Changing the Future of Childhood Obesity:
Aligning and Amplifying Statewide Efforts

April 21-22, 2015
Stoney Creek Hotel and Conference Center, Columbia, MO
Registration fee: $100

Missouri clearly is the “Show-Me” State. While this label connotes certain stubbornness, it also reflects that once we are ready to move on an issue we are grounded not only by the evidence but also by common sense. Such is the case with the Missouri State Obesity Conference that is being sponsored and planned by the Missouri Council for Activity and Nutrition. This event will showcase publicly vetted recommendations to advance prevention and treatment for childhood obesity, align statewide actions to implement those recommendations, and show us exciting new insights and approaches. A goal for this conference is to generate engagement and excitement to collectively advance improved prevention and treatment approaches in Missouri.

Conference Objectives:
• Summarize current data and information on obesity, illustrating the magnitude of the problem in Missouri.
• Describe the Missouri Children’s Services Commission’s recommendations to address childhood obesity and actions to implement the recommendations.
• Define the new insights and current evidence-based best practices for the prevention and treatment of childhood obesity.
• Outline interface strategies for prevention and treatment of childhood obesity.

Target Audience:
Health care providers, public health practitioners and others interested in the prevention or treatment of childhood obesity.

To register visit: muconf.missouri.edu/mocan
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**DAY ONE:**

**10:00** Welcome  
Gail Vasterling  
Director, Missouri Department of Health and Senior Services

Mary Ellison  
Chair, Missouri Council for Activity and Nutrition (MOCAN)


Bill Dietz, MD,  
Director, STOP Obesity Alliance, Sumner Redstone Global Center on Prevention and Wellness at George Washington University

**Balance break**

**11:15** Missouri’s Status—Childhood Obesity Overview

Eduardo Simoes, MD, MSc, DLHSTM, MPH  
Health Management and Informatics Department Chair and Alumni  
Distinguished Professor, University of Missouri School of Medicine

Shumei Yun, MD, PhD  
State Chronic Disease Epidemiologist, Missouri Department of Health and Senior Services

**12:00** Lunch

1:00 Children’s Services Commission Subcommittee on Childhood Obesity  
This Subcommittee has compiled recommendations to accelerate efforts to prevent and treat childhood obesity in Missouri.

**Introduction and Overview of Children’s Services Commission**

Jeff Grisamore  
Former Commission Chair and Missouri State Representative

**Children’s Services Commission**

**Childhood Obesity Subcommittee’s Recommendations**

Denise Wilfley, PhD  
Subcommittee Co-Chair; Professor, Departments of Psychiatry, Medicine, Pediatrics and Psychology, Washington University in St. Louis

Sarah Hampi, MD  
Subcommittee Co-Chair; Associate Professor, UMKC School of Medicine; Pediatrician, Children’s Mercy Hospitals and Clinics, Kansas City

**2:00** Activity Break

**2:30** Breakouts Sessions
These sessions will review the recommendations in more detail, provide national and state perspectives, and share implementation actions steps and related supports.

**BREAKOUT 1: (2:30-5:15)**

Prevention in School and Child Care Settings Schools:

Childhood Obesity Prevention Best Practices Among School Settings

Doug Miller, PhD  
Executive Director, Missouri Association for Supervision and Curriculum Development

Panel: Best Practices in the School Community

Terry Atteberry  
Student Wellness Coordinator, Eldon Public Schools

Melissa DuBois  
Wellness Coordinator, Healthy Dent County

**3:45** BREAK

**Childcare:**

The Importance of Nutrition and Physical Activity Standards for Child Care Settings

Sara Gable, PhD  
Associate Professor and State Extension Specialist, Department of Nutrition & Exercise Physiology, University of Missouri

Panel: Best Practices in Child Care

Carol Scott, PhD  
Chief Executive Officer, Child Care Aware of Missouri

Elizabeth Blau  
Community Planner, Missouri Department of Health and Senior Services

Christy Brookins, MBA  
Center Director, Angel Cooper  
Administrative Assistant, United Cerebral Palsy Heartland Child Development Center

**BREAKOUT 2: (2:30-5:15)**

Treatment for Childhood Obesity

Overview of Evidence Based Multi-Component Treatment

Sarah Hampi, MD  
Associate Professor, UMKC School of Medicine; Pediatrician, Children’s Mercy Hospitals and Clinics, Kansas City

The National Perspective

Stephen R. Cook, MD, MPH  
Associate Professor of Pediatrics, University of Rochester; Associate Director, Institute for Healthy Childhood Weight, American Academy of Pediatrics

**3:30** BREAK

**The State Perspective**

Samar Muzaffar, MD, MPH  
Medical Director, MO Health Net, Missouri Department of Social Services

Latest Treatment Advances

Denise Wilfley, PhD  
Professor, Departments of Psychiatry, Medicine, Pediatrics and Psychology, Washington University in St. Louis

**5:00** Discussion

5:15 Day One Sessions Adjourn

5:15 NETWORKING RECEPTION

**DAY TWO:**

**8:00** Prevention and Treatment Interface—Aligning Efforts

Spreading and Scaling Prevention and Treatment Approaches in Missouri - Centers of Excellence Model

Janet Farmer, PhD, ABPP  
Associate Dean for Research, University of Missouri

Statewide Commission—Tracking Results and Taking the Long View

Pat Simmons, MS, RD  
Obesity Initiative Coordinator, Missouri Department of Health and Senior Services

Communication Strategies to Advance Our Efforts

Amy Dunaway  
Associate Director, Health Communication Research Center, University of Missouri

**9:45** BREAK

10:15 Actions to Advance Missouri Policies — Participants Action Steps Panel Discussion

11:00 Changing the Future of Obesity — Amplifying and Integrating Efforts

Steven Gortmaker, PhD  
Professor of the Practice of Health Sociology, Department of Social and Behavioral Sciences, Harvard School of Public Health

12:00 Adjourn