

Summit on Public Health: Improving Healthy Lifestyles in the Miami Valley



Boonshoft
School of Medicine
WRIGHT STATE UNIVERSITY

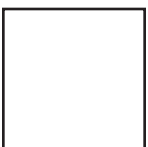


Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County



Sinclair
Community
College

Wednesday,
March 11, 2009
Sinclair Ponitz Center,
Dayton, OH





Conference Overview

The Wright State University Boonshoft School of Medicine’s Center for Global Health Systems, Management, and Policy; Public Health – Dayton & Montgomery County; Sinclair Community College; and the Hittner Community Health Event are pleased to sponsor a joint summit on public health. The focus of the summit is improving healthy lifestyles within the Miami Valley to prevent chronic disease. For many communities, the leading causes of death include chronic diseases such as heart disease, cancer, stroke, lower respiratory tract diseases, and diabetes. Many of these chronic diseases are directly related to lifestyle.

Our health is influenced by four major factors: health care services (10%), environmental exposures (20%), genetic predisposition (20%), and behavior/lifestyle patterns (50%). Approximately half of an individual’s health status is determined by lifestyle choices primarily related to diet, physical activity, and tobacco use. It is readily apparent that individual responsibility is paramount to adopting and maintaining a healthy lifestyle. However, individuals and populations face a variety of barriers to adopting healthy lifestyles.

Our keynote speaker will be Steven Aldana, Ph.D., one of the leading health experts in the nation. Dr. Aldana authored the inspirational book *The Culprit and The Cure*, which provides common-sense advice on proper nutrition and regular exercise. This book has been touted as one “every adult, every patient, and every doctor in America should read.”

Following our keynote speaker, we will present the issue of health disparities/cultural issues within the context of improving healthy lifestyles. During lunch you will hear about “GetUp Montgomery County,” a new county-wide initiative to promote healthy lifestyles. Two facilitated breakout sessions are scheduled for the afternoon: Nutrition & Physical Activity, and Health Disparities. During these sessions, participants will have the opportunity to be a part of the process to develop recommendations to improve the health of the community.

Conference Goal

The goal of the summit is to use the recommendations developed by participants to create partnerships within the local public health system that focus on *population-level* initiatives to promote healthy lifestyles. Our target audiences include medical and public health professionals, students, community leaders, schools, faith-based organizations, and general public.

Steven G. Aldana, Ph.D.,



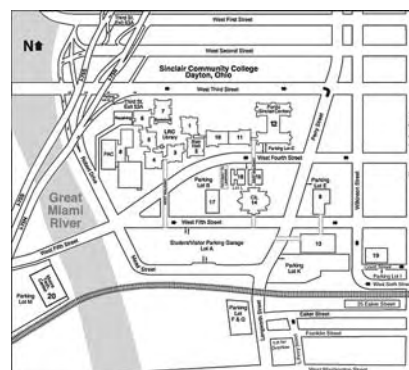
is a former professor of lifestyle medicine at Brigham Young University. He is currently the CEO and founder of WellSteps, a turnkey wellness program designed to help employees adopt and maintain healthy behaviors for life. WellSteps also provides consulting services and health promotion guidance to many of the nation’s largest organizations, including NASA, British Petroleum, KeySpan Energy, Nationwide Insurance, CIGNA, Anthem Blue Cross and Blue Shield, Johnson and Johnson, Daimler/Chrysler, and many others.

Dr. Aldana has published over 60 scientific articles on the prevention, arrest, and reversal of America’s most common chronic diseases. He has written seven books on the ability of healthy lifestyle habits to prevent cardiovascular disease, cancer, diabetes, and many other chronic diseases. His most recent book, *The Culprit and The Cure*, is currently being used by over 4,500 companies in an effort to boost productivity and reduce employee-related health expenses. The Harvard School of Public Health says this book is “better than the best medicines.”

Because of his research expertise, Dr. Aldana is a regular consultant to the Centers for Disease Control, the National Institutes of Health, and the California Department of Health Services. He is also a member of the board of the C. Everett Koop organization. Most recently, he has become a special advisor to the U.S. Secretary of Health and Human Services.

Location

The David H. Ponitz Sinclair Center (Building 12) is located at 444 W. Third St. (on the corner of Fourth and Perry Streets) in downtown Dayton and is part of the Sinclair Community College campus. Parking is available in the underground lot, just below Building 12, and is accessible from Fourth Street. Parking passes for this garage will be provided to conference participants.





Program Agenda

Event will take place in the Earley Auditorium.

7:30 a.m. - 8:00 a.m.	Registration/Continental Breakfast
8:00 a.m. - 8:20 a.m.	Welcome James Ebert, M.D., M.B.A., M.P.H. Interim Director, Center for Global Health Systems, Management, and Policy, Associate Professor, Wright State University Boonshoft School of Medicine
8:20 a.m. - 8:50 a.m.	Introduction: Why is the Miami Valley Unhealthy? James Gross, M.P.H. Health Commissioner, Public Health – Dayton & Montgomery County
8:50 a.m. - 9:10 a.m.	Children’s Health in the Miami Valley James Ebert, M.D., M.B.A., M.P.H. Associate Professor, Department of Community Health and Pediatrics Wright State University Boonshoft School of Medicine
9:10 a.m. - 10:10 a.m.	Keynote Presentations: 10-20 Years of Extra Life: The Choice is Yours! Steven G. Aldana, Ph.D.
10:10 a.m. - 10:30 a.m.	Break
10:30 a.m. - 11:15 a.m.	Starting Healthy Lifestyle Initiatives: Why Should We Engage? Steven G. Aldana, Ph.D.
11:15 a.m. – 11:45 a.m.	Health Disparities / Cultural Issues Patricia Meadows, M.S.S.W. Executive Director, National Conference for Community and Justice
11:45 a.m. - 1:00 p.m.	Lunch – Great Hall “GetUp Montgomery County: A New County-wide Initiative to Promote Healthy Lifestyles” James Gross, M.P.H. Health Commissioner, Public Health – Dayton & Montgomery County
1:00 p.m. - 3:00 p.m.	Breakout Sessions (Participants will attend one of the following sessions) Nutrition & Physical Activity Lloyd Laubach, Ph.D. University of Dayton, Department of Health and Sports Science Billie Sanders, M.S., ASCM, ACE Sinclair Community College, Exercise, Nutrition and Sport Sciences Health Disparities Patricia Meadows, M.S.S.W. Executive Director, National Conference for Community and Justice Fred Steed, M.S. Director of Health Promotion, Public Health – Dayton & Montgomery County
3:00 p.m. - 3:15 p.m.	Break
3:15 p.m. - 4:00 p.m.	Presentation of Recommendations from Breakout Sessions

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Sinclair Ponitz Center, Dayton, OH—Wednesday, March 11, 2009

Registration Form

Name (please print) _____

Specialty/Title _____

Organization Name/Department _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____

E-mail address (for confirmation/conference updates) _____

Registration Fee

Registration fee includes continental breakfast, salad boxed lunch, break refreshments, and parking.

\$65 Individual \$25 Student (must provide proof of student status)

\$55 Individual – Group Rate* # _____ x \$55 = \$ _____

*Group rate for three or more individuals **on the same payment method.**

Payment

Check enclosed (payable to Wright State University)

Credit Card VISA MasterCard Discover

Credit Card # _____ Exp. Date _____

Cardholder Name (please print) _____

Cardholder Signature _____

Certificate of attendance will be provided; no continuing education credits will be offered.

Boxed Lunch Choices (please check one)

Caesar Salad (no meat) Grilled Chicken Caesar Salad Grilled Salmon Caesar Salad Chef Salad

Please list any food limitations: _____

Four ways to register

Fax: 937.258.5544

Phone: 937.258.5555

E-mail: pam.mondini@wright.edu

Mail: Wright State University
Boonshoft School of Medicine
Center for Global Health Systems, Management, and Policy
Attention: Pam Mondini
3123 Research Blvd, Suite 200
Kettering, OH 45420-4006

The registration deadline is **February 23**; no refunds will be given after March 2. Late registrations will be permitted if space is available and will require a \$10 late fee.