

5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity


Time to Focus on Strengths: Addressing Obesity in Indigenous Youth

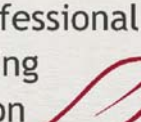


Photo Credit: Dan Harper

Pre - Conference: September 23, 2014
Main Conference: September 24 - 26, 2014

Fort Garry Hotel
Winnipeg, Manitoba

Presented by
 a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Interprofessional
Continuing
Education 

In Collaboration with


the Manitoba
Institute of
Child Health
a division of The Children's Hospital Foundation

Description

This conference brings together an interdisciplinary group of professionals and policy makers working in the field of childhood and adolescent obesity. The 5th conference will focus on the burden of obesity among Indigenous youth and particularly on the strengths of youth. This theme will address a major gap in our understanding of the role that resiliency plays in the prevention and management of obesity. Specifically, the conference will showcase examples of the best and promising practices within Indigenous communities across Canada and the US, and across multiple settings. Through presentations from Indigenous youth living in communities with a high burden of obesity, sharing circles with Indigenous leaders and stakeholders and presentations from individuals with expertise in Indigenous health, the conference will focus the discussion on the strengths of Indigenous youth. Additionally, we will explore interventions designed to promote these strengths and enhance resiliency among children and adolescents.

Objectives

- To create a forum for Indigenous youth to share their experience with healthy living in their community;
- To highlight successful community-based strategies aimed at reducing the burden of obesity in Indigenous youth;
- Provide a series of share circle opportunities to promote knowledge sharing and discussion among workers and stakeholders engaged in promoting healthy living in Indigenous communities;
- To provide a forum for networking and collaboration among health professionals, educators, researchers, policy makers, trainees and other stakeholders with an interest in childhood and adolescent obesity; and
- To create a forum for Indigenous youth to share their experience with healthy living in their community.

Who Should Attend

This conference will be of interest to anyone interested in learning about and sharing issues and experiences regarding childhood & adolescent obesity including, but not limited to, the following individuals: Administrators/Managers, Community Health Workers, Counsellors, Diabetes Educators, Dietitians, Early Childhood Educators, Educators, Family Development Workers, Family Physicians, Family Resource Program Staff, Fitness Professionals, Health Promoters, Nurses, Nutritionists, Paediatricians, Parents, Policy Makers, Psychologists, Researchers, School Principals, Social Workers, Students and Teachers.

Location

The conference hotel and accommodation will be provided by The Fort Garry Hotel, located on 222 Broadway, Winnipeg, MB, R3C 0R3. We are pleased to offer a group rate of \$139 for Standard, Queen, Double/Double or King sized rooms on single or double occupancy, plus applicable taxes. We suggest you book your room now as we anticipate that our room block will fill up quickly. To reserve a room, please call 204-942-8251 or toll free 800-665-8088 and let hotel reservations know that you are booking under the Obesity 2014 Conference room block.

Registration Fees

Please see the registration form (on back of brochure) for details. To receive the reduced early-bird rates, you must register by Friday, August 8, 2014. The registration fee for the pre-conference includes all conference materials, certificate of attendance, refreshment breaks and Tuesday lunch. The registration fee for the main conference includes conference materials, Wednesday and Thursday lunches, Thursday reception, refreshment breaks, and a certificate of attendance.

Registration

ONLINE: Secure, fast, online registration is available for Visa/MasterCard holders on our website at 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: 855-827-3112; Other callers: 604-827-3112

MAIL: Send the registration form with cheque to: IN 9553 REGISTRATION, Interprofessional Continuing Education, The University of British Columbia, Room 105-2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3, Canada.

Participants paying by credit card outside of North America: Please inform your credit card company of the transaction as some banks put a block on credit card payments made outside your country.

Refund and Cancellation Policy

Refunds will be made (less a \$50 processing fee) if a written notice of withdrawal is received by Tuesday, September 2, 2014. 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 will be issued.

Exhibitors

Health associations and/or community organizations wanting to exhibit at this conference, please contact Pilar Onatra, Program Assistant, at 604-822-7524 or at pilar.ipce@ubc.ca.

Call for Abstracts

The Call for Poster Abstracts is available at www.interprofessional.ubc.ca/Obesity2014.

Professional Credits

This program meets the accreditation criteria of the Canadian Counselling and Psychotherapy Association (CCPA).

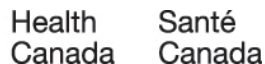
This event has been approved by the Canadian Paediatric Society for a maximum of 21 credit hours as an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada. The specific opinions and content of this event are not necessarily those of the CPS, and are the responsibility of the organizer(s) alone. For updates regarding credits, visit our website at www.interprofessional.ubc.ca.

Conference Updates

For conference updates please visit www.interprofessional.ubc.ca/Obesity2014. You can also follow [www.twitter.com/Obesity2014](https://twitter.com/Obesity2014).

Financial Contributors

We would like to acknowledge with special appreciation the financial support towards this conference provided (in part) by:



Pre-Conference		Tuesday, September 23, 2014
9:00	Keynote Why Obesity Is A Disease Arya Sharma	
10:00	<i>Activity & Nutrition Break</i>	
10:30	Mind, Exercise, Nutrition, Do It! (MEND) in Alberta Tim Baron	
11:00	Shapedown BC... Arlene Cristall	
11:30	TeleFit... Joseph A Skelton	
12:00	Family Lifestyles Program... Marni Robert	
12:30	<i>Lunch</i>	
1:30	5 A's of Pediatric Obesity Management Stasia Hadjiyannakis, Laurie Clark	
3:00	<i>Activity & Nutrition Break</i>	
3:30	CONversation Cards® ... Geoff Ball	
4:30	Wrap Up & Evaluation	

Main Conference		Thursday, September 25, 2014
8:00	Drumming & Cultural Activity	
8:30	Keynote Self-Regulation and Obesity Stuart G. Shanker	
9:30	<i>Coffee Break, Exhibits & Posters</i>	
10:00	Concurrent Sessions Policy; Clinical; Sharing Circles I	
12:00	<i>Lunch, Traditional Dance, Exhibits & Posters</i>	
1:30	Keynote Nehiyaw Pimatisiwin: Sharings from Onihcikiskowapowin James Makokis	
2:30	Room Change	
2:45	Concurrent Sessions Policy; Clinical; Sharing Circles II	
4:45	<i>Poster Session Wine & Cheese Reception</i>	

Main Conference		Wednesday, September 24, 2014
8:15	Opening Remarks, Prayer & Drummer	
8:45	Building Resilient Young People... Kevin Chief	
9:45	<i>Coffee Break, Exhibits & Posters Open</i>	
10:15	Stories from Youth 1: Mel Johnson School Mentors, 2: TBD, 3: Noreen Willows, Jody Kootenay & Juliann Yellowbird	
11:45	<i>Lunch, Group Walk, Exhibits & Posters</i>	
1:00	Keynote Resiliency & Healthy Aboriginal Youth Martin Brokenleg	
2:00	Aboriginal Diabetes Initiative Best Practices	
2:40	<i>Coffee Break, Exhibits & Posters</i>	
3:00	Incorporating Healthy Lifestyle... Fred Hines, Elder Francis Whiskeyjack	
3:45	Wellness & Health in Youth... Sangita Sharma	
4:15	Active Circle... Lucie Lévesque, Ron LePage	
4:45	Closing Remarks & Cultural Activity	

Main Conference		Friday, September 26, 2014
8:00	Drumming & Cultural Activity	
8:30	Keynote Building Resilience in Youth Roderick McCormick	
9:30	Reaching for Resilience in Addressing Obesity Christine Wekerle	
9:55	<i>Tea Break, Exhibits & Posters</i>	
10:15	Stress and Distress Allison Dart	
10:40	Resilience as a Construct for Healthy Living Behaviours John R Walker	
11:05	Keynote Weweni: Taking Care and Living Properly, from an Indigenous Perspective Wab Kinew	
12:05	Closing Remarks & Closing Prayer	

Pre - Conference | Pediatric Weight Management in Focus

Tuesday, September 23, 2014

8:30 - 9:00	Pre-Conference Registration (breakfast not provided)
9:00 - 10:00	Keynote Address Why Obesity Is a Disease (including Q&A) <i>Arya Sharma, MD, PhD, DSc(hc), FRCPC, Professor of Medicine and Chair in Obesity Research & Management, University of Alberta; Founder & Scientific Director, Canadian Obesity Network, Edmonton, AB</i> Learning Objectives: 1. Understand the physiology and pathophysiology of obesity 2. Gain confidence in discussing diagnosis and staging of obesity 3. Examine the policy implications of defining obesity as a disease
10:00 - 10:30	Nutrition Break & Activity - Yoga Instruction
10:30 - 11:00	Mind, Exercise, Nutrition, Do It! (MEND) in Alberta (including Q&A) <i>Tim Baron, BSc, PT, MBA, Senior Consultant, Provincial Model Coordination, Primary Health Care, Alberta Health Services, Calgary, AB</i> Learning Objectives: 1. Provide an overview of MEND as an innovative approach to childhood obesity prevention and early intervention in Alberta 2. Describe the approach to and findings from the implementation, including implementation in Aboriginal communities 3. Present the process and outcomes evaluation findings
11:00 - 11:30	Shapedown BC: A Family-Based Multidisciplinary Approach to Pediatric Weight Management: What we have Learned and what we have come to Value (including Q&A) <i>Arlene Cristall, MSc, RD, Program Coordinator, The Centre for Healthy Weights - Shapedown BC, BC Children's Hospital, Vancouver, BC</i> Learning Objectives: 1. Provide an overview of the Shapedown BC model 2. Highlight our learnings; what works, what doesn't work 3. Describe the importance of the evaluation process in the implementation and sustainability of the program model
11:30 - 12:00	TeleFIT: Multidisciplinary Pediatric Obesity Clinic Adapted to Better Serve Rural Populations (including Q&A) <i>Joseph A Skelton, MD, MS, Director, Brenner FIT (Families In Training), Brenner Children's Hospital, Winston-Salem; Associate Professor of Pediatrics, and Epidemiology and Prevention, Wake Forest School of Medicine, Winston-Salem, NC</i> Learning Objectives: 1. Understand how obesity treatment can be adapted to telemedicine venues 2. Learn tips for implementing telemedicine in outlying areas 3. Learn one program's journey to increase outreach to rural areas

12:00 - 12:30	The Family Lifestyles Program: Past, Present & Future (including Q&A) <i>Marni Robert, RD, MEd, CDE, Clinical Dietitian - Education, Winnipeg Regional Health Authority, Winnipeg MB</i> Learning Objectives: 1. Describe the development and implementation of a family-based lifestyle program in Winnipeg, MB 2. Review the referral process – how to connect with us and what happens after 3. Identify our partnerships and propose future goals
12:30 - 1:30	Lunch
1:30 - 3:00	The 5 A's of Pediatric Obesity Management (including Q&A) <i>Stasia Hadjiyannakis, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa, ON</i> <i>Laurie Clark, PhD, Clinical Psychologist, Centre for Healthy Active Living (CHAL), Children's Hospital of Eastern Ontario (CHEO), Ottawa, ON</i> Learning Objectives: 1. Acquire a set of practical tools designed to guide health practitioners in pediatric obesity counselling and management 2. Acquire a framework to assess weight related health and mental health complications 3. Acquire a framework through which to better identify and address potential drivers of weight gain and challenges to weight management
3:00 - 3:30	Nutrition Break & Activity - YMCA Fitness Leader
3:30 - 4:30	Talking, Listening, Learning: CONversation Cards® with Families in Pediatric Weight Management (including Q&A) <i>Geoff Ball, PhD, RD, Associate Professor, Department of Pediatrics, University of Alberta; Director, Pediatric Centre for Weight and Health, Stollery Children's Hospital, Edmonton, AB</i> Learning Objectives: 1. Review obesity-related terminology and communication preferences among clinicians and families 2. Gain hands-on experience with using CONversationCards® in clinical practice
4:30	Wrap Up & Evaluation

7:30 - 8:15 Main Conference Registration (breakfast not provided)	
8:15 - 8:45 Opening Remarks Jonathan McGavock (Chair) <i>PhD, Associate Professor, Department of Pediatrics and Child Health, Faculty of Medicine, University of Manitoba, Winnipeg, MB</i>	Learning Objectives: 1. Understand some of the psychological and spiritual dynamics of eating well 2. Recognize some qualities of Aboriginal eating patterns 3. Apply resiliency research to enhance Aboriginal health
Prayer & Drummers <i>Elder Margaret Lavallee, CAHE, Section of First Nations, Metis, and Inuit Health, University of Manitoba, Winnipeg, MB</i>	2:00 - 2:40 Aboriginal Diabetes Initiatives Best Practices (including Q&A) <i>Two Aboriginal Diabetes Initiatives will be highlighted and presented. Programs and presenters will be identified by the end of June. For updates see our website: interprofessional.ubc.ca.</i>
8:45 - 9:45 Building Resilient Young People: Seeing Past Hardship to Potential (including Q&A) <i>Kevin Chief, MLA, Minister of Children and Youth Opportunities, Minister responsible for the City of Winnipeg, Winnipeg Aboriginal Sport Achievement Council, Winnipeg, MB</i> Instead of focusing on the shortcomings and barriers, we have to see the possibilities. Our responsibility is to create structures that allow youth to achieve their full potential.	Learning Objectives: 1. Provide an overview of the project 2. Highlight the impact of the project 3. Share learnings from the project
9:45 - 10:15 Coffee Break, Poster Viewing & Exhibits Open	2:40 - 3:00 Coffee Break, Poster Viewing & Exhibits Open
10:15 - 11:45 Stories from Youth (including Q&A)	3:00 - 3:45 Incorporating Healthy Lifestyle in the Daily Curriculum (Medicine Wheel Teachings) (including Q&A) <i>Fred Hines, MEd, Principal, Edmonton Public School Board (EPSB) - amiskwaciy Academy, Edmonton, AB</i> <i>Elder Francis Whiskeyjack, amiskwaciy Academy, Edmonton, AB</i>
1 Experience of Being a Mentor in the Aboriginal Youth Mentorship Program <i>Bonnie Monias & Mel Johnson School Mentors, Manitoba Institute of Child Health, Wabowden, MB</i> Learning Objectives: 1. Understand what it is like to be a mentor in the Aboriginal Youth Mentorship Program 2. Understand the effects of the program on mental, physical, and spiritual health 3. Understand the role of mentoring in our community	Learning Objectives: 1. Modelling healthy lifestyle in the daily learning environment 2. Incorporating traditional teachings school and district wide 3. The role of community partners in providing a healthy breakfast and lunch program
2 Youth Empowerment Through Exercise - Building Strong Bodies and Minds in Saskatchewan First Nation Schools <i>Andrew DeBray, MEd, BEd, Chief Beardsy's Memorial School, Beardsy's & Okemasis First Nation, Duck Lake, SK</i> Learning Objectives: 1. Understand the history of the program 2. Understand the scaling up and dissemination of the program 3. Understand how the program was implemented within one specific First Nation school in the province of Saskatchewan	3:45 - 4:15 Wellness & Health in Youth: Aboriginal Communities in Transition Now (including Q&A) <i>Sangita Sharma, PhD, Aboriginal and Global Health Research Group, Faculty of Medicine & Dentistry, University of Alberta, Edmonton, AB</i> Learning Objectives: 1. Understand the current situation for urban Aboriginal youth in Alberta: disproportionately affected by poverty and social challenges 2. Using a bottom-up community-based participatory approach working with youth, community leaders, Elders, public school board, and local organizations, is the most effective way to create sustainable, community-owned, evidence-based health intervention to address health issues faced by urban Aboriginal youth 3. The data collection has generated some very interesting results that will shape future policy and program delivery and has provided information on Aboriginal youth and new Canadian youth that did not previously exist, such as data on nutrition, food intake and meal patterns, food security, housing, employment, physical activity, diabetes, uptake of health care services, and smoking and alcohol consumption
3 Community-University Partnership to Benefit Children and Youth in Alexander First Nation <i>Noreen Willows, PhD, Associate Professor of Community Nutrition, Faculty of Agricultural, Life & Environmental Sciences, University of Alberta, Edmonton, AB</i> <i>Jody Kootenay, Director of Education, Alexander First Nation, Morinville, AB</i> <i>Juliann Yellowbird, APPLE Schools Facilitator, Morinville, AB</i> Learning Objectives: 1. Provide examples from Alexander First Nation of partnered research with the University of Alberta that has benefited children, youth and the community 2. Provide examples of how a community-university partnership is ensured: Alexander Research Committee (ARC); Guiding Principles for research conduct; community members are co-researchers; University professors on the ARC responsible for reviewing all research in the community 3. Challenges in undertaking a community-university partnership	4:15 - 4:45 Active Circle: Youth Perspectives on Community Physical Activity Resources Captured through Photovoice (including Q&A) <i>Lucie Lévesque, PhD, Associate Director, Associate Professor, School of Kinesiology and Health Studies, Queens University, Kingston, ON</i> <i>Ron LePage, Mikisew Middle School, Cross Lake, MB</i> Learning Objectives: 1. Understand and appreciate the use of sport and physical activity to enhance positive youth development 2. Understand and appreciate the challenges and benefits to a community-academic partnership for research 3. Understand and appreciate Photovoice as a method to engage youth in the research process
11:45 - 1:00 Lunch & Group Walk, Poster Viewing & Exhibits Open	4:45 - 5:00 Closing Remarks & Cultural Activity
1:00 - 2:00 Keynote Address Resiliency and Healthy Aboriginal Youth (including Q&A) <i>Martin Brokenleg, PsyD, EdD, Reclaiming Youth International; Co-Founder of Circle of Courage; Professor of Native American Theology and Ministries, Vancouver School of Theology; Director of Native Ministries, Lennox, SD</i>	

7:40 - 8:00 Main Conference Registration (breakfast not provided)

8:00 Drumming & Cultural Activity

8:30 - 9:30 **Keynote Address | Self-Regulation and Obesity**
(including Q&A)

Stuart G. Shanker, Director and CEO, The Milton & Ethel Harris Research Initiative (TMC); Distinguished Research Professor of Philosophy & Psychology, York University, Toronto, ON

Learning Objectives:

1. Understanding the nature of self-regulation in terms of how the brain responds to stress and recovers
2. How self-regulation changes our perception of the causes of childhood obesity, from seeing it as arising from a lack of willpower to seeing it as the consequence of an excessive stress load
3. How self-regulation provides us with five key strategies for working on the core problems that lead to obesity

9:30 - 10:00 Coffee Break, Poster Viewing & Exhibits Open

10:00 - 12:00 Concurrent Sessions

Policy Session I

10:00 - 10:45 **Combining Cross-Sectoral Science and Policy for Prevention: The Story of the Healthy Child Manitoba Strategy**

Rob Santos, Associate Secretary to Healthy Child Committee of Cabinet; Executive Director, Science and Policy, Healthy Child Manitoba Office, Government of Manitoba; Research Scientist, Manitoba Centre for Health Policy; Assistant Professor, Department of Community Health Sciences, Faculty of Medicine, University of Manitoba, Winnipeg, MB

Learning Objectives:

1. Highlight key issues in combining science and policy across sectors
2. Provide examples of enabling structures and mechanisms in MB
3. Provide examples of MB initiatives, including those in partnership with Indigenous communities and a focus on resilience

10:45 - 11:30 **Policy and Environmental Approaches for Preventing Obesity and Obesity-Related Behaviours Among Youth in Canada**

Erin Hobin, PhD, Scientist, Health Promotion, Chronic Disease, and Injury Prevention, Public Health Ontario, Toronto, ON

Learning Objectives:

1. Acknowledge the prevalence of obesity and obesity-related behaviours among youth in Canada, and the gaps in evidence to inform interventions
2. Discuss policy and environmental strategies to prevent obesity and obesity-related behaviours in youth, schools, and communities
3. Explore approaches and impacts of various policy and environmental interventions in Canada targeting physical activity and food environments for the purpose of preventing obesity and promoting physical activity and healthier eating

11:30 - 12:00 Discussion

Clinical Session I

10:00 - 10:55 **Bariatric Surgery in Adolescents: Mental Health Considerations** (including Q&A)

Elizabeth Dettmer, PhD, Cpsych, Clinical and Health Psychologist, STOMP, The Hospital for Sick Children, Toronto, ON

Learning Objectives:

1. Explain the psychological experiences of adolescents living with severe obesity pre and post bariatric surgery
2. Describe the complexities of assessing readiness of adolescents for bariatric surgery
3. Describe the SickKids Team Obesity Management Program (STOMP), the bariatric surgery arm, and preliminary outcomes

10:55 - 11:50 **A Model for Community-Based Childhood Obesity Prevention in BC: Working Together to Raise Healthy Kids!** (including Q&A)

Shazhan Amed, MD, FRCPC, MScPH, Pediatric Endocrinologist, BC Children's Hospital; Clinical Assistant Professor, The University of British Columbia; Associate Clinician Scientist, Child and Family Research Institute, Vancouver, BC

Learning Objectives:

1. Review the existing evidence on community based participatory approaches to childhood obesity prevention
2. Learn about SCOPE's approach to childhood obesity prevention in BC
3. Learn about how BC communities have come together across multiple sectors to make 'the healthy choice the easy choice' for children and their families

11:50 - 12:00 Discussion

Sharing Circles I - Supporting Parents...

10:00 - 11:30 **Supporting Parents to Promote Healthy Living to Children Living Through Strengths-Based Approaches**

Facilitators:

Jonathan McGavock (Chair), PhD, Associate Professor, Department of Pediatrics and Child Health, Faculty of Medicine, University of Manitoba, Winnipeg, MB

Heather McRae, PhD, University of Manitoba, Winnipeg, MB

Learning Objectives:

1. Discuss barriers to adopting healthy living approaches for Indigenous children within their home environment
2. Describe models of excellence for supporting parents to create a household environment that promotes healthy living
3. Discuss Indigenous approaches to teaching/modeling healthy living behaviours in the home environment
4. Identify areas where health care providers could support Indigenous parents for adopting a healthy lifestyle in their home environment

11:30 - 12:00 Discussion

12:00 - 1:30 Lunch & Traditional Dance, Poster Viewing & Exhibits Open

1:30 - 2:30 **Keynote Address | Nehiyaw Pimatisiwin: Sharings from Onihcikiskowapowin** (including Q&A)
James Makokis, MHSc, MD, CCFP, Family Physician, Saddle Lake Health Care Centre, Saddle Lake Cree Nation, Associate Clinical Professor, Faculty of Medicine, University of Alberta, Edmonton, AB

Learning Objectives:

1. Understand the importance of opikinâwasowin for nehiyawak awasisak in preparing them to be healthy, whole, human beings
2. Understand the importance of nehiyaw pimatisiwin ekwa nehiyaw micowin as prevention mechanisms against illness
3. Examine approaches currently utilized or in progress at the Saddle Lake Cree Nation, specifically around awasisak ekwa oskiyak health

2:30 - 2:45 Room Change

2:45 - 4:45 Concurrent Sessions

Policy Session II

2:45 - 3:30 **Translating Evidence into Practice: Focus on First Nations Communities** (including Q&A)

Josée G Lavoie, PhD, MA, BSc, Manitoba First Nations, Centre for Aboriginal Health Research, University of Manitoba, Winnipeg, MB

Learning Objectives:

Most Canadians know little about First Nations communities. Although schools have integrated some information in curricula, the focus has remained on entertaining cultural practices or on history. Meanwhile, media reports on neglect and despair. Few Canadians, except for those who have a relationship with these communities, think of First Nation communities as places of healing. This presentation will focus on the strengths of First Nation communities, and on opportunities in meeting challenges. By the end of this presentation, participants will:

1. Understand of the strengths of First Nations' communities
2. Value partnership-based research and collaborative approaches
3. Recognize the importance of transformative research in supporting communities towards improving health outcomes

3:30 - 4:15 **Healthy Schools, Healthy Youth** (including Q&A)

Brian Torrance, BPEd, MSc, Director, Ever Active Schools, Edmonton, AB

Learning Objectives:

1. Understand that a comprehensive school health approach addresses both health and learning outcomes in children and youth
2. Learn how to build partnerships and collaboration across sectors to supporting health in school communities
3. Policy and grassroots work is interdependent. This session will highlight the importance of a systematic approach working together to support changes within an environment to advance the health of students

4:15 - 4:45 Discussion

Clinical Session II

2:45 - 3:25 **Family-based Obesity Care... Without Having to Move in with the Family** (including Q&A)

Joseph A Skelton, MD, MS, Director, Brenner FIT (Families In Training), Brenner Children's Hospital, Winston-Salem; Associate Professor of Pediatrics, and Epidemiology and Prevention, Wake Forest School of Medicine, Winston-Salem, NC

Learning Objectives:

1. Learn the basis, theory and history of family-based obesity treatment
2. Learn practical approaches for engaging families in developing positive nutrition and activity behaviors for children
3. Adopt practical strategies in the primary care office for assessing and managing obesity

3:25 - 4:05 **Unconscious Weight Bias: Important Considerations for Healthcare Professionals** (including Q&A)

Erin Cameron, PhD, Assistant Professor, School of Human Kinetics and Recreation, Memorial University of Newfoundland, St. John's, NL

Learning Objectives:

1. Raise awareness of unconscious bias
2. Highlight key research related to unconscious weight bias
3. Highlight best practices for addressing unconscious weight bias in healthcare

4:05 - 4:45 **The Edmonton Obesity Staging System for Pediatrics** (including Q&A)

Stasia Hadjiyannakis, MD, FRCPC, Children's Hospital of Eastern Ontario, Ottawa, ON

Learning Objectives:

1. Review the rationale for the development of a clinical staging tool to inform health risk and guide management in children and youth living with obesity
2. Review the 4 main domains assessed within the clinical staging tool - Metabolic, Mechanical, Mental Health and Milieu
3. Discuss the potential application of the staging system in clinical practice and in the allocation of health care resources

Sharing Circles II - Stress & Obesity

2:45 - 4:15 **What Role does Stress Play in the Management of Obesity in Indigenous Children**

Facilitators:

Sharon Bruce, PhD, Univeristy of Manitoba, Winnipeg, MB

Learning Objectives:

1. Describe sources of stress within Indigenous households that may contribute to the risk for obesity and type 2 diabetes
2. Discuss the scientific evidence suggesting that stress plays a role in weight gain and type 2 diabetes risk
3. Identify Indigenous approaches to stress management
4. Discuss and Identify best practices for managing stress and how they may play a role in the management of childhood obesity

4:15 - 4:45 Discussion

4:45 - 6:00 **Poster Session**

Poster presenters will be available for Q&A.

Wine & Cheese Reception

7:40 - 8:00 Main Conference Registration (breakfast not provided)

8:00 - 8:30 Drumming & Cultural Activity

8:30 - 9:30 Keynote Address | Building Resilience in Youth

(including Q&A)

Roderick McCormick, PhD, BCIC Research Chair Aboriginal Child & Maternal Health Professor, Faculty of Human, Social, Educational Development, Thompson Rivers University, Kamloops, BC

Learning Objectives:

1. Learn of challenges to Aboriginal youth resilience
2. Learn of ways to facilitate resilience in Youth
3. Learn of role of connection, culture, empowerment, and identity in youth resilience

9:30 - 9:55 Reaching for Resilience in Addressing Obesity

(including Q&A)

Christine Wekerle, PhD, Associate Professor, Pediatrics, McMaster University, Hamilton, ON

Learning Objectives:

1. Define current conceptualization of resilience
2. Learn about practical strategies to enhance resilience, such as self-compassion
3. Review barriers to resilience

9:55 - 10:15 Tea Break, Poster Viewing & Exhibits Open

10:15 - 10:40 Stress and Distress: Determinants of Complications in Youth with Type 2 Diabetes (including Q&A)

Allison Dart, MD, MSC, FRCPC, Assistant Professor, Department of Pediatrics and Child Health, University of Manitoba, Winnipeg, MB

Learning Objectives:

1. Gain insight into the burden of psychological distress in youth with type 2 diabetes
2. Understand the potential link between negative psychological factors and complications in type 2 diabetes
3. Observe associations between psychological factors and complications in the iCARE cohort study

10:40 - 11:05 Resilience as a Construct for Healthy Living Behaviours

(including Q&A)

John R Walker, PhD, Professor, Department of Clinical Health Psychology, Faculty of Health Sciences, University of Manitoba, Winnipeg, MB

Learning Objectives:

1. Become familiar with concepts of resilience in the development of children and youth
2. Become familiar with approaches through the school system to supporting resilience in children and their families
3. Become familiar with approaches to supporting resilience in families

11:05 - 12:05 Keynote Address | Weweni: Taking Care and Living Properly, from an Indigenous Perspective (including Q&A)

Wab Kinew, BA(Econ), Canadian Musician, Broadcaster, Educator; Director of Indigenous Inclusion, University of Winnipeg, Edmonton, AB

Learning Objectives:

1. Understand the importance of language and culture in the lives of Indigenous children
2. Understand the role of teaching language and culture to promote resilience among Indigenous children
3. Expose health care providers to the importance of gaining knowledge in Indigenous cultures and language when communication with Indigenous youth

12:05 - 12:30 Closing Remarks | Jonathan McGavock (Chair)

PhD, Associate Professor, Department of Pediatrics and Child Health, Faculty of Medicine, University of Manitoba, Winnipeg, MB

Closing Prayer | Elder

Planning Committee

Jonathan McGavock (Chair), PhD, Associate Professor, Department of Pediatrics and Child Health, Faculty of Medicine, University of Manitoba, Winnipeg, MB

Kristy Wittmeier (Chair of the Pre - Conference), PT, PhD, Physiotherapy Innovation & Best Practice Coordinator at Winnipeg Health Sciences Centre, Winnipeg, MB

Kathi Avery Kinew, MSW, PhD, Manager, Research & Social Development Initiatives, Assembly of Manitoba Chiefs, Winnipeg, MB

Geoff Ball, PhD, RD; Associate Professor, Department of Pediatrics, University of Alberta; Director, Pediatric Centre for Weight and Health, Stollery Children's Hospital, Edmonton, AB

Erika Bloomfield, Research Coordinator, DREAM (Diabetes Research Envisioned and Accomplished in Manitoba), Winnipeg, MB

Jean-Pierre Chanoine, MD, FRCPC (Academic), Clinical Professor and Head, Endocrinology and Diabetes Unit, BC Children's Hospital, Vancouver, BC

Carol Cochrane, Diabetes Support Worker, Aboriginal Diabetes Initiative Program, Fisher River Health Centre, Fisher River Cree Nation, Fisher River Education Board Member, Manitoba First Nation Diabetes Committee, Regional Member, Koostatak, MB

Kristina Hiemstra, Director, UBC Interprofessional Continuing Education, Vancouver, BC

Sara FL Kirk, PhD, Canada Research Chair, School of Health and Human Performance; Dalhousie University and Research Associate, Atlantic Health Promotion Research Centre (AHPRC), Halifax, NS

Fariba Kollahdooz, PhD, Nutritional Epidemiologist, Senior Research Associate, Aboriginal and Global Health Research, Division of Endocrinology & Metabolism, Department of Medicine, Faculty of Medicine & Dentistry, University of Alberta, Edmonton, AB

Katherine Morrison, MD, FRCPC, Associate Professor, Department of Pediatrics and Medical Director Metabolism and Childhood Obesity Clinical Programs, McMaster Children's Hospital; Co-Director Metabolism and Childhood (MAC) Obesity Research Program, McMaster University, Hamilton, ON

Elizabeth Proskurnik, CAT(C), Physical Activity Specialist, Aboriginal Diabetes Initiative, First Nations and Inuit Health, Winnipeg, MB

Elizabeth Sellers, MD, MSc, FRCPC, Associate Professor, Department of Pediatrics & Child Health, Section of Pediatric Endocrinology and Metabolism, University of Manitoba, Winnipeg, MB

Sangita Sharma, Aboriginal & Global Health Research Group, Endowed Chair in Aboriginal Health, Centennial Professor/Professor in Aboriginal and Global Health Research, Faculty of Medicine, University of Alberta, Edmonton, AB

Brandy Wicklow, MD, MSc (Epi), FRCPC, Assistant Professor Department of Pediatrics and Child Health, University of Manitoba, Section of Pediatric Endocrinology and Metabolism, Winnipeg, MB

Noreen Willows, PhD, Associate Professor, Community Nutrition; Health Scholar: Alberta Innovates - Health Solutions, Edmonton, AB

Posters

The formal poster session is scheduled at 4:45 on Thursday, September 25. Poster presenters will be available at this time for a Q & A period. A prize for the best poster for two categories, Trainee & Community Worker, will be presented.

For more information about the call for posters and poster listing please visit our website at www.interprofessional.ubc.ca.

5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity

Time to Focus on Strengths: Addressing Obesity in Indigenous Youth

September 24 -26, 2014 | Fort Garry Hotel, Winnipeg, MB

PLEASE WRITE IN BLOCK LETTERS:
One registration form per person. Please photocopy if more are needed.

Ms. Mrs. Miss Mr. Dr.

Last Name _____ First Name _____ Initials _____

Organization Name/Mailing Address _____

Mailing Address _____

City _____ Prov/State _____ Postal Code _____
() _____

Daytime Telephone Number / Local _____

E-Mail _____

Please inform us of any dietary requirements _____

Registration Fees

Pre-registration prior to September 8, 2014 is strongly recommended to ensure you receive all conference materials. All rates are quoted in \$CAD and the registration fee includes 5% GST. Please use one registration form per person.

The pre-conference fee includes conference material, Tuesday lunch, refreshment breaks and a certificate of attendance. The main registration fee includes conference material, Wednesday & Thursday lunches, Thursday reception, refreshment breaks, and a certificate of attendance.

EARLY BIRD RATE, BEFORE AUGUST 8, 2014

Pre-conference (Tuesday, September 23) \$125 (\$119.05+GST)

Main Conference - Full Program (Wednesday - Friday) \$375 (\$357.14+GST)

RATE AFTER AUGUST 8, 2014

Pre-conference (Tuesday, September 23) \$155 (\$147.62+GST)

Main Conference - Full Program (Wednesday - Friday) \$425 (\$404.76+GST)

Individual Day

Wednesday, September 24 ONLY \$250 (\$238.11+GST)

Thursday, September 25 ONLY \$250 (\$238.11+GST)

Friday, September 26 ONLY \$125 (\$119.05+GST)

Full-Time Student Rate (Before August 8, 2014) \$275 (\$261.90+GST)

*Please note that the full program does NOT include the pre-conference day.

A letter from your supervisor/department head stating that you are a full time student or a valid student photo ID must be sent with student registrations. Please fax a copy if you register online.

Please select the format you would like to receive the syllabus in:

- Paper copy **or**
 Electronic (a memory stick with the presentation materials will be given to you on-site at the conference)

Thursday Evening Reception (no fee) Attending **or** Not attending

Pre-conference Total \$ _____

Main Conference Total \$ _____

Total Payment

Affiliation/Profession

Please indicate which Affiliation/Profession best describes you:

- | | | |
|---|--|---|
| <input type="checkbox"/> Administrator/Manager | <input type="checkbox"/> Family Development Worker | <input type="checkbox"/> Parent |
| <input type="checkbox"/> Community Health Worker | <input type="checkbox"/> Family Physician | <input type="checkbox"/> Policy Maker |
| <input type="checkbox"/> Counsellor | <input type="checkbox"/> Family Resource Program Staff | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Diabetes Educator | <input type="checkbox"/> Fitness Professional | <input type="checkbox"/> Researcher |
| <input type="checkbox"/> Dietitian | <input type="checkbox"/> Health Promoter | <input type="checkbox"/> School Principal |
| <input type="checkbox"/> Early Childhood Educator | <input type="checkbox"/> Nurse | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Educator | <input type="checkbox"/> Nutritionist | <input type="checkbox"/> Student |
| <input type="checkbox"/> Educator | <input type="checkbox"/> Paediatrician | <input type="checkbox"/> Teacher |
| | | <input type="checkbox"/> Other: _____ |

Session Selection (see pages 5 & 6)

Please select the concurrent sessions you want to attend on **Thursday, Sept. 25:**

Concurrent Session 1: (Select 1)

- Policy Session I
 Clinical Session I
 Sharing Circles I - Supporting Parents

Concurrent Session 2: (Select 1)

- Policy Session II
 Clinical Session II
 Sharing Circles II - Stress & Obesity

Follow us on Twitter @Obesity2014



Please visit our website for updates and to register online:

interprofessional.ubc.ca



Method of Payment

Payment by Credit Card

- Complete the full registration online at interprofessional.ubc.ca/Obesity2014 with your Visa or MasterCard
- Fax the registration form to 1-604-822-4835 and indicate that you would like to pay with Visa or MasterCard. We will send you the secure on-line link to enter your credit card information. PLEASE DO NOT FAX CREDIT CARD INFORMATION
- Register and pay over the phone: Local/International: 1-604-827-3112 or toll free within Canada/USA: 1-855-827-3112 (VISA or MasterCard)

Payment by Cheque

Please make your cheque payable to the University of British Columbia (UBC) and send it along with complete registration form to:
 Interprofessional Continuing Education, UBC
 Rm.105 – 2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3

Alternative Payment Methods

Mail or fax complete registration form along with one of the following:

- Signed purchase order (PO);
- Letter of Authorization (LOA) from the manager on the organization's letterhead stating that they will be paying the registration fees. The letter should include the amount of registration fees, name and contact information of the manager; or
- Signed cheque requisition form (ChReq).

Please indicate your method of payment:

- Credit Card:** Please email me a secure online link to enter credit card #
 Cheque: Payment is enclosed with mailed registration form
 PO/LOA/ChReq: Purchase order/letter of authorization/cheque