

## SIX-HOUR LIVE WEBINAR

Tue., Nov. 2, 2021

(REGISTRATION FORM)

# Obesity, Diet, & Behavior

Please Check One Option Below:

**LIVE WEBINAR:** Tue., Nov. 2, 2021, 8:30 AM – 3:40 PM, (Eastern Time)  
or 7:30 AM – 2:40 PM, (Central Time)  
or 5:30 AM – 12:40 PM, (Pacific Time)

— \$83 – Pre-Registration Rate: Live Webinar with 6 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

— \$83 – DVD or Streaming Video available for homestudy credit.

— \$69 – DVD or Streaming Video only without homestudy test.

\*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at [info@biocorp.com](mailto:info@biocorp.com) for more information.

Name (please print) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Profession \_\_\_\_\_ License No. \_\_\_\_\_

Pharmacists only: NABP # \_\_\_\_\_ Date of Birth \_\_\_\_\_ mm / dd / yy

Payment by (please check one):

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There are **four** ways to register:

- 1) **Internet:** [www.INRseminars.com](http://www.INRseminars.com)
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757  
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

**Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820**

**Purchase orders are accepted. Tax Identification No. 94-2948967**

## ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

### NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses, including one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 7.2 contact hours.

### DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits.

### PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-20-075-L04-P. This is a knowledge-based CPE activity.



### REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 148681 and Performance Indicators: 8.1.2, 8.1.3, 8.4.1, and 8.4.5. CPE Level: II.



### PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

### MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Under Sponsor #00088989 and Approval #TRN2083918, CRCC has approved this course for six contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2019 – 02/28/2022. Social workers completing this course receive 6 clinical continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. This course "Obesity, Diet, & Behavior", Approval #210206-1247 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/20 through 08/31/22. New Jersey social workers will receive six (6) Clinical CE credits for participating in this course. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval # CE21-626112). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been

## ACCREDITATION (cont.)

approved by the Institute for Natural Resources (INR) for 6 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

### MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



### OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



## SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to [info@inrseminars.com](mailto:info@inrseminars.com) or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

# Obesity, Diet, & Behavior

## Frequently Asked Questions

### Q: How can I take this Webinar?

This Webinar can be taken in several formats:

- A live Webinar
- An audio-visual DVD or Streaming Video for home-study credit (valid for such professions such as nursing, dental, pharmacy, dietetics, occupational therapy, social work, and possibly other professions.)
- An audio-visual DVD or Streaming Video without credit (available, for a reduced fee).

### Q: What do I have to do to complete the live Seminar/Webinar successfully?

To obtain the 6 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

### Q: How long does it take to receive a Seminar/Webinar Completion Certificate?

At a live seminar, certificates are given out at the end of the seminar. With all other presentations (e.g., electronic), receipt of the certificate typically takes 3 to 5 days after all materials are submitted.

### Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

### Q: What happens if I have technical difficulties watching or hearing a Webinar (in effect a live broadcast of a seminar)?

You will receive a voucher equal to the tuition paid. This voucher will be good for a future seminar or Webinar. The voucher is good for one year.

### Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at <info@inrseminars.com> or at 1-877 246-6336. The customer-service office can tell you if INR has approval for your profession.

## PROGRAM/LECTURE

**Registration: 7:45 AM – 8:30 AM**

**Morning Lecture: 8:30 AM – 10:00 AM**

- **The Complex Life of Body Fat:** The Good, The Bad, and the Ugly.
- **The Color of Body Fat:** White, Brown, and Beige Fat--Their Different Effects on Obesity.
- **Location, Location, Location:** "Bad" Visceral Fat Vs. "Good" Subcutaneous Fat. Sex Differences. Are Sumo Wrestlers Fat but Healthy and Fit?
- **Weight Gain, Allostasis, and Set Points:** How and Why Body Fat Fights Hard to Stay on You. Is Being Overweight the New "Normal?"
- **Proteins, Carbs, Fats, and Calories:** Do Some Macronutrients Produce More Body Fat? Are All Calories the Same?

**Mid-Morning Lecture: 10:00 AM – 11:30 AM**

- **The Macronutrient Diet Wars:** Low-Fat Vs. Low-Carb Vs. High-Protein Vs. Mediterranean. Which Is Best for Sustained Weight Loss?
- **How Multiple Hormones Affect Hunger and Obesity.** Why Insulin Is the Major Player.
- **How the Body's Attempt to Maintain Fat Levels and the Power of "Thrifty Genes" Drive the Obesity Epidemic.** The Tale of Two Pimas.
- **Is Obesity Due to Stone Age Genes Unable to Cope with a Modern Food Environment?** What Are the Health Consequences?
- **Genes and Obesity:** We Are Not All Created Equal. The Power of ob, FTO, and IRS-1 Genes to Create Excess Fat.
- **The Many Physiological and Environmental Reasons Why So Many People Are Overweight or Obese.** Are Gut Bacteria and Viruses Involved? Some Sex and Gender Differences.

**Lunch: 11:30 AM – 12:20 PM**

**Afternoon Lecture: 12:20 PM – 2:00 PM**

- **Calories, Calories, Calories:** Why Are We Eating More Now Than Just a Couple of Decades Ago?
- **How Addiction to Sweets, Salt, and Fat Hijacks the Brain's Reward System and Rewires the Brain for Overeating.**
- **The Battle of the Bulge:** Why Do Most Dieters Lose and Then Regain Weight? How Food Cravings Sabotage Diet Plans.
- **Which Diet Plan Is The Most Effective?** Comparing the Research on Weight Watchers, Jenny Craig, Volumetrics, HMR, Biggest Loser, Flexitarian, Raw Food, Slim-Fast, Vegan, Atkins, and Others.
- **Some Major Myths of Dieting:** Surprising Reasons Why Most Diets Fail in The Long Run.
- **Lifestyle Changes and Sustained Weight Loss:** Having a Plan, the Mindless Margin, Controlling Food Cravings, and Intermittent Fasting.

## PROGRAM (cont.)

**Mid-Afternoon Lecture: 2:00 PM – 3:20 PM**

- **Diagnosing and Treating a Major Cause of Obesity:** Emotional Overeating. Mindfulness and Cognitive-Behavioral Therapy to Help Weight Loss.
- **Binge Eating Disorder:** How Binge Eating Differs from Food Cravings.
- **Can More Exercise Stop The Obesity Epidemic?** Why the Adage "Eat Less and Exercise More To Lose Weight" Is Only Half Right.
- **Medications for Weight Loss:** How Effective Are They?
- **Bariatric Surgery for Weight Loss in Extreme Obesity:** The Final Option.

**Evaluation, Questions, and Answers: 3:20 PM – 3:40 PM**

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) explain the complex nature of body fat and why both too much and too little are deleterious to health.
- 2) describe how genes, eating behavior, macronutrients, physiology, microorganisms, and the environment interact to produce obesity.
- 3) outline how the food industry's production of hyperpalatable foods fuels sweet, fat, and salt addiction and the obesity epidemic.
- 4) identify the most effective diets that could produce long-lasting results in weight loss.
- 5) explain strategies for maintaining successful weight loss, managing food cravings, and treating emotional overeating.
- 6) identify the relative effectiveness of diet, exercise, medications, and surgery in maintaining weight loss.
- 7) describe how the information in this course can be utilized to improve patient care and patient outcomes.
- 8) describe, for this course, the implications for dentistry, mental health, nursing, and other healthcare professions.

## INSTRUCTOR

**Dr. Laura Pawlak (Ph.D., M.S.)** received her Ph.D. in biochemistry at the University of Illinois and her M.S. in nutrition at the University of Illinois.

To become a registered dietitian (R.D.), Dr. Pawlak took her internship in dietetics at the Hines Veterans Administration Hospital in Illinois.

Dr. Pawlak conducted her postdoctoral research in biochemistry at the University of California, San Francisco Medical Center and is the author of 22 scientific publications and many academic books.

An expert in obesity, diet, nutrition, and behavior, Dr. Pawlak, has produced and presented—nationally and internationally—hundreds of continuing-education programs for health professionals and others. As an registered dietitian, she counseled clients in the areas of sports nutrition and weight loss.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.