

WASHOE COUNTY HEALTHY LIVING FORUM
Joe Crowley Student Union – Fourth Floor
University of Nevada, Reno

AGENDA

- 7:30 am – 8:30 am **Registration, Continental Breakfast and Exhibits** (Ballroom C)
- 8:30 am – 8:45 am **Welcome** (Ballroom C)
Kevin Dick
Program Moderator: Cari Herrington, MBA
- 8:45 am – 9:45 am [Tobacco Cessation and the Affordable Care Act](#) (Ballroom C)
Jennifer Singleterry, MA
- 9:45 am – 10:45 am **Why Diets Don't Work: How the Brain Fights Against Lasting Weight Loss**
(Ballroom C)
Sandra Aamodt, PhD
- 10:45 am – 11:15 am **Break and Exhibits**
- 11:15 am - 12:15 pm

<u>Track 1</u> (Ballroom A) A Look at Marijuana in 2014 Paul Snyder, MA, LADC	<u>Track 2</u> (Ballroom B) Lesser Known Complications of Obesity John Ganser, MD	<u>Track 3</u> (Ballroom C) Collective Impact Panel Discussion Facilitated by: John Packham, PhD
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E-cigarettes/Vapors-A Comprehensive Overview
Maria Azzarelli, BS, CHES

12:15 pm - 1:30 pm **Lunch (provided) and Presentation:** (Ballroom C)
Farm Fresh for Kids – Sarah Tacner
Urban Roots - MJ Picket

1:30 pm –2:30 pm

<u>Track 1</u> (Ballroom A) Youth Trends: Youth are Using What? Hannah McDonald	<u>Track 2</u> (Ballroom B) Making Sense of the Nonsense: What do to when it just isn't so Robert Fredericks, MD
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2:30 pm – 2:45 pm **Break and Exhibits** (Ballroom C)

2:45 pm – 3:45 pm **Effectively Reaching Young People with Behavior Change Messages**
(Ballroom C)
Jeffrey Jordan, MA

3:45 pm – 4:30 pm **Physical Activity and Chronic Illness**
(Ballroom C)
Howard Chen, MD

PRESENTERS

Sandra Aamodt, PhD

Author of *Welcome to Your Brain and Welcome to Your Child's Brain*, Neuroscientist and Science Writer, Sacramento, California

Maria Azzarelli, BS, CHES

Tobacco Control Coordinator, Southern Nevada Health District, Las Vegas, Nevada

Howard Chen, MD

Director, Health and Wellness, Renown Health, Reno, Nevada

Kevin Dick

District Health Officer, Washoe County District Health Office, Reno, Nevada

Robert Fredericks, MD

Private Practice, Reno, Nevada

Cari Herrington, MBA

Executive Director, Nevada Cancer Coalition, Reno, Nevada

John Ganser, MD, FACS

Medical Director, Western Bariatric Institute, Reno, Nevada

Jeffrey Jordan, MA

President & Creative Director, Rescue Social Change Group, San Diego, California

Hannah McDonald

Community Education and Prevention Coordinator, Partnership Carson City, Carson City, Nevada

John Packham, PhD

Director of Health Policy Research, Office of Statewide Initiatives, University of Nevada School of Medicine, Reno, Nevada

MJ Pickett

Urban Roots, Reno, Nevada

Jennifer Singleterry, MA

Director, National Health Policy, American Lung Association, Washington, DC

Paul Snyder, MA, LADC

Substance Use Counselor, Office of the Associate Dean, Division of Student Services, University of Nevada Reno, Reno, Nevada

Sarah Tacner

Farm Fresh Kids, Reno, Nevada

LEARNING OBJECTIVES

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

- Explain major initiatives of the Affordable Care Act, and identify areas that affect tobacco users
- Identify tobacco cessation treatments covered for various populations in the state
- Identify and implement changes to systems and practices that will help tobacco users quit and take advantage of new opportunities
- Review the physiological and behavioral responses to weight loss that promote regain
- Apply alternative behavioral approaches to improving patient health
- Discuss the negative effects of weight stigma on health, eating disorders and weight gain
- Recognize obesity bias in a clinical setting
- Review e-cigarette prevalence; safety and quality concerns; marketing and commercial appeal, legal status and regulation
- Describe the criteria for cannabis use disorder according to the DSM-5
- Discuss the mental and physical effects of marijuana use
- Identify the current trends of marijuana use
- Describe the various medical complications of obesity
- Describe and identify new substances of abuse being used by today's youth
- Recognize the effects that the usage of new and uncommon drugs by youth can have on their overall health
- Appropriately evaluate laboratory results in an era of personalized healthcare
- Review the benefits of routine physical activity on various health markers
- Identify appropriate physical activity prescriptions for individuals across the sedentary –active spectrum
- Incorporate physical play in recommendations for physical activity

CONTINUING EDUCATION CREDIT

Physicians: 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 providership 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 activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Dietitians: Pending

Dental: This program has been approved for 6.5 hours from the Nevada State Board of Dental Examiners.

NCHCEC: This program has been reviewed and approved for 6.5 entry-level CECH

Nursing: The University of Nevada School of Medicine approves this program for 6.5 hours of nursing continuing education credit.

Social Work: Pending