

Action on
OBESITY *summit*

hosted by Mayo Clinic

October 16 & 17, 2008

Leighton Auditorium
Siebens Building
Mayo Clinic

Rochester, Minnesota





Action on Obesity Summit

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



Welcome to Mayo Clinic

We are delighted that on October 16 and 17, 2008, Mayo Clinic will host our 5th Action on Obesity Summit. The focus this year is an action focus on individuals, populations at risk, health policy, and establishing an Action on Obesity clearinghouse. We are most appreciative that so many of you, representing such a diverse group of individuals and organizations, are together here to work on the problem. Among you are healthcare providers, public health officials, park and recreation consultations, educators, exercise and sport scientists, marketing and communications experts, nutritionists, food industry members, city government officials, healthcare policy organizations, insurance companies, and a myriad of other attendees.

During this summit, you will hear from many speakers and also have the opportunity to share successes and/or failures you have experienced this past year. Today and tomorrow, you will learn about creative approaches to impact on families at risk, in their homes, schools, and in their communities to curb the obesity epidemic.

Unlike many meetings you attend, the Action on Obesity Summits are all about action. Success depends upon all of us rolling up our sleeves to work on what must be done. You are all here because this problem is important to you, and you are anxious to make a difference.

I join my colleagues in welcoming you to Mayo Clinic Rochester, and wish you all a productive Action on Obesity Summit! May this year's Summit lead to "actions" that you will be able to implement in your community and to a Clearinghouse that will facilitate the process of supporting our efforts to reduce obesity.



Barbara L. Porter,
Assistant Dean & Administrator
Mayo Medical School
Mayo Clinic Rochester





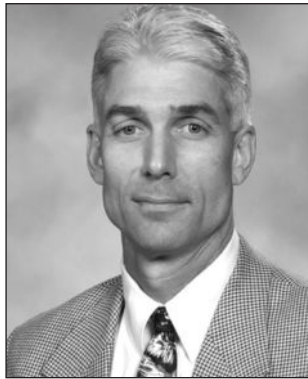
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Action on Obesity: Past, Present and Future

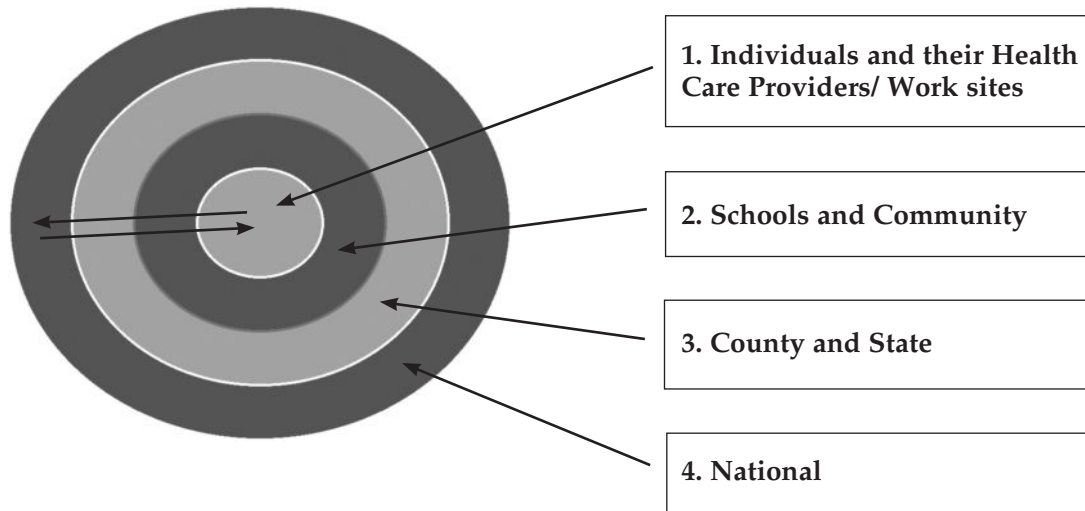


Aynsley M. Smith, RN, Ph.D

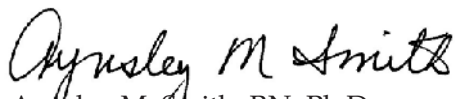


Don Hensrud, MD, MPH.

During his keynote at the Association of Applied Sports and Exercise Psychology (AASP) convention in 2003, Dr. Hugh Smith, then CEO of Mayo Clinic Rochester, challenged attendees to take "Action on Obesity," an epidemic threatening society. In January 2004, an enthusiastic multidisciplinary Action on Obesity Taskforce was formed to work collaboratively to take action on this epidemic. A bidirectional model serves as a visual depiction for physical activity and nutritional change needed at four levels of intervention. Levels of intervention are: 1) Individuals (students, parents, healthcare providers, citizens, organizational representatives, and influencers of policy), 2) Schools and Communities, 3) County and State, and 4) National. The model is bidirectional, as changes at each level influence behavior at the other levels.



This year marks the 5th annual Action on Obesity Summit. The summits have generated collaboration, theoretical content, and identified specific action items to reduce the prevalence and burden of obesity. Attendees are asked to bring to the summit a measure of humility. If we had all the answers to obesity, we would not be facing an epidemic! Thank you for coming. We have accomplished a little, but much remains to be done. Carpe Diem!



Aynsley M. Smith, RN, Ph.D.
Mayo Clinic Sports Medicine Center



Donald D. Hensrud, M.D.
Mayo Clinic Division of Preventive and Occupational Medicine

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Overall Objectives for the Summit

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.

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Participating Organizations

Active Living By Design
American Association of Health, Physical Education,
Recreation, and Dance
American Bar Association
American College of Sports Medicine
American Heart Association
American Medical Association
Anoka County Community Health and
Environmental Services
Association of Applied Sport Psychology
Blue Cross Blue Shield of Minnesota
Dakota County Public Health
Franciscan Skemp Healthcare
Hiawatha Valley Education District
Hormel Foods Corporation
IBM Corporation
Mayo Clinic
Midwest Dairy Council
Minnesota Association of Alternative Programs
Minnesota Center for Obesity, Metabolism, and
Endocrinology
Minnesota Department of Education
Minnesota Department of Health
Minnesota Medical Association
Minnesota Medical Association Alliance
Muve, Inc.
National Business Group on Health
National Institute on Media and the Family
Olmsted County Public Health
Olmsted Medical Center
Pine Island Public Schools
President's Council on Physical Fitness and Sports
Redwood-Renville Public Health Service
Rochester Area Family Y
Rochester Public Schools
Southeast Service Cooperative
St. Joseph's Area Health Services
St. Louis County Public Health
Sodexo, Inc.
Statewide Health Improvement Plan
Texas Education Agency
Tucker Center for Research on Girls &
Women in Sport
Twin Cities Public Television
The United Way
University of Minnesota
University of Minnesota Extension Services
University of Minnesota, Marshall
University of North Carolina
University of North Texas
University of Virginia
University of Wisconsin-Stout



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5th Action on Obesity Summit, 2008

Thursday and Friday, October 16 and 17, 2008

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.
Action on Obesity Taskforce Coordinator
- 7:55-8:05am **Welcome**
Joseph P. Annis, M.D.
Member, Board of Trustees
American Medical Association
- 8:05-8:20am **Introduction of Partners in Policy**
Wendy Hanson, MPH
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.
Practice Chair of Nutrition, Division of Endocrinology, Diabetes, Metabolism, and Nutrition
Mayo Clinic Rochester
- 8:40-9:00am **“Optimal Nutrition Guidelines”**
Donald D. Hensrud, M.D.
Chair, Division of Preventive and Occupational Medicine
Mayo Clinic Rochester
- 9:00-9:10am **“Personal Genomics: The Impact on Obesity Interventions”**
Mark H. Ereth, M.D.
Anesthesiology
Mayo Clinic Rochester
- 9:10-9:35am **“Individuals: Our Shopping, Spending, Eating, and Culinary Habits for the Home”**
Joe C. Swedberg, Hormel
Vice President, Legislative Affairs
Hormel Foods Corporation

9:35-10:00am	"Individuals: Eating Away From Home" TBA
10:00-10:15am	Discussion (Mr. Swedberg, TBA, 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. <i>The President's Council on Physical Fitness and Sports</i>
10:50-11:10am	"Best Practices for Physical Activity for Our Children" Jill Birnbaum, JD <i>National Advocacy Department</i> <i>Vice-President, American Heart Association</i>
11:10-11:40am	"Implementing Mandatory Physical Activity in Texas Schools: Challenges" Marissa L. Rathbone <i>Texas Educational Agency</i>
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 <i>Mayor of Oklahoma City, Oklahoma</i>
1:30-2:30pm	Unique Ethnic Barriers to Wellness
	1:30-1:45 African Americans Dr. Karen Grothe <i>Mayo Clinic Rochester</i>
	1:45-2:00 Native Americans Dr. Judith Kaur <i>Mayo Clinic Rochester</i>
	2:00-2:15 Latino Populations Dr. Michael Gonzalez-Campoy <i>Minnesota Center for Obesity, Metabolism, and Endocrinology</i>
	2:15-2:30 Asian Populations Dr. Seema Kumar <i>Mayo Clinic Rochester</i>
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
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
Action on Obesity Task Force

3:55-4:25pm **“The AOO Clearinghouse and AOO Coalition Interaction”**
James R. Whitehead
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.
Chair, Division of Preventive and occupational Medicine
Mayo Clinic Rochester

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.
Practice Chair of Nutrition, Division of Endocrinology, Diabetes, Metabolism, and Nutrition
Mayo Clinic Rochester

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
*Chief Administrative Officer,
Executive Director, Mayo Clinic Health Policy Center
Mayo Clinic Rochester*
- 9:40-10:10am **KEYNOTE SPEAKER**
SHIP: Statewide Health Improvement Plan
Cara McNulty
Minnesota Department of Health
- 10:10-10:40am **KEYNOTE SPEAKER**
Obesity as it Affects Employees
LuAnn Heinen
*Vice President, National Business Group on Health
Director, Institute on the Costs & Health Effects of Obesity*
- 10:40-11:00am **Discussion** (Mr. Korsmo, Ms. McNulty, and Ms. Heinen)

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 **Adjournment**

Action on Obesity Summit

Biographies

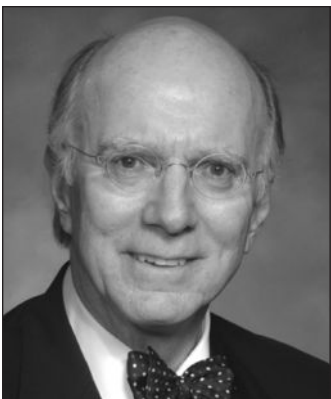


Aynsley M. Smith, RN, Ph.D.

*Associate Professor, Department of Orthopedic Surgery and Physical Medicine & Rehabilitation, Sport and Exercise Psychology Consultant; Research Director, Sports Medicine Center
Mayo Clinic Rochester*

Dr. Aynsley Smith is a sport and exercise psychology consultant and research director at the Mayo Clinic Sports Medicine Center. Prior to becoming a sport and exercise psychology consultant, Aynsley worked for years as a cardiac surgery ICU nurse. At the Mayo Clinic Sports Medicine Center, for two decades, Dr. Smith has been a practitioner and researcher who enjoys studying the psychology of injury and the effects of psychophysiological variables and their relationship to the performance of ice hockey goalies, “yips” affected golfers, musicians, ICU nurses, and invasive cardiologists. Recently, Dr. Smith is focusing on multidisciplinary research investigating the relationship between g forces and symptoms of concussion in youth ice hockey players.

Dr. Smith currently coordinates three programs: Action on Obesity, now in a fifth year of sustained effort; a statewide Hockey Education Program (HEP), developed under her leadership by Minnesota Hockey and the Mayo Clinic Sports Medicine Center; and Anti-Doping in Sport and Exercise. The HEP program rewards teams with a Fair Play point if they take under a preset number of penalties each game. Dr. Smith received an Excellence in Leadership Award from Mayo Clinic, and in 2008, an Olmsted County “Life for Others- Healthy Community Award.”



Joseph P. Annis, M.D.

*Member, Board of Trustees,
American Medical Association*

Joseph P. Annis, M.D., an anesthesiologist from Austin, Texas, was elected to the American Medical Association (AMA) Board of Trustees in June 2006. Dr. Annis was a Texas delegate to the AMA for 13 years and chaired the AMA Council on Medical Service.

A graduate of Marquette University in Milwaukee, Dr. Annis earned his medical degree from the Medical College of Wisconsin, also in Milwaukee, then served a rotating internship at Swedish Medical Center in Seattle. He next served as a general medical officer in the U.S. Air Force Medical Corps, including one year



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in South Vietnam, before completing one year of surgical training at Long Beach Memorial Hospital in Long Beach, California, and a residency in anesthesiology at the Stanford University Hospital in Stanford, California.

Dr. Annis practiced for 26 years as a partner with Austin Anesthesiology Group in Texas. He still practices there part time, but now he also dedicates his talents to educating the next generation of anesthesiologists at the Dartmouth-Hitchcock Medical Center and Dartmouth Medical School in Hanover, New Hampshire, where he is an adjunct associate professor. He has been an assistant professor at the University of Florida College of Medicine and a clinical assistant professor at the University of Texas Medical Branch at Galveston. Dr. Annis currently is a member of the board of directors of the Foundation for Anesthesia Education and Research.

Dr. Annis' record of involvement in local organized medicine includes chairing the Travis County Medical Society's 18-member delegation to the Texas Medical Association House of Delegates, and serving on the county society's executive board.

His specialty society activities include the presidency of the Texas Society of Anesthesiologists, and serving as associate examiner for the American Board of Anesthesiology for 25 years. He has held numerous positions with the American Society of Anesthesiologists, including serving as a delegate to its House of Delegates, and as a past member of its board of directors.

Dr. Annis is past president of the medical staff, and past vice chair of the board of directors, at St. David's Medical Center in Austin. He currently serves on the board of governors at St. David's HealthCare Partnership, a six-hospital health care system, and on the board of directors of Preferred Physicians Medical, a professional liability insurance company focusing on anesthesiology.

Dr. Annis resides in Austin with his wife, Peggy. They have two grown children.



Wendy Hanson, MPH
Statewide Obesity Prevention Coordinator
Minnesota Department of Health

Wendy Hanson is the Statewide Obesity Prevention Coordinator at the Minnesota Department of Health. She works to provide vision, leadership, coordination, and long-range planning for obesity prevention as well as direction for overall obesity-related activities.

Previously, Hanson worked at StayWell Health Management, delivering comprehensive health management programs to large employers to maximize business results by improving employee health and productivity. Prior to StayWell, Hanson worked within the Hennepin County Health Promotion Division where she focused on physical activity and nutrition, breastfeeding, injury prevention, mental health, and family health.

Hanson received her Masters Degree in Public Health, with a focus on administration and management, from the University of Minnesota, Twin Cities, in spring 2002. Hanson also holds Bachelor Degrees in English, Psychology, and German from Drake University located in Des Moines, Iowa.



M. Molly McMahon, M.D.

*Professor of Medicine, Division of Endocrinology, Diabetes, Metabolism, and Nutrition,
Mayo Clinic Rochester*

Dr. M. Molly McMahon is a consultant in the Division of Endocrinology, Diabetes, Metabolism, and Nutrition. She is a Professor of Medicine in the Mayo Clinic College of Medicine. Dr. McMahon serves as Practice Chair of Clinical Nutrition in the Division of Endocrinology, Medical Director of the Clinical Dietitians, Chair of the Mayo Clinic Nutrition Committee, and a member of the Wellness Executive Group.



Donald D. Hensrud, M.D., M.P.H.

*Chair, Division of Preventive and Occupational Medicine, Associate Professor of Preventive Medicine and Nutrition
Mayo Clinic Rochester*

Dr. Donald Hensrud is Chair of the Division of Preventive, Occupational, and Aerospace Medicine at Mayo Clinic and an Associate Professor of Preventive Medicine and Nutrition at Mayo Clinic College of Medicine. Dr. Hensrud is a specialist in nutrition who helps people manage their weight and conducts research in weight management. Dr. Hensrud writes and lectures widely on nutrition topics.



Mark H. Ereth, M.D.

*Consultant, Division of Cardiovascular and Thoracic Anesthesiology, Associate Professor of Anesthesiology
Mayo Clinic Rochester*

Dr. Mark H. Ereth is a consultant in the Division of Cardiovascular and Thoracic Anesthesiology, and an Associate Professor of Anesthesiology at the Mayo Clinic College of Medicine. He's a medical device inventor who serves as Co-Director of the Transfusion, Coagulation, and Cardiopulmonary Bypass Research Group. His current research interests revolve around using Personal Genomics to predict disease states as they relate to bleeding, transfusion, and other outcomes in cardiac surgery patients. The appropriate application of Personal Genomic information could have a profound effect on clinical interventions for obesity and other disease states. Dr. Ereth is an author or coauthor of over 150 scientific publications and abstracts.



Joe C. Swedberg
Vice President, Legislative Affairs
Hormel Foods Corporation

Joe Swedberg is vice president of legislative affairs for Hormel Foods. In this capacity, Swedberg oversees all state and federal legislative affairs.

Swedberg has been with Hormel Foods for 27 years, starting his career with the company as a sales representative in 1981. He advanced to associate product manager in the meat products group in 1984 and was promoted to product manager of consumer hams the following year. In 1988, he was named group product manager of meat products. He then continued to advance through positions in the meat products group, being named to regional sales manager in 1990, director of marketing in 1993, and vice president of marketing in 1999. He assumed his current position in 2003.

An Iowa native, Swedberg grew up on a cattle and grain farm. He received his Bachelor of Arts degree from the University of Northern Iowa.

Swedberg serves as a board member and past chairman of the board of the Minnesota Chamber of Commerce, Chairman of the board of the Minnesota Agri-Growth Council, board member of the Minnesota Zoo, board member of Students in Free Enterprise (SIFE), member of the Advisory Leadership Circle for the Southern Minnesota Initiative Foundation, Farm Foundation Roundtable member, Develop Corporation Austin board member, and former president of the Austin YMCA board of directors. He served on Minnesota Governor Tim Pawlenty's Livestock and Siting Task Force from 2004-2005 and appointed by Governor Pawlenty to the Minnesota Sesquicentennial Commission in 2006. In 2007 was named to Governor Pawlenty's Commission on New Americans. Joe and his wife Amy have two children; Brody, Tampa, Florida, and Lindy, Boulder, Colorado.



Edward R. Laskowski, M.D. (MAYO PICTURE)
Co-Chair, Mayo Clinic Sports Medicine Center
Mayo Clinic Rochester

Dr. Laskowski received a BS in Psychology from Duke University, an M.D. from Northwestern University, and completed his residency in Physical Medicine & Rehabilitation at Mayo Clinic. Dr. Laskowski is Co-Director of the Mayo Clinic Sports Medicine Center and a professor in the Mayo Clinic College of Medicine. Dr. Laskowski publishes extensively in internal Mayo Clinic publications such as the Mayo Clinic Health Letter, mayoclinic.com, Mayo Clinic Women's Health Source, and the LiveWell Newsletter, and also in multiple lay publications such as Time, GQ, Men's Health, Esquire, and Better Homes and Gardens. He is Assistant Editor for the Mayo Clinic Family Health Book and Editor of the Fitness Healthy Living Center for mayoclinic.com. A Fellow of ACSM and speaker at the ACSM Team Physician course, Dr. Laskowski provides athletic coverage at events ranging from the Chicago Marathon to local high school games. Dr. Laskowski has published on strength and conditioning topics for both able bodied and physically disabled populations, and has been both an advocate and ski instructor for the physically challenged. Because of his expertise in fitness, wellness, injury "protection," conditioning, and strength

and stability training, Dr. Laskowski has served on the Editorial Boards of the *The Physician and Sports Medicine*, and the *Clinical Journal of Sports Medicine*, he participates in manuscript review for the *New England Journal of Medicine* and other peer-reviewed journals. He currently serves on the President's Council on Physical Fitness and Sports, having been appointed to this position by President George W. Bush in 2006. Dr. Laskowski, an elite alpine skier, enjoys hiking, running, biking, and skiing with his family (wife Linda and daughters Beth and Lauren.)



Marissa L. Rathbone
Director of School Health
Texas Educational Agency

Marissa Rathbone joined the Texas Education Agency (TEA) in 2005 after a collection of professional experiences within the Coordinated School Health model. Her background includes community health education with Planned Parenthood of the Rocky Mountains, physical education in the Colorado Springs School District and staff wellness coordination for the State of Oklahoma. Hired as the Director of Health and Physical Education in the Division of Curriculum at TEA, Ms. Rathbone developed a strong understanding of health and physical education curriculum standards and alignment in Texas. That knowledge has proven critical in her current capacity as the Director of School Health in the Division of Health and Safety, Marissa provides oversight for the statewide fitness assessment initiative, coordinated school health programming, physical activity requirements and School Health Advisory Councils. With a student population of over 4.6 million in Texas, strong partnerships and ongoing communication is crucial. Ms. Rathbone develops, sustains and strengthens collaborative relationships with district administrators, health and physical educators, school nurses, counselors, related associations and organizations and other state agency representatives. Marissa was recognized by the Texas Association for Health, Physical Education, Recreation and Dance with the Distinguished Service Award in her first year at TEA.



Mayor Mick Cornett
Mayor, Oklahoma City, Oklahoma

The Honorable Mick Cornett is in his second term as Oklahoma City's 35th mayor. He was reelected in 2006, receiving over 87 percent of the vote, the highest percentage in the city's history. As mayor, Cornett has prioritized education and jobs. The city is currently rebuilding every school in the inner-city district and providing nearly 150 million additional dollars for capital improvements in the suburban districts. Meanwhile, over 65,000 new jobs have been created since Mayor Cornett took office.

He is well known for securing an NBA team and for putting the city “on a diet,” but Cornett is also a tireless advocate for other Oklahoma City issues and has spearheaded initiatives aimed at improving city streets, building more sidewalks, and improving public transportation. In his pursuit, as Mayor Cornett says, “to create a city where people want to live,” Cornett pushes higher design standards and more opportunities for sports and the arts.

Nationally, he was elected as a Trustee of the U.S. Conference of Mayors, the highest governing body of that organization. He is also the national president of Republican Mayors.

The mayor is a graduate of the University of Oklahoma, and he spent 20 years in local television news and sports before starting his own business and entering politics. He and his wife Lisa have been together since they began dating as sophomores at Putnam City High School. They have raised three sons: Michael, Casey, and Tristan.



Karen B. Grothe, Ph.D.

*Assistant Professor of Psychology
Mayo Clinic Rochester*

Dr. Grothe is a consultant in the Department of Psychiatry and Psychology, Division of Assessment and Consultation. Dr. Grothe received her Ph.D. in Clinical Psychology with an emphasis in Health Psychology from Louisiana State University in 2005. She completed her internship and post-doctoral training at the University of Mississippi Medical Center and joined Mayo Clinic in 2008. Her clinical activities focus primarily on pre- and post surgical psychological assessment and treatment of bariatric patients. Dr. Grothe’s current research interests focus on psychological and behavioral factors that impact obesity and bariatric surgery outcome, sedentary behavior, health disparities, and psychosocial factors related to cardiovascular disease.



Judith S. Kaur, M.D.

*Director, Native American Programs of the Mayo Clinic Comprehensive
Cancer Center
Mayo Clinic Rochester*

Native C.I.R.C.L.E. provides and develops culturally appropriate education materials for lay persons, allied health and clinicians working in Native communities. “Spirit of Eagles” develops community-based participatory research studies in Native populations, provides scholarship support for students in medicine or biological sciences training and advances for improved cancer prevention and control in American Indian and Alaska Native Populations. This is a National Cancer Institute funded Special Populations Network.

Dr. Kaur's research also includes a special interest in women's cancers, particularly breast and cervical cancer. Dr. Kaur is a Professor of Oncology at Mayo Clinic College of Medicine. She is also the Director of the Mayo Clinic Hospice Program and Palliative Care Task Force. Dr. Kaur is Choctaw/Cherokee and one of only two American Indian medical oncologists in the country.



J. Michael Gonzalez-Campoy, MD, Ph.D., FACE

Medical Director and CEO

Minnesota Center for Obesity, Metabolism and Endocrinology

Dr. J. Michael Gonzalez-Campoy is Medical Director and CEO of the Minnesota Center for Obesity, Metabolism and Endocrinology (MNCOME). Born and raised in Mexico City, Mexico, Dr. Gonzalez-Campoy received his M.D., Ph.D. degree and completed his internal medicine training at Mayo Clinic, Rochester. Dr. Gonzalez-Campoy concluded his training with a fellowship in Diabetes, Endocrinology and Metabolism at the University of Minnesota in Minneapolis, Minnesota. He is a recognized national expert on diabetes and obesity and a proponent of adiposopathy as a treatment target.

Dr. Gonzalez-Campoy is the first Hispanic Past-President of the Minnesota Medical Association, and held the designated position for a minority physician at the House of Delegates of the American Medical Association at its inception. He represents AACE as a member of the Steering Committee for the National Diabetes Education Program.

Dr. Gonzalez-Campoy is dedicated to advance the care of patients with obesity, and is working diligently to validate the concept that the adipocyte is an endocrine cell and treatment target for endocrinologists.



Seema Kumar, M.D.

Pediatric Endocrinology and Metabolism

Mayo Clinic Rochester

Dr. Seema Kumar is an Assistant Professor in Pediatrics at the Mayo Clinic College of Medicine. Dr. Kumar received her medical degree at the All India Institute of Medical Sciences, New Delhi, India. She completed her residency in pediatrics at Mayo Clinic which was followed by a fellowship in Pediatric Endocrinology. Following her fellowship, Dr. Kumar joined the Division of Pediatric Endocrinology as a senior associate consultant. She has particular interest in childhood obesity with emphasis on prevention. Her work also involves research related to mechanisms of formation of fat cells. Dr. Kumar's publications relate to clinical assessment of obesity in childhood and to molecular mechanisms involved in fat cell formation.



Pat Tschida, MPH, DrPH

*Extension Program Leader,
Health and Nutrition Programs for the Center for Family Development
University of Minnesota*

University of Minnesota Extension Program Leader with Health and Nutrition Programs of the Center for Family Development. Dr. Tschida's research focuses on community-based interventions for improved nutrition and health outcomes of low income families. Prior to his return to Minnesota, Pat served as the Expanded Food and Nutrition Education Program (EFNEP) Coordinator for the University of Hawai'i and is also a returned US Peace Corps volunteer and Fulbright Scholar to Tanzania, East Africa.



Sara Van Offelen, MPH, RD

*Extension Educator
University of Minnesota, Moorhead*

University of Minnesota Extension Educator in Health and Nutrition Sara is the Regional Extension Educator for Health & Nutrition located in the Moorhead Regional Center. Besides Extension, she has worked as a clinical dietitian and as a WIC nutritionist. Sara's presentation will be on a newly developed curriculum for youth entitled, "Go Wild."



Mary Schroeder, MPH, RD

*Extension Educator
University of Minnesota, Marshall*

University of Minnesota Extension Educator in Health and Nutrition Mary is a registered dietitian and has been an Extension Educator for 9 years in southwest Minnesota. Mary has seen a significant improvement in the educational materials offered by the USDA, especially the materials targeted for the Food Stamp Nutrition Education Program. Mary's presentation will focus on our on-going nutrition education programming for adults.



Joseph W. Roberts

*Meeting Coordinator, Dan Abraham Healthy Living Center
Mayo Clinic Rochester*

Joseph Roberts currently works as a meeting coordinator at the Mayo Clinic Dan Abraham Healthy Living Center. Roberts attended Winona State University in Winona, Minnesota, and has been an active member of the Action on Obesity Task Force since its inception in 2004. Joe and his wife Aimee have two active sons, ages 9 and 2.



James R. Whitehead

*Executive Vice President
American College of Sports Medicine*

James Whitehead is the Executive Vice President of the American College of Sports Medicine (ACSM) in Indianapolis, Indiana, a position he has held since 1990. Prior to his appointment at ACSM, Whitehead served in executive roles at the American Academy of Otolaryngology – Head and Neck Surgery in Washington, D.C. (1987-1990), and with other health-related foundations and associations.

Whitehead has published articles in health, public policy, and organizational literature. His areas of research and practice focus on innovation within planning processes, as well as health policy and administration. He has received honor awards from many professional associations, including the International Academy of Sports Vision, the Association for the Advancement of Applied Sports Psychology, the Council for Better Hearing and Speech, and the American College of Sports Medicine.

Mr. Whitehead has served as a speaker, panelist, or consultant for more than 125 organizations, including the U.S. Olympic Committee, the American Diabetes Association, the American Heart Association, and the American Public Health Association.

In adjunct capacities while at ACSM, Mr. Whitehead served as executive director of the following organizations: National Coalition for Promoting Physical Activity (NCPA), Joint Commission on Sports Medicine and Science, Wilderness Medical Society, and National Association for Health and Fitness. At present, he is the NCPA president-elect.



Jeffrey O. Korsmo

Chief Administrative Officer

Executive Director, Mayo Clinic Health Policy Center

Mayo Clinic Rochester

Mr. Jeff Korsmo is the Chief Administrative Officer for Mayo Clinic Rochester, and the Executive Director of the Mayo Clinic Health Policy Center. Since joining Mayo in 1983, his work experiences have included chief financial officer roles at both Mayo Clinic Jacksonville and Mayo Clinic Rochester, operations administrator at St. Luke's Hospital-Jacksonville and Mayo Clinic Rochester, and several other leadership positions in Finance. He is a member of the Mayo Clinic Rochester Executive Board and the Mayo Clinic Board of Trustees. He also serves on numerous institutional committees and is active in several local professional organizations. Mr. Korsmo received his BA degree from St. John's University and his MS in Management from Purdue University. Jeff and his wife, Jenny, have two daughters, ages 17 and 20, and their family enjoys traveling together.



Cara A. McNulty, M.S.

Statewide Health Improvement Initiatives Manager

Minnesota Department of Health

Cara McNulty is currently the Statewide Health Improvement Initiatives Manager for the Minnesota Department of Health. She also provides leadership direction for the Steps to a HealthierMN and Coordinated School Health initiatives.

McNulty has been working in the area of chronic disease prevention and school health for the past 15 years. She is nationally published in the areas of Coordinated School Health implementation, health care services, and chronic disease prevention.

McNulty has a Masters of Science in School and College Health and is currently working on a doctoral degree in Public Administration and Health Policy Development.



LuAnn Heinen

Vice President, National Business Group on Health

Director, Insitute on the Costs & Health Effects of Obesity

Ms. LuAnn Heinen is Vice-President, National Business Group on Health and the founding director of its Institute on the Costs & Health Effects of Obesity. On behalf of large self-insured employers, the Institute works to identify solutions and best practices for wellness and health-promotion programs. It has developed tools and resources such as the Wellness Impact Scorecard, Healthy Dining/Vending/Catering assessments, employer best practice briefs, and benchmarking data on incentives for healthy lifestyles. Each year, on behalf of the Business Group, the Institute recognizes leading U.S. employers with Best Employers for Health Lifestyles awards at the Platinum, Gold, and Silver level.

Heinen serves on the National Committee on Quality Assurance (NCQA) Measurement Advisory Panel for Adult Obesity, NCQA Health Promotion Advisory Committee, the National Initiative on Children's Healthcare Quality (NICHQ) Child Obesity Advisory Committee, the STOP Obesity Alliance, and the Minnesota Heart Disease and Stroke Prevention Steering Committee.

Heinen earned a Master of Public Policy from the Kennedy School of Government at Harvard University and an AB in Human Biology with distinction from Stanford University.



Risa Wilkerson

*Project Officer, Active Living By Design
University of North Carolina School of Public Health*

Risa Wilkerson is a project officer for Healthy Kids, Healthy Communities and Active Living by Design (ALbD), national programs of the Robert Wood Johnson Foundation located at the North Carolina Institute for Public Health at the University of North Carolina Gillings School Of Public Health in Chapel Hill. In her role as project officer, she provides coaching, technical assistance and grant oversight to multidisciplinary community partnerships designed to promote active living and healthy eating through policy and environmental interventions. Risa works as part of ALbD's project team on program development, facilitation of learning networks, development of tools and resources and field-building activities (presentations in national state or regional contexts, consultations to other funders and organizations, dissemination of lessons learned). Additionally, Risa serves as chair of the Safe Routes to School National Partnership's (SRTSNP) Steering Committee. The SRTSNP is a network of more than 350 nonprofit organizations, government agencies, schools, and professionals working together to advance the Safe Routes to School (SRTS) movement in the United States.



Sharon J. Tucker, Ph.D, RN

*Nursing Research
Mayo Clinic Rochester*

Dr. Sharon Tucker is a nurse administrator and clinical nurse researcher for the Division of Nursing Research at Mayo Clinic. In her current role, she is leading a research program related to health promotion for children and families; developing nurse researchers at Mayo Clinic; leading evidence-based nursing practice; providing institutional and departmental research-related services; and ensures research consultation to over 6,000 Rochester nurses. Dr. Tucker has extensive clinical, teaching and research experiences in mental and behavioral health. Her current research projects focus on testing interventions that target

parents as the agents of change to prevent/reduce childhood obesity and promote children's mental health, within multiple settings. Interventions under study include motivational interviewing and behavioral parent training approaches. She also focuses on identifying strategies for effectively translating research findings into real world practice settings. Dr. Tucker has been awarded extramural funding and support, including by NIH; she publishes in her research field; and actively participates in child wellness initiatives at the local, regional, state and national levels.



Mary Wellik, M.P.H.
Public Health Director
Olmsted County, Minnesota

Mary Wellik, who has worked in public health for more than 25 years, leads a comprehensive county health department serving over 125,000 people.

Wellik co-chairs the legislative committee of the Minnesota Local Public Health Association and participated in the Robert Wood Johnson Turning Point Initiative focused on collaborative leadership development. Wellik has made numerous presentations about community organizations related to public health initiatives such as tobacco use reduction, school readiness, and reduction of health disparities.

Wellik's special interests in public health include health promotion and policy development, community organization, tobacco use reduction, and maternal and child health. Wellik has been an important member of the Action on Obesity Taskforce since its inception in 2004. Her wisdom and experience in public health issues and the dynamics of behavior change are highly valued by the Action on Obesity Taskforce.

Action on Obesity Summit

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and Establishing an Action on Obesity Clearinghouse*

Abstracts Selected For Presentation

The Childhood Obesity Task Force (COTF) of Charlottesville, Virginia

*Dr. Diane Whaley, University of Virginia;
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The stated mission of the COTF is to “create a supportive community that fosters healthy weight and overall fitness for children and their families in Charlottesville, Virginia and surrounding counties.” Charlottesville has a population of approximately 45,000, 22% of which is African American, 3.2% Latino, and 2% two or more races. The census estimates that 25.9% of the population lives in poverty, considerably above the state’s 9.5% average. Perhaps not surprisingly, city school children have a relatively high incidence of overweight and obesity. The task force has BMI data for Charlottesville community schoolchildren from 2001 to the present, with children at or above the 85th percentile on BMI hovering in the 40-45% rate over that time period. Adult statistics are somewhat harder to come by, but data from a recent regional health district survey reports that 44% of adults get little or no physical activity. Over the past 9 years, the task force, comprised of members from the health, school, university, community and recreation sectors, has implemented a number of programs and initiatives. Two COTF programs and one community-wide initiative will be highlighted: The Family Health and Fitness Camp for overweight children and their families, the Youth Physical Activity Resource Guide, and Local Motion, a social marketing campaign to promote physical activity among people of all ages. We welcome comments and suggestions from Summit participants regarding these programs.

Easy Studio Cycle Ride for Special Populations 5-Week Pilot Program

*Kimberly Van Rooy, Mayo Clinic Dan Abraham Healthy Living Center Group Fitness Manager
Kathleen Sundt, Mayo Clinic Dan Abraham Healthy Living Center Cycle and Pilates Instructor*

The Easy Ride for Special Populations was a carefully monitored five-week pilot that offered six 30-minute group studio cycling sessions each week for members at Mayo Clinic’s Dan Abraham Healthy Living Center (DAHLC) during this past summer 2008. Of the 52 participants, 45 were new to studio cycling and most admitted that they felt too intimidated to try cycling or not fit enough to be able to take a cycle class.

Goals: The class was set up to be safe, manageable, fun and welcoming so that participants could complete the 30-minute tutorial ride and not need to stop pedaling. Each class was designed to demystify the group cycling experience and offer appropriate physical, psychological and social support for participants with weight and other health issues and those at risk for health problems. Ideally, participants would leave with a sense of accomplishment, hope and increased motivation so that they would want to return to an Easy Ride or participate in any of the other DAHLC cycle classes at their own pace.

Target Group: DAHLC members with obesity (350 pound limit for the bike) and weight issues, arthritis, diabetes, taking heart medications like beta blockers, back issues, recuperating from hip or knee issues or surgery, over age 50, and those members with motivational issues, fear or anxiety about exercise.

Methods: The importance of building an aerobic base and moderating exertion to avoid breathlessness was carefully explained and reiterated throughout the 30-minute ride. Participants learned how to take their pulse, determine their target heart rate and understand the importance of monitoring their recovery heart rate. Members taking beta blockers (3) were instructed to focus on their rate of perceived exertion (RPE). Overweight participants were encouraged to keep a positive attitude and focus on daily goals. Those with back pain were instructed to maintain supportive resistance and have their bike set up to maximize good posture and comfort. Asthmatics (2) were encouraged to use their inhaler before the ride, if necessary, to decrease the potential for exertional wheezing. If diabetic (1), the goal was to be apprised of their blood sugar level and have eaten before the ride in proportion to their insulin dose with respect to the anticipated energy expenditure of the ride. If recuperating from hip and knee issues or if arthritic, participants were taught to be aware of their discomfort level and adjust bike resistance and cadence to avoid pain.

Repertoire:

After assuring proper bike set up for each member:

- ~ 5-minute warm-up that included instruction on use of resistance knob, hand position, posture, cadence, proper pedal stroke, warning signs, importance of hydration.
- ~ 15-30-minute easy ride (as tolerated) that included a seated flat, instruction on standing, running and jumps (as tolerated), standing climb, seated climb, cool down, and stretch.
- ~ Heart rates were monitored, and RPE was explained and monitored. The breath, keeping one's breath in control, and recovering if one gets short of breath was emphasized throughout the ride.

IBM Corporation: Children's Health Rebate

Lori Shaw, IBM Corporation

The rise in overweight and obesity rates among American youth is one of the leading public health challenges of the 21st century, with one-third of American children and youth either obese or at risk of becoming obese. The US Institute of Medicine recommends that parents should play a role in preventing childhood obesity. With health care costs increasing and childhood diseases, including obesity, becoming more prevalent, an increasing number of employers are including children in their wellness initiatives.

Approximately 45% of IBM active employee plan members have children with an average of two covered children per employee per plan member. This equals 110K children in our medical plans.

Understanding that healthy families and healthy lifestyles are the underpinning of healthy and productive employees, IBM developed the Children's Health Rebate Program which promotes a family focus on good nutrition, physical activity and other habits with the ultimate goal of aiding children in the maintenance of healthy weight. Participating families go online and fill a form to inventory of their current habits, followed by goal setting, and identifying successes after 12 weeks. Upon completion of the program, participating employees are eligible for a \$150 rebate on their health insurance premiums. In its first year, 22,000 of the approximate 52,000 families in our health plans have signed up for the rebate.

Increasing Physical Activity in Youth Through a Walking School Bus

*Jo Anne Judge-Dietz, Steps to a Healthier Rochester,
Olmsted County Public Health Services*

Schools in Rochester, Minnesota, are making strides to prevent the onset of obesity by encouraging children to walk to school. The Walking School Bus Program is changing behaviors in the formative elementary years by teaching the importance of daily physical activity to children as they experience joy of walking. A Walking School Bus is a group of students walking together to and from school with parents or community volunteers. This strategy has been used successfully in other countries for a decade as a mode of safe, active transit to school. Appeal for the program is multifaceted since its benefits encompass physical activity, safety, the environment, economics and neighborhood appeal.

Establishing Walking School Bus program locally grew out of the success of Walk to School Day. Now in its sixth year in Rochester, Walk to School Day has been an effective way to promote the importance of daily physical activity. The emergence of Walking School Buses in neighborhoods provides not only the opportunity for daily activity but also a reason and social support.

Steps to a Healthier Rochester has provided support and mentoring to schools initiating this project, by providing startup assistance, publicity and materials. Seven elementary schools have initiated Walking School Buses this fall using a start-up kit that includes an instruction manual, promotional materials, safety vests, umbrellas, hand held stop signs and whistles. Volunteer 'drivers' include parents, staff, middle school clubs, community groups and local churches.

These young walkers have taken the first steps toward a healthy future!

The National Dairy Council and National Football League

*Carolyn Hudson, RD, LD, Midwest Dairy Council
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The National Dairy Council® (NDC) and the National Football League (NFL) have joined forces to create an unprecedented, co-branded, multi-year initiative to engage youth in schools, and beyond, to get the foods and physical activity they need. The nutrition and fitness initiative specifically encourages youth to choose more of the food groups to encourage, based on the 2005 Dietary Guidelines, including low-fat and fat-free dairy foods, whole grains, fruits and vegetables, and participate in 60 minutes of physical activity every day. The initiative also will motivate students to take action for their health, inspiring their peers and their schools to do the right things for a better future. To help schools reach their wellness policy goals, NDC is offering free School Wellness Activation Kits for the 2008/09 school year. Schools may sign up at www.SchoolWellnessKit.org.

Game On! The Ultimate Wellness Challenge is a key component in the Activation Kit. Developed by Action for Healthy Kids (AFHK) in cooperation with the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, this year-long program is also available to download free of charge via the Internet and uses a series of challenges to encourage youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives through taste tests and "moving more." AFHK works to reduce childhood obesity and overweight by improving the nutrition and physical activity in schools.

Muve, Inc.

Greg Soderberg

*Vice President and Corporate Sales & Business
Development*

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New research indicates that increasing an individual's N.E.A.T. (Non-Exercise Activity Thermogenesis) is the primary factor in achieving healthy, sustainable weight loss. Muve, Inc., a joint venture with Mayo Clinic, has developed the Gruve Solution, an integrated weight management system that collects real-time calorie burn data, using a proprietary, personalized device that precisely measures real-time caloric expenditure and provides continuous feedback which encourages N.E.A.T. activity. Gruve Online provides information and tools which educate, motivate and support participants. In addition, trained consultants called "Muvologists" provide one on one individual support and motivation ensuring positive results. Muvologists also consult with the worksite to create an active work environment to promote a healthy work culture.

Our data show the Gruve Solution lowers obesity indicators including, BMI, total cholesterol and hip to waist ratios. Individuals also report having more energy at the end of the work day for family and leisure activities.

Healthy Schools

Rochester Public Schools

Angie Schuhmacher, Wellness Facilitator,

Rochester Public Schools

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The Rochester Public Schools Student Nutrition Services (SNS) is concerned with the percentage of overweight children in the United States and is making positive changes to promote and support healthy choices. SNS participates in the farm to school program providing schools with locally grown seasonal produce. Products high in trans fat, added sugar and sodium are limited while low fat dairy and whole grain products are served daily.

Nutrient analysis on the monthly menu provides a weekly average of calories, protein, vitamin A, vitamin C, calcium, iron, fat, and saturated fat. This analysis

ensures that school lunches' provide at least 1/3 of the students Dietary Reference Intakes for calories, protein, vitamin A, vitamin C, calcium and iron. SNS follows the nutritional standard set by USDA for fat. Total fat is less than 30% and saturated fat is less than 10%.

In 2008-2009 carbohydrate grams are being provided on the menus to assist students with special dietary needs. SNS is dedicated to advancing good nutrition for all children.

Sodexo, Inc. – A Fun Approach to Childhood Wellness

*Kathy Johnson, National Director Nutrition Services,
Health Care*

Sodexo

kathy.johnson@sodexo.com

The Sodexo Education Division offers education programs that help kids eat healthy, stay active, and achieve higher levels of academic performance, from kindergarten all the way through college. Each month students, parents, teachers and administrators receive nutrition and fitness education through communication pieces such as posters, menus and newsletters. At the elementary school level children can learn from "Lift-off", Sodexo's official "spokes-star" and wellness champion. Lift-Off is featured on his interactive website entitled Lift-Off's playground, as well as in colorful messaging displayed throughout the cafeteria. Lift-off is also featured in educational comic strips with his friends, Los Kitos, Hispanic cartoon characters that help teach students about a variety of wellness topics. In schools, students have access to programs such as Kids Way Café, Performance Zone, and Balance Mind, Body and Soul. Balance Mind, Body and Soul is an overarching wellness program for the college level student. This program is a holistic approach to wellness that considers the whole person. This program features healthy dining options that are Well Balanced or lower in calories, fat, sodium, and cholesterol. The Balance Mind, Body Soul program teaches students about how to find energizing and fun ways to incorporate fitness into their lifestyle, how to maximize brain power and how to promote self-care through creativity and self-reflection. The Sodexo wellness programs celebrate the foods students eat, including nutrition, ecology, season, culture and tradition.

The 2007 Tucker Center Research Report - Developing Physically Active Girls: An Evidence- based Multidisciplinary Approach

*Diane M. Wiese-Bjornstal, Ph.D. & Nicole M. LaVoi, Ph.D.,
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The health and well-being of girls and the gendered gap in physical activity participation is of concern to a variety of agencies, professional organizations, researchers, policy makers, and practitioners, and that concern is shared by a growing number of families and communities. In April of 2008, The 2007 Tucker Center Research Report - Developing Physically Active Girls: An Evidence-based Multidisciplinary Approach was officially launched. In this report, leading scholars in their respective academic fields summarized research that has shaped these gendered trends and reviewed some of the best practices, approaches and programs that are at present helping to address the physical activity needs of the current generation of girls and young women. A model for engagement depicts the roles of antecedent social groups, characteristics of optimal contexts, and interrelated clusters of developmental health outcomes relevant to physical activity participation among girls. Action strategies for disseminating this report have included web based availability, distinguished lecture series, extension education workshops, community and school based-presentations, and connecting web links and citations from other related organizations and reports. Our hope is that through synthesizing information, best practices, and recommendations from leading scholars in multiple disciplines, as well as leading agencies and organizations, that those most able to effect change will use the information in The 2007 Tucker Center Research Report to pursue research, develop policies, and implement programs that will help make a difference in developing and sustaining physically active girls. The report and related resources are available at <http://cehd.umn.edu/tuckercenter/projects/TCRR/default.html>.

Walking Wednesdays

*Betty Kolb, Mayo Clinic Preventative and
Occupational Medicine
Mary Loosbrock, Mayo Clinic Employee Health Services
Anna Nos, Mayo Clinic Employee Health Services
Rose Prissel, Mayo Clinic Dan Abraham Healthy
Living Center
Paula Ricke, Mayo Clinic Dan Abraham Healthy
Living Center
Joseph Roberts, Mayo Clinic Dan Abraham Healthy
Living Center
Jacalyn See, Mayo Clinic College of Medicine,
Assistant Professor of Nutrition*

Beginning in 2004, the Mayo Clinic Employee Health and Wellness Workgroup has offered the Walking Wednesdays employee walking program. The goal of this program is to provide Mayo Clinic employees an opportunity to be more physically active during the workday and to help improve their overall health and well-being.

Organized weekly midday walking sessions are offered at a variety of locations throughout the Mayo campus and at off-site locations during the summer months. Participants of the walks receive free bottled water and the possibility of numerous other incentives via prize drawings.

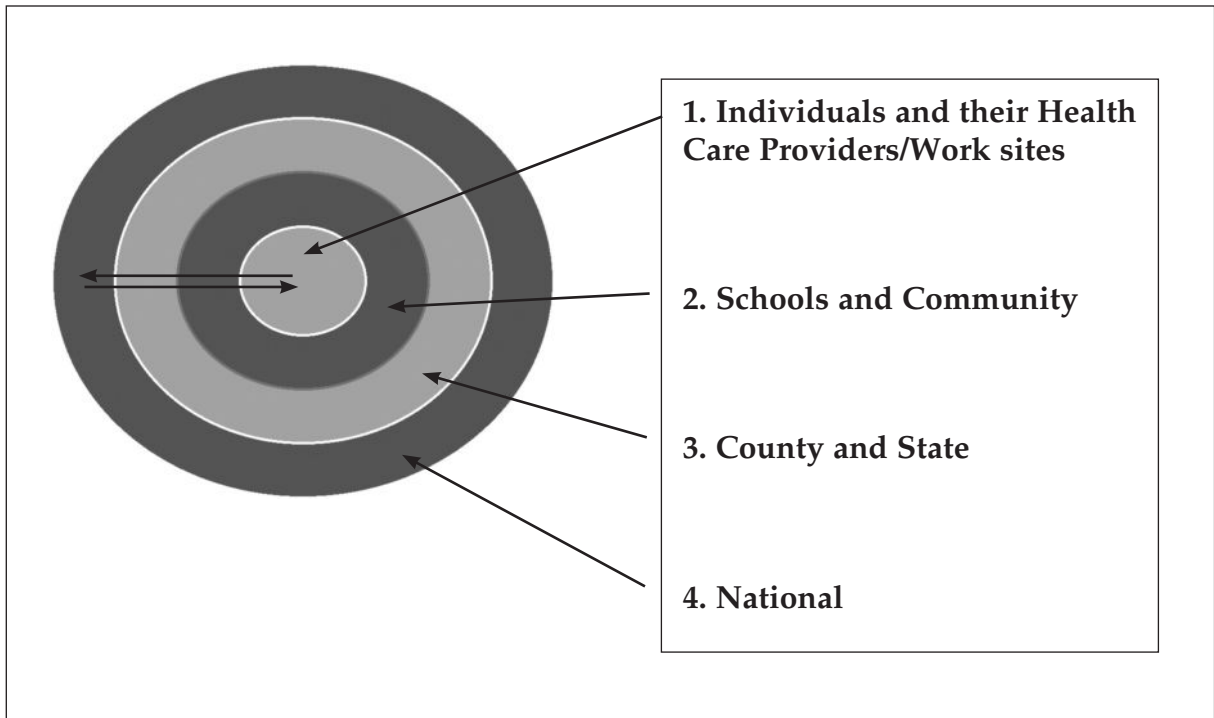
This program is geared toward all Mayo Clinic employees of any fitness level and is used as a tool to create an environment where physical activity is encouraged. However, based on self-reported feedback, this program attracts many individuals who are not typically currently active the recommended five days per week/30 minutes a day, but feel incented and comfortable to participate in this program. Some of the positives of the program have included the incentive of free bottled water, the camaraderie of walking with co-workers and friends, having the ability and okay to "get away from my desk" during the workday, and feeling more refreshed for the afternoon workday. Barriers have included midday meetings where participants are unable to participate, limited hours for the program due to staffing requirements, and the weather (i.e. rain, heat and humidity).

This past summer was the fifth year for the program, and participation numbers have increased each year. Additional data is currently being tabulated, some of which will be shared during this year's summit.

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Bidirectional Model to Decrease Obesity





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