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Alabama Public Health Training Center



UAB Nutrition Obesity Research Center



**UAB Maternal and Child Health Nutrition
Training Program**



Alabama MCH Leadership Network
Training MCH Leaders of Tomorrow



Enhancing the Public Health Nutrition Workforce: Strategies to Promote Healthy Diets and Physically Active Lifestyles

Friday, June 7, 2013

9:00 AM to 2:00 PM

Vulcan Park and Museum

Birmingham, AL

REGISTRATION

The conference is free of charge, but
registration is required.

Lunch will be provided free of charge.

For more information, please contact
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Promote Healthy Diets and Physically Active Lifestyles among Children and Adolescents

Conference Overview

One-day conference focuses on comprehensive prevention of obesity in children and adolescents. The conference will address model population/system-based interventions and direct client programs and services that are being implemented throughout the United States.

Conference Objectives

At the end of this conference, participants should be able to:

- ◆ Understand the importance of healthy diets and physical activity for child and adolescent well-being.
- ◆ Identify public health initiatives and partnerships that can be implemented to promote healthy diets and physical activity among children and adolescents.
- ◆ Discuss how to engage children and adolescents to participate in healthy diets and physical activity.
- ◆ Apply elements from cutting-edge initiatives taking place across the United States to local settings.

Target Audience

This conference is designed for public health nutritionists, dietitians, public health researchers, and others who are interested in promoting healthy lifestyles among children and adolescents.

Conference Schedule

- 0800 Registration & Breakfast
- 0845 Welcome & Overview - Lisa McCormick, DrPH
- 0900 Setting the Stage: Where are we in nutrition workforce - Bonnie Spear, PhD, RD
- 0915 Using the MMVM to Understand and Design Behavior Change Interventions - Thomas Baranowski, PhD
- 1000 Mass in Motion Program - Cheryl Bartlett, RN, BA
- 1045 Break
- 1100 Stephanie Welch, MS-MPH, RD, LDN
- 1145 Lunch
- 1230 Healthy by Design: Comprehensive Strategies to Prevent Childhood Obesity - Margaret Adamek, PhD
- 0115 Roundtable Discussion - Bonnie Spear, PhD, RD
- 0145 Wrap Up and Adjourn - Bonnie Spear, PhD, RD

Speakers

- ◆ **Margaret Adamek, PhD**, Founder and Principal of Terra Soma Consulting Services, Minneapolis, MN.
- ◆ **Thomas Baranowski, PhD**, Professor and Leader of the Behavioral Nutrition group, with the USDA funded Children's Nutrition Research Center, Department of Pediatrics, Baylor College of Medicine, Houston, TX.
- ◆ **Cheryl Bartlett, RN, BA**, Deputy Commissioner, Massachusetts Department of Public Health, Boston, MA.
- ◆ **Bonnie Spear, PhD, RD**, Professor, UAB Department of Pediatrics, Birmingham, AL.
- ◆ **Stephanie Welch, MS-MPH, RD, LDN**, Director, Community Development and Planning, Knox County Health Department, Knoxville, TN.

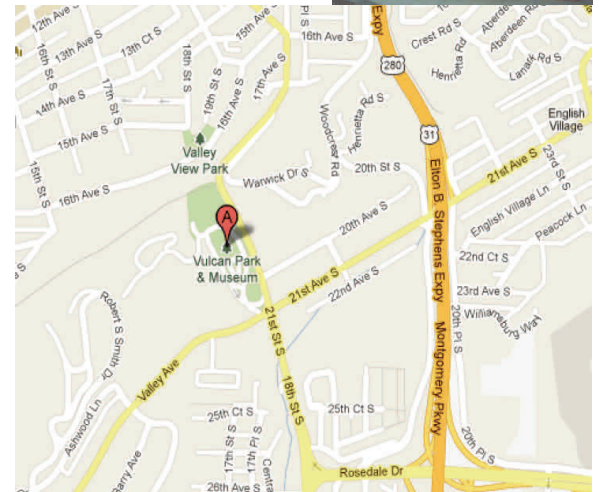
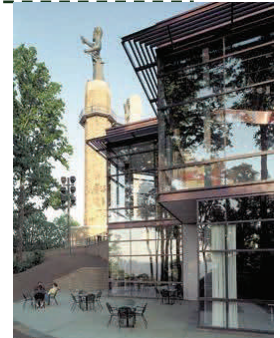
Location

Vulcan Park and Museum

1701 Valley View Drive

Birmingham, AL 35209

*Free parking is available



Continuing Education Credits Available

4 Hours of continuing education credits will be available to nurses, social workers and dietitians

Registration

The conference is free of charge, but registration is required.

Lunch will be provided free of charge.