Obesity in Michigan: Join the Fight for Health

FRI DAY, OCTOBER 8, 2004
Sheraton Detroit Novi Hotel
Novi Michigan

REGISTRATION INFORMATION
Early registration date is September 30, 2004
What will participants take away from this conference?
The health risks of overweight and obesity present enormous challenges to the health care system. In Michigan, rates have remained consistently high compared to the rest of the nation; however, recent advances indicate that effective solutions are emerging. The purpose of Obesity in Michigan: Join the Fight for Health is to bring state-of-the-art information to health care providers who influence at-risk populations. Emerging issues to be discussed will include:

- The latest research and design efforts underway to combat the obesity epidemic in children and adults;
- The short and long-term health implications of obesity for children and adults;
- Clinical guidelines and practices related to obesity prevention, assessment and treatment;
- How to successfully initiate behavior change for the short and long-term; and
- How communities can work to help alleviate obesity.

Who should attend?
The conference is designed for health care providers, including:

- Physicians
- Nurses
- Nurse practitioners
- Physician assistants
- Health educators
- Public health professionals
- Registered dietitians

Location
The conference will be held at the Sheraton Detroit Novi Hotel, [formerly the Novi Hilton], located at 21111 Haggerty Road in Novi, at the intersection of Eight Mile and Haggerty Roads. Take I-275 to the Eight Mile Road West exit; turn west onto Eight Mile Road and then right onto Haggerty Road. The Sheraton will be on your left. Parking is free. You may check the Sheraton web site at www.sheraton.com and click on Michigan and then Sheraton Detroit Novi for additional information.

Continuing Education Credits
For information on continuing education credits for physicians, nurses, physician assistants, health educators and registered dietitians, please contact Diane Drago at DMSdiane@concentric.net or 517-663-5147.

Guest Room Information
A block of guest rooms has been reserved at the Sheraton Detroit Novi for the night of Thursday, October 7 at the rate of $89 plus tax. To make your reservation, call the Sheraton directly at 248-349-4000 and reference the Michigan Department of Community Health conference. You must register by September 9 to ensure receiving the conference rate. Rates may go up after September 9.

For More Information
Contact: Diane Drago at Diversified Management Services at DMSdiane@concentric.net or 517-663-5147. Check the MDCH web site: www.michigan.gov/cvh
Registration Form

Early Registration Date: September 30, 2004

You may FAX or MAIL your registration form to:

Obesity in Michigan Conference
c/o Diversified Management Services
P.O. Box 423 • Eaton Rapids, MI  48827
FAX:  517-663-5245

First Name     Last Name     Degree

Organization

Mailing Address

City         State         Zip Code

Telephone     Fax

E-mail

Registration Fee—Check all that is applicable

☐ Early registration (by September 30)
  $75 per person

☐ Full registration (after September 30)
  $125 per person

☐ Sponsor using complimentary registration
  No charge

☐ Committee using complimentary registration
  No charge

☐ Exhibit staff with lunch; not attending sessions
  $25 per person

☐ Exhibit staff only. No charge

☐ I am registering for continuing education credits for:
  ☐ Physicians
  ☐ Nurses
  ☐ Health educators (CHES)
  ☐ Dietitians (RD)
Cancellation Policy

Full refunds—less a $15 processing fee—are available for cancellations received in writing by October 1, 2004. No refunds are available after October 1.

Please note that once a registration form is submitted and the October 1 deadline has passed without a notice of cancellation, the individual is considered registered and is liable for the registration fee whether or not he/she attends the conference.

Payment Information

☐ Check #_____________ enclosed.
  Make Check payable to: OBESITY IN MICHIGAN CONFERENCE. (Tax ID #38-330672)

☐ Purchase order # _____________ enclosed.
☐ Please invoice me.
☐ Please charge my credit card:
  ☐ VISA       ☐ Mastercard

  Card number ___________________________ Expiration date ________________

  Name on card (PRINT CLEARLY)

  Signature _____________________________

Workshop Registration

To help us determine room sizes, please indicate which workshop sessions you plan to attend. Use the NUMBERED DESIGNATIONS provided in the agenda. (Eg., 1, 2, 3 etc.)

  Group 1: 11:15 a.m. _____________
  Group 2: 1:15 p.m. _____________

Additional Information

Please check all information that applies to you.

☐ I have the following physical requirements:

☐ I have the following special dietary requirements:

☐ My name and address as they appear on this registration form may be included in the conference program.
☐ I do not wish to have my name and address included in the conference program.
☐ Please send me information on how I can support the conference through sponsorship.
☐ Please send me information on exhibiting at the conference.
FRIDAY, OCTOBER 8, 2004
Sheraton Detroit Novi Hotel, Novi, Michigan

Obesity in Michigan: Join the Fight for Health

Conference Agenda

7:30 A.M.
Registration and Healthy Breakfast

8:30 A.M.
Welcome
John MacKeigan, MD, President
Michigan State Medical Society

8:35 A.M.
Opening Session: Prescription for a Healthier Michigan
Kimberlydawn Wisdom, MD
Michigan Surgeon General

The Surgeon General will set the stage for the conference by presenting a snapshot of Michigan’s “fight for health” in the area of overweight and obesity, including an update on the “Michigan Steps Up” initiative.

9:00 A.M.
The Science of Obesity
Virginia Uhley, PhD
The University of Michigan Center for Integrated Medicine

This session will examine the biochemical and medical basis of obesity and provide an update on the emerging issues, latest research and advances in the fight for health.

9:45 A.M.
Break in Exhibit Area

10:00 A.M.
Keynote Address: Connecting the Dots: Providers, Patients and the Fight for Health
Joanne Ikeda, MA, RD, Cooperative Extension Nutrition Specialist
University of California-Berkeley
Co-director, Center for Weight and Health

A nationally-recognized expert on pediatric obesity and the dietary practices of ethnic and immigrant populations, Joanne Ikeda will share her expertise about the realities of weight management and how providers can most effectively lead the fight against obesity. Presenting patients with the concept of obesity as a health issue, as opposed to a weight issue will serve as the cornerstone of this discussion.

11:00 A.M.
Break in Exhibit Area

11:15 A.M.
Concurrent Sessions Group A:

1. Community Resources as Agents of Change
Amy Malow, MS, RD, CNSD
Program Leader, Food Stamp and Nutrition Education/Michigan Nutrition Network
Michigan State University Extension
Lisa K. Grost, MHSA, Public Health Consultant, Michigan Department of Community Health

This session will showcase community-based programs available through the Michigan Department of Community Health and Michigan State University Extension, where providers can refer their patients, that are aimed at preventing and/or treating obesity and related complications. Various obesity prevention initiatives, aligned with the Michigan Steps Up Campaign, will be highlighted. Easy-to-use patient materials and resources will be provided.
2. **Overweight and Metabolic Syndrome**  
   **Janice Werbinski, MD, FACOG**  
   Associate Clinical Professor, Michigan State University, College of Human Medicine, Kalamazoo Campus  
   Staff Physician, Borgess Women's Health  

   What is metabolic syndrome? What is its relationship to obesity, cardiovascular disease, diabetes and stroke? During this session, Dr. Werbinski will discuss the definition, diagnosis and demographics of metabolic syndrome and how pharmaceutical and nutritional approaches can help manage and even reverse its disease sequelae. In addition, she will describe an integrative clinic designed to diagnose and manage metabolic syndrome, using nutriceuticals, group therapy, education and behavior modification.

3. **Obesity, Disparities and Culturally Effective Care**  
   **Ronald Davis, MD**, American Medical Association Board of Trustees  
   Center for Health Promotions and Disease Prevention, Henry Ford Medical Group, Detroit, MI  

   Why are racial and ethnic minorities particularly at risk for obesity and its health complications? Dr. Davis will address this question and discuss the physician's role in educating minority patients on healthy lifestyles and diet. He also will address AMA policies on combating obesity and unhealthy eating, including culturally-effective care for minorities.

4. **The Family Dynamics of Treating Obesity**  
   **Keith Levick, PhD**  
   Goren and Associates, Center for Childhood Weight Management  
   Farmington Hills, MI  

   Familial factors can greatly influence the risk of childhood overweight and obesity. Dr. Levick will draw on his years of clinical expertise in working with families to help the audience understand the psychological and social impact of overweight and obesity on children and adolescents. He’ll identify key family and environmental issues that providers can explore when developing treatment for children and adolescents.

5. **Balancing Physical Activity and Nutrition**  
   **Jonathan K. Ehrman, PhD**  
   Associate Program Director  
   Preventive Cardiology, Henry Ford Heart and Vascular Institute, Detroit, MI  

   One of the major challenges health care providers face is how to motivate patients to become physically active and develop and maintain healthy eating. Dr. Ehrman will provide some practical information on how to identify and discuss health concerns with patients to help them better understand the importance of becoming physically active and eating healthy; how to help them develop an appropriate activity program and diet; how to keep patients motivate and identify resources that providers can use with their patients.

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**12:15 P.M.**  
*Break and move to lunch*

**1:15 P.M.**  
**Concurrent Sessions Group B**

6. **Assessing Healthy Eating and Physical Activity Across the Lifespan**  
   **Mary Noel, PhD, MPH, RD**  
   Michigan State University College of Human Medicine  
   **Anita M. Sandretto, PhD**  
   University of Michigan School of Public Health  

   Assessment techniques of patients’ nutrition and physical activity programs—or lack thereof—have not been a focus of provider training. However, there are great evidence-based assessment techniques and interventions available. This session will identify several proven assessment techniques for eating and physical activity that providers can use for each of four age groups—children, adolescents, adults and the elderly.
7. Special Populations: Assessment and Solutions

Edie Kieffer, MPH, PhD
University of Michigan School of Social Work

Othelia Washington Pryor, PhD, Assistant Professor
Department of Medicine, Office of Medical Education Research and Development, Michigan State University

Health care providers face unique issues when working with African American, Latino and Arab American patients. These issues, along with effective interventions, will be identified during this session. Information about successful area programs that reach special populations, along with outreach, recruitment and retention of these populations in intervention will be provided.

8. Evidence-based Options for System Change

Susan Jepkema, RN, BS, CDE
Diabetes Educator and Case Manager
Lakeland Family Clinic, Benton Harbor, MI

Additional speakers to be announced

Many practices have developed effective options for the screening and treatment of overweight and obesity. The panel of experts will discuss guidelines for screening weight-related conditions, how screening and counseling can be integrated into clinical practices, and will explore issues associated with reimbursement for nutrition and physical activity counseling.

9. Motivational Interviewing as an Approach to Counseling

Ken Resnicow, PhD, Professor
University of Michigan Health Behavior & Health Education School of Public Health

Motivational Interviewing (MI) is a novel approach to counseling that assists individuals to work through their ambivalence about behavior change and unearth their intrinsic motivation to change. It has particular promise as a tool to motivate dietary and physical activity changes for overweight individuals. As opposed to more traditional patient education approaches that “push” motivation, in MI the counselor uses techniques such as reflective listening and values clarification to help clients write their own advertisement for change, to pull motivation.

10. Unhealthy Weight in Children

Douglas Neal Henry, MD, FAAP
Pediatric Endocrinology Childhood Overweight
Sparrow Regional Children’s Center

The obesity epidemic among children and adolescents presents health care providers with very special and difficult challenges. During this in-depth session, Dr. Henry will share his expertise to provide practical information on the prevention, diagnosis and treatment of unhealthy weight among young people. Diagnostic criteria, the ecology of childhood unhealthy weight, its theoretical progression to metabolic syndrome and related co-morbidities, the use of BMI, therapeutic interventions, growth implications for treatment, office assessment, short and long-term management, and the components of obesity prevention, nutrition and physical activity in children and adolescents will be addressed.

3:00 P.M.

Break in Exhibit Area

3:15 P.M.

Closing Plenary Session: How to Promote Long-term Lifestyle Change and Management

Jaqueline Odom, PhD, Director of Psychology, Beaumont Weight Control Center, Royal Oak, MI

In a recent AP poll, it was found that only 12% of Americans say they are on a diet—not an encouraging fact in an overweight nation! Equally discouraging in this poll, most people who have lost weight say they’ve regained some of it and 23% say they’ve gained it all back. How then, does the health care provider help patients develop life-long, lifestyle changes that will help maintain and manage a healthy life? Join us for a practical and hopeful discussion on how patients can be motivated to develop and maintain lifestyles that focus on health, not just weight.

4:00 P.M.

Closing Remarks and Raffle
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Presented by:
Michigan Department of Community Health
Michigan State Medical Society
U.S. Department of Health and Human Services

Conference Planning Committee

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Michigan Department of Community Health

Rebecca Blake
Michigan State Medical Society

Lynn Blavin, MD
American Heart Association-Greater Midwest Affiliate

Gayle Coleman
Michigan State University Extension

Faith Covici
U.S. Department of Health and Human Services

Diane Drago
Diversified Management Services

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Family Health Care Center

Ihuoma Eneli, MD, MS
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Sherry Fent
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