Continuing Professional Development, Faculty of Medicine, University of Toronto and Canadian Nutrition Society.

Royal College of Physicians and Surgeons of Canada – Section 1:

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 6.0 Section 1 hours (credits are automatically calculated).

College of Family Physicians of Canada - Mainpro+: (ID# 191644)

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 6.0 Mainpro+ credits. Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Live Streaming registration available for individuals and groups.

All 2020 Thematic Conference speakers, panels, Q&As, opening and closing remarks will be live streamed throughout the entire conference.



Watch for more information at www.cns-scn.ca

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MARRIOTT DOWNTOWN EATON CENTRE HOTEL, 525 BAY ST, TORONTO, ON



Canadian Nutrition Society
Soci t  canadienne de nutrition

CONFERENCE PROGRAM

7:30 am - 8:30 am **Breakfast and engagement with posters and sponsors**

8:30 am - 8:40 am **Introductions and Objectives**

Speakers:

Guylaine Ferland, PhD

Heather Keller, RD, PhD, FDC, FCAHS

SEGMENT ONE – Nutrition in the First 20 Years

8:40 am - 9:30 am **The Mental Health Legacy of Early Childhood Malnutrition: A 45 Year Longitudinal Study**

Speaker: Janina R. Galler, MD

Professor of Psychiatry, Harvard Medical School
Division of Pediatric Gastroenterology and Nutrition, MassGeneral Hospital for Children

9:30 am - 10:10 am **Myths and Truths about eating disorder care and support: Getting to know the person, getting to know the disorder**

Speaker: Shawna Melbourn, B.Sc., AHN,

Registered Dietitian, CEDRD-S
Certified Intuitive Eating Counselor, Anchor Psychological Services

10:10 am - 10:30 am **Speaker Q&A**

10:30 am - 10:50 am **Break**

SEGMENT TWO – Addictions

10:50 am - 11:30 am **Nutritional Implications of Medical Marijuana**

Speaker: Dr. Robert L. Tanguay, BSc (Hons), MD, FRCPC, CISAM, CCSAM

Provincial Medical Lead, Opioid Dependency Training, Alberta Health Services

11:30 am - 12:00 pm **Harm Reduction and Nutrition – supporting lives through relationships and food at a supervised consumption services site**

Speaker: Kelly Sullivan, RD

Safeworks Harm Reduction Program and Southern Alberta Clinic
Sheldon M. Chumir Health Centre

12:00 pm - 12:20 pm **Speaker Q&A**

12:20 pm - 1:30 pm **Lunch/Poster and Exhibitor Viewing/Networking**

SEGMENT THREE – Dementia

1:30 pm - 2:15 pm **Diets for a healthy brain in old age**

Speaker: Guylaine Ferland, PhD

Professor, Department of Nutrition,
University of Montreal
Montreal Heart Institute Research Centre

2:15 pm - 2:45 pm **Living with dementia: nutrition challenges and strategies for care**

Speaker: Heather Keller, RD, PhD, FDC, FCAHS

Schlegel Research Chair Nutrition & Aging
Schlegel-UW Research Institute for Aging & Professor, Department of Kinesiology,
University of Waterloo

2:40 pm - 3:05 pm **Speaker Q&A**

3:05 pm - 3:30 pm **Break**

SEGMENT FOUR – Panel Discussion - Multidisciplinary Perspectives on Nutrition in Mental Health

3:30 pm - 3:40 pm **Setting the Stage - Addressing metabolic comorbidity in severe mental illness: an update**

Speaker: Margaret Hahn, MD, PhD, FRCPC

Associate Professor, Department of Psychiatry University of Toronto Lead, Mental Health and Metabolism Clinic, Centre for Addiction and Mental Health (CAMH)

3:40 pm - 3:50 pm **Setting the Stage - Social Determinants of Nutrition in Complex Mental Illness in inpatient settings**

Speaker: Nurit Basin

Recreation Therapist
Complex Care & Recovery Program
Centre for Addiction and Mental Health

3:50 pm - 4:00 pm **Setting the Stage - The importance of nutrition in complex mental illness (CMI)**

Speaker: Kelly Matheson, MSc. RD, CDE

Registered Dietitian and Certified Diabetes Educator, Complex Mental Illness Program, Centre for Addiction and Mental Health

4:00 pm - 4:30 pm **Panel and Q&A Panel - Margaret Hahn, Nurit Basin, Kelly Matheson**

4:30 pm - 4:45 pm **FINAL SUMMARY/ CLOSING REMARKS**

Speakers:

Guylaine Ferland, PhD

Heather Keller, RD, PhD, FDC, FCAHS



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