

Required Documentation for CPE Prior Approval Request Form

Protein Summit: The Power of Protein in Optimal Health

August 28, 2008

Seattle, WA

Sponsored by The Beef Checkoff through the National Cattlemen's Beef Association

1. Presentations and Objectives

Today's Consumer Environment: Is It Time to Rethink Protein's Role in Optimal Health? (20 minutes)

Speaker: *Nancy Rodriguez, PhD, RD, FACSM, University of Connecticut*

Educational Objectives:

- ✓ Attendees will be able to determine whether or not it's time to re-examine macronutrient needs for optimal health, given today's consumer health concerns, including the overweight/obesity epidemic and growing boomer population.

The Role of Protein in Optimal Health (40 minutes)

Speakers: *Stuart Phillips, PhD, McMaster University; Doug Paddon-Jones, PhD, University of Texas Medical Branch*

Educational Objectives:

- ✓ Attendees will be able to evaluate and discuss the role of protein in optimal health, including muscle growth and maintenance, overweight/obesity, active lifestyles and chronic disease prevention.
- ✓ Attendees will be able to communicate the critical role of high-quality protein in Americans' lifestyles, including its role in preventing an emerging public health issue – sarcopenia to their clients and colleagues.

Our Protein Needs: Minimum Requirements vs. Optimal Recommendations (40 minutes)

Speakers: *Bob Wolfe, PhD, University of Texas Medical Branch and Kevin Short, PhD, University of Oklahoma Health Sciences Center*

Educational Objectives:

- ✓ Attendees will be able to debate current protein recommendations – including the spectrum of recommended intake levels in dietary guidance – in relation to Americans' actual intake levels.
- ✓ Attendees will be able to re-examine protein recommendations to help their clients achieve optimal health.
- ✓ Attendees will be able to differentiate between recommended protein intake levels, which prevent deficiency, and levels that promote optimal health.

Helping People Power Up with Protein (30 minutes)

Speaker: *Nancy Rodriguez, PhD, RD, FACSM, the University of Connecticut*

Educational Objectives:

- ✓ Attendees will be able to bring protein recommendations to life for consumers, by helping them select high-quality lean protein foods and incorporate them into realistic, nutrient-rich menus.

2. Timing Outline

August 28, 2008	
8:45 – 9:30 AM	Registration (45 minutes) Participants check in and pick up materials
9:30 – 9:40	Welcome and Overview of Meeting (10 minutes) Speakers: <i>Mary K. Young, MS, RD</i>
9:40 – 10:00	Today's Consumer Environment: Is It Time to Rethink Protein's Role in Optimal Health? (20 minutes) Exploring today's consumer landscape, including the overweight/obesity epidemic and growing boomer population. Given today's health concerns, it may be time to re-examine nutrient needs for optimal health. Speaker: <i>Nancy Rodriguez, PhD, RD, FACSM</i>
10:00 – 10:40	The Role of Protein in Optimal Health (40 minutes) Appreciating the role of protein in optimal health, including muscle growth and maintenance, overweight/obesity, active lifestyles and chronic disease prevention. Researchers will share emerging science that illustrates the critical role of high-quality protein in Americans' lifestyles, including its role in preventing an emerging public health issue – sarcopenia. Speakers: <i>Stuart Phillips, PhD; Doug Paddon-Jones, PhD</i>

10:40 – 11:00	<p>Putting the Research into Perspective and Q&A: The Role of Protein in Optimal Health (20 minutes)</p> <p>Putting the Research into Perspective: <i>James Krieger, MS</i> Provide 3-4 highlights from the presentation to help attendees apply the information in their daily practice.</p> <p>Q&A (moderated by James): <i>Stuart Phillips, PhD; Doug Paddon-Jones, PhD</i></p>
11:00 – 11:40	<p>Our Protein Needs: Minimum Requirements vs. Optimal Recommendations (40 minutes)</p> <p>Exploring current protein recommendations – including the spectrum of recommended intake levels in dietary guidance – and understanding Americans’ actual intake levels, while challenging if these recommendations go far enough to help Americans achieve optimal health. Current protein recommendations have been based on preventing deficiency, yet research continues to reinforce the role of protein in a variety of health functions – preventing chronic diseases like type-2 diabetes and osteoporosis as a result of the positive effects protein has on improving muscle strength and maintenance – which raises concerns that it may be time to rethink protein recommendations. Research shows the optimal protein intake may be at least double the current Recommended Daily Allowance (RDA), or higher, without adverse health effects in healthy individuals.</p> <p>Speakers: <i>Bob Wolfe, PhD, and Kevin Short, PhD</i></p>
11:40 – Noon	<p>Putting the Research into Perspective and Q&A: High-Quality Protein and Healthy Bodies (20 minutes)</p> <p>Putting the Research into Perspective: <i>Martha Belury, PhD, RD</i> Provide 3-4 highlights from the presentation to help attendees apply the information in their daily practice.</p> <p>Q&A (moderated by Martha): <i>Bob Wolfe, PhD, and Kevin Short, PhD</i></p>
Noon – 1:00 PM	<p>Lunch (60 minutes)</p>
1:00 – 1:30	<p>Helping People Power Up with Protein (30 minutes)</p> <p>Highlighting key insights from the morning’s presentations and how to bring recommendations to life for consumers. Discussion will highlight how to help consumers select high-quality lean protein foods and incorporate them into realistic menus that can help people meet high-quality protein recommendations for optimal health, as part of an overall healthy lifestyle.</p> <p>Speaker: <i>Nancy Rodriguez, PhD, RD, FACSM</i></p>
1:30 – 1:40	<p>Break/Transition to Break Out Sessions (10 minutes)</p>
1:40 – 2:20	<p>Break Out Session (40 minutes) <i>Attendees will break into 3 groups and move to separate rooms.</i></p> <p>Moderators: <i>Nancy Rodriguez; Roseann Lyle; Martha Belury</i></p>

	<p>Attendees will be asked to discuss:</p> <ul style="list-style-type: none"> • Primary insights from today’s presentations on the role of high-quality protein in optimal health • Why high-quality protein recommendations are especially critical in today’s environment, given the exploding boomer population and overweight/obesity epidemic • The need to reinforce the importance of <i>high-quality</i> protein in recommendations to clients • Their thoughts on challenging current protein recommendations in future dietary guidance, especially given protein’s role in weight management and muscle maintenance/sarcopenia prevention, in today’s environment • How they may refine protein recommendations to clients
2:20 – 2:30	Break/Transition to Main Room (10 minutes)
2:30 – 2:50	<p>Break Out Summary and Final Q&A (20 minutes) <i>Attendees will report their findings and Roseann will engage the audience in final Q&A with today’s speakers</i></p> <p>Speaker: <i>Roseann Lyle, Ph.D., M.Ed., F.A.C.S.M.</i></p>
2:50 – 3:00	<p>Closing (10 minutes)</p> <p>Speaker: <i>Mary K. Young, MS, RD</i></p>

3. Target Audience

Registered dietitians.

4. Speaker Qualifications

Mary K. Young, MS, RD

Mary K. Young is vice president of Nutrition for the National Cattlemen’s Beef Association (NCBA). In this role, Mary leads NCBA’s nutrition strategy and programming, which includes health professional partnerships, resources, and education; nutrition media relations; youth/gatekeeper outreach; and nutrition scientific and market research.

Mary serves as NCBA’s nutrition spokesperson, and has conducted hundreds of interviews with broadcast and print outlets. She’s also involved as a member and liaison to several health and nutrition organizations, including the American Dietetic Association and American Heart Association. Mary represents NCBA as a founding member of the Dietary Guidelines Alliance -- a consortium of leading health and nutrition organizations, government agencies, food industry and consumer advocacy groups.

Prior to joining NCBA, Mary was a nutrition specialist for the University of Chicago Hospitals where she coordinated nutritional care for liver, kidney and kidney-pancreas transplant patients and served as nutrition spokesperson. She also was a nutrition columnist for Chicago’s Hyde Park Cooperative Society newspaper.

Mary's many professional association activities include leadership positions in the American Dietetic Association, Society for Nutrition Education, and Dietitians in Business and Communications practice group of the American Dietetic Association. Mary was named Recognized Young Dietitian of the Year for the State of Illinois in 1995.

Mary is a Registered Dietitian and graduated from Montana State University. She also holds a Master of Science degree in Nutrition from Rush University in Chicago.

Nancy Rodriguez, PhD, RD, FACSM

Dr. Nancy Rodriguez is an associate professor in the Department of Nutritional Sciences at the University of Connecticut. Her research program in nutritional physiology focuses on amino acid metabolism and protein utilization with application to clinical, pediatric, and sport nutrition.

She is a member of the American Society for Nutrition, Sciences, the American Dietetic Association, the American College of Sports Medicine, and the American Physiological Society.

Dr. Rodriguez received her B.S. in human nutrition and food from Virginia Polytechnic Institute and State University, and her M.S. in human nutrition and Ph.D. in biochemistry from West Virginia University. Dr. Rodriguez completed her post-doc in nutritional physiology and endocrinology from the Mayo Clinic.

Stuart Phillips, PhD

Dr. Stuart Phillips is an associate professor in Kinesiology and an Associate Member in Medicine at McMaster University. He earned his bachelor's degree in biochemistry and his master's in Human Nutritional Biochemistry from McMaster University and then obtained his PhD from the University of Waterloo in Human Physiology.

Dr. Phillips' research is focused on the impact of nutrition and exercise on human protein turnover, specifically in skeletal muscle. He is also interested in how exercise impacts the requirements for protein in humans.

Doug Paddon-Jones, PhD

Dr. Douglas Paddon-Jones is an associate professor in the Department of Physical Therapy, Allied Health Sciences and the Department of Internal Medicine, Division of Endocrinology and the Director of Exercise Studies at the General Clinical Research Center at The University of Texas Medical Branch.

His current research efforts focus on muscle loss in aging populations; simulated microgravity and prolonged inactivity; muscle protein catabolism following trauma and stress; and protein and amino acid supplementation.

His research utilizes sophisticated stable isotope methodology to focus on mechanisms of skeletal muscle protein synthesis and breakdown in humans and identification of interventions to prevent muscle loss. His research has led to over 30 publications in the past 4 years and is supported by several grants from the NIH, NASA and industry groups.

Dr. Paddon-Jones' recent research has expanded to investigate changes in muscle protein synthesis following ingestion of common intact protein sources. These studies are the first to directly examine muscle protein synthesis in a practical and realistic dietary context.

James Krieger, MS

James Krieger earned a B.S. and M.S. in Exercise Science at Washington State University, where he also taught undergraduate classes in exercise physiology and managed the Web site for WSU's varsity strength and conditioning facility. James received a second master's in Nutrition from the University of Florida.

He has published research including "Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression," in the *American Journal of Clinical Nutrition*. He has also served as the editor and writer for *Pure Power Mag*, a magazine for strength and power athletes. He has been a research associate at PRO Sports Club, one of the nation's premier sports clubs, since 2004.

Kevin Short, PhD

Dr. Kevin Short is an assistant professor in the Department of Pediatrics in the Section of Endocrinology and Diabetes at the University of Oklahoma Health Sciences Center. He is working to establish a metabolic research laboratory with tools to measure human energy expenditure, protein and glucose metabolism, and markers of diabetes complications in pediatric and elderly populations.

Dr. Short's research interests are in measuring energy expenditure, protein and glucose metabolism with stable isotope-labeled tracers and tissue biochemistry in humans and animals. This research work has resulted in 40 publications.

Dr. Short completed graduate training in human exercise physiology, metabolism and muscle biochemistry at Purdue University and Ball State University and his post-doctoral work was in endocrinology, diabetes, and aging at the Mayo clinic.

Bob Wolfe, PhD

Dr. Robert Wolfe is currently a Professor of Geriatrics and the Director of the Center for Translational Research in Aging and Longevity at the University of Arkansas for Medical Sciences.

The focus of Dr. Wolfe's research is the regulation of muscle metabolism, particularly as affected by aging and stressors such as injury, sepsis and cancer. His research has been performed largely in human patients and normal volunteers. The general premise of his work is that it is necessary not only to determine the nature of changes in metabolism that occur in the system under investigation, but to quantify those responses so that a specific treatment modality can be devised.

Dr. Wolfe has received a number of awards and invited lectureships in recognition of his work. He received the Herman award from the American Society of Clinical Nutrition for his career contributions in the field of clinical nutrition. He gave the Presidential Lecture at the 1999 American Society of Sports Medicine meeting, and is a previous winner of the University of Texas Medical Branch outstanding faculty research award. He has published over 380 peer-reviewed papers, 100 review articles and three books.

Martha Belury, Ph.D.

Dr. Belury is an associate professor in the Department of Human Nutrition at The Ohio State University, Columbus, Ohio.

She is a Carol S. Kennedy endowed professor in nutrition at The Ohio State University. Dr. Belury is a leader in the fields of nutritional biochemistry and molecular biology and has made groundbreaking discoveries about the role of Conjugated Linoleic Acid (CLA) in cancer prevention, management of type 2 diabetes and dietary fat metabolism. She has published more than 30 studies in these areas.

Dr. Belury reviews research articles for such peer-reviewed scientific journals as *Cancer Research; Nutrition and Cancer; Journal of Nutrition; Journal of Food Science* and *the Journal of Lipid Research*. She has been an invited speaker at the Institute of Food Technology, European Section of the American Oil Chemist Society, The American Dietetic Association and the American Chemical Society on the biochemical, molecular and health effects of CLA. Dr. Belury also received the E.L.R. Stokstad Award from the American Society of Nutritional Sciences for her innovative discovery that linked nutrition at the molecular level to important health issues.

Roseann Lyle, Ph.D., M.Ed., F.A.C.S.M

Dr. Lyle is a professor in the Department of Health, Kinesiology & Leisure Studies and Department of Foods & Nutrition at Purdue University, Lafayette, Ind.

Dr. Roseann Lyle is a professor of health promotion, and her research focuses on the role of food and nutrients in fueling exercise and athletic performance. She is also interested in researching the scientific rationale for recommendations for disease prevention and health promotion, nutrition exercise/activity and health in young women and adults over 50.

Dr. Lyle has taught courses on "healthful life styling" and stress management, as well as presented lectures on nutrition for athletes, body composition theory and analysis, and eating disorders. She's a member of the American Public Health Association and has contributed to more than 70 published studies.