

WASHOE COUNTY OBESITY FORUM

Wednesday, September 19, 2012

Joe Crowley Student Union – Fourth Floor

University of Nevada, Reno

1664 N. Virginia Street

Reno, Nevada 89557



Conference Goal

To inspire individuals and organizations to support efforts to prevent and reduce obesity in Washoe County through education and collaboration across all sectors.

Who Should Attend

Healthcare professionals; including physicians, physician assistants, and nurses; social workers, nutritionists, dietitians, educators, child care providers, students, counselors, recreation program leaders, parents, and anyone wanting to make a difference.

Walk, Bike, or Ride and Win a Prize!

Attendees who walk, bike or ride the bus to the Obesity Forum will be eligible to win prizes!

Parking permits will not be provided. A parking dispenser will be available for purchasing parking permits. A day pass parking permit is \$7.00. Additional information will be emailed to registered participants prior to the conference.

Registration

Register online at <http://www.gethealthywashoe.com>

A registration fee of \$35 includes continental breakfast, lunch and CE/CME certificate. The registration deadline is September 14, 2012.

Agenda

- 7:30 a.m. – Breakfast, registration and exhibits
8:00 a.m.
- 8:00 a.m. – Program Moderator- Wendy Damonte
8:15 a.m. [Opening Remarks](#)
Joseph Iser, MD, DrPH, MSc
- 8:15 a.m. – [Update & Disparities in Weights for Children in Washoe County](#)
8:45 a.m. Sharon Clodfelter
- 8:45 a.m. – [Promoting Active Living](#)
9:30 a.m. Monica Lounsbery, PhD

9:30 a.m. – 9:45 a.m.	Break and Exhibits	
9:45 a.m. – 10:30 a.m.	Supply Causes Demand: The Economics of Obesity Carter Headrick	
10:30 a.m. – 11:00 a.m.	<u>You are What You Eat: Food, Society, and American Culture</u> John Sagebiel, PhD	
	<u>Community Track</u>	<u>Clinical Track</u>
11:00 a.m. – 11:45 a.m.	Panel- Healthy Foods in our Community <u>Tony Cook</u> <u>Darlene Dougherty</u> , MS, RD John Stampfli	<u>Genetics of Obesity</u> Erica J. Wellington, MS
11:45 a.m. – 1:00 p.m.	Lunch - provided	
1:00 p.m. – 1:45 p.m.	<u>Promoting Physical Activity in Workplace Environment</u> Monica Lounsbery, PhD	Assessment and Screening Tracy Green, MD
1:45p.m. – 2:00 p.m.	Break	
2:00 pm. – 2:45 p.m.	<u>ADA Transition Plans and the Pedestrian Circulation Path</u> Nathan Tolbert	Moore’s Law and Darwinian Medicine: How Markets and Evolution Can Transform Medicine Robb Wolf
2:45 p.m. – 3:00 p.m.	Break and Exhibits	
3:00 p.m. – 3:45 p.m.	<u>Media Impacts on Obesity and Behavior</u> Deacon Shoenberger, PhD	Obesity, Mental Health, and the Stigma in Adults and Children <u>Barbara Kohlenberg</u>

[PhD and Jeremy
Matuszack, MD](#)

3:45 p.m. –
4:30 p.m.

[Mental Health
First Aid for
Eating
Disorders](#)
Leslie Katz,
LCSW

[Digestive
Disorders
Associated
with Obesity](#)
Eric M. Osgard,
MD, FACG

Speakers

Sharon Clodfelter, Biostatistician, Washoe County Health District, Reno, Nevada

Tony Cook, Washoe County School District, Director, Nutrition Service Center, Reno Nevada

Wendy Damonte, KTVN Channel 2, Reno, Nevada

Darlene Dougherty, MS, RD, Nutrition Specialist, Nevada Division of Welfare,
Carson City, Nevada

Tracy Green, MD, State Health Officer, Nevada State Health Division
Carson City, Nevada

Carter Headrick, Director of State and Local Obesity Policy Initiatives,
National Advocacy Department, Office of State Advocacy, American Heart Association, American Stroke
Association, Lone Tree, Colorado

Joseph P. Iser, MD, DrPH, MSc, Washoe County District Health Officer
Reno, Nevada

Leslie Katz, LCSW, Clinical Director, Sierra Behavioral Solutions, Reno, Nevada

Barbara Kohlenberg, PhD, Associate Professor, University of Nevada School of Medicine, Reno,
Nevada

Monica A.F. Lounsbury, PhD, Professor & Director, Physical Activity Policy Research Program,
Department of Kinesiology and Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas, Nevada

Jeremy Matuszack, MD, Assistant Professor, University of Nevada School of Medicine, Reno, Nevada

Eric Osgard, MD, FACG, Gastroenterologist, GI Consultants, Reno, Nevada

Deacon Shoemaker, PhD, Licensed Psychologist, Reno, Nevada

John C. Sagebiel, PhD, University of Nevada, Reno, Reno, Nevada

John Stampfli, Marketing Manager, Scolari Food and Drug Company, Reno, Nevada

Nathan Tolbert, Sidewalk Assessment Coordinator, Beneficial Designs, Inc , Reno, Nevada

Erica J. Wellington, MS, Genetic Counselor, Perinatal Associates of Northern Nevada, Reno, Nevada

Robb Wolf, Former Research Biochemist, Review Editor for the Journal of Nutrition and Metabolism,
Author, Paleo Solution, Reno, Nevada

Learning Objectives

Upon completion of this activity, participants should be able to:

- Discuss the economics behind food production and distribution in the United States
- List ways in which individuals make decisions and choices regarding food
- Discuss the opportunities for physical activity in the United States
- Discuss Moore's law and describe the interplay of markets and innovation
- Discuss why degenerative diseases are on the rise
- Describe Darwinian Medicine approach
- Discuss the nature of modern American society and cultural influence on what and how we eat
- Discuss the basic rules of the proposed US Access Board Public Rights-of-Way Accessibility Guidelines
- Describe the content and format of a ADA Transition Plan for Public Rights-of-Ways that can apply to your jurisdiction
- Identify which method of the Self-Evaluation portion of the Transition plan best suits your application
- Accurately identify the obesity issue for local children including disparities
- Identify severe disturbances in eating behavior in order to assist the Mental Health First Aider in identifying need for support
- Describe the forms of eating disorders in the United States to assist the Mental Health First Aider in supporting appropriate treatment strategies
- Discuss other emotional issues that a Mental Health First Aider should be sensitive to in order to assist in seeking appropriate care
- Describe mental health factors associated with obesity, and mental health risks associated with surgical interventions
- Describe the multiple ways in which genetics influence obesity development
- Recognize the benefits and limitations of using genetics to identify sub-types of obesity and target risk management strategies
- Identify specific health behaviors impacted by specific marketing strategies
- Discuss useful, accessible, and research-driven coping strategies for addressing negative health behaviors

CME Accreditation and Designation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Nevada School of Medicine and the Washoe County District Health Department. The University of Nevada School of Medicine is accredited by the ACCME to provide continuing medical education to physicians.

The University of Nevada School of Medicine designates this live for a maximum of *7.5 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Credit

The University of Nevada School of Medicine approves this program for 7.5 hours of nursing continuing education credit.

Credit for Social Work and CHES is pending

For additional information please contact (775) 784-4791 or jtremain@medicine.nevada.edu