

Childhood and Adolescent Obesity 2006

*1st Conference on Recent Advances in the Prevention and
Treatment of Childhood and Adolescent Obesity*

**Thursday - Saturday
October 5-7, 2006**

**The Coast Plaza Hotel & Suites at Stanley Park
1763 Comox Street
Vancouver, BC**

Sponsored by:



Interprofessional Continuing Education
The University of British Columbia

In cooperation with:



BC Children's Hospital
Vancouver, BC

Conference Description

This conference brings together an interdisciplinary group of professionals who work in the field of childhood and adolescent obesity or are confronted with this growing problem. State-of-the-art lectures will review the most recent practical aspects of prevention and treatment of childhood and adolescent obesity. A large portion will be devoted to workshops where strategies can be discussed with experts in the field.

Conference Goals

To foster discussion on very practical issues on prevention and treatment of childhood and adolescent obesity;
To review evidence-based recommendations and facilitate their dissemination and implementation by professionals and families in their community.

Learning Objectives

1. To review the existing initiatives aiming at preventing and treating childhood and adolescent obesity in BC and Canada;
2. To understand and discuss the most recent aspects of childhood and adolescent obesity with experts in the field;
3. To recognize the obstacles preventing the implementation of appropriate measures in the field of nutrition, physical activity and lifestyle.

Credits

Please contact the conference organizers for further information about credits. By email: ipconf@interchange.ubc.ca. Updates will also be available online: www.interprofessional.ubc.ca

Who Should Attend

Health professionals who work in the field of childhood and adolescent obesity, including family physicians, pediatricians, nurses, psychologists, social workers, counsellors, diabetes educators, dietitian and nutritionist therapists, administrators/managers, family resource program staff, family development workers, community health workers; teachers, educators, principals, policy makers and family members.

Registration

Online

Secure, fast, online registration is available for Visa and Mastercard holders at the conference organizer's website: www.interprofessional.ubc.ca

By Fax

Fax completed registration form to: **604-822-4835**

Charge-by-phone (please have Mastercard or Visa ready)

Toll free within North America: **1-877-328-7744**
Other callers: **604-822-6156**

Mail registration form with cheque or bank draft to:

IN 9553 REGISTRATION

Interprofessional Continuing Education

The University of British Columbia,
Room 105-2194 Health Sciences Mall
Vancouver, BC, V6T 1Z3

Tuition Fees

Please see registration form (on the back of the brochure) for details. The tuition fee includes conference materials, one lunch, refreshment breaks, a reception and a certificate of attendance. Pre-registration prior to **September 15th, 2006** is strongly recommended to ensure you receive all conference materials.

Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **September 6th, 2006**. **No refunds** will be granted for withdrawal after that date. Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less the processing fee will be returned.

Location

The conference will be held at the:
Coast Plaza Hotel and Suites at Stanley Park
1763 Comox Street
Vancouver, BC Canada V6G 1P6

Telephone: 604-688-7711 Fax: 604-688-5934

Toll free in North America: 1-800-663-1144

Online booking available:

www.coasthotels.com

Online booking code is: **COC8246**

Please make your own reservation by calling the hotel directly. Identify yourself with the **Childhood & Adolescent Obesity Conference**. Hotel tax of 10% and 7% GST must be added to all rates.

Rates: \$135 single, double or twin occupancy
\$165 one bedroom suites, additional person \$20

Children under 18 stay free in same room as parents (max. applies). A block of rooms will be held at the conference rate until **September 5th, 2006**. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

Parking

- Conference Hotel - \$2.50 per hour up to \$12.00 per day.
- West End Community Centre, 870 Denman (entrance off haro) \$4.50 - \$5.00 per day (\$1 coins accepted)

Financial Assistance & In-kind Support

We would like to acknowledge with special appreciation the financial or in-kind contribution from the following organizations:

BC Children's Hospital
Canadian Sugar Institute

Call For Posters

The posters will be displayed throughout the conference and the Poster Session is scheduled at 12:15 - 13:30, Friday, October 6, 2006

Please submit your proposal to ipconf@interchange.ubc.ca by **September 1st**.

Topic: Successful or unsuccessful initiatives for the prevention and treatment of childhood and adolescent obesity in YOUR community.

Format: Include a title, brief description of the initiative, presenter affiliation and complete contact information, maximum 1 page.

You will be notified in regard to your submission by September 1, 2006.

BC CORNER

Chair: Jean-Pierre Chanoine Co-Chair: Sue Stock

- 13:00** Registration Open, Exhibits and Coffee
- 14:00-14:20** **Childhood Obesity in BC: Where We Are and Where We Are Going**
Tom Warshawski, MD, Chairman, Childhood Obesity Foundation, Head, Department of Pediatrics, Kelowna General Hospital, Kelowna, BC
- 14:20-15:00** **Prevention of Childhood and Adolescent Obesity in BC: Act Now BC Health Eating Initiatives**
Lisa Forster-Coull, RD, Provincial Nutritionist, BC Ministry of Health, Victoria, BC
- 15:00-15:20** **Healthy Living: Children Teaching Children to Go Move, Go Fuel and Go Feel Good: An Elementary School Program**
Sue Stock, MD, FRCPC, Pediatric Endocrinologist; Clinical Instructor, University of British Columbia, North Vancouver, BC
- 15:20-15:40** Refreshment Break & Exhibits Open
- 15:40-16:00** **Translating Research Into Practice: the Action Schools! BC Model**
Heather A. McKay PhD, Professor, Department of Orthopaedics & Family Practice; and Interim Director for the Centre for Hip Health, University of British Columbia, Vancouver, BC
- 16:00-16:20** **Healthy Communities - Healthy Children**
Suzanne Allard Strutt, Chief Executive Officer, British Columbia Recreation and Parks Association, Burnaby, BC
- 16:20-17:00** **Provincial Program for the Treatment of Childhood and Adolescent Obesity in BC: from Primary to Tertiary Care**
Mary Hinchliffe, MD, Family Physician; Medical Director of the Centre for Healthy Weights: Shapedown, Vancouver, BC
Jean-Pierre Chanoine, MDPH, Clinical Professor and Head Endocrinology and Diabetes Unit, BC's Children's Hospital, Vancouver, BC
- 17:00-17:30** **Round Table: BC and Healthy Living: Finding the Right Intervention for YOUR Community**
(all above discussants)

Main Conference

- 17:00** Registration, Posters and Exhibits Open
- 17:30-18:15** Wine and Cheese Reception, Posters and Exhibits Open
- 18:30-18:40** Opening and Welcome Remarks
- 18:40-19:30** **Addressing Overweight in Children: The Clinic and Beyond (40 min + 10 min Q&A)**
Evelyn P. Whitlock, MD, MPH, Co-Director, Oregon Evidence-based Practice Center; Director, Research-Healthcare, Integration Department, Kaiser Permanente, Center for Health Research, Portland, OR

Committee Listing

Jean-Pierre Chanoine, MD PhD
 Clinical Professor & Head, Endocrinology & Diabetes Unit;
 British Columbia Children's Hospital, University of British
 Columbia, Vancouver, BC

Susan I. Barr, PhD, RDN, FACSM, FDC;
 Professor of Nutrition, University of British Columbia,
 Vancouver, BC

Sue Harris MD
 Family Practice, BC Women's Hospital Vancouver, BC

Lidia Kemeny
 Director, Child Health Advocacy, BC Children's Hospital,
 Vancouver, BC

Heather McKay, PhD
 Associate Professor, Department of Orthopaedics & Family
 Practice, University of British Columbia, in affiliation with
 Vancouver Coastal Health Research Institute, Vancouver, BC

Jorge Luis Pinzon, MD
 Clinical Assoc Professor, Pediatrics, University of British
 Columbia, Pediatrician, Eating Disorders Program,
 BC Children's Hospital, Vancouver, BC

Elaine Liau
 Director, UBC Interprofessional Continuing Education,
 Vancouver, BC

Pat Roles, MSW
 Clinical Coordinator, Social Work Department, BC Children's
 Hospital, Vancouver, BC

Sonia Usmiani, MA, RCC
 Registered Clinical Counsellor, Vancouver, BC

Main Conference

8:00 Registration & Coffee

NUTRITION

Moderator: Susan Barr

8:30-9:30 Dietary Strategies to Enhance Satiety Implications for Weight Management
Barbara Rolls, PhD
Professor and Guthrie Chair in Nutrition, Department of Nutritional Sciences, The Pennsylvania State University, Penn State, PA

9:30-10:00 Can Canada's Food Guide Help Promote Healthy Weights in Children?
Susan I. Barr, PhD, RD
Professor of Nutrition, University of British Columbia, Vancouver, BC

10:00-10:30 Refreshment Break, Exhibits Open

10:30 Concurrent Session 1 (10:30-11:15)

The following 45 minute concurrent sessions are repeated at 11:30. You may choose one session for the 10:30 slot and one session for the 11:30 time slot.

1A Arsenic and Old Lace: The Intergenerational Paradox of Obesity and Type 2 Diabetes in First Nations Children
Heather Dean, MD

Professor of Pediatrics, Children's Hospital, Winnipeg, MB
This workshop will focus on strategies for prevention of obesity and Type 2 diabetes in First Nations' children. New emerging data on the fetal origins of adult disease will be incorporated in the discussion.

1B Balanced Diet or Fad Diet? Addressing the Controversy

Geoff D.C. Ball, PhD, RD
Assistant Professor, Department of Pediatrics and Child Health, University of Alberta, Edmonton, AB
Dietary counseling is often a "first-line" approach for pediatric weight management. However, a variety of different nutritional strategies are promoted in both the lay and scientific literature. For this presentation, an evidence-based approach will be taken to outline nutrition recommendations for the treatment of overweight boys and girls.

1C Please Mum and Dad, I want more. Parents' Roles: a Major Influence on Children's Eating Behaviour
Ryna Levy-Milne, RD

Chief, Oncology Nutrition, BC Cancer Agency, Vancouver, BC
Parents play a key role in the determination of food preferences, feeding styles and behaviours in children. They provide the contextual environment in which a child interacts and consequently their feeding behaviours are influential in shaping their children's. During this workshop, we will explore parents' roles in children's weight-related issues.

1D Vending Policies in Schools: Outcomes

Gilles Cloutier, BSc, MEng, RD
Public Health Dietitian, City of Ottawa Public Health, Nepean, ON

Mr. Cloutier has been instrumental in bringing the Fuel to Xcell healthier vending program to Ottawa high schools and recreation centers and has worked to expand the program to college and university levels. Parents, school staff, and district/board officials all wish to take steps to reverse current trend in overweight and obesity in children and youth. To do this, vending policies may seem an easy first step. However, a more in-depth look at the issue reveals that several approaches exist, and that some of these may in fact be counter-productive... This workshop is a pragmatic examination of vending policies: what has been tried, what has worked, and why.

11:15 (15 minutes for room change)

11:30 Concurrent Session 1 Repeated (11:30-12:15)

12:15-13:30 Lunch Provided, Posters & Exhibits Open

PHYSICAL ACTIVITY

Moderator: Heather McKay

13:30-14:30 Effect of Built Environment on Childhood Physical Activity

Lawrence Frank
Associate Professor, Department of Community and Regional Planning, University of British Columbia; Bombardier Chair holder in Sustainable Urban Transportation Systems, Vancouver, BC

14:30-15:00 Physical Activity in Canadian Children - View from the Canadian Paediatric Society

Trent Smith, MD
Head, Department of Pediatrics, Royal Inland Hospital; Clinical Assistant Professor, Department of Pediatrics, University of British Columbia, Kamloops, BC

15:00-15:25 Refreshment Break Exhibits Open

15:25 Concurrent Session 2 (15:25-16:10)

The following 45 minute concurrent sessions are repeated at 16:20. You may choose one session for the 15:25 slot and one session for the 16:20 time slot.

2A Physical Activity in Childhood: Importance and Strategies to Overcome the Barriers

Katherine Morrison, MD, FRCPC
Assistant Professor, Department of Pediatrics and Population Health Research Institute, McMaster University, Hamilton, ON

This workshop will review the importance of physical activity to health in childhood. Potential barriers to physical activity, including individual, family and community barriers will be reviewed. Strategies to encourage families and communities to overcome these obstacles will follow.

2B Exercise for Pediatric Obesity: PE or PA?

Patti-Jean Naylor

Assistant Professor, School of Physical Education, University of Victoria, Victoria, BC

Vivienne Temple

Associate Professor School of Physical Education University of Victoria

This workshop will discuss the role of physical activity and physical education in the prevention of childhood and adolescent obesity. It will also highlight the relationship between movement skills and physical activity and between motor skill development, physical self-esteem and mastery experiences. The workshop will provide an overview of developmental and age appropriate objectives for physical activity as it relates to prevention and treatment of obesity.

2C Innovative Physical Activity Models - What should Clinicians Advise?

Trent Smith, MD

Head, Department of Pediatrics, Royal Inland Hospital; Clinical Assistant Professor, Department of Pediatrics, University of British Columbia, Kamloops, BC

We will discuss the latest evidence for increasing physical activity on daily life. Specific reference will be made to the school setting, home, organized sport and the built environment.

2D Physical Inactivity, Obesity, and Socioeconomic Status

Ian Janssen, PhD

Assistant Professor, School of Physical & Health Education; Department of Community Health & Epidemiology, Queen's University, Kingston, ON

The workshop will start by characterizing the influence of various individual- (eg, lack of income and education) and area-level (eg, living in a poor neighbourhood without parks) measures of socioeconomic status with physical inactivity and obesity in children and adolescents. Strategies for improving physical activity and dietary habits in disadvantaged youth will then be discussed.

16:10 (10 minutes for room change)

16:20 Concurrent Session 2 Repeated (16:20-17:05)

17:05 Adjourn

MAINPRO-M1 Credits

This conference has been approved for
13 MAINPRO-M1 credits.

8:00 Registration & Coffee

LIFESTYLE Moderator: Jorge Pinzon & Sonia Usmiani

8:30-9:30 Parental Determinants of Childhood Obesity

Myles Faith, PhD

Assistant Professor, University of Pennsylvania, School of Medicine, Philadelphia, PA

9:30-10:00 Working Relationships: What Level of Investment is optimal for our clients?

Josi Geller

Associate Professor, University of British Columbia, Dept. of Psychiatry; Director of Research, Eating Disorders Program, St. Paul's Hospital, Vancouver, BC

10:00-10:30 Refreshment Break Exhibits Open

10:30-11:30 Concurrent Session 3 (10:30-11:30)

3A Hands on for Family Behavioural Intervention

Myles Faith, PhD

Assistant Professor, University of Pennsylvania, School of Medicine, Philadelphia, PA

This workshop will review key components of family-based interventions for childhood obesity, including goal setting, self-monitoring, reinforcement strategies, role modeling, shaping behavior change, and sustaining change. The role of family members, motivation, and lifestyle change will be reviewed. The role of family expectations is explored.

3B Enhancing Readiness and Motivation for Change in Obesity Treatment

Josi Geller

Associate Professor, Department of Psychiatry, University of British Columbia; Director of Research, Eating Disorders Program, St. Paul's Hospital, Vancouver, BC

Care providers can play an important role in the development and maintenance of patients' readiness and motivation for change. This workshop reviews the fundamental principles of motivational approaches and describes elements of clinician stance that promote therapeutic alliance and engagement at all stages of obesity treatment.

3C Shapedown: A Comprehensive Program for the Treatment of Childhood and Adolescent Obesity: Practical Aspects

Mary Hinchliffe, MD

Family Physician; Medical Director of the Centre for Healthy Weights: Shapedown, Vancouver, BC

Sonia Usmiani, MA

Registered Clinical Counsellor, Vancouver, BC

Arlene Cristall

Nutritionist, Clinical Coordinator, Shapedown Program, Vancouver, BC

This workshop offers an overview of the Shapedown Program, a family based, multidisciplinary approach to the assessment and treatment of child and adolescent obesity. Participants will be presented with a family and follow them through all components of the program. The essentials of the bio/psycho/social assessment and the development of an appropriate care plan will be outlined. Participants will then be offered a practical, step by step approach to the treatment of this challenging population.

12:00 Adjourn

Childhood & Adolescent Obesity

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PLEASE WRITE IN BLOCK LETTERS

One registration form per person. Please photocopy the form if needed.

Ms. Mrs. Miss Mr. Dr.

Last Name First Name Initials

Organization Name

Organization Mailing Address

City Prov/State Postal Code

() ()
Daytime Telephone Number / Local Fax Number

Email Address

Where did you hear about this conference?

- Journal/Newsletter
 Website Link/Search
 Received information by direct mailing
 Friend/Co-worker
 Other: _____

CONCURRENT SESSIONS:

Please refer to the program for session descriptions

	YOUR CHOICE
Example:	A3
Session 1, 10:30-11:15, Friday, October 6, 2006:	_____
Session 1 Repeated, 11:30-12:15, Friday, October 6, 2006:	_____
Session 2, 15:25-16:10, Friday, October 6, 2006:	_____
Session 2 Repeated, 16:20-17:05, Friday, October 6, 2006:	_____
Session 3, 10:30-11:30, Saturday, October 7, 2006:	_____

*Our cancellation policy is described in the General Information section. Please read it carefully.

AFFILIATION / PROFESSION:

(please select only one)

- | | |
|--|---|
| <input type="checkbox"/> Physician | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> Counsellor | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Teacher | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Diabetes Educator | <input type="checkbox"/> Administrator/Managers |
| <input type="checkbox"/> Nutritionist | <input type="checkbox"/> Dietitian |
| <input type="checkbox"/> Researcher | <input type="checkbox"/> Family Member |
| <input type="checkbox"/> Community Health Worker | <input type="checkbox"/> Student |
| <input type="checkbox"/> Policy Maker | <input type="checkbox"/> Family Resource Worker |
| <input type="checkbox"/> Other: _____ | |

TUITION FEES:

Pre-registration prior to **September 15^h, 2006** is strongly recommended to ensure you receive all conference materials. All rates are quoted in \$CAD and the tuition fee includes GST. The registration fee includes conference material, refreshment breaks, a reception, one lunch and a certificate of attendance.

Early Bird Rate, before September 15, 2006

Full Thursday - Saturday program (including BC Corner) \$395

BC Corner only, 1:00 pm - 5:30 pm
Thursday, October 5, 2005 \$105

Individual Rates

Thursday Evening, October 5, 2006 only \$50
 Friday, October 6, 2006 only \$185
 Saturday, October 7, 2006 only \$105

Rate after September 15, 2006

Full Thursday - Saturday program (including BC Corner) \$445

BC Corner only, 1:00 pm - 5:30 pm
Thursday, October 5, 2005 \$125

Individual Rates

Thursday Evening, October 5, 2006 only \$75
 Friday, October 6, 2006 only \$205
 Saturday, October 7, 2006 only \$125

Student Rates

Full Thursday - Saturday program \$150
Student Day Rates:
 Thursday Evening, October 5, 2006 only \$50
 Friday, October 6, 2006 only \$75
 Saturday, October 7, 2006 only \$50

A copy of valid student photo ID must be sent with registration.

Method of Payment:

Charge by Phone/Fax:

Local/Outside BC: (604) 822-6156
 Toll free within BC: 1-877-328-7744
 Register by Fax: (604) 822-4835

Cheque P.O. #



We do not accept American Express

Credit Card Number Expiry Date

Name of Cardholder

Please note: A \$25 processing fee will be charged for the re-issue of lost tax receipts

If your organization is paying, please enter your purchase order and organization information below:

P.O. # _____ Manager's Tel.#: _____

Name of Manager: _____

Name of Organization: _____

Mailing Address: _____

Payment by Cheque:

Please make your cheque payable to the University of British Columbia and send to: Registration, Interprofessional Continuing Education, The University of British Columbia, Room 105 - 2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3