

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

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OVERVIEW

Being overweight or obese increases the risk of developing: hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems and some cancers (endometrial, breast and colon). Researchers, educators, government agencies, foundations, industry and others are promoting efforts to prevent and treat obesity at the individual and community levels.

The 10th Annual Obesity Conference will begin Thursday with Dr. James Hill from the University of Colorado Health Sciences Center and Director of American on the Move Dr. Hill will discuss the importance of physical activity to close the energy gap responsible for gradual weight gain. Dr Hill's presentation will be followed by a series of presentations discussing: what diet is best; alternative delivery strategies for treatment; pregnancy and obesity; intervention strategies for Hispanic youth; food insecurity; weight bias, and the contribution of faulty metabolism to weight gain. Thursday will be closed with Dr. Eddie McAuley discussing promotion of physical activity for older adults. Friday session will begin with the Surgeon General of the United States presenting the government's initiatives to diminish childhood obesity. The Surgeon General's presentation will be followed by the process for development of the Center for Disease Controls new public health guidelines presented by Dr William Haskell, Professor at the Stanford Prevention Research Center. The balance of Friday will include presentations regarding: the association between economics and obesity; the role of calcium and dairy in weight management; appetite regulation; energy equivalents for physical activity, and the effectiveness of resistance training for weight management. Friday sessions will close with poster presentations provide by organizations, companies and programs that have evidence based programs. Saturday will begin with Dr. Steven Blair presenting the results of the DREW study on the dose-response to various levels of physical activity (ie. is "more" better?). His presentation will be followed by effects of physical activity on academic achievement; parental roles in weight management of children and youth, and findings from brain imaging and diet intake studies.

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 KS

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 KS

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

Committee Members
Rear Admiral John T. Babb, R.Ph., M.P.A. U.S. Department of Health and Human Services Region VII, Kansas City MO

Capt Jose H. Belardo, JD, MSW, U.S. Department of Health and Human Services, Region VII, Kansas City MO

LaMonya Floyd, Office Assistant, University of Kansas Medical Center, Continuing Education, Kansas City KS

Bill Frick, Associate Superintendent, Shawnee Mission School District, Shawnee Mission KS

Mary Gambino, PhD, RN, Assistant Dean for Community Affairs, Director of Nursing Continuing Education, University of Kansas Medical Center, Kansas City KS

Keith A. Gary, PhD, Director of Program Development, Kansas City Area Life Sciences Institute, Kansas City MO

Kristina Henry, RN, Graduate Student, University of Kansas Medical Center, Kansas City KS

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

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

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

Marti Macchi, MEd, Director of Special Studies, Office of Health Promotion, Kansas Department of Health and Environment, Topeka KS

Karen McDonald, MPA, YMCA of Greater Kansas City, Kansas City MO

Lana Messner, MS ED, Director of the Infant/Toddler Project of the Kansas Association of Child Care Resource and Referral Agencies, Salina KS

University of Kansas 10th Annual Conference on the Prevention and Treatment of Overweight & Obese Individuals

Thursday, Sept. 4, 2008
through
Saturday Sept. 6, 2008

Marriott Downtown
200 W. 12th St.
Kansas City, Missouri 64105
Phone (816) 421-6800
(800) 228-9290



Paula Murrish, Director of Food Services, USD497 Lawrence Public Schools, Lawrence KS

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

Debbie Sosland-Edelman, PhD, Executive Director, Sosland Foundation, Kansas City MO

Mark Thompson, PhD, Project Director, Coordinated School Health, Kansas Department of Education, Child Nutrition & Wellness, Topeka KS

FACULTY

Barbara Ainsworth, Ph.D., MPH, Professor, Department of Exercise and Wellness, School of Applied Arts and Sciences, Arizona State University, Mesa AZ

Tom Baranowski, Ph.D., Professor, Pediatrics (Behavioral Nutrition), Baylor College of Medicine, Houston TX

Steven Blair, Ph.D., Professor, University of South Carolina, Columbia SC

Catherine L. Davis, Ph.D., Associate Professor, Pediatrics, Georgia Prevention Institute, Medical College of Georgia, Augusta GA

Joseph E. Donnelly, ED.D., FACSM, Professor/Director, Center for Physical Activity, Weight Management and Nutrition, University of Kansas, Lawrence KS

Eric A. Finkelstein, Ph.D, Director, Public Health Economics Program Health Economist, RTI's Public Health Economics Program, RTI International, Research Triangle Park NC

Christopher Gardner, Ph.D., Associate Professor, Stanford Prevention Research Center, Stanford University School of Medicine, Stanford California

Ben Gerber, M.D., M.P.H., Assistant Professor of Medicine, Sections of General Internal Medicine and Health Promotion Research, University of Illinois at Chicago, Chicago IL

Michael Goran, Ph.D., Professor/Associate Director, Institute for Health Promotion & Disease Prevention Research, University of Southern California, KECK School of Medicine, Los Angeles CA

William Haskell, Ph.D, Professor, Stanford Prevention Research Center, Stanford School of Medicine, Stanford CA

James Hill, Ph.D., Professor/Director, Pediatrics and Medicine, Center for Human Nutrition, Colorado Clinical Nutrition Research Unit, University of Colorado Health Sciences Center, Denver CO

Wendy Johnson Taylor, Ph.D., DNRC Public Health Nutrition and Health Policy Advisor, NIH Division Nutrition Research Coordination, NIDDK, National Institutes of Health, Bethesda MD

Erik Kirk, Ph.D., Research Instructor in Medicine, Center for Human Nutrition, Division of Geriatrics and Nutritional Science, Washington University in St Louis School of Medicine. St. Louis MO

Heather Leidy, Ph.D., Assistant Professor, Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City KS

Eddie McAuley, Ph.D., Shahid and Ann Carlson Khan Professor in Applied Health Sciences, Departments of Kinesiology and Community Health, Psychology, Internal Medicine and The Beckman Institute, University of Illinois at Urbana-Champaign, Urbana IL

James M. Pivarnik, Ph.D., Professor/Director, Center for Physical Activity and Health, Human Energy Research Laboratory, Michigan State University, East Lansing MI

Rebecca Puhl, Ph.D., Research Scientist, Director, Research and Weight Stigma Initiatives, Rudd Center for Food Policy & Obesity, Yale University, New Haven CT

Eric Ravussin, Ph.D., Professor/Chief, Division of Health and Performance Enhancement, Douglas L. Gordon Chair in Diabetes and Metabolism, Pennington Biomedical Research Center, Baton Rouge LA

Cary Savage, Ph.D., Associate Professor/Director, Functional MRI, Department of Psychiatry and Behavioral Sciences, University of Kansas Medical Center, Kansas City KS

Marta Van Loan, Ph.D., Research Physiologist, USDA Western Human Nutrition Research Center, University of California, Davis CA

ACKNOWLEDGEMENTS

Children's Mercy Hospitals and Clinics • Health Management Resources • Kansas Beef Council • Kansas City Area Life Sciences Institute • Midwest Dairy Council • Missouri Beef Council • Nebraska Beef Council • Soyjoy University of Kansas, Center for Physical Activity & Weight Management, Energy Balance Laboratory • Vitalicious Inc.

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, youth leaders, physical therapists, teachers, parents and pharmacists.

Conference Program

September 4, 2008 – THURSDAY

Located in the Basie Ballroom

- 6:30-8:00 a.m. Registration
- 8:00-9:00 a.m. Keynote Speaker — What Will it Really Take to Reverse the Obesity Epidemic? **James Hill, Ph.D.**
- 9:00-9:45 a.m. Battle of the Weight Loss Diets: Is Anyone Winning (at Losing)? **Christopher Gardner, Ph.D.**
- 9:45-10:30 a.m. Alternative Delivery Strategies for the Treatment of Obesity **Ben Gerber, M.D., M.P.H.**
- 10:30-11:00 a.m. Break and Visit Exhibitors
- 11:00-11:45 a.m. Pregnancy, Obesity, and Physical Activity **James M. Pivarnik, Ph.D.**
- 11:45-12:30 p.m. Intervention Strategies for Overweight Hispanic Youth **Michael Goran, Ph.D.**
- 12:30-1:00 p.m. Take a WALK with us (meet in the hotel lobby for a guided walk)
- 12:30-1:30 p.m. LUNCH ON OWN
- 1:30-2:15 p.m. Food Insecurity and Obesity **Wendy Johnson Taylor, Ph.D.**
- 2:15-3:00 p.m. Is Faulty Metabolism Responsible for Obesity? **Eric Ravussin, Ph.D.**
- 3:00-3:30 p.m. Break and Visit Exhibitors
- 3:30-4:15 p.m. Programs and behavioral strategies for promoting and enhancing physical activity in older adults **Eddie McAuley, Ph.D.**
- 4:15-5:00 p.m. Weight Bias in Health Care Settings **Rebecca Puhl, Ph.D.**
- 5:00-5:15 p.m. Closing Statements & Adjournment **Joseph Donnelly, E.D.D.**

September 5, 2008 - FRIDAY

Located in the Basie Ballroom

- 7:00-7:30 a.m. Take a WALK with us (meet in the hotel lobby for a guided walk)
- 7:00 – 8:00 a.m. Registration
- 8:00-9:00 a.m. Keynote Speaker- INVITED **RADM Steven K. Galson, M.D., M.P.H., Acting United States Surgeon General**
- 9:00-9:45 a.m. Physical Activity and Public Health Guidelines for Americans - Recent Developments, **William Haskell, Ph.D.**
- 9:45-10:30 a.m. Obesity through the Eyes of an Economist **Eric A. Finkelstein, Ph.D.**
- 10:30-11:00 a.m. Break and Visit Exhibitors
- 11:00-11:45 a.m. Effects of Calcium and Dairy Products for Weight Management **Marta Van Loan, Ph.D.** Sponsored by: Midwest Dairy Council
- 11:45-12:00 p.m. Tour Announcement and Preparation **Joseph Donnelly, E.D.D.**
- 12:00-1:00 p.m. Tour KU/CMH Center for Physical Activity, Nutrition and Weight Management – shuttle provided
- 1:00-2:00 p.m. LUNCH ON OWN
- 2:00-2:45 p.m. Appetite Regulation and Obesity **Heather Leidy, Ph.D.**
- 2:45-3:30 p.m. Energy Equivalents for Physical Activity **Barbara Ainsworth, Ph.D. M.P.H.**
- 3:30-4:00 p.m. Break and Visit Exhibitors
- 4:00-4:45 p.m. Is Resistance Training Effective for Weight Management? **Erik Kirk, Ph.D.**
- 4:45-5:00 p.m. Introduction to Poster Session and Closing Statements **Joseph Donnelly, E.D.D.**
- 5:00-6:30 p.m. Poster Presentations

September 6, 2008 – SATURDAY

Located in the Basie Ballroom

- 7:00-7:30 a.m. Take a WALK with us (meet in the hotel lobby for a guided walk)
- 7:30-8:00 a.m. Registration
- 8:00-9:00 a.m. Keynote Speaker — The Dose-Response of Exercise to Health and Weight Management: Results from the DREW Study **Steven Blair, Ph.D.**
- 9:00-9:45 a.m. Effects of Physical Activity on Academic Achievement **Catherine L. Davis, Ph.D.**
- 9:45-10:15 a.m. Break and Visit Exhibitors
- 10:15-11:00 a.m. Parental Role in Physical Activity and Nutrition- Help or Hindrance **Tom Baranowski, Ph.D.**
- 11:00-11:45 a.m. What Brain Imaging tells us about Control of Energy Intake and Obesity **Cary Savage, Ph.D.**
- 11:45-12:00 p.m. Closing Statements & Adjournment **Joseph Donnelly, E.D.D.**

ACCREDITATION

All participants are required to sign attendance rosters at the beginning of each day. A certificate of completion will be provided to all activity participants based on documentation of actual attendance time, meeting minimum attendance requirements specific to the activity, and payment in full. If you are not paid in full, your certificate will be mailed to you upon receipt of payment.

Nurses: Up to 16.5 contact hours will be awarded to all individuals based on documentation of actual attendance time, meeting minimum attendance requirements specific to the activity, and payment in full.

University of Kansas School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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 16.5 AMA PRA Category 1 Credit(s) TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Health Educators: Application has been made to the National Commission for Health Education Credentialing, Inc. (NCHCEC) 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.

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.

POSTER PRESENTATIONS

If you have a poster on a project that promotes nutrition and/or exercise; please contact Kim Johnson at 785-864-0797 or kim@ku.edu.

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 15, 2008.

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.

OBJECTIVES

Participants will be able to:

- Identify differences between popular diets and determine which diet may be appropriate for a group or individual.
- Use alternate strategies to deliver weight management beyond face-to-face delivery.
- Examine the role of parental care in preventing and treating obesity and be able to collaborate with parents and childcare workers to assure the quality of these initiatives.
- Develop strategies for weight management in Hispanic youth.
- Employ effective strategies to promote physical activity in older adults.
- Explain the link between academic achievement and physical activity.
- Recognize the stigma associated with obesity and how to diminish this negative impression.
- Interpret the formulation of guidelines for physical activity.
- Assess the potential role for dairy products for weight management.
- Recognize the energy equivalent of physical activity and its role in weight management.
- Describe the role of resistance training for weight management, body composition, and modification of risk factors.
- Identify the role of physical activity for improvement of academic achievement.
- Compare the pluses and minuses of family involvement in child and youth weight management.

GOALS

The conference will:

- Contrast differences in popular dietary approaches to weight management.

- Provide alternate strategies beyond the traditional face-to-face clinic for the delivery of weight management.
- Examine the association between obesity, physical activity, and pregnancy.
- Provide intervention strategies for Hispanic youth.
- Examine the relationship between food insecurity and obesity.
- Examine the role of “faulty” metabolism in promoting weight gain.
- Provide strategies to promote physical activity in older individuals.
- Examine the impact of economics on the development of obesity.
- Examine the impact of weight bias.
- Examine the effects of calcium and dairy products on weight management.
- Examine the role of hormones on appetite regulation and how they impact the development of obesity.
- Provide energy equivalents for common physical activities used for weight management.
- Examine the potential impact of physical activity on academic achievement.
- Examine the role of brain imaging for control of food intake.
- Examine the utility of resistance training for weight management.
- Provide results from dose-response studies of exercise for weight management.
- Examine the role of the family in the management of child and youth obesity

REFUND/CANCELLATION POLICY

A refund of registration fees, less a \$20 administrative fee, will be available if requested in writing by August 25, 2008. No refunds will be made after that date.

LODGING

Marriott-Downtown

200 W. 12th St.

Kansas City Missouri 64105

Phone (816) 421-6800, (800) 228-9290; or

<http://marriott.com/mcid?groupCode=OCOOCO&app=resvlink> (you will be directed to the home page with the code already entered in the appropriate field; enter your arrival date to begin the reservation). In order to secure the discounted group rate, be sure to make reservations by August 13, 2008 and specify that you are attending the “OCOOCO”. After that date, room availability and rates cannot be guaranteed.

Rates: Single \$124.00, Double \$124.00

Triple \$124.00, Quadruple \$124.00

Registration Form

September 4–6, 2007

Deadline August 15, 2008

Last Name _____ First Name _____ MI _____

MD RN RD PT OT Other (please specify) _____

Address _____

City _____ State _____ ZIP _____

Daytime Phone _____ Fax _____ E-mail _____

Organization/Company _____

Fees (for entire conference)

MDs:\$200.00

Other health and fitness professionals:\$150.00

Public (individuals NOT seeking continuing education).....\$100.00

Medical Residents, students (Must provide valid proof of enrollment as a full-time degree-seeking student)\$ 30.00

One Day fee: (CEU seekers) (note day on registration form)\$ 95.00
Public.....\$ 35.00

NOTICE: Credit card payment can be used only with Online

Registration. Website & registration: go to

<http://www.ebl.ku.edu/conference/conf2008/FacePage.htm>

We DO accept purchase orders (please attach the registration form to the purchase order).

PO# OR Interfund Voucher # _____

Billing address (if different from above)_____

Check enclosed, payable to: **University of Kansas**

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

Hotel room rates are subject to applicable state and local taxes and fees in effect at the time of check-out. Currently, taxes are 15.225% and there is a Kansas City Development Fee of \$1.50 per room, per night (also subject to state and local taxes).

Parking: Parking facilities are available underneath the Kansas City Marriott Downtown at a current cost of \$13.00 per day for self-parking and \$18.00 a day for valet parking. These costs can be posted to your guests' room folio. Local attendees not spending the night will be able to have validated self-parking at the Guest Services Desk.

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:\$200.00

Other health and fitness professionals:\$150.00

Public (individuals NOT seeking continuing education)\$100.00

Medical Residents, students:\$ 30.00

(must provide valid proof of enrollment as a full time degree-seeking student)

One Day Only (CEU seekers)(specify day on registration form) . . . \$ 95.00

One Day Only Public (specify day on registration form) \$ 35.00

REGISTRATION

Space will be limited, so we ask that you register in advance.

Website & registration: go to

<http://www.ebl.ku.edu/conference/conf2008/Intro2008.htm>

or

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

Please mark this space if you 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.