

5th Action on Obesity Summit, 2008
Hosted by Mayo Clinic, Rochester

Co-Hosted by:
The American College of Sports Medicine (ACSM) and
The Association for Applied Sport Psychology (AASP)

Thursday and Friday, October 16 and 17, 2008
The Marriott Ballroom, Rochester Marriott Hotel
Rochester, Minnesota

–The Obesity Epidemic–
An Action Focus on: Individuals, Populations at Risk, Health
Policy, and Establishing an Action on Obesity Clearinghouse

Primary Objective:

To integrate the knowledge and awareness of individuals, students, parents, health care providers, citizens, organizational representatives, and other influencers of policy into effective, sustainable action on obesity.

Secondary Objectives:

- a) Invite individuals who represent organizations, programs or alliances who have the experience, power, and opportunity to make a difference in reducing obesity.
- b) Focus presentations on underrepresented minority groups (race, ethnicity, socioeconomic status) who are at the greatest risk for being obese.
- c) Learn of evidence-based interventions at all levels of the AOO model to decrease obesity in general and in “at risk” populations.
- d) Integrate the outcomes obtained from health policy focus groups into meaningful prospective plans and interventions.
- e) Attendees at the AOO Summit will share their experience, programs, and policies that advance programs in their own communities and states.
- f) To identify content and resources for the Action on Obesity Clearinghouse (i.e. clearinghouse is defined as a central agency for collection, classification, and distribution).

Post-Summit Objective:

Attendees (having received guidelines) will take action in their own communities, programs, and states to address the obesity epidemic. They will have continuous access to a sophisticated, evolving clearinghouse to assist them in their efforts. An AOO Manual will be developed for inclusion in the clearinghouse.

REVISED: August 20, 2008



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The Obesity Epidemic:

An Action Focus on: Individuals, Populations at Risk, Health Policy, and Establishing an Action on Obesity Clearinghouse

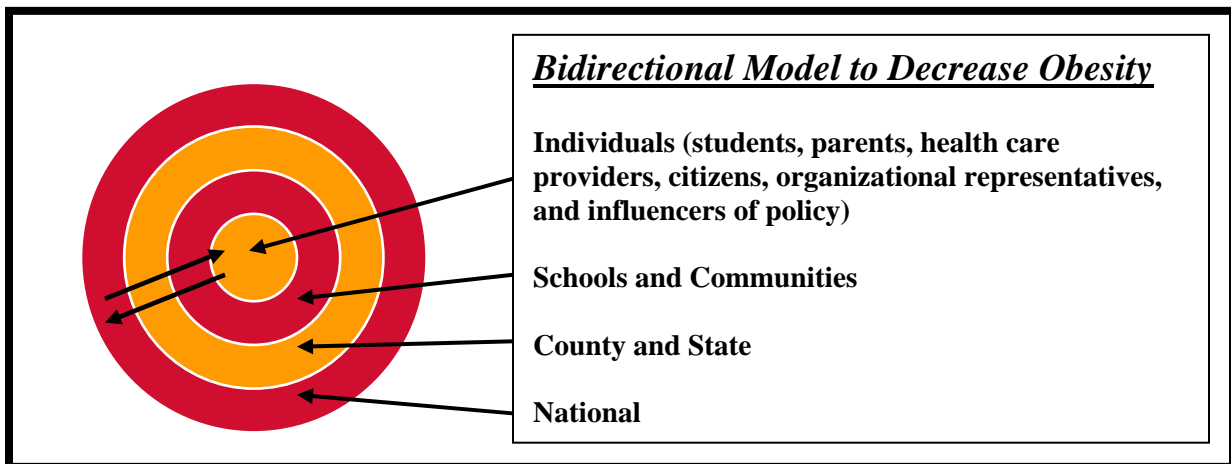
Thursday and Friday, October 16 and 17, 2008

**The Marriott Ballroom, Rochester Marriott Hotel
Rochester, Minnesota**

Thursday, October 16, 2008

7:00-7:45am *Registration and Continental Breakfast
The Marriott Ballroom, Rochester Marriott Hotel*

7:45-7:55am **History of Action on Obesity (AOO) and AOO Model**
*Aynsley M. Smith, RN, Ph.D. (confirmed)
Action on Obesity Taskforce Coordinator*



7:55-8:05am **Welcome**
*Robert M. Wah, M.D. (confirmed)
Member, Board of Trustees
American Medical Association*



8:05-8:20am **Introduction of Partners in Policy (Attendees at AOO Summit)**
Wendy Hanson, MPH (*confirmed*)
Statewide Obesity Prevention Coordinator
Minnesota Department of Health

Section A: Focusing on the Individual

8:20-8:40am **Setting the Stage for the Action on Obesity Summit**
M. Molly McMahon, M.D. (*confirmed*)
Practice Chair of Nutrition, Division of Endocrinology, Diabetes,
Metabolism, and Nutrition
Mayo Clinic, Rochester, Minnesota

8:40-9:00am **“Optimal Nutrition Guidelines”**
Donald D. Hensrud, M.D. (*confirmed*)
Chair, Division of Preventive and Occupational Medicine
Mayo Clinic, Rochester, Minnesota

9:00-9:10am **“Personal Genomics: The Impact on Obesity Interventions”**
Mark H. Ereth, M.D. (*confirmed*)
Anesthesiology
Mayo Clinic, Rochester, Minnesota

9:10-9:35am **“Individuals: Our Shopping, Spending, Eating, and Culinary Habits for the Home”**
Joe C. Swedberg, Hormel (*confirmed*)
Vice President, Legislative Affairs and Marketing Services
Hormel Foods Corporation

9:35-10:00am **“Individuals: Eating Away From Home”**
Hospitality Minnesota (invited)

10:00-10:15am Discussion (Mr. Swedberg, Hospitality Minn. and Dr. Hensrud)

10:15-10:30am *Refreshment Break*

10:30-10:50am **“Individuals: What are Your Actions, and What is the Council Doing to Improve Physical Activity Nationally?”**
Edward R. Laskowski, M.D. (*confirmed*)
The President’s Council on Physical Fitness and Sports



- 10:50-11:10am** **“Best Practices for Physical Activity for Our Children”**
 Jill Birnbaum, JD (*confirmed*)
National Advocacy Department
Vice-President, American Heart Association
- 11:10-11:40am** **“Implementing Mandatory Physical Activity in Texas Schools: Challenges”**
 Marissa L. Rathbone (*confirmed*)
Texas Educational Agency
- 11:40am-noon** Discussion (Dr. Laskowski, Ms. Birnbaum, and Ms. Rathbone)
- noon-1:00pm* *Lunch*

Section B: Populations at Risk

- 1:00-1:30pm** **KEYNOTE SPEAKER**
“Reaching Specific Populations at Risk”
 Mayor Mick Cornett (*confirmed*)
Mayor of Oklahoma City, Oklahoma
- 1:30-2:30pm** **Unique Ethnic Barriers to Wellness**
- 1:30-1:45** **African Americans**
To Be Determined
- 1:45-2:00** **Native Americans**
Dr. Judith Kaur (confirmed)
- 2:00-2:15** **Latino Populations**
Dr. Michael Gonzalez-Campoy (confirmed)
- 2:15-2:30** **Asian Populations**
Dr. Seema Kumar (confirmed)
- 2:30-2:50pm** Discussion (Mayor Cornett and Unique Ethnic Barriers Speakers)
- 2:50-3:05pm* *Refreshment Break*



3:05-3:35pm **“Implementing Best Nutrition Practices to High-Risk Populations”**
University of Minnesota Extension Service (*confirmed*)
Mary Schroeder, RD, MPH, Extension Educator,
University of Minnesota, Marshall
Patricia Tschida, MPH, DrPH, Program Leader,
Extension Center for Family Development, Health and Nutrition Program, St. Paul, Minnesota
Sara Van Offelen, RD, MPH, Extension Educator,
University of Minnesota, Moorhead

Section C: Establishing an AOO Clearinghouse

3:35-3:55pm **“Introducing a ‘Framework’ for the AOO Clearinghouse”**
Joseph W. Roberts (*confirmed*)
Action on Obesity Task Force

3:55-4:25pm **“The AOO Clearinghouse and AOO Coalition Interaction”**
James R. Whitehead (*confirmed*)
Executive Vice President,
American College of Sports Medicine (ACSM)

4:25-4:45pm Discussion on the AOO Clearinghouse

4:45-5:00pm **Conclusion of Day One and Introduction of Day Two**
Donald D. Hensrud, M.D. (*confirmed*)
Chair, Division of Preventive and occupational Medicine
Mayo Clinic, Rochester, Minnesota

5:00-7:00pm **Action on Obesity Summit, 2008, Reception**

Friday, October 17, 2008

Section D: Action Items

7:00-7:45am *Continental Breakfast*
The Marriott Ballroom, Rochester Marriott Hotel



- 7:45-7:55am** **Introduction of Day Two and Health Policy Section**
M. Molly McMahon, M.D. (*confirmed*)
Practice Chair of Nutrition, Division of Endocrinology, Diabetes, Metabolism, and Nutrition
Mayo Clinic, Rochester, Minnesota
- 7:55-8:45am** **Action Items: Populations at Risk**
(Ten, five-minute action item presentations)
- 8:45-8:55am** Discussion
- 8:55-9:10am* *Refreshment Break*

Section E: Health Policy

- 9:10-9:40am** **KEYNOTE SPEAKER**
**Obesity and Healthcare Reform:
A Worksite and National Perspective**
Jeffrey O. Korsmo (*confirmed*)
Chief Administrative Officer
Mayo Clinic, Rochester, Minnesota
- 9:40-10:10am** **KEYNOTE SPEAKER**
SHIP: Statewide Health Improvement Plan
Cara McNulty (*confirmed*)
Minnesota Department of Health
- 10:10-10:40am** **KEYNOTE SPEAKER**
Obesity as it Effects Employees
LuAnn Heinen (*confirmed*)
Vice President, National Business Group on Health
- 10:40-11:00am** Discussion (Mr. Korsmo, Ms. Dillman, and Ms. McNulty)

Section F: Breakout Sessions

- 11:00-11:15am** **“Coalitions/Teleconferences/Breakout Session Explanation”**
Jim Whitehead, American College of Sports Medicine (ACSM)



- 11:15am-12:45pm** **AOO Summit, 2008, Breakout Session Lunch**
During lunch, attendees will breakout in separate groups. The goal for the Breakout Sessions is to discuss barriers and strategies for implementation, based on the four sections of the AOO Summit, and how these barriers and strategies will be highlighted on the AOO Clearinghouse.
- *The Individual*
 - *Populations at Risk*
 - *Clearinghouse Maintenance, Subcommittees, Measure of Effectiveness*
 - *Health Policy*
- 12:45-1:30pm** **Breakout Session Reports**
- 1:30-2:30pm** **Action on Obesity Breakout Session Analysis
 Incorporating Information on the Individual, on Populations at Risk, and Health Policy into an Action Plan**
(to be disseminated by the AOO Clearinghouse and other medium)
Moderator:
 Risa Wilkerson, MA
Active Living by Design, Project Officer
University of North Carolina School of Public Health
Co-Moderators:
 Mary Wellik, MPH, *Public Health Director, OCPHS*
 James R. Whitehead, *Executive Vice President, ACSM*
 Dr. Sharon Tucker, *Mayo Clinic Rochester*
- 2:30-3:00pm** **Action on Obesity, 2008: A Call to Action**
(Integration of Breakout Session Discussion into Action)
 James Whitehead, *Executive Vice President, ACSM*
- 3:00pm** Adjourment

