

MaineHealth Learning Community

A Partnership of MaineHealth and the Maine Physician Hospital Organization

OVERWEIGHT Evidence and Insights from the Front Lines OBESITY

Agenda

September 17, 2009

- Goals:**
- Present evidence-based strategies & practical innovations for integrating Overweight & Obesity management into primary care
 - Learn and share knowledge with others through the MaineHealth Learning Community

7:45 a.m. Registration and Breakfast

Casco Bay Room

8:00 – 8:15 a.m. Welcome and Introductions, Jackie Cawley, DO, Sr. Medical Director – Ambulatory, Preventive Health, MaineHealth; Jeff Aalberg, MD, Sr. Medical Director, MMC PHO

8:15 – 9:15 a.m. PLENARY SESSION: Setting the Stage around Obesity

Reginald Washington, MD, Chief Medical Officer, Rocky Mountain Hospital for Children, Denver and Clinical Professor of Pediatric Cardiology, University of Colorado School of Medicine. In his presentation, Dr. Washington will discuss how Obesity remains a major health issue in this country, and will explore the health care disparities that may help explain why the fight to decrease this epidemic has not been successful to date.

9:15 – 9:25 a.m. BREAK—Workshop Transition Time

9:25 – 10:15 a. m. WORKSHOP 1: Choose one of the following sessions based on your interest.

Kennebec Room

→ “Exergaming:” New, Fun Technologies

Presenter: Ann Maloney, MD, Child-Adolescent Psychiatrist; Kahsi Smith, PhD; MMC Research Institute

Goal:

- ✓ Understand how technology can be used to engage in physical activity

Cathance Room

→ **Obesity and Older Adults**

Presenter: Heidi Wierman, MD, Director, Geriatrics Fellowship Program, MMC

Goal:

- ✓ Understand the consequences and identify strategies to address obesity in older adults

Androscoggin Room

→ **Early Infancy as a Critical Period for Development of Obesity**

Presenter: Elsie Taveras, MD, MPH, Asst. Professor of Ambulatory Care/Prevention & Pediatrics, Harvard Pilgrim Health Care

Goal:

- ✓ Understand the implications of rapid changes in infant weight status

Sassanoa Room

→ **Stages of Treatment: Pediatric Obesity**

Presenter: Rebecca Carey, MD, Attending Gastroenterologist, Dept. of Pediatrics, MMC

Goal:

- ✓ Describe the 4 stages of treatment for childhood obesity

10:15 – 10:25 a.m. BREAK—Workshop Transition Time

10:25 – 11:15 a.m. WORKSHOP 2: Choose one of the following sessions based on your interest.

Kennebec Room

→ **Debunking Fad Diets: Why They Don’t Work**

Presenters: Jeff Aalberg, MD, Sr. Medical Director, MMC PHO; Debbie Pepper-Dougherty, RD, LD, CEO, Nutrition Consultants

Goal:

- ✓ Describe to your patients the pros and cons of popular diets

Cathance Room

→ **How to Get Started: 3 Easy Steps for Promoting Healthy Weight in Your Practice**

Presenter: Stephen DiGiovanni, MD, Bayview Pediatrics

Goal:

- ✓ Identify initial steps and tools for implementation in your practice

Androscoggin Room

→ **Eating Disorders: Recognizing and Providing Support**

Presenter: Patrice Lockhart, MD, Medical Director, New England Eating Disorders Program, Mercy Hospital

Goal:

- ✓ Learn how to identify disordered eating and appropriate resources in your community

Sassanoa Room

→ **Adult Obesity: What’s Happening? A Round Table Discussion**

Presenters: Tim Goltz, MD; Kathy Wright, Practice Manager; Miles Family Medicine; Kathy Lord, RN, BSN, CCM, Care Manager, MMC PHO; Ginger Johnson, MMC PHO

Goal:

- ✓ Learn from one another how to address obesity in your practice

11:15 – 11:25 a.m. BREAK—Workshop Transition Time

11:25 – 12:15 p.m. WORKSHOP 3: Choose one of the following sessions based on your interest.

Kennebec Room

→ **Bariatric Surgery and the Multidisciplinary Team**
Presenters: Roy Cobean, MD, Casco Bay Surgery; Jana Harbaugh, LCSW; Holly Greene, RN; Sarah Northrop, RD, CD; Michelle Hendrix, Patient; MMC Bariatric Surgery Program
Goal:
✓ Understand the bariatric surgery process and your role with your patients who are post operative

Cathance Room

→ **How to Talk with Patients and Families About Weight Issues**
Presenters: Victoria Rogers, MD, Director, Kids Co-Op; Pamela Dietz, MD, Physician Director; Barbara Bush Children’s Hospital at MMC
Goal:
✓ Learn what words to use when communicating about weight and healthy behaviors

Androscoggin Room

→ **Eating Your Way to Good Health**
Presenter: Susan Quimby, RD, LD, Nutrition Works
Goal:
✓ Describe quick and healthy mealtime solutions for busy patients and families

Sassanoa Room

→ **Obesity, Asthma & Diabetes: How They Interact**
Presenters: Barbara Chilmoneczyk, MD, Medical Director, AH! Program, MaineHealth; John Devlin, MD, Consultant, Endocrine Medical Services
Goal:
✓ Understand the relationship between obesity and two chronic conditions: asthma and diabetes

12:15 – 1:15 p.m. Networking Lunch Casco Bay Room

1:15 – 2:05 p.m. WORKSHOP 4: Choose one of the following sessions based on your interest.

Kennebec Room

→ **Set Up Your Practice Along the Wheels of Health**
Presenter: Dawn Strout, M.Ed, CSCS, Exercise Physiologist, Director, Human Performance Lab, MMC Sports Medicine
Goal:
✓ Learn how your practice can role model healthy behaviors for your patients and their families

Cathance Room

→ **Exercise as Medicine**
Presenter: William Dexter, MD, Director, Sports Medicine, MMC
Goal:
✓ Develop office strategies for engaging your patients in exercise as part of a prescribed treatment plan

Androscoggin Room

→ **Community Linkages and Your Role in Advocacy: The “Let’s Go!” Model**
Presenter: Emily Walters, Let’s Go!; Victoria Rogers, MD, Director; Kids Co-Op, Barbara Bush Children’s Hospital at MMC
Goal:
✓ Understand your role and the concept of shared responsibility in addressing the issue of childhood obesity

Sassanoa Room

→ **Essential Clinical Skills Update: Height, Weight, Blood Pressure**
Presenter: Ann Cannon, RN, BSN, Nurse Care Manager, Turning Point, MMC
Goal:
✓ Describe the latest recommendations for and demonstrate accurate technique in the measurement of blood pressure, height, weight, and waist circumference

2:05 – 2:25 p.m. Dessert Casco Bay Room

Casco Bay Room

2:25 – 3:15 p.m. PLENARY SESSION:

State of Maine Legislative Overview

Presenter: Hannah Pingree, Speaker, State House of Representatives
Goal:
✓ Learn how you can advocate for health issues that effect your patients and community

Myth Busters

Presenters: Reginald Washington, MD, CMO, Rocky Mountain Hospital for Children, Denver, CO; Victoria Rogers, MD, Director, Kids Co-Op, Barbara Bush Children’s Hospital at MMC; Michael A. Dedekian, MD, Maine Pediatric Specialty Group
Goal:
✓ Get the story straight on common myths associated with obesity

3:15 – 3:30 p.m. HIGHLIGHTS OF THE DAY: Turning Information into Action

Jackie Cawley, DO, Sr. Medical Director – Ambulatory, Preventive Health, MaineHealth
Closing remarks and prize drawing – be present to win!

A MaineHealth Learning Community Practice Improvement Series Meeting (PRISM)

Sponsored by MaineHealth and the Maine Physician Hospital Organization

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