

**WOMEN'S  
HEALTH  
VIRGINIA**

**18<sup>th</sup>**

**ANNUAL  
CONFERENCE  
ON  
WOMEN'S HEALTH**

**FRIDAY  
JUNE 5, 2015**

**Holiday Inn  
University Area  
Charlottesville,  
Virginia**

# WOMEN & FOOD: BEYOND BMI



**What, Why & When Women Eat:  
Biological, Emotional & Behavioral Issues & Impacts**

8:00 - 8:50 a.m.

**REGISTRATION, COFFEE & VISIT EXHIBITS**

8:50 - 9:00 a.m.

**WELCOME & INTRODUCTION**

**Miriam A. Bender**, *Chair, Women's Health Virginia*

9:00 - 9:45 a.m.

**WHAT ARE AMERICAN WOMEN EATING?**

Trends & changes; impacts on policy, research & dietary guidelines

**Pamela Starke-Reed**, *PhD, Deputy Administrator, Nutrition, Food Safety & Quality, Agricultural Research Service, USDA*

9:45 - 10:30 a.m.

**IT STARTS IN OUR GENES**

Genetic factors that affect food intake, preferences & eating behavior

**Susan Carnell**, *PhD, Assistant Professor, Department of Psychiatry & Behavioral Sciences, Johns Hopkins University School of Medicine*

10:30 - 10:55 a.m.

**BREAK, COFFEE & VISIT EXHIBITS**

10:55 a.m. - 12:15 p.m.

**BIOLOGICAL CUES**

Neuroendocrine processes that affect appetite, food choice, hunger, & satiety; changes during premenstrual/ menstrual times & pregnancy

**Edmond P. Wickham III**, *MD, MPH, Associate Professor of Internal Medicine & Pediatrics, Division of Endocrinology & Metabolism, Virginia Commonwealth University*

**Emily Evans-Hoeker**, *MD, Assistant Professor, Department of OB/GYN, Division of Reproductive Endocrinology, VT Carilion School of Medicine*

12:15 - 1:15 p.m.

**LUNCHEON**

Enjoy the meal, meet speakers & colleagues, visit exhibits

1:15 - 2:35 p.m.

**SENSORY & EMOTIONAL CUES**

Impacts of food appearance, presentation, smell & taste; emotional eating, comfort foods, food as reward, impacts of stress

**Susan E. Duncan**, *PhD, Professor, Food Science & Technology, Virginia Tech*

**Suzanne E. Mazzeo**, *PhD, Professor, Department of Psychology & Pediatrics, Virginia Commonwealth University*

2:35 - 2:50 p.m.

**STRETCH BREAK**

**Amy Moore**, *MS, CHES, AFAA Certified Group Exercise Instructor, CommonHealth Wellness Program Regional Coordinator*

2:50 - 4:10 p.m.

**BUSY WOMEN, BUSY LIVES**

Effects of disrupted or insufficient sleep, schedules, eating environments, meal timing & social interaction on food consumption & preferences & nutrition

**Elaine T. Bailey**, *PhD, Assistant Professor, Department of Psychiatry & Neurobehavioral Sciences, University of Virginia*

**Anne Wolf**, *MS, RD, Anne Wolf MS, RD & Associates, Charlottesville*

4:10 - 5:00 p.m.

**MAKING FOOD A POSITIVE FORCE FOR HEALTH**

Panel of the day's speakers on ways to counter potential negative predispositions & behaviors, improve nutrition & mood, & increase overall wellness