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THE 2016 PENNINGTON BIOMEDICAL RESEARCH CENTER CHILDHOOD OBESITY & PUBLIC HEALTH CONFERENCE



PREVENTING OBESITY IN THE EARLY YEARS TRANSLATING EVIDENCE INTO ACTION

OCTOBER 25, 2016





THE CONFERENCE

This is the 9th annual childhood obesity and public health conference held at the Pennington Biomedical Research Center. Given the recent evidence that risk for obesity begins early in life, the topic of this year's conference is on the environmental, dietary, and physical activity factors that influence young children's risk of developing obesity and the evidence-based public health strategies to address the problem. A specific focus of the conference this year is on Louisiana-specific data and solutions to address childhood obesity among preschool-aged children.

LEARNING OBJECTIVES

The participants in this conference will be able to:

- describe factors within the child care environment that promote healthy weight;
- identify several of Louisiana's public health, nutrition, and education initiatives to prevent obesity in the early years;
- evaluate dietary interventions to influence young children's eating habits and food choices;
- understand the role of physical fitness and fundamental motor skill development in promoting healthy weight in the early years; and
- comprehend evidence-based public health and policy strategies to achieve demonstrable improvements in obesity-related behaviors in the first five years of life.

WHO SHOULD ATTEND?

This conference is designed for professionals engaged in public health efforts, including: physicians, nutritionists, physical activity specialists, registered dietitians, nurses, health educators, psychologists, counselors, healthcare policy makers, researchers, media, business and civic leaders, parks and recreation personnel, and early childhood and school-age educators and decision-makers.

CEU/CME credits will not be provided at this conference; Pennington Biomedical is not an accredited CEU/CME provider.

CONFERENCE AGENDA

- 9:00 am** Welcome
William Cefalu, MD, Executive Director
Amanda Staiano, PhD, Assistant Professor
Pennington Biomedical Research Center
- 9:05 am** Setting the Stage: Louisiana's Initiatives to Prevent Obesity in the Early Years
Kate Holmes, MPH
Early Childhood Education and School Health Lead
Louisiana Department of Health
- 9:15 am** Shaping the Child Care Environment to Promote Healthy Weight
Dianne Ward, PhD
Professor, Department of Nutrition
University of North Carolina at Chapel Hill

Session 1: Evidence-Based Strategies to Improve Young Children's Diet

- 10:15 am** Revamping Children's Diets at Home and On the Go
Corby Martin, PhD
Associate Professor
Pennington Biomedical Research Center
- 10:45 am** What's on the Kids' Menu in Louisiana
Catherine Champagne, PhD, RD
Professor
Pennington Biomedical Research Center

- 11:15 am** Activity Break

Session 2: Evidence-Based Strategies to Increase Young Children's Physical Activity

- 11:30 am** On the Right Track: Why Fitness Matters for Young Children
Brian Timmons, PhD
Associate Professor
McMaster University
- 12:30 pm** Lunch (Provided)
- 1:30 pm** Promoting Fundamental Motor Skill Development in the Early Years
Kip Webster, PhD
Assistant Professor, Department of Kinesiology
Louisiana State University
- 2:00 pm** Preparing Louisiana Children for Kindergarten: The State's Efforts to Ensure All Children Are Ready and Healthy
Jenna Conway
Assistant Superintendent, Early Childhood
Louisiana Department of Education
- 2:30 pm** A Snapshot of Local NAP SACC Effectiveness
Melinda Sothern, PhD
Professor
Louisiana State University Health Sciences Center
- 3:00 pm** Closing Remarks and Adjournment