

Program

Friday, December 1, 2017

8:00 am

Registration and light breakfast

8:30 am

Welcome and opening remarks

Sarah Cahill, RD Nutrition Educator, Dairy Farmers of Manitoba

8:45 am

Introduction to sleep, its relationship to nutrition and mental health and sleep health strategies that can help

Diana McMillan, RN, PhD, Associate Professor, Rady Faculty of Health Sciences, University of Manitoba & Associate Professor of Clinical Practice, Health Sciences Centre, Winnipeg

Have you ever wondered what sleep is and what it does for our body and mind? Are your kids too tired to listen and learn? This overview will provide learners with a basic understanding of sleep, mechanisms that drive sleep, sleep requirements and challenges across developmental ages, and the health implications for not getting enough good quality sleep. Find out how sleep is critically related to both nutrition and mental health, and explore simple sleep strategies to support better sleep, learning and health.

10:15 am

Q & A

10:30 am

Nutrition break

11:00 am

The Whole Day Matters – an integrated approach to healthy movement behaviours and a good night’s sleep

Mark Tremblay, MSc, PhD, CSEP-CEP, Director of Healthy Active Living and Obesity Research, Children’s Hospital of Eastern Ontario Research Institute

This presentation will outline compelling evidence that movement behaviours throughout the whole 24-hour period (sleep, sedentary behavior, physical activity) are fundamentally interconnected and together, inseparably, relate to health. The Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep were published in the 2016 ParticipACTION Report Card on the Physical Activity of Children and Youth and represent the world’s first guidelines that take such an integrated approach. The new guidelines will be presented and recommendations for their use in schools, clinics, public health, and daily life will be provided. Future work on extending a similar approach to adults and young children will be discussed.

12:00 pm

Q & A

12:15 pm

Lunch

1:15 pm

How can mindful eating help build a health promoting and positive relationship with food?

Megrette Fletcher, M.Ed., R.D., CDE, Co-founder of The Center for Mindful Eating

Is having a healthy relationship with food necessary? This presentation will highlight research that explores the positive effects of mindful eating. Learn how mindfulness-based interventions can change obesity-related eating behaviors. Participants will explore the benefits of mindful eating for themselves by engaging in an activity that teaches how to recognize and honor their bodies own hunger and fullness signals as well as how to bring this into their own counseling or school setting.

2:45 pm

Q & A

3:00 pm

Closing remarks