

Learning To Move & Moving to Learn

Maine-Harvard Prevention Research Center Workshop

December 3rd, 2003

Augusta Civic Center

Please register by: Nov. 26th

Advanced payment is required for attendance.
Sorry, no refunds after November 19.

Fee: \$45.00 per person

Register by mail, fax or online

Online registration: www.mcph.org

Fax form to 207.629.9277, or

U.S. Mail form to the address below.

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|---|
| Name: |
| Title/Role: |
| Organization: |
| Work / Home Address (please circle one) |
| City: |
| Zip Code: |
| Daytime Phone: |
| Email: |

Please include me in the **PRC Info Monthly** email:

☐ **Yes, Please**

☐ **No, Thanks**

Call the MCPH office (629-9272) for possible cancellation
information due to poor weather/travel conditions.

Mail payment to:

Maine Center for Public Health
12 Church Street
Augusta, Maine 04330

Supporters

American Academy of Pediatrics

Eastern Maine HealthCare

Eastern Maine Medical Center

Healthy Community Coalition serving
Greater Franklin County

Healthy Futures, Winthrop

MAHPERD-Maine Association for Health,
Physical Education, Recreation and Dance

Maine Chapter American Academy
of Pediatrics

Maine Department of Education

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Bureau of Health

Maine Governor's Council on Physical Fitness,
Sports, Health & Wellness

Maine Nutrition Network

Norumbega Pediatrics

Public Health Division, Health & Human
Services Dept., City of Portland

University of Maine Cooperative Extension

University of New England College of
Osteopathic Medicine & Certificate of
Advanced Graduate Study in Public Health

USM Lifeline Center

WinterKids

Winthrop Family Pediatrics Center

YMCA Alliance of Maine

Third Annual Maine-Harvard Prevention Research Center Workshop



Learning To Move & Moving to Learn: Promoting Physical Activity Through Schools

December 3rd, 2003
Augusta Civic Center,
Augusta, Maine

Sponsored by:

Maine Center for Public Health

Harvard Prevention Research Center

Maine Bureau of Health

Maine Cardiovascular Health Council

Maine-Harvard Prevention Research Center Workshop Series

Maine-Harvard Prevention Research Center (M-HPRC) began in October 2000 with the mission to provide prevention research, information and dissemination activities in Maine that will lead to improved public health interventions and ultimately to a healthier population. The current goal of this project is to increase physical activity, reduce obesity and improve nutrition in Maine, primarily among children and youth, through an applied research program.

The M-HPRC is a collaboration of the Harvard Prevention Research Center which is funded by the Centers for Disease Control and Prevention, the Maine Center for Public Health and the Maine Bureau of Health.

Audience

This workshop is intended for school personnel, community coalition members, and other advocates at the local and state-level who are interested in improving physical activity opportunities in Maine schools.

Objectives of this conference

- To present research on the role of physical education / physical activity and overweight youth.
- To review regional recommendations on physical education / physical activity in schools.
- To develop consensus on recommendations for Maine and develop future steps for physical education / physical activity in schools.

Preliminary Agenda

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|-------|---|
| 8:00 | Registration |
| 8:45 | Welcome |
| 9:00 | Keynote Address: Russell Pate, Ph.D. Research on the benefits of physical activity for children and adolescents. |
| 10:00 | Bill Potts-Datema, MS New England recommendations for schools on physical activity / physical education to address overweight youth. |
| 10:30 | Commissioner Susan Gendron Response to recommendations. |
| 10:45 | Break |
| 11:00 | Response to recommendations from Maine schools. (panel) |
| 12:00 | Lunch |
| 1:00 | Creative approaches to meeting physical activity recommendations. (panel) |
| 1:45 | Work Session: Recommendations and Action Steps |
| 2:45 | Report out & Summary of next steps Closing Comments |

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MAINE CENTER FOR PUBLIC HEALTH

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www.mcph.org

Keynote Speaker

Russell R. Pate, PhD, is a professor of exercise physiology and chairman of the Department of Exercise Science at the University of South Carolina. Dr. Pate's scholarly work, which is internationally recognized, has focused primarily on the relationships between physical activity and health in children and adolescents. Dr. Pate has served as president of the American College of Sports Medicine and as chairman of the Physical Fitness Council of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and has been recognized with Scholar Awards from both organizations.

Speaker

William H. (Bill) Potts-Datema, MS, of the Harvard School of Public Health, has worked at the intersection of the fields of health and education for 21 years. His career includes service from local and national levels, including positions such as junior and high school classroom teacher. Currently, Mr. Potts-Datema serves as director of Partnerships for Children's Health (PCH) at the Harvard School of Public Health in Boston, MA. PCH works to build strategic relationships among higher education, state government, and communities to improve health and educational outcomes for children and youth. He is a life member of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), American School Health Association (ASHA), and National Parent-Teacher Association (PTA) among many affiliations.

Moderators

Charles Deutsch, ScD, Co-director,
Harvard Prevention Research Center

Paul Campbell, MPA, ScD, President,
Maine Center for Public Health