

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

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University of Kansas
11th Annual Conference on the Prevention
and Treatment of Overweight & Obese Individuals

September 10–12, 2009

Argosy Casino Hotel and Spa
777 N.W. Argosy Parkway
Riverside, MO 64150
Phone 816-749-3100
800-270-7711



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

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

FACULTY

Paula Card-Higginson, BA, ELS, Associate Director, Arkansas Center for Health Improvement, Little Rock AR

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Amy A Eyler, PhD, Research Associate Professor, George Warren Brown School of Social Work, Prevention Research Center in St. Louis, Washington University in St. Louis, St. Louis MO

Patty Freedson, PhD, Professor/Chair, Department of Kinesiology, University of Massachusetts, Amherst MA

Bernard (Bob) Gutin, PhD, Emeritus Professor of Pediatrics and Physiology, Medical College of Georgia and Emeritus Professor of Applied Physiology, Teachers College, Columbia University, Raleigh NC

John M. Jakicic, PhD, Chair/Professor, Department of Health and Physical Activity, Director of Physical Activity and Weight Management Research Center, University of Pittsburgh, Pittsburgh PA

Melissa Nelson Laska, PhD, RD, Assistant Professor, University of Minnesota Faculty Research Associate, Health Eating Research National Program Office, Minneapolis MN

Thomas L. McKenzie, PhD, Professor Emeritus, School of Exercise and Nutritional Sciences, San Diego State University, San Diego CA

Eric Ravussin, PhD, Professor, Chief of Division of Health and Performance Enhancement, Douglas L. Gordon Chair in Diabetes and Metabolism, Director of Clinical Nutrition Research Unit, Pennington Biomedical Research Center, Baton Rouge LA

Jennifer M. Satchek, PhD, Assistant Professor, Friedman School of Nutrition Science and Policy, Tufts University, Boston MA

James F. Sallis, PhD, Professor of Psychology, San Diego State University, Director of Active Living Research Program, Robert Wood Johnson Foundation, San Diego CA

Helen Seagle, MS RD, Clinical Dietitian; Obesity Program, The Children's Hospital, Denver CO

Melinda Sothorn, PhD, CEP, Professor and Director, Louisiana State University Health Sciences Center, School of Public Health, New Orleans LA

Tom R. Thomas, PhD, Professor, Department of Nutrition and Exercise Physiology, University of Missouri, Columbia MO

Deborah Rohm Young, PhD, Professor and Chair, School of Public Health, University of Maryland, College Park MD

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 21, 2009.

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.

ACKNOWLEDGEMENTS

American Family Insurance - www.amfam.com

Ariel Natural Foods - www.arielfoods.com

Bariatric - www.bariatric.com

Bella Viva Orchards - www.bellaviva.com

BiPro USA Whey Protein - www.biprousa.com

Blue Diamond Growers - www.bluediamond.com

Corazonas Foods - www.corazonas.com

CytoSport - www.cytosport.com

Designer Whey - www.designerwhey.com

Dick's Sporting Goods - www.dickssportinggoods.com

Dr. Kracker - www.drkracker.com

Eden Foods - www.edenfoods.com

Einstein Bros Bagels - www.einsteinbros.com

Farmland Foods - www.farmlandfoods.com

Freeland Foods - www.goraw.com

GoMacro, Inc. - www.gomacro.com

Gorge Delights - www.gorgedelights.com

Greens+ - www.greensplus.com

Health Management Resources - www.hmrprogram.com

Kansas City Area Life Sciences Institute - www.kclifesciences.org

Kansas City Royals - www.royals.mlb.com

Katz Gluten Free - www.katzglutenfree.com

Kedem Food Products International - www.kedem.com

Larabar - www.larabar.com

Made in Nature - www.madeinnature.com

Mary's Gone Crackers, Inc. - www.marysgonecrackers.com

Medora Snacks - www.medorasnacks.com

Midwest Airlines - www.midwestairlines.com

Midwest Dairy Council - www.midwestdairy.com

Missouri Dietetic Association - www.eatrightmissouri.org

Mother and Child Health Coalition - www.mchc.net

Nutiva - www.nutiva.com

Old London - www.oldlondonfoods.com

Pamela's Products - www.pamelasproducts.com

Real Foods - www.cornthins.com

Red Bull - www.redbull.com

Red X - www.riversideredx.com

Shelter Insurance - www.shelterinsurance.com

Soy Joy - www.soyjoy.com

Sweet Tomatoes - www.souplantation.com

Target - www.target.com

The Kitchen Table Bakers - www.kitchentablebakers.com

The Organic and Natural Experience -

www.organicandnaturalexperience.com

The Roasterie - www.theroasterie.com

Tzu Thé International, Inc. - www.TzuThe.com

University of Kansas, Center for Physical Activity & Weight

Management - www.ebl.ku.edu

University of Kansas Medical Center, Continuing Education -

<http://www.continuinged.ku.edu/kumc/>

Wasa - www.us.wasa.com

Weight Watchers - www.weightwatchers.com

Zuk's Delicious Delights - www.zuksdelights.com

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 Agenda

Thursday - September 10, 2009

Grand Ballroom

- 6:30-8:00 a.m. Registration – 2nd Floor – outside of the Grand Ballroom
- 8:00-9:00 a.m. Keynote Speaker — Seeing is believing: observing physical activity and its contexts work **Thomas L. McKenzie, Ph.D.**
- 9:00-10:00 a.m. Dose of PA necessary to improve fitness, body composition and cardiometabolic health of youths **Bernard (Bob) Gutin, Ph.D.**
- 10:00-10:15 a.m. Physical activity...let's get up and move! **J. Leon Greene, Ph.D.**
- 10:15-10:45 a.m. Break & Visit Exhibitors
- 10:45-11:45 a.m. The trial of activity for adolescent girls - results from a school and community linked intervention **Deborah Rohm Young, Ph.D.**
- 11:45-1:00 p.m. Lunch on your own (visit the many restaurants located conveniently downstairs)
- 11:45-12:15 p.m. Take a WALK with us (meet in the hotel lobby for a guided walk)
- 1:00-2:00 p.m. Measurement of physical activity: methodology, accuracy, and utility for promotion of PA in children **Patty Freedson, Ph.D.**
- 2:00-3:00 p.m. Effective strategies to promote physical activity and diminish obesity in children **Melinda Sothorn, Ph.D., CEP**
- 3:00-3:30 p.m. Break & Visit Exhibitors
- 3:30-4:30 p.m. Reversing childhood obesity at the state and national level! **Paula Card-Higginson, BA, ELS**
- 4:30-4:45 p.m. Closing Statements & Adjournment **Joseph Donnelly, E.D.D.**
- 4:45-6:45 p.m. Poster Presentations and Reception (ceu's provided)

Friday - September 11, 2009

Grand 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 – 2nd Floor – outside of the Grand Ballroom
- 8:00-9:00 a.m. Keynote Speaker — Is faulty metabolism responsible for obesity? **Eric Ravussin, Ph.D.**
- 9:00-10:00 a.m. Will exercise during weight gain prevent relapse for factors that contribute to metabolic syndrome? **Tom R. Thomas, Ph.D.**
- 10:00-10:15 a.m. Physical activity...let's get up and move! **J. Leon Greene, Ph.D.**
- 10:15-10:45 a.m. Break & Visit Exhibitors
- 10:45-11:45 a.m. ADA Position Paper: 2009 update **Helen Seagle, MS, RD**
- 11:45-1:00 p.m. Lunch on your own (visit the many restaurants located conveniently downstairs)
- 1:00-2:00 p.m. Emerging behavioral strategies for weight loss and maintenance **John M. Jakicic, Ph.D.**
- 2:00-3:00 p.m. Drug therapy for chronic diseases associated with obesity **Dennis Jacobsen, Ph.D.**
- 3:00-3:30 p.m. Break & Visit Exhibitors
- 3:30-4:30 p.m. ACSM position stand: appropriate physical activity intervention strategies for weight loss and prevention of weight regain for adults **Joseph Donnelly, E.D.D.**
- 4:30-4:45 p.m. Closing Statements & Adjournment **Joseph Donnelly, E.D.D.**
- 5:00-7:00 p.m. Join us for a BBQ

Saturday - September 12, 2009

Grand 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 – 2nd Floor – outside of the Grand Ballroom
- 8:00-9:00 a.m. Keynote Speaker — Environmental approaches to promoting physical activity and preventing childhood obesity **James F. Sallis, Ph.D.**
- 9:00-10:00 a.m. Neighborhood food environments: Associations with dietary intake and obesity **Melissa Nelson Laska, Ph.D., RD**
- 10:00-10:15 a.m. Break & Visit Exhibitors
- 10:15-11:15 a.m. TBD - Environment and Obesity?
- 11:15-12:15 p.m. Environmental and policy influences on obesity: challenges and opportunities **Amy A. Eyster, Ph.D.**
- 12:15-12:30 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.

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 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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.

Accredited status does not imply endorsement by the provider or ANCC of any commercial products displayed in conjunction with this activity.

Health Educators: Application has been made to the National Commission for Health Education Credentialing, Inc. (NCHCE) 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, exercise and/or behavior change for overweight and obese individuals; please contact Kim Johnson at 785-864-0797 or kim@ku.edu. Deadline for posters is August 14 2009.

OBJECTIVES

Participants will be able to:

- Identify primary components of programs that use environmental strategies to diminish obesity.
- Identify primary components of programs that increase intensity of physical activity for children.
- Measure physical activity in children in a variety of environments.
- Use alternate strategies to deliver weight management beyond face-to-face delivery.
- Use state-of-the-art behavioral strategies to enhance weight loss and maintenance.
- Describe the role of drug therapy in weight management.
- Develop plans and strategies for community-wide obesity prevention programs.
- Use information on metabolism and metabolic rate to counsel individuals on issues of weight loss.
- Use information on nutrient intake to provide diets that increase satiety.
- Use the new guidelines (position stands) for physical activity and diet in the design of programs for prevention of weight gain, weight loss, and prevention of weight re-gain.
- Develop weight management programs for individuals with intellectual disabilities.

LODGING

Argosy Casino Hotel & Spa
777 N.W. Argosy Parkway
Riverside MO 64150
Phone 816-749-3100
Toll Free Phone 800-270-7711
Fax 816-746-3124

In order to secure the discounted group rate, be sure to make reservations by August 26, 2009 and specify that you are attending the "Obesity Conference". After that date, room availability and rates cannot be guaranteed.

Rates:

Single \$149.00, Double \$149.00
Triple \$149.00, Quadruple \$149.00

Hotel room rates are subject to applicable state and local taxes and fees in effect at the time of check-out. Currently, taxes are 10.85% and are subject to change.

PARKING

Parking is free.

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.

REFUND/CANCELLATION POLICY

A refund of registration fees, less a \$25 administrative fee, will be available if requested in writing by August 21, 2009. No refunds will be made after that date.

Type	Early Registration	Registration	On-Site Registration
	By 08/21/2009	08/22/09 – 09/06/09	After 09/06/09
Medical Doctor	\$175.00	\$200.00	\$225.00
Other Health/ Fitness Professional	\$150.00	\$175.00	\$200.00
Public (no CEU's)	\$100.00	\$125.00	\$150.00
Medical Residents/ Students	\$ 40.00	\$ 40.00	\$ 60.00
1-Day w/ceu's*	\$100.00	\$125.00	\$150.00
1-day w/o ceu's*	\$ 40.00	\$ 60.00	\$ 80.00

*1-day registrations please note date of attendance on registration form.

REGISTRATION

Website and online Registration: go to

<http://www.ebl.ku.edu/conference/conf2009/register.html>

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

Registration Form

September 10–12, 2009

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)

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.

Type	Early Registration	Registration	On-Site Registration
	By 08/21/2009	08/22/09 – 09/06/09	After 09/06/09
Medical Doctor	\$175.00	\$200.00	\$225.00
Other Health/Fitness Professional	\$150.00	\$175.00	\$200.00
Public (no CEU's)	\$100.00	\$125.00	\$150.00
Medical Residents/ Students	\$ 40.00	\$ 40.00	\$ 60.00
1-Day w/ceu's*	\$100.00	\$125.00	\$150.00
1-day w/o ceu's*	\$ 40.00	\$ 60.00	\$ 80.00

NOTICE: Credit card payment can be used *only* with Online Registration.

Website and Online Registration: go to

<http://www.ebl.ku.edu/conference/conf2009/register.html>

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

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.

