

The University of Kansas
Energy Balance Laboratory
Attn: Kimberly Johnson
1301 Sunnyside Avenue, Room 100
Lawrence, KS 66045-7567

Nonprofit Org.
U.S. Postage
PAID
Lawrence, KS
Permit No. 65

Overview

Obesity is a multi-factorial disease caused by a combination of environmental, physiological, behavioral, social, and genetic influences. Once thought to be a disease that primarily affected adults, overweight and obesity now affects at least 25% of children and youth and appears to be tightly connected to the dramatic rise in type 2 diabetes.

This year's conference will begin with discussions of programs to reduce overweight and obesity in children and youth and will be followed by women's health issues that occur with obesity and weight loss. Friday morning is dedicated to evaluation and treatment of the metabolic syndrome and includes pharmacotherapy as well as lifestyle approaches.

Friday afternoon will begin with a presentation, "The New USDA Dietary Guidelines," by Patricia Britten, Center for Nutrition Policy and Promotion, USDA. This will be followed by a presentation by Bill Potts-Datema from the Harvard School of Public Health, "School Wellness Policies, the Prevention of Childhood Overweight, and Relationships to Academic Performance." The remainder of the afternoon will provide information on environmental and community approaches to weight management and will feature representatives from the state and community levels from Kansas, Missouri, Nebraska, and Iowa. This will conclude with an open forum for questions of afternoon presenters and posters with authors present.

Saturday morning Olympic Champion Billy Mills is invited to discuss obesity and Native Americans. Subsequently we will hear about programs designed to help minorities and physically and mentally disabled individuals reduce overweight and obesity.

Planning/Advisory Committee

Course Directors

Joseph E. Donnelly, EdD, FACSM, Professor and Director, Energy Balance Laboratory and The Center for Physical Activity and Weight Management, Schiefelbusch Institute for Life Span Studies, University of Kansas, Lawrence Kansas

James L. Early, MD, Clinical Associate Professor of Department of Preventive Medicine and Public Health, Director of Clinical Prevention, Department of Preventive Medicine, University of Kansas Medical School-Wichita, Wichita Kansas

Committee Members

Randall Barnoskie, MPH, Service Unit Director, USPHS Haskell Health Center, Lawrence Kansas

Ilene Y. Brawner, RN, MS, Director, Continuing Nursing Education, University of Kansas Medical Center, Kansas City Kansas

Diane Cassity, MPA, U S Department of Health and Human Services, Office of Public Health and Science, Kansas City Missouri

Carol Cowden, MA, Maternal and Child Health Coalition of Greater Kansas City, Kansas City Missouri

Virginia Elliott, Vice President for Programs, United Methodist Health Ministry Fund, Hutchinson Kansas

Sarah Fairchild, BA, Assistant Conference Coordinator, Energy Balance Laboratory and The Center for Physical Activity and Weight Management, Schiefelbusch Institute for Life Span Studies, University of Kansas, Lawrence Kansas

Keith Gary, PhD, Director of Program Development, Kansas City Area Life Sciences Institute, Kansas City Missouri

Dale Grube, MA, Associate Dean of Continuing Education, Director Continuing Medical Education, University of Kansas Medical Center, Kansas City Kansas

Jamie Hahn, MEd, Program Manager, Nebraska Health & Human Services System, Cardiovascular Health Program, Lincoln Nebraska

Van S. Hubbard, MD, PhD, CAPT, USPHS, Director, NIH Division of Nutrition Research Coordination, National Institutes of Health, Department of Health and Human Services, Bethesda Maryland

Adele Hughey, MA, Public Health Advisor, Office on Women's Health, Region VII, Kansas City Missouri

Kimberly Johnson, BGS, Conference Coordinator, Energy Balance Laboratory and The Center for Physical Activity and Weight Management, Schiefelbusch Institute for Life Span Studies, University of Kansas, Lawrence Kansas

Allison Koonce, MS, CHES, Program Manager, Bureau of Health Promotion, Division of Health, Coordinated School Health, Kansas Department of Health and Environment, Topeka Kansas

Joseph L. Kyner, MD, Professor of Medicine, Associate Dean, Continuing Medical Education, University of Kansas Medical Center, Kansas City Kansas

Lisa Muntz, MPA, YMCA of Greater Kansas City, Kansas City Missouri

N. Andrew Peterson, PhD, Director for Research & Assistant Professor, Iowa Prevention Research Center, Department of Community & Behavioral Health, College of Public Health, University of Iowa, Iowa City Iowa

Walker S. Carlos Poston, MPH, PhD, Assistant Professor/Co-Director of Behavioral Cardiology Research, University of Missouri-Kansas City and The Mid-America Heart Institute, Kansas City Missouri

Kim Sanders, Office Manager, University of Kansas Medical Center, Continuing Education, Kansas City Kansas

Richard Saunders, PhD, Senior Scientist, University of Kansas, Olathe Kansas

Debra K. Sullivan, PhD, RD, Associate Professor, Dietetics and Nutrition, University of Kansas Medical Center, Kansas City Kansas

Mary Vernon, MD, Physician, Rockledge Medical Center, Lawrence Kansas

Linda Vogel, Regional Health Administrator Region VII, U S Department of Health and Human Services, Office of Public Health and Science, Kansas City Missouri

Alan M. Warne, EdD, Associate Director for Program Development, Continuing Education, University of Kansas Medical Center, Kansas City Kansas

Shawn L. Wellman, RD, LD, Nutrition Specialist, Missouri Dept of Health and Senior Services, Section for Chronic Disease Prevention and Health Promotion, Jefferson City Missouri

Glen White, PhD, Professor/Director, University of Kansas, Applied Behavior Science, Lawrence Kansas

Cindy Winters, CTRs, CHIPr and Arthritis Program Manager, Kansas Department of Health and Environment, Office of Health Promotion, Topeka Kansas

Faculty

Becky Barner, MBA, Wellness Coordinator, West Central District Health Department, North Platte Nebraska

Dale Brigham, PhD, Physical Activity Coordinator, Nutrition and Physical Activity Program to Prevent Obesity, Missouri Department of Health and Senior Services, Health Promotion Unit, Jefferson City Missouri

Patricia Britten, PhD, USDA Center for Nutrition Policy and Promotion, Alexandria Virginia

Richard Carmona, Surgeon General, United States Department of Health & Human Services, Washington DC

Sally M. Davis, PhD, Director, New Mexico Prevention Research Center, Professor, Department of Pediatrics, School of Medicine, University of New Mexico, Albuquerque New Mexico

Karen Donato, SM, RD, Coordinator, NHLBI Obesity Education Initiative, National Heart, Lung and Blood Institute, National Institutes of Health, Bethesda Maryland

James L. Early, MD, Clinical Associate Professor of Department of Preventive Medicine and Public Health, Director of Clinical Prevention, Department of Preventive Medicine, University of Kansas Medical School-Wichita, Wichita Kansas

Ken Fujioka, MD, Director of Nutrition and Metabolic Research, Scripps Clinic, San Diego California

Jamie Hahn, MeD, Program Manager, Nebraska Health & Human Services System, Cardiovascular Health Program, Lincoln Nebraska

Tim Lane, MA, Fitness Consultant, Iowa Department of Public Health, Des Moines Iowa

Eleanor A. Lisbon, MD, Assistant Professor, Family Medicine, University of Kansas Medical Center, Kansas City Kansas

David Ludwig, MD, PhD, Director, Obesity Program, Children's Hospital Boston, Boston Massachusetts

Donna Mehrle, MPH, RD, LD, Program Coordinator, Nutrition and Physical Activity Program to Prevent Obesity, Missouri Department of Health and Senior Services, Health Promotion Unit, Jefferson City Missouri

Billy Mills, United States Olympian, Sacramento California

Bill Potts-Datema, MS, Director, Partnerships for Children's Health, Harvard School of Public Health, Boston Massachusetts

Joan L. Pritchard, PhD, Assistant Superintendent for Academic Affairs, USD 265 Goddard School District, Goddard Kansas

Richard Saunders, PhD, Senior Scientist, University of Kansas, Olathe Kansas

Jon Schrage, MD, MPA, Professor and Chair, Department of Internal Medicine, University of Kansas Medical Center-Wichita, Wichita Kansas

Melinda Stolley, PhD, Assistant Professor, University of Illinois-Chicago, Chicago Illinois

Gayle Timmerman, PhD, RN, Associate Professor, School of Nursing, University of Texas at Austin, Austin Texas

Michelle P. Warren, MD, Professor of Obstetrics/Gynecology and Medicine, Columbia University; Director, Center for Menopause Hormonal Disorders and Women's Health, New York New York

Glen W. White, PhD, Professor/Director, University of Kansas, Applied Behavior Science, Lawrence Kansas

Cindy Winters, CTRs, CHIPr and Arthritis Program Manager, Kansas Department of Health and Environment, Office of Health Promotion, Topeka Kansas

University of Kansas 7th Annual Conference on the Prevention and Treatment of Overweight & Obese Individuals

Marriott Hotel — Downtown

Muehlbach Tower

September 8–10, 2005

200 West 12th Street, Kansas City Missouri 64105

Phone (816) 421-6800

Conference Program

Thursday, September 8

11:00–12:00 Registration

Thursday Afternoon—Child and Adolescent and Women’s Issues with Weight Management (Chair– Debra Sullivan, Ph.D.)

(Section sponsored in part by United Methodist Health Ministry Fund; Midwest Dairy Council; Beef Councils of KS, MO, NE; Sunflower Foundation)

- 12:00–1:00 Keynote — INVITED Surgeon General Richard Carmona
- 1:00–2:00 We Can! Prevent Childhood Obesity – A National Education Program Karen Donato, S.M., R.D.
- 2:00–2:30 Break sponsored by Weight Watchers International
- 2:30–3:30 Obesity in Teens **Eleanor A. Lisbon, M.D.**
- 3:30–4:30 What Happens When Women Diet: Bone and Reproductive Problems **Michelle P. Warren, M.D.**
- 4:30–5:30 Weight as a Women’s Issue **Gayle Timmerman, Ph.D., R.N.**
- 5:30–6:30 The Low Glycemic Diet: A Perfect Compromise Between Low Fat and Low Carb **David Ludwig, M.D., Ph.D.**

Friday, September 9

Friday Morning—Metabolic Syndrome (Chair– James Early, M.D.)

(Section sponsored in part by Sanofi-Aventis Inc.; Abbott Laboratories)

- 8:00–9:00 Overview of Metabolic Syndrome **Jon Schrage, M.D., M.P.A.**
- 9:00–10:00 Medications, Obesity and Metabolic Syndrome **Ken Fujioka, M.D.**
- 10:00–10:30 Break sponsored in part by LUNA Bar
- 10:30–11:30 Treatment with Lifestyle Modification **James L. Early, M.D.**

LUNCH ON YOUR OWN

Friday Afternoon—Environmental and Community Approaches to Weight Management (Chair– Linda Vogel)

(Section sponsored by U.S. Department of Health & Human Services, Region VII; NIH Division of Nutrition Research Coordination; Pediatric Nutrition Practice Group)

- 12:30–1:30 Keynote — **Patricia Britten, Ph.D.** Implementing the Dietary Guidelines with Consumers through MyPyramid
- 1:30–2:30 School Wellness Policies, the Prevention of Childhood Overweight, and Relationships to Academic Performance **Bill Potts-Datema, M.S.**
- 2:30–3:00 Break
- 3:00–3:30 Lighten Up Iowa **Tim Lane, M.A.**
- 3:30–3:40 Taking Steps Together (Kansas) **Cindy Winters, C.T.R.S.**
- 3:40–4:00 Goddard Schools: A Challenge to be Different (Kansas) **Joan L. Pritchard, Ph.D.**
- 4:00–4:30 Missouri State Obesity Plan and Community Health Intervention Efforts Targeted at Improving Nutrition and Physical Activity of Residents **Dale Brigham, Ph.D. & Donna Mehrle, M.P.H., R.D., L.D.**
- 4:30–4:45 Fridays: Kids, a Dog, and Activity (Nebraska) **Jamie Hahn, M.Ed.**
- 4:45–5:00 Childhood Obesity & BMI Analysis in West Central Nebraska **Becky Barner, M.B.A.**
- 5:00–5:30 Open Forum - Panel Discussion: State and Community Collaboration –Moderated by **Bill Potts-Datema, M.S.**
- 5:30–6:30 Poster Session with Author Present

Saturday, September 10

Saturday Morning—Minority/Native American/Disadvantaged Issues (Chair– Joseph Donnelly, Ed.D.)

(Section sponsored in part by Kansas City Area Life Sciences Institute; Haskell-Indian Health Services)

- 8:00– 9:00 Keynote - INVITED Self Empowerment for Today’s Race **Billy Mills**
- 9:00–10:00 Obesity Prevention and Physical Activity Programs with American Indian Schoolchildren **Sally M. Davis, Ph.D.**
- 10:00–10:30 Break sponsored by Vitalicious Inc.
- 10:30–10:55 Obesity, Deconditioning and People with Disability **Glen W. White, Ph.D.**
- 10:55–11:20 Assisting Adults with Developmental Disability to Manage their Weight: some Unique Issues and Possible Solutions **Richard Saunders, Ph.D.**
- 11:20–11:30 Glen White & Richard Saunders Question/Answers
- 11:30–12:30 Community-based Interventions to Address Obesity in African-American and Hispanic Populations **Melinda Stolley, Ph.D.**

Accreditation

All participants are required to sign attendance rosters once a day. Continuing education credit will be prorated according to documented attendance.

Physicians: The KU Medical Center Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The KU Medical Center Office of Continuing Medical Education designates this educational activity for a maximum of 17.5 category 1 credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Nurses: This educational activity for 21.0 contact hours is provided by the University of Kansas School of Nursing, Continuing Nursing Education, which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center’s Commission on Accreditation.

Health Educators: Application has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC) for CHES Category I continuing education contact hours (CECH).

KDHE Dietitian Credit: Application has been made to the Health Occupations Credentialing Office of the Kansas Department of Health and Environment for pre-approval of CE Clock hours for Dietitians. Attendees should claim only the hours that they actually spent in the educational activity.

CDR Dietitian Credit: Application has been made to the Commission on Dietetic Registration for the American Dietetic Association for pre-approval of Continuing Education Hours at CPEU Level 2 for Registered Dietitians and Dietetic Technicians, Registered. Attendees should claim only the hours that they actually spent in the educational activity.

Occupational Therapists: Application has been made to The Kansas Occupational Therapy Association for pre-approval of CEU credits. Attendees should claim only the hours that they actually spent in the educational activity.

Physical Therapists: Application has been made to The Kansas Physical Therapy Association for pre-approval of Continuing Education Hours. Attendees should claim only the hours that they actually spent in the educational activity.

Acknowledgements

Beef Councils of Kansas, Missouri, Nebraska
 Glenview Health Systems, Inc.
 Haskell – Indian Health Services
 Kansas City Area Life Sciences Institute
 Kansas City University of Medicine and Biosciences
 Kansas Wheat Commission
 LUNA Bar
 Maternal and Child Health Coalition of Greater Kansas City
 Midwest Dairy Council
 National Institutes of Health-NHLBI
 National Institutes of Health-NIDDK
 NIH Division of Nutrition Research Coordination
 National Kidney Foundation of Kansas & Western Missouri
 Nebraska Dairy Council
 Pediatric Nutrition Practice Group
 Sanofi-Aventis Inc.
 Sunflower Foundation
 United Methodist Health Ministry Fund
 United States Department of Agriculture
 University of Kansas Energy Balance Laboratory
 University of Missouri Extension
 U.S. Department of Health & Human Services, Region VII
 Vitalicious Inc.
 Weight Watchers International
 YMCA of Greater Kansas City

Goals

The conference will:

- Delineate the magnitude and impact of overweight and obesity in children and youth and present government initiatives to promote physical activity and nutrition to diminish overweight and obesity
- Provide strategies for prevention and treatment of overweight and obesity in children and youth in several environments including community and state level efforts
- Illustrate the effects of obesity and weight loss on bone and women’s health
- Define the metabolic syndrome, its health consequences, and provide treatment strategies using pharmacotherapy and lifestyle modification
- Provide a town meeting format to showcase successful initiatives to diminish overweight and obesity
- Provide treatment strategies for minorities and physically and mentally disadvantaged individuals

Objectives

Subsequent to attendance at the conference participants should be able to

- recognize the magnitude of overweight and obesity in children and youth and identify government efforts to diminish the epidemic
- identify women’s health issues regarding obesity and weight loss
- describe the metabolic syndrome and treatment options
- describe the new dietary guidelines and how they will affect individuals and institutions
- identify community and statewide efforts to diminish overweight and obesity
- recognize the challenges to diminish obesity for minorities and disadvantaged individuals and recognize existing evidence based programs

Target Audience

The obesity conference is designed for all health care professionals and agencies who have contact with and influence on at-risk populations, including physicians, physician assistants, public health professionals, nurses, nurse practitioners, community health specialists, dietitians, nutritionists, health educators, exercise science and fitness professionals, emergency medical care providers, occupational therapists, youth leaders, physical therapists, teachers, parents and pharmacists.

Program Accessibility

We accommodate persons with disabilities. Please call (785) 864-0797 or mark the space on the registration form and a University of Kansas representative will contact you to discuss your needs. To ensure accommodation, please register by August 19, 2005.

The University of Kansas is committed to providing programs and activities to all persons, regardless of race, religion, color, national origin, ancestry, sex, age, disability, or veteran status. In addition, university policies prohibit discrimination on the basis of sexual orientation, marital or parental status.

Refund/Cancellation Policy

A refund of registration fees, less a \$20 administrative fee, will be available if requested in writing by August 26, 2005. No refunds will be made after that date.

Lodging

Marriott Hotel – Downtown
 200 W 12th Street, Kansas City MO 64105
 Phone (816) 421-6800 (reservations)
 To book on-line go to the website listed below and type in group code: KUOKUOA
www.marriott.com/mcidi

In order to secure the discounted group rate, be sure to make reservations by August 17, 2005 and specify that you are attending the “**Obesity Conference**”. After that date, room availability and rates cannot be guaranteed.
Rates: Single \$99.00, Double \$99.00, Triple \$99.00, Quadruple \$99.00

Fees (for entire conference)

We will send a confirmation letter, including maps of the conference site area and driving and airport transportation options, as soon as we receive your registration.

- MDs: \$175.00
- Other health and fitness professionals: \$150.00
- Medical Residents, students: \$ 30.00
(must provide valid proof of enrollment as a full time degree-seeking student)
- Public (individuals NOT seeking continuing education): \$100.00
- One Day Only (CEU seekers)(specify day on registration form) \$ 95.00

Registration

Space will be limited, so we ask that you register in advance.
 Send completed registration form, with check payable to:
The University of Kansas
 Attn: Kimberly Johnson
 University of Kansas
 Energy Balance Laboratory
 1301 Sunnyside Ave., Room 100
 Lawrence, KS 66045-7567

For questions or more information, contact Kim Johnson at:
 Phone: (785) 864-0797, Fax: (785) 864-2009, E-mail: kim@ku.edu

Registration Form	September 8–10, 2005	Deadline August 19, 2005
Last Name _____		First Name _____ MI _____
<input type="checkbox"/> MD <input type="checkbox"/> RN <input type="checkbox"/> RD <input type="checkbox"/> PT <input type="checkbox"/> OT <input type="checkbox"/> Other (please specify) _____		
Address _____		
City _____		State _____ ZIP _____
Daytime Phone _____		Fax _____ E-mail _____
Organization _____		
Fees (for entire conference)		
MDs:		\$175.00
Other health and fitness professionals:		\$150.00
Medical Residents, students (Must provide valid proof of enrollment as a full-time degree-seeking student).....		\$ 30.00
Public (individuals NOT seeking continuing education).....		\$100.00
One Day Only (CEU seekers) (note day on registration form)		\$ 95.00
We DO NOT accept credit card payments. We DO accept purchase orders (please attach the registration form to the purchase order).		
<input type="checkbox"/> Check enclosed, payable to: University of Kansas		
<input checked="" type="checkbox"/> MAIL TO: Kimberly Johnson, University of Kansas, Energy Balance Laboratory, 1301 Sunnyside Ave., Room 100, Lawrence, KS 66045-7567		
☎ Phone: (785) 864-0797		Fax: (785) 864-2009
Email: kim@ku.edu		Website: www.ebl.ku.edu
<input type="checkbox"/> Please mark this space if you will need special accommodations, and a member of the conference staff will contact you.		
Please list two objectives that you hope this conference will achieve. We will use this information to make the conference more responsive to your needs.		

We will send a confirmation letter, including maps of the conference site area and driving and airport transportation options, as soon as we receive your paid registration.		