

# 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

### UNIQUE OPPORTUNITY



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](http://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)

#### 10:15 New Insights-Critical and Emerging Policy and Research Progress in Obesity Prevention and Care.

##### 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, DLSHTM, 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 Hampl, 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 Hampl, 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