**4TH ANNUAL PEDIATRIC HEALTHY WEIGHT SUMMIT**

“CHILDHOOD OBESITY: PREVENTION AND TREATMENT USING COGNITIVE AND BEHAVIORAL TOOLS TO MOTIVATE BEHAVIORAL CHANGE”

**Sponsored by:**
- ECU-University Health Systems Pediatric Healthy Weight Research and Treatment Center
- ECU Department of Exercise & Sports Science
- Eastern AHEC – Division of Continuing Medical Education & Division of Allied & Public Health

**March 29, 2007**
- Program: 8:25AM - 4:45PM
- Registration: 8:00AM

**March 30, 2007**
- Program: 9:00AM - 12:00NOON
- Registration: 8:30AM

**The Hilton Greenville**
- 207 SW Greenville Blvd., Greenville, NC

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**Registration Form**

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500 copies of this brochure were printed at a cost of $425.00 or $0.85 per copy.
About the Summit
Day 1 of the 4th Annual Pediatric Healthy Weight Summit will be an in-depth exploration of cognitive and behavioral techniques that health professionals and others can use in their everyday practice to help overweight youth as they make lifestyle changes. Programs and studies from around the country will share their experiences, successes, and lessons learned through platform and poster presentations. Day 2 of the Summit will consist of two concurrent workshops focused specifically on building skills related to one cognitive approach, Motivational Interviewing. One workshop will focus on Childhood Obesity while the other will focus on Substance Abuse. Registration is available for each day separately as well as the two-day summit as a whole.

Program Objectives
The overall learning objectives for this event are to:
• Explore the limitations of “provider-centered” health care for the prevention and treatment of pediatric obesity.
• Evaluate the evidence supporting the use of cognitive behavioral tools for obesity management.
• Examine innovative clinical and community-based programs that use cognitive and behavioral tools and methods to motivate healthy lifestyle changes.
• Apply motivational interviewing and other “patient-centered” cognitive and behavioral techniques to motivate children and their families to engage in healthful behaviors.

Target Audience
Health care professionals, including physicians, physician assistants and nurses, dietitians, exercise professionals, educators, academic researchers, mental health professionals and all others interested in reducing childhood obesity

Agenda - DAY 1
8:00 a.m. REGISTRATION
8:25 a.m. Opening Remarks
David Collier, MD, PhD
Former Arkansas Governor Mike Huckabee (invited)
9:00 a.m. Treatment of Pediatric Obesity: A Systematic Review and Meta-analysis of Randomized Trials
Lauren McGovern, MD
9:15 a.m. Child & Adolescent Obesity: An Expanding Problem
Bob Schwartz, MD

10:15 a.m. BREAK

10:30 a.m. Behavioral Choice Theory in the Treatment and Prevention of Obesity
Leonard Epstein, PhD

11:30 a.m. Family - based Behavioral Treatment for Pediatric Obesity
Leonard Epstein, PhD

12:30 p.m. LUNCH
1:30 p.m. BREAK OUT SESSIONS

A. The Magic Number? A Comprehensive Look at 12-week Behavior Modification Programs for Children and Families
Leonard Epstein, PhD

B. Clinic-based Prevention and Treatment
Primary Care Toolkit – Elana Perrin, MD, MPH
Healthy Choices Clinic – Mike Campbell, MSW, LCSW
Strength-based Weight Program for Youth – Laura Edwards-Leeper, PhD

Lifestyle Modification and Supervised Nutrition and Exercise – Peter Morelli, MD, F.A.C.C.

2:30 p.m. Break/Room Change
2:45 p.m. BREAK OUT SESSIONS
A. Challenges and Strategies in Fostering Physical Activity Motivation – Tom Raedeke, PhD
B. Building Successful Integrated Weight Loss Programs
Building a Successful Weight Loss Program in an Indigent Population – LaTonia Thomas, MPH, CHES

Health Choices: Influencing Policies, Communities and Families – Leigh McManus, BS, CHES

3:45 p.m. Moderated Poster Session
4:45 p.m. WRAP-UP & EVALUATION

Agenda - DAY 2
8:30 a.m. REGISTRATION
9:00 a.m. Motivational Interviewing Workshops – Part 1
Childhood Obesity – Bob Schwartz, MD
Substance Abuse – Paul Toriello, PhD

10:30 a.m. BREAK

10:45 a.m. Motivational Interviewing Workshops – Part II
Childhood Obesity – Bob Schwartz, MD
Substance Abuse – Paul Toriello, PhD

12:00 p.m. Adjourn

Faculty
James J. Annesi, PhD
Metro Atlanta YMCA

Mike Campbell, MSW, LCSW
Moms' Children's Clinic, Division of Behavioral Pediatrics

David Collier, MD, PhD
Pediactric Healthy Weight Research and Treatment Center
East Carolina University

Leonard H. Epstein, PhD
Distinguished Professor of Pediatrics & Behavioral Medicine
University of Buffalo School of Medicine

Michelle L. Ferris, LMSW
LEAN Family Program, Children's Medical Center of Dallas

Marjorie Garner, BA, AFAA, ACE
WakeMed Health and Hospitals

Lauren McGovern, MD
Department of Pediatrics & Adolescent Medicine
Mayo Clinic College of Medicine

Laura Edwards-Leeper, PhD
Children's Hospital of Boston, Harvard Medical School

Leigh McManus, CHES
Eastern Carolina Injury Prevention Program

Peter J. Morelli, MD, F.A.C.C.
University Hospital of Stony Brook University

Elana Perrin, MD, MPH
Schools of Medicine and Public Health
North Carolina at Chapel Hill

Tom Raedeke, PhD
Department of Exercise and Sports Science
East Carolina University

Lisa Ripperton, p-LCSW, MSPH
Take Charge Weight Initiative, Guilford Child Health

Robert Schwartz, MD
Professor and Chief of Pediatric Endocrinology
Wake Forest University School of Medicine

LaTonia Thomas, MPH, CHES
Children's Healthcare of Atlanta

Paul Toriello, PhD
Department of Rehabilitation Studies
East Carolina University

Credit
ACCREDITATION: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through joint sponsorship of Brody School of Medicine, East Carolina University and Eastern AHEC. The Brody School of Medicine at East Carolina University is accredited by the ACCME to provide continuing education for physicians.

CREDIT: The Brody School of Medicine designates this educational activity for a maximum of 6.8 for Day 1 and 3.0 for Day 2 toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Continuing Education Units (CEU): Application has been made to the Division of Continuing Studies at East Carolina University for 6 (6 contact hours) units of continuing education for physicians for Day 1 and 3 (3 contact hours) for Day 2.

Substance Abuse Counselor Certification (SAC): Application has been made to the North Carolina Substance Abuse Professional Practice Board for 3.0 hours of Substance Abuse General Skills Building Credit for Day 2 ONLY.

There is no additional charge for any of these credits. Certificates reflecting contact hours will be awarded at the completion of each day.

Hotel Accommodations
Hilton Greenville
207 SW Greenville Blvd. $109 per night
(252) 355-5000
www.greenvillenc.hilton.com

City Hotel & Bistro
203 SW Greenville Blvd. $74 per night
(252)355-8300
www.cityhotelandbistro.com

Registration Information
Registration Fees:

Before 3/22/07 After 3/22/07
Day 1 Only $75.00 $90.00
Day 2 Only $50.00 $65.00
Day 1 & 2 $95.00 $110.00

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 737-1016 (Voice/TTY). If you would like more information about the program, call Allied Health Education at Eastern AHEC at (252) 744-5205 or Email: simpkinsk@ecu.edu

If you register early and must subsequently cancel, a full refund will be made through March 22, 2007. No refunds will be made thereafter, but a substitute may attend.

NOTE: If you register, do not attend, and do not cancel by the deadline date (March 22, 2007), you or your agency will be billed for the full amount of the registration fee. Participates who pay by credit card may fax their completed registration form to (252) 744-5229.

Online registration is available for those paying by agency check or credit card at http://ehaec.ecu.edu. If sending a personal check, please mail a completed registration form with check (payable to Eastern AHEC) to: Eastern AHEC, Attn: Registration, PO Box 7224, Greenville, NC 27835-7224.