8th Annual Pediatric Healthy Weight Summit

Movement Matters: Physical Activity for the Prevention and Treatment of Childhood Obesity and Its Co-Morbidities

Friday, November 2, 2012

Registration: 7:45 - 8:15 a.m.
Program: 8:15 a.m. - 4:30 p.m.

East Carolina Heart Institute
115 Heart Drive
Greenville, North Carolina

Sponsored By:

East Carolina University.

In collaboration with
Eastern Area Health Education Center
PROGRAM DESCRIPTION
The 8th Annual Pediatric Healthy Weight Summit will focus on physical activity and its role in the prevention and treatment of childhood obesity and its related co-morbidities. The program will enable participants to better understand key concepts of physical activity, how it is measured, how to motivate behavior change and specific challenges of physical activity for overweight and obese youth. They will also learn about new physical activity research that illustrates "exercise as medicine."

OBJECTIVES:
Participants in this workshop will:
• Become familiar with national efforts to address childhood obesity through increased physical activity among children and adolescents.
• Learn key concepts and hands-on strategies of Self Determination Theory and Cognitive Behavior Therapy to foster motivation for physical activity.
• Explore the use and efficacy of Active video games as components of structured programs for clinical populations.
• Explore the role of sports drinks for the active overweight child.
• Become familiar with key concepts of physical activity including intensity, duration and dose.
• Increase awareness of new research on "exercise as medicine."

TARGET AUDIENCE
Health professionals including exercise physiologists, physical therapists, health educators, health promotion specialists, athletic trainers, dieticians, nurses, physicians, mental health professionals, and any other interested professional

AGENDA
7:45 - 8:15 AM Registration and Breakfast
8:15 - 8:30 AM Welcoming Remarks and Overview
  David Collier, MD, PhD
8:30 - 9:15 AM Keynote Address: Physical Activity and Society
  Shellie Pfohl, MS
9:15 - 10:00 AM Understanding Motivation for Health Behavior Change: A Self-Determination Theory Perspective
  Jennifer LaGuardia, PhD

10:00 - 10:15 AM Break
10:15 - 11:00 AM How Active Are Wii? Active Video Games: Public Health Boon or Bust?
  Thomas Baranowski, PhD

11:00 - 11:45 AM Is It In You? Nutrition for Optimizing Physical Activity in Obese Children
  Abbie Smith, PhD, CSCS, CISSN

11:45 - 1:00 PM Lunch & Poster Session
1:00 - 2:00 PM Concurrent afternoon sessions
  A. Motivation & Behavior
    Leslie Lutes, PhD & Jennifer LaGuardia, PhD
    Description: Participants will learn theoretical underpinnings of Self Determination Theory and Cognitive Behavior Therapy, then receive tools, protocols and instruction on how to use them in the clinical and programmatic settings to promote Physical Activity.

  B. Assessment of Physical Activity and Fitness in Children
    Matthew Mahar, EdD & Thomas Baranowski, PhD
    Description: Participants will become familiar with measures of aerobic fitness (including the PACER) and interpretation of estimates of VO2 max. In addition, participants will become familiar with key concepts associated with physical activity assessment, with a focus on output from accelerometers.

2:00 - 2:15 PM Break
2:15 - 3:15 PM Concurrent afternoon sessions, repeated
  A. Motivation & Behavior
    Leslie Lutes, PhD & Jennifer LaGuardia, PhD

  B. Assessment of Physical Activity and Fitness in Children
    Matthew Mahar, EdD & Thomas Baranowski, PhD

3:15 - 4:15 PM Exercise as Medicine (Platform Presentations)
  “Effects of An Afterschool Physical Activity Intervention on Physical Activity, Aerobic Fitness and Body Composition”
  Grace Anne Edwards, MS, ACSM-PAPHS

  “Effects of Resistance Training for Lower Extremity Strengthening in Adolescents Who Are Obese”
  Amy Gross-McMillan, PhD, PT

  “Impact of Mentoring-Based Exercise Program on Fitness, Weight-Related Outcomes, Self-Perceptions and Motivation in Overweight Adolescents”
  Thomas Raedecke, PhD & Megan Sawyer, BS

  “Use of a Portable Gym System in Adolescents in a Pediatric Weight Management Program”
  Dominique Williams, MD, FAAP

4:15 - 4:30 PM Question & Answer, Open Discussion

4:30 PM Adjourn
8th Annual Pediatric Healthy Weight Summit

FACULTY

Thomas Baranowski, PhD
Professor of Pediatrics & Nutrition
Baylor College of Medicine

David Callery, MD, PhD, FAAP
Associate Professor of Pediatrics
Director of the ECU Pediatric Healthy Weight Research & Treatment Center
Brody School of Medicine
East Carolina University

Grace Ann Edwards, MS, ACSM-PAPHS
Director-Lifetime Physical Activity & Fitness Program
Department of Kinesiology
East Carolina University

Amy Gross-McMillan, PhD, PT
Associate Professor
Department of Physical Therapy
East Carolina University

Jennifer LaGuardia, PhD
Associate Professor of Clinical Psychiatry
University of Rochester

Lesley Lutes, PhD
Assistant Professor
Department of Psychology
East Carolina University

Matthew Mahar, EdD
Professor and Director of Activity Promotion Lab
Department of Kinesiology
East Carolina University

Shellie Pfahl, MS
Executive Director
President’s Council on Fitness, Sports, and Nutrition

Thomas D. Raedeke, Ph.D.
Associate Professor
Sport and Exercise Psychology
Department of Kinesiology
East Carolina University

Megan Sawyer, BS
Department of Kinesiology
East Carolina University

Abbie Smith, PhD, CSCS, CISSN
Assistant Professor of Exercise and Sports Science
University of North Carolina at Chapel Hill

Dominique Williams, MD, FAAP
Medical Director, Healthy You for Life
Children’s Hospital of the King’s Daughter
Department of Pediatrics
Eastern Virginia Medical School

REGISTRATION

Professionals

Received on or before October 26 ................................................................. $95
Received after October 26 ........................................................................... $110

Students

Received on or before October 26 ................................................................. $30
Received after October 26 ........................................................................... $45

The registration fee includes credit, all program materials, lunch and refreshments. Participants are encouraged to take advantage of the reduced registration fee by registering on or before October 26, 2012. If you register early and must subsequently cancel, a full refund will be made through October 26, 2012. No refunds will be made thereafter, but a substitute may attend. NOTE: If you register, do not attend, and do not cancel by the October 26 deadline, you or your agency will be billed for the full amount for the registration fee.

Participants who wish to pay with a credit card may fax their completed registration form to (252) 744-5229, or you may mail the completed registration form with check made payable to Eastern AHEC to: Eastern AHEC - Attn: Registration * P.O. Box 7224 * Greenville, NC 27835-7224.

AMERICANS WITH DISABILITIES ACT

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 737-1016 (Voice/TTY).

CREDIT

Continuing Education Units (CEU): Application has been made to the Division of Continuing Studies at East Carolina University for .6 (6 contact hours) units of continuing education.

Certified Health Education Specialist (CHES): The N.C. AHEC Program or Eastern AHEC is a designated provider of continuing education contact hours (CHEC) in Health Education by the National Commission for Health Education Credentialing, Inc. This program is designated for the CHES to receive 6.5 Category 1 contact hours in health education.

NC Area Health Education Center is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.75 hours of Category A continuing education.

Contact Hours: Certificates reflecting 6.75 hours of educational contact will be awarded at the completion of this program.

You must attend 100% of the program to receive credit; no partial credit will be awarded.

Please bring a sweater or jacket to ensure your comfort.
8th Annual Pediatric Healthy Weight Summit
Register online at http://eahec.ecu.edu

Last Name ______________________________________________________________________________________
First Name ___________________________________________________   Middle Initial ____________________
Last 4 digits of Soc. Sec. #   XXX-XX-££££
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Discipline (check one)  q  Professionals  q  Students
Specialties ______________________________________________________________________________________
Degrees/Certifications/License ____________________________________________________________________
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Credits(s): CEU, CHES, Contact Hours

For EAHEC Use Only  Event # A37548

Amount Enclosed/Paid $ ____________________  Date _______________________
q  Agency check  q  Personal check  q  Cash  q  Credit card

Method of Payment
q  (Professionals received on or before October 26, 2012 $95)
q  (Professionals received after October 26, 2012 $110)
q  (Students received on or before October 26, 2012 $30)
q  (Students received after October 26, 2012 $45)

Check/Cash Enclosed for $ ____________  Charge:  q  Visa  q  MasterCard  q  AMX  q  Discover
Signature _______________________________________________________
If Paying by Credit Card – Billing Address Required
Street/PO Box ___________________________________________________________________________________
City _____________________________________________________   State ____________   Zip _______________
Account # ____________  Security Code (Last 3 digits on back of card)  3 ££££££££££££££££
Expiration Date ________________

Send registration form with payment to
Eastern AHEC, Attn: Registration, PO Box 7224, Greenville NC 27835-7224  Fax 252-744-5229
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