Introduction to Diet, Food, Exercise, and Nutrition (D-FEND) 2.0

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July 10, 2020
Session 1
Introduction to DFEND 2.0
Introduction to DFEND

• **DFEND** was launched in May 2020 as a way to provide nutrition, exercise and health info to the community. The **goals** were:
  • To provide an open forum to discuss questions related to diet, food and exercise with scientific experts during times of distancing, and;
  • To provide fast facts in the form of videos and informational fact sheets to help with decisions related to diet, food and exercise during social distancing.

• The project is a **collaboration** between the **Center for Human Nutrition** within the University of Arkansas Systems Division of Agriculture and the **Exercise is Medicine** program at the University of Arkansas.
DFEND

- [https://aaes.uark.edu/centers-and-programs/nutrition/d-fend/](https://aaes.uark.edu/centers-and-programs/nutrition/d-fend/)
  - Slides, fast facts, and recipes

- Visit our YouTube channel – **Arkansas Nutrition and Exercise** - for short topic videos, archived Zoom sessions, exercise demonstrations, and cooking demonstrations
  - [https://www.youtube.com/channel/UC1COt-uvHEf5XZhwLswYkXw/featured](https://www.youtube.com/channel/UC1COt-uvHEf5XZhwLswYkXw/featured)
Welcome to DFEND 2.0

- **When:** July 10\(^{th}\) – December 18\(^{th}\), 2020
- **Day/Time:** Fridays from 11:30 am – 12:00 pm

- **Zoom Link:** [https://uaex.zoom.us/meeting/register/tJ0uce-grjstG9PF0D4j4iLleT5ObUPrfNiy](https://uaex.zoom.us/meeting/register/tJ0uce-grjstG9PF0D4j4iLleT5ObUPrfNiy)

- **Audience:** Everyone is invited!
Welcome to DFEND 2.0

• **Goal:** Understand the functions of diet, food, exercise and nutrition in relation to health and wellbeing to help make healthy choices during social distancing and COVID-19.

• **Learning Objectives**
  - Discuss factors influencing food habits and choices with leading experts in the field
  - Identify the various nutrients, their food sources, and functions to increase your personal nutrition knowledge
  - Locate reliable resources for food and physical activity information
  - Understand basic nutrition principles to incorporate into selecting a healthy eating pattern
  - Discuss the latest science in food and physical activity with the DFEND community
Meet the DFEND Team

Jamie I. Baum, PhD
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Center for Human Nutrition
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What to Expect from DFEND 2.0

- Weekly 30 minutes educational sessions from experts in nutrition, exercise, and health
  - 20 minutes of information
  - 10 minutes for Q & A
- Weekly fast facts
- Continued recipe and exercise demonstrations
- Continued fast facts on hot topics in nutrition, health, and exercise
- If you miss a session, it will be posted on our YouTube channel
Something New for DFEND 2.0

• **Pre and post** nutrition and exercise **assessment** through Exercise is Medicine.

• There will be a link provided in the next 1-2 weeks along with the registration information.
  • Pending IRB approval.

• The assessment will take 10-20 minutes.
### Schedule of Topics

*Scheduled to change based on speaker availability and topic requests*

<table>
<thead>
<tr>
<th>Date (Fridays)</th>
<th>Topic</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>July 10</td>
<td>Introduction to DFEND 2.0</td>
<td>Baum</td>
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<tr>
<td>July 17</td>
<td>Basics of Nutrition</td>
<td>Baum</td>
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<tr>
<td>July 24</td>
<td>Healthy Eating Patterns</td>
<td>Baum</td>
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<tr>
<td>July 31</td>
<td>Introduction to Exercise is Medicine</td>
<td>Howie</td>
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<tr>
<td>August 7</td>
<td>Incorporating physical activity in your daily life</td>
<td>Howie</td>
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<td>August 14</td>
<td>Nutrition, Health, and Wellbeing</td>
<td>Baum</td>
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<td>August 21</td>
<td>The Importance of Hydration</td>
<td>McDermott</td>
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<td>August 28</td>
<td>Appetite versus Hunger</td>
<td>Baum</td>
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<td>September 4</td>
<td>Intermittent Fasting and Time Restricted Feeding</td>
<td>Baum</td>
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<td>September 11</td>
<td>Food Systems and COVID-19</td>
<td>Baum</td>
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<td>September 18</td>
<td>Carbohydrates &amp; Dietary Fat</td>
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<td>September 25</td>
<td>The Science of Dietary Fat</td>
<td>Borsheim</td>
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<td>October 2</td>
<td>The Microbiome, Prebiotics, and Probiotics</td>
<td>Baum</td>
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<td>October 9</td>
<td>The Science of Protein</td>
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<td>October 16</td>
<td>High Protein Diets</td>
<td>Hudson</td>
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<td>October 23</td>
<td>Latest Science on Physical Activity</td>
<td>Howie</td>
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<td>October 30</td>
<td>Nutrition, Exercise, and Mental Health</td>
<td>tbd</td>
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<tr>
<td>November 6</td>
<td>Health Benefits of Berries</td>
<td>Howard</td>
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<tr>
<td>November 13</td>
<td>Diet and Exercise: What to Eat and When</td>
<td>Howie</td>
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<td>November 20</td>
<td>Vegetarian and Vegan Eating Patterns</td>
<td>Baum</td>
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<tr>
<td>November 27</td>
<td>No Class</td>
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<tr>
<td>December 4</td>
<td>Diet and Successful Aging</td>
<td>Baum</td>
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<td>December 11</td>
<td>Holidays and Healthy Choices</td>
<td>tbd</td>
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<tr>
<td>December 18</td>
<td>Thank you and Recap of D-FEND 2.0</td>
<td>Baum/Howie</td>
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</tbody>
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Thank you!!!!

• We are looking forward to continue working with the DFEND community.

• https://aaes.uark.edu/centers-and-programs/nutrition/d-fend/