

CHILDHOOD OBESITY WORKSHOP

October 28, 2005

St. Luke's Community Health Education Center
 3333 Squalicum Parkway, Bellingham, Washington

SCHEDULE:

7:30 am	Registration
8:00 am	Keynote Presentation: "Pediatric and Adolescent Obesity" <i>Daniel Marks, MD, PhD</i> , Oregon Health & Science University
9:00 am	"School Food" <i>Susan Zoller</i> , Bellingham School District
10:00 am	"Addressing the Epidemic of Childhood Overweight: What Can Parents, Professionals, Community & Society Do?" <i>Ken Gass, MD, FAAP</i> , Madrona Pediatrics
11:00 am	"Comparison of Adolescent Weight Control Programs" <i>Cheryl Costomiris, MS, RD, CDE</i> , Apple A Day Medical Nutrition Therapy
12:00 pm	"Math Does Not Have to be Sugar-Coated" <i>Janet Mock, M.S.</i> , Western Washington University
12:30 pm	Lunch (Provided)
1:15 pm	"Physical Education at Its Best" <i>LeaAnn Tyson Martin, PhD</i> , Western Washington University & <i>Regina Campbell, MS</i> , Assumption Elementary and Middle School
2:00 am	"Healthy Communities, Healthy Kids: An Environmental and Policy Approach" <i>Liz McNett-Crowl</i> , Skagit Valley Hospital
2:45 pm	Sample Local Activity Programs <ul style="list-style-type: none"> • Bellingham Bay Gymnastics and Preschool • DanceMakers • YMCA Girls on the Run • Technology & PE, <i>Derrick Mears, PhD</i>, Western Washington University
3:45 pm	Closing



REGISTRATION: Please complete and return to the Center for Healthy Living (see reverse)

Early bird registration (*lunch is included*):

Indicate choice and provide contact information

Before October 21	\$25.00		<i>print NAME(s):</i>	
Seniors/Students	\$15.00		<i>Daytime phone</i>	()
<i>Lunch is included</i>			<i>Email</i>	
On site or after October 21	\$30.00		* Please print clearly *	
Seniors/Students	\$20.00			

Make checks payable to the WWU Foundation

Daniel Marks, MD, PhD, Oregon Health & Science University, Portland, OR

Dr. Marks completed his residency in pediatrics at the University of Utah, then moved on to a fellowship in pediatric endocrinology at Oregon Health & Science University which he completed in 2001. He is currently Assistant Professor in pediatric endocrinology at OHSU. He has an extensive research background and has published over 20 original research manuscripts. Recently, his work has focused on the neuroendocrine control of body weight. He has a particular interest in pediatric weight regulation.

Regina Campbell, MS, Assumption Elementary and Middle School, Bellingham WA

Ms. Campbell has been a physical education kindergarten - 8th grade specialist at Assumption Catholic School for 13 years. She received three STAR middle school and two STAR Elementary National Association for Sport and Physical Education recognition awards, 2004 – 2007 and the Washington School Board Challenge Award, 2004.

Cheryl Costomiris, MS, RD, Apple A Day Medical Nutrition Therapy, Bellingham WA

Ms. Costomiris is a dietician with an emphasis on youth weight control issues. She has consulted through her office to Whatcom County residents for over 20 years.

Ken Gass, MD, FAAP, Madrona Pediatrics, Bellingham WA

Dr. Gass has been a community pediatrician in Bellingham for over 28 years. He is founder of the Whatcom County Commission on Children and Youth and a Bellingham School Board member.

LeaAnn Tyson Martin, PhD, Western Washington University, Bellingham WA

Dr. Martin is Professor and Department Chair for Physical Education, Health and Recreation at Western Washington University. She is a pedagogy specialist and is a former elementary physical educator and coordinator for physical education and health. She was awarded the Washington Award for Excellence in Teacher Education (2003) and the College Professional Physical Educator of the Year (1995).

Liz McNett-Crowl, Coordinator, Skagit County Physical Activity Coalition, Mt. Vernon, WA

Ms. McNett-Crowl is an ACSM certified health and fitness professional with nearly 35 years of experience. She is employed by Skagit Valley Hospital as the coordinator of the Physical Activity Program office, serving as coordinator of the Skagit County Physical Activity Coalition, Northwest Physical Activity Coalition and the Mount Vernon Healthy Communities Project. She serves on the Leadership Team of the Washington Coalition for Promoting Physical Activity and is immediate past president on the board of directors.

Derrick Mears, PhD, Western Washington University, Bellingham WA

Dr. Mears is an Assistant Professor in the Physical Education, Health and Recreation Department at Western Washington University. He is a pedagogy specialist.

Janet Mock, MS, Western Washington University, Bellingham WA

Ms. Mock is an elementary teacher who has taught in Washington State public schools and international schools in Norway and Luxembourg. She is currently a Lecturer in Mathematics Education at Western Washington University.

Susan Zoller, Bellingham School District, Bellingham WA

Ms. Zoller is Bellingham School District Deputy Superintendent for Curriculum and Instruction. She is a member of WWU's Woodring College of Education Community Leadership Advisory Council.

<i>Mail registration and fee to:</i>	<i>For more information contact:</i>	<i>For information about</i>
Dr. Kathy Knutzen Center for Healthy Living Western Washington University 516 High Street Bellingham, WA 98225-9067	Dr. Kathy Knutzen Western Washington University 360.650.3055 or 650.3763 Kathy.Knutzen@wwu.edu	The Center for Healthy Living visit http://www.wwu.edu/depts/healthyliving