

The IHS Division of Diabetes
Presents a Webinar

Advancements in Diabetes Seminar
Clinical Exercise Update: Six Important Findings Regarding Physical Activity
Recommendations for Individuals in All Age Groups
Tuesday, October 20, 2015
1:00 – 2:30 pm MDT

Speaker: Ralph LaForge, MS, CLS, FNLA
Clinical Lipid Specialist, Clinical Exercise Physiologist
Duke University Medical Center – Endocrine Division - Durham NC

Target Audience: Physicians, Nurses, Dietitians and other Healthcare Professionals
working in Community Health Settings

Agenda:

- **Welcome/Continuing Education Credits**
- ***Clinical Exercise Update: Six Important Findings Regarding Physical Activity Recommendations for Individuals in All Age Groups***
- **Q & A**
- **Survey/Certificate**

Description:

This seminar will provide an update to key topics in applied exercise science for those working with both apparently healthy and those with health risk including obesity, hypertension, prediabetes, diabetes, and cardiovascular disease. Current research supporting physical activity recommendations will be discussed with practical recommendations for increasing physical activity for all ages. Topics include the latest recommendations for resistance training, sedentary time effects and management, benefits of low-moderate intensity exercise, exercise and fat-weight reduction, and cardiovascular fitness versus metabolic fitness. Each topic will be discussed from a current research perspective but will also include the application of the research findings in everyday life. We will address why the simple prescription of “just move, and move often” holds true for disease prevention today more than ever. Finally, we will sum up the overall 2015 physical activity guidelines and recommendations for all Americans.

Objectives: As a result of completing this training, participants will be able to:

1. Review recent clinical exercise research trials and incorporate into practice their application to designing individual exercise programs.
2. Incorporate into practice recommended modes and amounts of exercise.
3. Differentiate the differences and similarities between exercise guidelines for children and adults.
4. Discuss practical strategies for getting patients to move.
5. Identify one change you can make in your clinical or public health practice.

Note: Before you begin the training, you can review the IHS Privacy Policy (http://www.ihs.gov/privacy_policy.asp). Also, you can review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected. <http://www.surveymonkey.com/mp/policy/privacy-policy/>

Requirements: You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at diabetesprogram@ihs.gov for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to diabetesprogram@ihs.gov.

To obtain a certificate of continuing education, you must electronically register for the session, participate in the entire live internet activity and complete the online evaluation form by November 2, 2015.

ACCREDITATION:



Continuing Medical Education Credit

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The IHS Clinical Support Center designates this enduring material for a maximum of 1½ *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Continuing Nursing Education Credit

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been designated 1.5 contact hour for nurses



Registered Dietitian Continuing Education Credit

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1.5 CPEUs. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.

Dental Continuing Education Credit

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.

The IHS Division of Oral Health designates this continuing dental education course for 1 hour of credit for each hour of participation. Each attendee should claim only those hours of credit actually spent in the educational activity.



Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies

Disclosure Statement: As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose.

No commercial funding was used to support this activity.

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1.5 CPEUs. The IHS NDTP number is NU006. Each attendee should only count the number of hours for each activity attended.