California Diabetes and Pregnancy Program (CDAPP)
&
Sweet Success

Share Day Webinar

June 14, 2011
12-1pm (Pacific Time)

Fast Food and GDM Meal Planning

Presenter:
Marissa Anne Kent, MS, RD, CDE
Marissa is a Case Manager/Diabetes Educator with Monarch Healthcare, Irvine, CA and Private Practice/Nutrition Counselor in Mission Viejo, CA

Presented by:
Regional Southern California Diabetes and Pregnancy Programs
(Regions 5, 6.1, 6.2, 7, 8 and 9)

Region 5: San Joaquin/Sierra Region
Region 6.1: Perinatal Outreach Education Department: Miller Children's Hospital/Long Beach Memorial Medical Center
Region 6.2: South Bay Perinatal Access Project at Harbor/UCLA Medical Center
Region 7: Loma Linda University Medical Center Regional Program
Region 8: Community Perinatal Network (Orange County)
Region 9: San Diego and Imperial Counties Program

California Diabetes and Pregnancy Program (CDAPP) is supported in part by Title V funds through a grant from the State of California, Department of Public Health, Maternal, Child and Adolescent Health Program.

Continuing Education Credit Information

The webinar lecture will last approximately 45 minutes with 10-15 minutes for questions. Today's fast paced lifestyle can mean less time for grocery shopping, preparing meals and sitting down with family to eat. Somehow it may be easier, and faster to go to the local take out, which may not be the healthiest choice for us or our clients and their pregnancy. This webinar will discuss tools and strategies to teach clients how to make the best choices at fast food outlets. Nutritional information from several national chains is included in the syllabus to assist in demonstration how to understand information available.

At the conclusion of this Webinar program the participant will be able to:

1 .Discuss the importance of nutrition related to diabetes and pregnancy.
2. Develop a meal plan for the day for the patient that "eats on the run".
3. List fast food restaurants that make complying with the diabetic meal plan less stressful.

This program is **FREE** other than any local phone charges. 1 CEU will be offered for participation in the Webinar to RN's and RD's.

The Community Perinatal Network is a CE provider and is approved by the California BRN: Provider #CEP 14797, this program is approved for 1 contact hour. For Registered Dietitians, 1.0 CEU is requested from the Commission on Dietetic Registration. Certificates will be e-mailed to all pre-registered participants following the program.

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Name:_____

License #:_____

Participant evaluation: **Please circle correct answer to each question.**

Was the time convenient?	Yes	No
Was adequate time given to this topic?	Yes	No
Did the lecture increase your knowledge?	Yes	No
Will you be able to use the information presented?	Yes	No
Were your questions answered satisfactorily?	Yes	No
Were objectives met?	Yes	No

Narrative answers

What was the most valuable content presented?

What was the least valuable content presented?

Suggestions for future Webinars---

Would you register for future Webinars? Why or Why not?

Are webinars more convenient for you to participate in than meetings? Why or why not?

Upon receipt of your evaluation your certificate for CEU's will be e-mailed to you.
Thank you