

A DAY-LONG CONFERENCE
May 26, 2011
Queensbury Hotel, Glens Falls, NY

PUTTING THE PIECES TOGETHER

Community Strategies to Reduce Obesity



KEYNOTE SPEAKER

Mark Fenton

Nationally Renowned
Healthy Communities Expert



Presented by

**Adirondack
Rural Health**
NETWORK

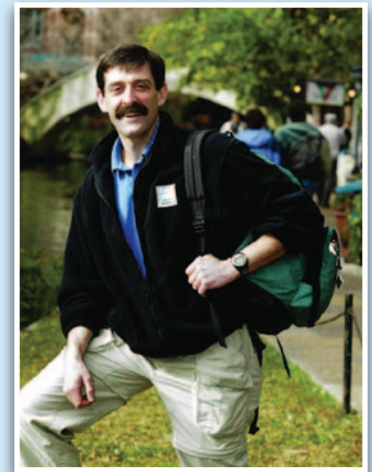
AGENDA

8:00 – 9:00 am	Registration & Continental Breakfast
9:00 – 9:15	Welcome & Opening Remarks
9:15 – 10:45	Keynote Presentation – Mark Fenton Sticky Community Design – Providing Economic, Environmental, and Public Health
10:45 – 11:00	Stretch / Activity Break
11:00 – 12:30	Breakout Session I A Stay Healthy Kids – A Community Collaboration B What Schools Can Do to Prevent Obesity C Practical Approaches to Building Healthier Communities: Complete Streets and Beyond
12:30 – 1:30 pm	Luncheon
1:30 – 3:00	Breakout Session II D Children’s Meals and Snacks: Valuing Nutrients plus an Ounce of Prevention E Accessing Fresh Produce - Improving Community Health F Engaging in Advocacy for Policy & Environmental Change
3:00	Evaluation & Closing Remarks

KEYNOTE SPEAKER

Mark Fenton

Mark Fenton is a national public health, planning, and transportation consultant; former host of the “America’s Walking” series on PBS television, and an adjunct associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. He’s author of numerous books including the best selling “Complete Guide to Walking for Health, Weight Loss, and Fitness” (Lyons Press, 2nd edition 2008) and “Pedometer Walking” (2006). Mark’s been a lead instructor for the University of North Carolina’s National Center for Safe Routes to School, and facilitator for the walkable community workshop series of the National Center for Bicycling and Walking. He studied biomechanics at the Massachusetts Institute Technology, where he earned BS and MS degrees, was a researcher at the Olympic Training Center’s Sports Science Laboratory in Colorado Springs, Colorado, and manager of Reebok’s Human Performance Laboratory. Mark has research publications and articles related to exercise science, physical activity promotion, and community level interventions. He’s a vocal advocate for non-motorized transportation, a frequent consultant on bicycle and pedestrian community plans, and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking, bicycling, and transit use.



His keynote address will address the creation of more livable communities using policy, systems, and environmental approaches to health promotion, including strategies and illustrations relevant to smaller and more rural communities.

Why Attend?

The combination of physical inactivity and poor nutrition is the nation’s second leading preventable cause of death. Overweight and obesity are significant contributors to many preventable chronic health conditions including diabetes, cardiovascular disease, some cancers,

arthritis, asthma and disability (NYS DOH Strategic Plan for Overweight & Obesity Prevention, 2010).

Research has shown that people who live in neighborhoods where healthy food is available, walking and biking is safe, and resources for active living are easy to find, they’re much more likely to maintain healthy weight.

Communities working together can support healthy food choices and increased physical activity for all segments of the population.

This conference will bring together diverse stakeholders to share knowledge and resources, learn obesity prevention strategies, and build partnerships to address this growing public health concern.



Who Should Attend?

- Health Care Professionals
- Human Service Professionals
- Community-based Organizations
- Educators and Administrators
- Transportation, Planning and Safety Professionals
- Fitness, Nutrition, and Recreation Specialists
- Policy Makers and Community Advocates
- Business and Economic Stakeholders

Project direction provided by:

- Adirondack Medical Center
- Adirondack Rural Health Network
- Elizabethtown Community Hospital
- Essex County Public Health
- Franklin County Public Health Services
- Fulton County Public Health
- Glens Falls Hospital
- Greater Adirondack Perinatal Network
- Hamilton County Public Health Nursing Service
- Hudson Mohawk Area Health Education Center
- Moses-Ludington Hospital
- Nathan Littauer Hospital and Nursing Home
- Saratoga Hospital
- Saratoga County Public Health Nursing Service
- Warren County Health Services
- Washington County Public Health

Major support provided by the Health Promotion Center of Glens Falls Hospital

Scholarship support provided by the Eastern Adirondack Health Care Network & the Adirondack Rural Health Network

BREAKOUT SESSIONS

SESSION I

A Stay Healthy Kids – A Community Collaboration

Patricia Fell, RN, MS, ANP, Director of Community Health Services, UHS Stay Healthy Program

Learn how this Broome County initiative engaged multiple stakeholders from health care, human services, education, media, government, transportation and business as community partners in assessing, treating, and preventing obesity and promoting wellness throughout local communities.

B What Schools Can Do to Prevent Obesity

Wellness Team at Hudson Falls School District: Mark Doody, Superintendent of Schools; Burgess Ovitt, Director of Athletics and Physical Education; Jane Pepin, Nutrition Services Director; Michelle Burke, Coordinator of School Health Programs

Hudson Falls Central School has successfully implemented the Coordinated School Health model. This session will provide practical strategies including a template on how to establish the foundation for a "culture" of healthy nutrition and physical activity. The Hudson Falls Central School has been recognized as a model program throughout NYS, linking health with academic success through systematic changes and a coordinated school health program.

C Practical Approaches to Building Healthier Communities: Complete Streets and Beyond Mark Fenton

This session will demonstrate an approach to engaging policy makers, professionals and advocates by laying out proven design and policy tools. A facilitated walkabout will show real challenges and opportunities, as well as how and where these tools can be used. **Come prepared to walk comfortably for about 40 minutes.**

SESSION II

D Children's Meals and Snacks: Valuing Nutrients Plus an Ounce of Prevention Dianne Fagan, RD, CDN, Owner and Operator, Your Kid's Dietitian and Nutritionist

This session will explore Ounce of Prevention, a childhood obesity prevention program, and will introduce and guide participants in the use and understanding the NUVAl program, Price Chopper's nutrient scoring system. Attendees will receive easy to use nutrition tools that guide family food choices.

E Accessing Fresh Produce – Improving Community Health Amy Klein, Executive Director, Capital District Community Gardens

Capital District Community Gardens has been creating and implementing innovative strategies to improve access to fresh fruits and vegetables for more than 35 years. Learn how their community gardening programs, The Veggie Mobile, and the Healthy Convenience Store Initiative have helped improve the health of families throughout the capital district.

F Engaging in Advocacy for Policy & Environmental Change Josh Wilson, Program Manager, North Country Healthy Heart Network / Rural Action Now!

This introduction to designing and implementing grassroots advocacy campaigns will provide public health professionals and community health advocates with the tools they need to employ advocacy strategies that support policy and built environment changes, making it easier for people to make healthy choices in their communities.



REGISTRATION FORM

A limited number of scholarships are available through the **Eastern Adirondack Health Care Network** and the **Adirondack Rural Health Network**. For more information please visit www.eahcn.org or www.arhn.org.

Registration Fee

(non-refundable): \$45.00

Completed registration forms and payment must be received by **Friday, May 13, 2011.**

To register, please:

- Complete the personal information (one registrant per form)
- Indicate your 1st & 2nd choice for both sessions
- Include a check, voucher, or purchase order, **payable to UHPCC**
- Mail registration with payment to:
**Adirondack Rural Health Network
Attention: Penny Ruhm
9 Carey Road
Queensbury, NY 12804**

For more information, contact:
Penny Ruhm - pruhm@medserv.net
Phone: 518-761-0300 ext. 31376
Fax: 518-745-1378

Name _____

Title _____

Agency _____

Address _____

City _____ State _____ Zip _____

Email (required) _____

Please write "1" or "2" to indicate your 1st & 2nd choice for BOTH sessions (session placement will be determined on a first come, first served basis):

Breakout Session I 11:00-12:30

___ A Stay Healthy Kids – A Community Collaboration

___ B What Schools Can Do to Prevent Obesity

___ C Practical Approaches to Building Healthier Communities: Complete Streets and Beyond

Breakout Session II 1:30-3:00

___ D Children's Meals and Snacks: Valuing Nutrients Plus an Ounce of Prevention

___ E Accessing Fresh Produce - Improving Community Health

___ F Engaging in Advocacy for Policy & Environmental Change

Attendance is limited, please register early.

Need more Registration Forms?
www.arhn.org

Please note: Registration is on a first come, first served basis. We will do our best to place you in your 1st choice. Due to space constraints, session choices cannot be changed on the day of the conference. You will not be receiving a confirmation notice. Registration packets will be distributed at the conference.



CONFERENCE LOCATION

Queensbury Hotel

88 Ridge Street, Glens Falls, NY 12801

Hotel rooms are available for \$89/night
Please mention the conference when making a reservation.

518-792-1121 or 1-800-554-4526

For directions, please visit: www.queensburyhotel.com

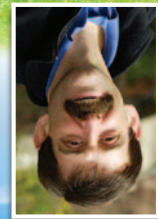


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