

MARCH 18, 2020

11:00 a.m. - 12:00 p.m. ET

**PROFESSIONAL
DEVELOPMENT**



Photo by Pexels

**Insufficient sleep can put
military personnel at risk
for poor performance.**

**What can YOU
do to help?**

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/56491/>

Sleep and the RDN: Incorporating Sleep Education to Reduce Chronic Disease Risk

According to the Center for Disease Control (CDC), lack of sleep can lead to major health issues, and the link between sleep deprivation and chronic disease has grown significantly. Additionally, studies have shown that getting fewer than eight hours asleep puts military personnel at risk for poor performance and decreased cognition. This webinar provides a general background on sleep, how insufficient sleep increases the risk of chronic disease and makes the management of chronic conditions more difficult, and how dietitians can incorporate basic sleep education principles to help patients and clients meet health goals.

PRESENTER

Robin M. Tucker, PhD, RD, FAND

Assistant Professor
Department of Food Science and Human Nutrition
Michigan State University

Dr. Tucker received her doctorate in Nutrition Science with a concentration in Ingestive Behavior from Purdue University. Previously, Dr. Tucker worked both in direct patient care as a clinical dietitian and in public health. Dr. Tucker currently studies how sleep affects dietary decisions, body weight, and health.

CONTINUING EDUCATION CREDIT

This webinar is approved for 1.0 CE credits for:

- Registered Dietitians

RSVP TODAY!

