



## **FIT FAMILIES NC**

A Study Committee for Childhood Overweight/Obesity

Thursday, December 9<sup>th</sup>, 2004

10:30 am – 3:00 pm

Dowd Branch YMCA

400 East Morehead Street

Charlotte, NC 28202

Telephone: 704-716-6100

### **AGENDA**

#### **The Surgeon General's Call to Action for Health Care:**

The healthcare system provides a powerful setting for interventions aimed at reducing the prevalence of overweight and obesity and their consequences. A majority of Americans interact with the healthcare system at least once during any given year. In collaboration with schools and worksites, healthcare providers and institutions can reinforce the adoption and maintenance of healthy lifestyle behaviors.

#### **10:30 am**

- Jack Bender, Network Consultant with the YMCA of the USA

#### **10:35 am**

- Ron Morrow, NCAAHPERD – Special Presentation

#### **10:40 am**

- Introductory Remarks from Co-Chair Olson Huff

#### **10:45 am – 11:10 am**

- Walter Shepherd, Director of Professional Services, NC Academy of Family Physicians

In representing over 2,500 family physicians, family medicine residents, and medical students across NC, Mr. Shepard will talk about obesity and healthcare from a physician perspective and feature the many positive programs and initiatives that family physicians are doing to address childhood obesity with their respective patients.

#### **11:10 am – 11:40 am**

- Dr. Douglas B. Kamerow, MD, MPH, Chief Scientist, Health Social and Economics Research, RTI International, Washington, DC

As one of the principal authors of the recently released and very well-known report on Childhood Obesity from the Institute of Medicine, Dr. Kamerow will present an overview of the reports findings and specific details related to the report's recommendations for healthcare and obesity.

**11:40 am – 12:10**

- Diana Koenning, MPH, RD, The Shapedown Program, WakeMed

WakeMed offers a special, non-dieting weight management program for children and teens called Shapedown. This course, designed especially for families, takes a unique approach to curb the drives to overeat and to be inactive. Created at the University of California at San Francisco School of Medicine, this is one of the leading weight management programs in the country. Shapedown builds on the strength of the family to create an active lifestyle with a healthy, but not depriving diet. Children and teens will learn how to develop lifelong self-care and self-esteem patterns, as well as nutrition and fitness skills.

**12:10 – 12:40 pm**

- Cindy Brenneman, Director of Quality Improvement and Prevention, Blue Cross and Blue Shield of North Carolina

Representing the largest insurer in North Carolina, Mrs. Brenneman will talk about obesity and obesity prevention from an insurance perspective. Further, she will highlight new announcements from BCBSNC regarding their decision to expand coverage of the treatment of obesity for their members.

**12:40 pm – 1:45 pm – BREAK FOR LUNCH**

**1:45 pm – 2:30 pm**

- Breakout Sessions
  - Physical Activity & Built Environments – Facilitators: Dave Gardner and Shellie Pfohl
  - Nutrition – Facilitators: Lynn Hoggard and Kathy Kolasa

**2:40 pm – Study Committee to Reconvene**

- Session moderators give a 5-10 minute summary to the overall group

**3:00 pm – Adjourn**



***ETHICS REMINDER***

*In accordance with Executive Order No. 1, it is the duty of every board member to avoid both conflicts of interest and appearances of conflicts.*

*In accordance with N.C. General Statute 147-86.32(i), it is further the duty of every board member to avoid voting on, participating in the deliberations of or otherwise attempting through official capacity to influence the vote on a grant or other financial assistance award by the Commission to a nonprofit entity of which the board members is an officer, director or employee or to a governmental entity of which the member is an employee or a member of the governing board.*

*If you have any conflict or appearance of conflict of interest with respect to any item on the agenda, please state this for the record and refrain from inappropriate participation on that item.*