



April 19, 2017

Comfort Suites, Burlington, Iowa

Featured Speakers:

Dr. Stephanie Clark

Dr. Gregory J. Welk

Dr. Sherry Tanumihardjo



**Presented by Southeast
Iowa Regional
Coalition for Lifestyle
Enhancement**

Conference Agenda

Wednesday, April 19, 2017

8:00 – 8:45 a.m.	Registration
8:45 – 9:00 a.m.	Welcome and Introductions
9:00 – 10:30 a.m.	Food Science Sense . . . and Nonsense <i>by Stephanie Clark, Ph.D.</i>
10:30 – 10:40 a.m.	Break
10:40 – 11:25 p.m.	Breakout Sessions: Prediabetes <i>by Ami Boles</i> Intuitive Eating <i>by Michelle Kuster</i> Step it Up Iowa <i>by Sarah Taylor Watts</i>
12:25 – 12:10 p.m.	Lunch (Provided)
12:10 – 1:40 p.m.	SWITCH – A New School Wellness Program <i>by Dr. Gregory J. Welk</i>
1:40 – 1:50 p.m.	Break
1:50 – 2:35 p.m.	Breakout Sessions (repeated)
2:35 – 2:50 p.m.	Beverage Break
2:50 – 4:20 p.m.	Poverty: The Double Burden of Malnutrition <i>by Dr. Sherry Tanuminardjo</i>
4:20 p.m.	Wrap Up, CEUs and Evaluations

Speakers

Stephanie Clark, Ph.D.: Dr. Stephanie Clark has a B.S. in Animal Science and an M.S. and Ph.D. in Food Science from Cornell University (Ithaca, NY). She is currently a Professor of Food Science and Human Nutrition at Iowa State University and the Associate Director of the Midwest Dairy Foods Research Center there. Dr. Clark teaches courses in sensory evaluation of foods, scientific communication and dairy products. Her research has been presented in over 130 publications, posters and presentations. In addition to serving as a visiting professor in China, Dr. Clark has also shared her dairy foods and cheese making expertise in Armenia, India, and Mexico.



Misinformation about the how's and why's of food processing is abundant in our society. Processed foods have been blamed for many health problems, including obesity, diabetes, and allergies. Dr. Clark will present a balanced perspective on food processing, the purposes and risk/benefit of food additives and preservatives, organic and conventional food production, and the role of biotechnology in a sustainable food system.

Food Science Sense . . . and Nonsense

1. Present a balanced perspective on food processing, organic and conventional food production and other current food safety concerns.
2. Guide participants in evaluating validity of food science safety issues.



Dr. Gregory J. Welk: Dr. Welk is a Professor in the Department of Kinesiology at Iowa State University. His research interests focus on the assessment and promotion of physical activity and fitness in different populations. He has conducted numerous studies on the validity and utility of different physical activity assessment tools and has also advanced youth fitness assessment and promotion through his role as the Scientific Director of the Fitnessgram youth fitness program. Dr. Welk is a Fellow of the American College of Sports Medicine (ACSM), the Society of Health and Physical Education (SHAPE) and an inducted member of the National Academy of Kinesiology (NAK).

Dr. Welk coordinates a number of projects through the Physical Activity and Health Promotion Lab but a main role is his work in leading a USDA funded study evaluating the dissemination of the evidence-based SWITCH obesity prevention program. The four year project is evaluating innovative ways to help support school wellness change. The presentation will summarize the development and progression of the SWITCH project and provide insights about the current directions of the project.

SWITCH – A New School Wellness Program

1. Participants will be able to describe how SWITCH contributes to school's efforts to comply with new school wellness guidelines.
2. Participants will define the elements of "Comprehensive School Physical Activity Programs (CSPAP)" and how SWITCH fits this model.

3. Participants will explain the relevance and rationale for the 3 targeted behaviors in SWITCH.



Dr. Sherry Tanumihardjo: Dr. Sherry Tanumihardjo manages a progressive research and outreach team at the University of Wisconsin-Madison in the Department of Nutritional Sciences. She has almost three decades of experience with vitamin A and carotenoids. Her multidisciplinary research approach is enhanced by her broad educational background in chemistry (B.S.), biochemistry (M.S.) and nutrition (Ph.D.). She has two main research foci: vitamin A assessment methodology and carotenoid bioavailability. These two overlap when investigating provitamin A carotenoids.

Tanumihardjo has authored more than 100 research publications, chapters and technical documents and has been an invited speaker nationally and internationally. Her research group works with animal models to answer various questions on issues related to vitamin A toxicity and deficiency. The team takes these research outcomes and applies them to humans. The team has conducted studies in the United States, Indonesia, South Africa, Ghana, Burkina Faso, and Zambia. She has acted as a consultant to many studies throughout the world to assist with study design and appropriate standardization. She is a strong advocate for the promotion of nutritionally enhanced staple foods, vegetables and fruits to enhance overall health and general well-being. Sherry is the Director of the undergraduate Certificate in Global Health and co-teaches Introduction to Global Health, the one global health class that all declaring students must take.

Poverty: The Double Burden of Malnutrition

- To understand the difference between food insecurity and hunger,
- To review current research in the area of poverty and obesity,
- To understand the value of food in poverty that may affect body size.

Breakout Session Speakers:

Ami Boles currently serves as the Community Health Strategist for the American Diabetes Association Iowa, Nebraska, and South Dakota market. This is a new role for the region and she assists in managing the region's advocacy, awareness and education initiatives as well as acting as a community liaison to assess the need and drive the mission of the American Diabetes Association.



Ami is active in within her community and sits on a Dallas County wellness advisory committee and is active with her children's school district. She sits on the board of directors for Katie's Crusaders and recently became a member of the Des Moines Rotary Club. Ami lives in Waukee, Iowa with her husband, Ted, and three children, daughter Emma (16), son Sully (14) and son Cooper (12).

Presentation Title- "National Diabetes Prevention Program Overview" During the National Diabetes Prevention Program Overview session we will build the case for the need of the Diabetes Prevention Program by looking at the burden of diabetes. We will take an in depth look at the history of the DPP and what the DPP program involves. We will finish the session by looking at what it takes to become a CDC recognized program and the resources that ADA can provide.

Sarah Taylor Watts: Sarah Taylor Watts is the Physical Activity Coordinator at the Iowa Department of Public Health. Her work aims to increase physical activity opportunities for all Iowans focusing on the intersection between transportation and public health. This includes providing technical assistance to a variety of stakeholders regarding public health data, best practices for walking and biking, and the connection between physical activity and the built environment. Sarah holds bachelor's degree in exercise science from Iowa State University and a master's degree from Drake University. In her free time Sarah enjoys walking and biking in the neighborhood with her family.



Presentation Title – “Step It Up Iowa”

The Surgeon General's call to action on walking and walkability directs Americans to get walking and make walking/walkability a national priority. In Iowa, unique collaborations have been formed between health professionals, planners, advocates, and transportation officials, and as a result, walkability has become an increasingly popular topic to consider when designing our communities for the future, so all Iowans regardless of age, disability or income are able to comfortably walk. Sarah will share current health department initiatives to answer the call to action and make walking and biking easier for Iowans.



Michelle Kuster is a Burlington native and has been practicing as a registered and licensed dietitian in Burlington since 2011. She completed both her Bachelor of Science degree and supervised practice Dietetics Internship through Iowa State University. Michelle is passionate about teaching nutrition and wellness through non-diet, weight-neutral approaches and has a special interest in the prevention and treatment of eating disorders. As a Certified Intuitive Eating Counselor, Michelle specializes in helping build healthy relationships with food and body image.

Michelle serves as Board Secretary for the Eating Disorder Coalition of Iowa (EDCI), is past President of the Southeast District Dietetic Association, and is also a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics.

Presentation Title – Intuitive Eating: A Lesson in Body Trust

What would it feel like to be able to trust our bodies to guide us to eating well? Efforts to improve health, lose weight and eat according to latest recommendations end up distancing people from internal body cues, reliant on a plan to tell them what and how much to eat. The unintended side effects end up eroding body trust, encourage weight cycling, and contribute to clinical eating disorders. Intuitive Eating is an evidence-based approach with over twenty years of research. This research shows intuitive eaters have greater weight regulation, better health indicators including blood lipids, consistent physical activity patterns, eat more nutrient-dense diets and have more positive body images. Intuitive Eating emphasizes finding the satisfaction in eating and encourages attunement to hunger and fullness cues to guide one's eating.

1. Describe two key differences between the traditional health model and a non-diet model like Intuitive Eating.
2. Describe the importance of satisfaction in regard to Intuitive Eating.
3. Describe why all ten Intuitive Eating principles are necessary for understanding the approach's efficacy.

Conference Goals

- Inform and update conference participants about current health issues.
- Increase public awareness of health and lifestyles issues that affect our communities.
- Engage participants in learning about effective strategies for providing chronic illness prevention education.

Conference Location

Comfort Suites

1780 Stonegate Center Drive
Highway 61 South, Burlington, Iowa

You may book accommodations at this hotel by calling them directly at 319-753-1300 or through their website at www.comfortsuites.com. Parking is free.



www.comfortsuites.com.

Partners/Sponsors



IOWA STATE UNIVERSITY
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HENRY COUNTY HEALTH CENTER
CARE YOU TRUST. COMPASSION YOU DESERVE.



General Information

Conference Registration:

Registration includes lunch, beverage breaks and conference materials.

Registration fee: \$75 if postmarked by April 12, 2017
After April 12th, registration is \$95
Full-time student registration rate is \$25

Cancellation Policy: Cancellations must be received in writing by April 12, 2017 and are subject to a \$15 service fee. After April 12, 2017, substitutions will be accepted, but no refunds will be given.

Please make your check out to: SIRCLE Conference

Send your registration fees to:

SIRCLE Conference
Community Action of Southeast Iowa
Attention: Christine O'Brien
2850 Mt. Pleasant Street, Suite 108
Burlington, Iowa 52601
FAX: 319-753-0687

CEUs available for the following:

Nurses: CEU's will be available through Southeastern Community College: Provider Number 24. Full attendance is required.

Dietitians and other disciplines: A Certificate of Attendance will be available for those needing CEU documentation.

For More Information Contact:

Christine O'Brien at (319) 753-0193 or christine.obrien@caofseia.org

Healthy Lifestyles Conference Registration

Please use the form below to register for the Healthy Lifestyles Conference,
to be held in Burlington, Iowa on Wednesday, April 19, 2017.

Name: _____

Title: _____ RN License Number: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____

E-Mail Address: _____

Please note any Special Needs (Dietary, Disability, Breast Feeding Room, etc.): _____

Conference Fees:

Early Bird Registration Fee: \$75 – (postmarked by April 12, 2017)

Registration Fee: \$95 after April 12, 2017

Full-Time Student Registration Fee: \$25

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Check Enclosed (*Make check payable to SIRCLE Conference*)

Amount \$ _____

Check # _____

PO # _____

Send Check to:

SIRCLE Conference

Community Action of Southeast Iowa

Attention: Christine O'Brien

2850 Mt Pleasant Street, Suite 108

Burlington IA 52601

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