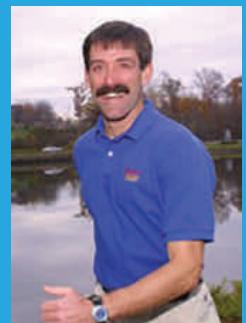


Cathy Breedon, Ph.D., RD, CSP, FADA is a board-certified Nutrition Specialist in Pediatrics at Sanford Medical Center, which serves North Dakota, north central Minnesota and parts of South Dakota. Cathy received her Ph.D. in Nutrition from the University of Minnesota and holds master's degrees in nutrition and psychology. Cathy teaches at various universities and annually presents at over 30 national and state workshops for health professionals around the United States. A motivational speaker, known by many as "Aunt Cathy", works with parents, medical professionals and children of all ages and stages to move them along toward health through excellent food and beverage choices, and supplementation when needed.



Mark Fenton, MS is a national public health, planning and transportation consultant, an adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy, and former host of the "*America's Walking*" series on PBS. He's the author of numerous books, including the bestselling "**Complete Guide to Walking for Health, Weight Loss, and Fitness.**" He works with organizations and communities around the US to build environments, policies, and programs that help create places where more people can walk, bicycle and take mass transit. Mark developed the University of North Carolina's Safe Routes to School Clearinghouse, and facilitator for the walk-able community workshop series of the National Center for Bicycling and Walking. Mark holds a master's degree from Massachusetts Institute of Technology in engineering.



Gracie Cavnar is CEO and founder of the Recipe for Success Foundation, the largest nutrition education program of its kind in the country. This foundation enjoys a national reputation and respect. Gracie served as an advisor to First Lady Michelle Obama's *Lets Move!* Task Force and was asked to roll Recipe For Success tout nationally. A sub-component of Recipe for Success Foundation is the Seed-to-Plate Nutrition Education™ program, which reaches out to US schools with an intensive "train the trainer" certification; curriculum support to connect children with healthy food. Gracie has had careers in architecture, hospitality, marketing and public relations. She also published a cookbook for children titled, "*Eat it! Food Adventures with Marco Polo.*"



Dr. Darla Castelli has been working with school-age youth in physical activity settings for over 20 years. She's currently an associate professor at the University of Texas, Austin. After obtaining her master's degree from Northern Illinois University in exercise physiology, she taught health and physical education before becoming a school administrator in Maine. Since 2002, when Darla earned her Ph.D. from the University of South Carolina, she has been investigating the effects of physical activity and fitness on motor competency and cognitive health in children. Her research suggests that better physical fitness and more physical activity have a positive influence on cognitive processing, such as academic achievement and better decision making.



Kelly Rice, a professor of Physical Activity and Health at Eastern Oregon University, received a master's degree from the University of Oklahoma and Ph.D. from Oregon State University in Physical Activity and Public Health. Her professional experience began at the Missoula City-County Health Department, working in tobacco control and active living. Her research involves examining the link between physical activity and obesity in young children; the association between physical activity and nutrition-related policies and practices on health behaviors in preschool children in family child-care homes. Kelly has developed interventions that are feasible and sustainable. Her experience as a obesity prevention practitioner, combined with her research experience, provides Kelly with a unique perspective on promotion of activity by children.



Key Note and Plenary Sessions- Objectives and Times

Mark Fenton, MS 8:45-9:45

Key Note Presentation: Building Healthier Communities with Sticky Design: How a healthy built environment creates healthy neighborhoods and communities.

1. Identify current physical activity recommendations and rates, and connection between physical inactivity and chronic disease.
2. Recognize the obesity epidemic as twin epidemics of physical inactivity and poor nutrition, requiring community-level intervention.
3. Understand a socio-ecological approach to population behavior change, and limitations of attempts at increasing physical activity based only on individual behavior modification.
4. Be able to describe the five key elements of the built environment that encourage routine physical activity and healthy eating.
5. Recognize best-practice policy approaches for healthy community design such as updated zoning, complete streets, transportation trail networks, and transportation demand management approaches such as Safe Routes to School initiatives.

Gracie Cavnar 10:00-11:00

Key Note Presentation: Recipe4Success: Innovative programing for children's nutrition education from "Seed to Plate".

1. Discuss factors that are impacting both national and Montana's childhood obesity rates in regards to the food environment , including consumption of sugar-sweetened beverages, meals away from home, processed foods, increased portion sizes, relative costs of food, commercial advertising, increased screen-time and its effect of food choices, tax subsidies.
2. Describe prevention strategies including policy, education and environmental approaches that can have a positive impact in childhood obesity prevention.
3. Identify resources, professional contacts and strategies to help with childhood obesity prevention efforts in the home, school, workplace and community

Darla Castelli, PhD 11:00-12:00

Plenary: Physical activity and nutrition: the link between academic achievements.

Single bouts of physical activity and regular engagement in physical activity, leading to aerobic fitness, are associated with improved cognitive health and academic achievement. We should track the frequency and intensity of physical activity engagement in children.

1. Since unhealthy body composition (e.g., body mass index above the 85th percentile, high levels of adipose tissue, elevated risk of inflammation) are negatively associated with cognitive performance, we should track BMI and council families on healthy eating and the benefits of regular physical activity engagement.
2. Physical activity opportunities should be infused across the school curriculum as a means of developing physical literacy or the embodiment of healthy living.

Cathy Breedon, Ph.D., RD, CSP, FADA 1:30-2:15

Plenary: Obesity Prevention Strategies: Eating Smart, Together

1. Identify nutrition related evidence based obesity prevention strategies for the life cycle including preconception, prenatal, post-partum, and infancy, toddler and preschooler years.
2. State how inadequate intake of certain vitamins and minerals may increase risk of obesity.
3. Describe at least one way the participant will be able to reduce empty calorie intake.

Kelly Rice, PhD 2:15-3:00

Plenary: Obesity Prevention in the Daycare Setting

1. Identify the factors determining and influencing childhood obesity.
2. Assess physical activity needs in preschool aged children.
3. Identify practical evidence-based strategies to reduce prevalence and incidence of obesity in preschool aged children.

Breakout Sessions

Practice Building Healthier Communities with Sticky Design Mark Fenton **3:15-4:15**

1. Identify five common elements of the built environment which discourage people from walking, bicycling, and using transit regularly.
2. Suggest approaches for each of those areas to improve the safety or desirability of the area for walking and bicycling in the built environment.

Recipe4Success –Seed to Plate Gracie Cavnar **3:15-4:15**

1. Describe Seed-to-Plate the model that has demonstrated success in Texas school children and is now expanding across the united states
2. Understand the process whereby professional chefs, along with organic gardeners, early childhood educators, elementary school teachers, nutritionists and healthcare professionals and parents can unite through experiential learning to make healthy food fun.
3. Empower children with skills to support a lifetime of healthy eating habits
4. Fight marketing with marketing by making healthy food fun, engaging and yummy, resulting in measured change in children's eating patterns and food attitudes as well as positively affecting their family's dining habits and food choices.

Physical activity and nutrition: How do we influence our schools to create the ideal environment for academic achievement facilitated small group: Darla Castilli **3:15-4:15**

1. Understand the implications of physical activity and academic achievement levels data from Missoula County students.
2. Describe how much physical activity is needed to see the academic impact.
3. Clarify strategies to influence local schools to devise curriculum to include the needed physical activity for academic improvement.

Obesity Prevention in Daycare Settings: What's A Parent to Do? Kelly Rice **3:15-4:15**

1. Assess the association between physical activity and nutrition-related policies and practices on health behaviors in preschool children attending family child care homes
2. Understand how to reach parents and caregivers via low level interactions that are feasible and sustainable. (Media base interventions such as email, Facebook, etc.)
3. Integrate action items and information regarding practical and specific interventions concerning physical activity, healthy eating, and weight in preschool aged children

Parents, Health Care Providers and Communities' Role in Helping Children Enjoy a Healthy Weight. Cathy Breedon **3:15-4:15**

1. Discuss how breastfeeding support impacts obesity rates later in life.
2. Identify opportunities to improve toddler and preschool food and nutrition intake for families, when eating away from home e.g. fast food restaurants, preschool and child care, "at grandma's house".
3. Identify ways to effectively communicate with health care providers to address obesity prevention strategies for the individual family e.g. understanding pediatric growth charts; following the 5,2,1,0 childhood obesity prevention strategy.

Pre-Session Friday Evening Seminar September 28th: Normal weight and undernourished: Does BMI Tell the Whole Story? Cathy Breedon, Pre-registration required **6-8pm Friday, the 28th**

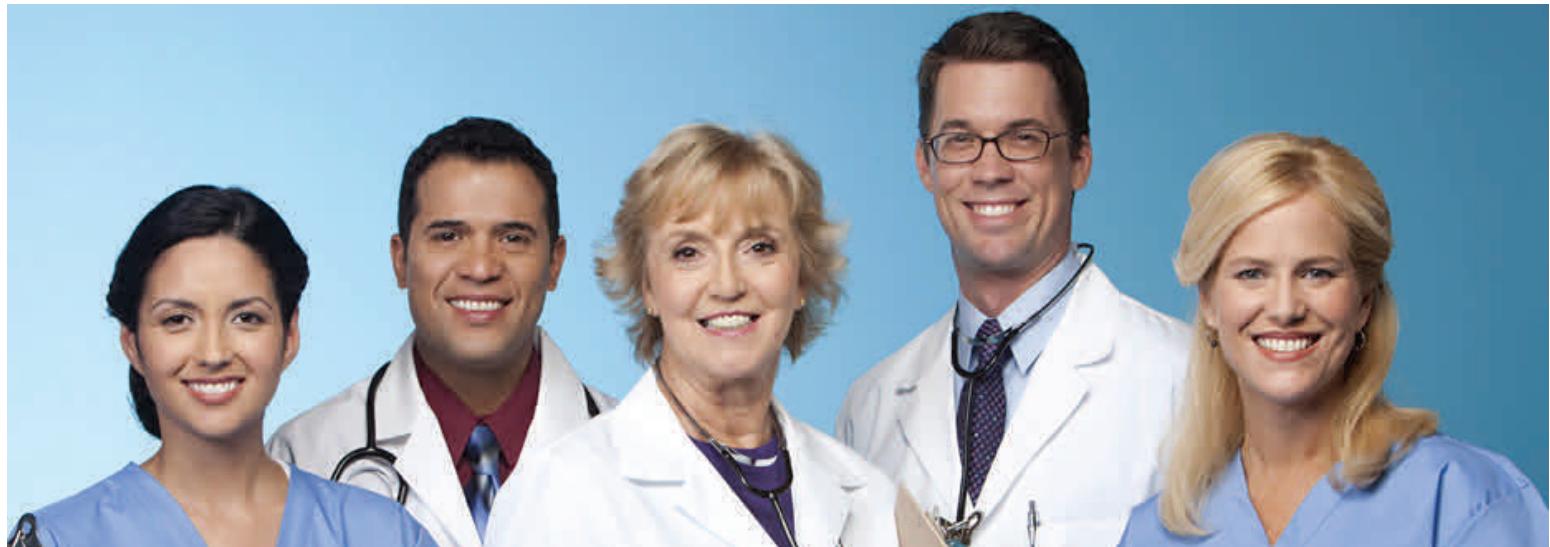
1. Identify how nutrient inadequacy contributes to obesity and chronic disease.
2. Recommend appropriate vitamin, mineral and fatty-acid supplements for those with inadequate dietary intake.

Let's Move Missoula: Childhood Obesity Prevention Summit

Pre-session for Dietitians and Health Care Professionals

“Nutrient Intake and BMI, What’s the Difference?”

Dr. Cathy Breedon Ph.D., RD, CSP, FADA



Pre-session Objectives

Participants will be able to identify how nutrient inadequacy contributes to obesity and chronic disease.

Participants will be able to recommend appropriate vitamin, mineral and fatty-acid supplements for those with inadequate dietary intake.

Appropriate for Registered Dietitians, Physicians, Physician Assistants, Nurse Practitioners, RN's and other Health Care Professionals with an interest in current evidence-based food and nutrition topics.
CEU certificates provided.

Please Join Us for Hosted Dinner and Informative Interactive Discussion of Hot Topics in Nutrition

Date: Friday, September 28th, 2012
Time: 6-8pm
Location: St. Patrick's Hospital Conference Center 1

Please register by September 15: Simply reply to this e-mail, include your name, profession, organization and phone number.

or call Mary 258-4837
Rebecca 258-3827

Hosted by:



500 W. Broadway • Missoula, MT

A way to say thank you to all the professionals working towards improving childhood nutrition