



LA Collaborative for Healthy Active Children and
California Dietetic Association/Los Angeles District Present:



"Sodium Symposium"

Updates on national efforts in the U.S. to reduce
sodium intake

Date: Wednesday, September 30, 2009 – 8:30am to 12:00pm

Location: Children's Bureau, Magnolia Conference Center

1910 Magnolia Avenue

Los Angeles, CA 90007 (free parking)

Map Link: <http://tinyurl.com/ma5l7a>

Event:

- 8:30 AM Registration & Low Sodium Breakfast
- 9:00 AM Welcome & Introductions
- 9:15 AM Public Health Perspective, Tony Kuo, M.D., M.S.H.S
- 10:30 AM Culinary Perspective, Daniel Pedersen, Chef
- 11:00 AM Clinical Perspective, Christine Gilbert, R.D.

Objectives: 1) To describe the economic, social and health effects of high dietary sodium intake in the general population as well as in special populations. 2) To describe prior international efforts and the proposed national effort in the U.S. to reduce sodium intake in the population. 3) To discuss evidence-based or evidence-informed 'best practice' strategies for reducing sodium intake in the population. 4) To discuss how to utilize herbs in cooking to reduce sodium intake. 5) To describe the effects of excess sodium on various disease states.

Speakers:

Tony Kuo, M.D., M.S.H.S., is Director of the Office of Senior Health in the Los Angeles County Department of Public Health. He is also Assistant Professor in the Department of Family Medicine at the UCLA David Geffen School of Medicine. Dr. Kuo received his Medical Degree from the University of Utah School of Medicine and his Master's in Health Services at the UCLA School of Public Health.

Daniel Pedersen, Chef, is a culinary chef and caterer. He has vast experience in preparation and presentation of all types of savory dishes and baked goods.

Christine Gilbert, R.D. is a Registered Dietitian working as a clinical dietitian at St. Mary Medical Center in Long Beach. She brings with her clinical dietetic experience from St. Francis Medical Center in Lynwood and Long Beach Memorial Medical Center.

To R.S.V.P. Go to Link: <http://tinyurl.com/nrtps7>

Any questions contact: Michael Todd Greene, RD

Phone: (213) 351-7335 E-mail: migreene@ph.lacounty.gov

3.0 CPE Level 2 Requested
CHES CE Credits Requested

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