

Guest Speakers



Nicholas A. Christakis, MD, PhD, MPH, is an internist and social scientist who conducts research on social factors that affect health, health care, and longevity. He is a Professor of Medical Sociology in the Department of Health Care Policy at Harvard Medical School; Professor of Sociology in the Department of Sociology in the Harvard Faculty of Arts and Sciences; and an Attending Physician in the Department of Medicine at the Harvard-affiliated Mt. Auburn Hospital. He was elected to the Institute of Medicine, National Academy of Sciences, in the USA in 2006. Formerly at the University of Chicago, his past work centered on the study of end-of-life care (e.g., his 1999 book, *Death Foretold: Prophecy and Prognosis in Medical Care*). Currently, he is principally concerned with health and social networks. Some recent work has focused on the health benefits of marriage and on how ill health or death in ones spouse can affect the other spouse. Other work has involved the application of network science, econometric methods, and mathematical modeling to understanding the health-related dynamics of complex, longitudinally evolving social networks.

Janet Whatley Blum, ScD, is an Associate Professor of Exercise Science, in the Department of Exercise, Health, and Sport Sciences at the University of Southern Maine. Dr. Whatley Blum's area of research includes the role of nutrition and exercise on the prevention and treatment of obesity in adolescents and adults. Her work has

included several studies within public school systems in Nebraska and Maine. In Maine, she has examined how a low-fat, low-sugar, portioned controlled a la carte and vending program impacted body mass index and dietary behaviors in high school aged students. In addition, she has examined and will present at our workshop the impact of Maine's state-wide rule that eliminated the sale of "foods of minimal nutritional value" in public schools on high school nutrition environments and student dietary behaviors.

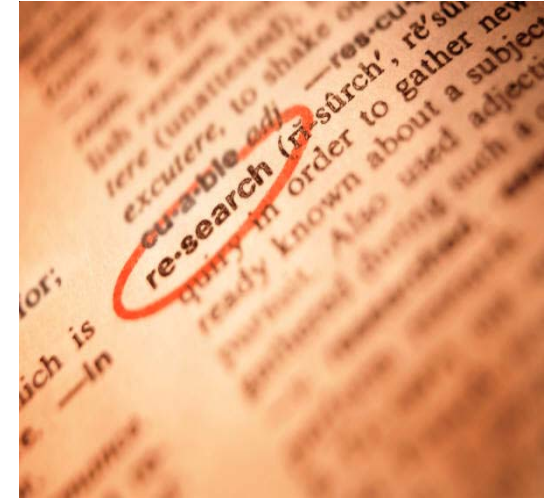
Robert Ross, PhD, is a sociologist and health services researcher who, since 1991, has worked in the areas of health promotion and disease prevention in work, school, and community settings; clinical and translational research project and program development; and health professions and policy research. Before joining the Maine Center for Public Health (August 2007) to work as Scientific Director to the Maine-Harvard Prevention Research Center, he was Research Assistant Professor (2004-2007) in the College of Nursing and Health Sciences at the University of Vermont (UVM) in Burlington, where he conducted the twenty-eight site "Worksites overweight and obesity control/prevention trial" in partnership with Blue Cross Blue Shield of Vermont. He will highlight the results of this work.

Audience/Who Should Attend

Healthy Maine Partnership Directors
School Health Coordinators, Superintendents,
Principals and others working with schools
Worksite Wellness Managers and those working
on worksite wellness
Community Coalition Members & Staff
Others working with social networks
Public Health Advocates
Legislators / other policy makers
Physical Activity & Nutrition Project Staff

7th Annual Maine-Harvard Prevention Research Center Workshop

What's New?



Putting recent obesity research to work in Maine!

Special Guest

Nicholas Christakis MD, PhD, MPH
lead author of the recent article
in NEJM coined

"Is Obesity Socially Contagious?"

Tuesday, November 27th 2007
Augusta Civic Center,
Augusta, Maine

Maine-Harvard Prevention Research Center

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

The M-HPRC is a collaboration of the Maine Center for Public Health (MCPH), the Maine Center for Disease Control and Prevention (Maine CDC) and the Harvard Prevention Research Center (HPRC). Funding for Maine-Harvard Prevention Research activities comes from the Maine CDC, the US Centers for Disease Control and Prevention, health systems and private foundations.

Goals/Workshop Objectives

A primary goal for all Prevention Research Centers is the translation of research into practice. The goal of this conference is to provide a forum for researchers to present the findings of their obesity-related projects and for public health practitioners, policy makers, advocates and others to determine if specific programs or policies in Maine should be pursued or modified based on that research.

Objectives:

1. To increase evidence based knowledge about policies, programs or conditions that impact physical activity, nutrition and obesity.
2. To determine specific actions that can be taken individually and collectively in Maine as a result of the research to improve programs, policies or practices that impact obesity.

Agenda

8:00-8:30	Registration and Continental Breakfast
8:30-8:45	Welcome, Overview and Purpose of the Day
8:45-9:35	Impact of Maine's State-wide Rule on High School Nutrition Environments and Students' Dietary Behaviors
9:35-9:55	Table Discussion - Translating Research to Practice
9:55-10:10	Break
10:10-10:25	Report Back and Comment
10:25-11:15	The Vermont Worksite Wellness Project
11:15-11:35	Table Discussion - Translating Research to Practice
11:35-12:00	Report Back and Comment
12:00-1:00	Lunch
1:00-2:00	The Spread of Obesity in Large Social Networks
2:00-2:30	Table Discussion - Translating Research to Practice
2:30-2:45	Break
2:45-3:15	Report Back and Comment
3:15-3:30	Final Comments and Adjourn

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.

What's New? Putting recent obesity research to work in Maine!

Tuesday, November 27th 2007
Augusta Civic Center

Please register by November 16th
Fee \$45

Advanced payment is required
No refunds after November 16th

Register by mail, fax or online

Online registration

www.mcph.org/events.htm

Fax form with \$45 payment to follow to
207.629.9277

Mail \$45 payment to

Maine Center for Public Health
One Weston Court, Suite 109
Augusta, Maine 04330

Name: _____

Title/Role: _____

Organization: _____

Work / Home Address: (please circle one)

City: _____

Zip Code: _____

Daytime Phone: _____

Email (required): _____

If you require special accommodations or assistance to attend this workshop, please contact Dani Kalian at dkalian@mcph.org or 629-9272 x204 before 11/16.