

Dianne Stanton Ward, Ed.D.

Diane Stanton Ward, Ed.D. is a Professor of Nutrition at the University of North Carolina at Chapel Hill Gillings School of Global Public Health. Dr. Ward's research focuses on the prevention of obesity and the promotion of healthy diets and physical activity through interventions implemented in schools, communities, and homes. Dr. Ward has been PI for NIH- and CDC-funded research projects that test interventions to promote healthy weight behavior in children and families. An additional focus of her work is the development of



measures to assess environmental factors associated with physical activity, diets, and obesity. Dr. Ward led the team that developed a policy and environmental intervention for child care called NAP SACC, the Nutrition and Physical Activity Self-Assessment for Child Care, a highly regarded program within the public health community and used by many states for healthy weight development.

Meredith Reynolds, Ph.D.

Commander Meredith Reynolds, PhD is responsible for leading CDC's Obesity Branch Guidelines Development and Recommendations team. Her team works to identify and translate effective policy and environmental interventions to combat obesity and promote health through improved nutrition, increased physical activity and decreased sedentary behaviors. She leads projects focused on policy and practice changes for the childcare, healthcare, and workplace settings. She began her work at CDC in 1999, as an Epidemic Intelligence Officer, and has worked in the areas of country-level demographic and health surveys, reproductive health surveillance, and immunization. She co-leads the HHS Healthy Weight Early Childhood Workgroup.

Marjorie Withers, LCPC

Marjorie Withers, LCPC, has worked in mental health and as a consultant for over 30 years. Her passions are developing systems of care, skills and supports to help families and children improve the quality of their lives. She specializes in work with infants, young children and families building on strength through collaboration. For the past decade she has focused on the development of rural and tribal collaboratives and defining authentic collaboration. Marjorie is currently serving as director of the Community Caring Collaborative in Washington County, a Project LAUNCH-funded program. Marjorie developed and now directs this 37 agency, community, and tribal collaborative in creating a seamless system of care for at-risk infants and young children and their families.



Maine-Harvard Prevention Research Center

*Starting Young:
Improving the Nutrition and
Physical Activity Environment for
Pre-School Aged Children*

Friday, January 21st, 2011

**Senator Inn
Augusta, Maine**

(<http://www.senatorinn.com/index.html>)

8:30am—2:00pm

**Register by January 15th, 2011
Fee \$50.00**

REGISTER ONLINE

<http://www.acteva.com/booking.cfm?bevaaid=211808>

Space is Limited!

**Advance payment is required.
No refunds after January 14th, 2011.**

**For more information, or if you require special
accommodations or assistance to attend this workshop,
please contact Karen O'Rourke at
korourke3@une.edu or 207.221.4620**

Conference Sponsors:



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Harvard School of Public Health



UNE UNIVERSITY OF
NEW ENGLAND

Center for Community and Public Health

10th Annual Maine-Harvard Prevention Research Center Workshop

*Starting Young:
Improving the Nutrition
and Physical Activity
Environment for Pre-
School Aged Children*



Special Guests

Marjorie Withers, LCPC

Director, Community Caring Collaborative

Dianne Ward, Ed.D.

Professor of Nutrition, University of North Carolina Gillings School of Global Public Health and lead researcher for NAP SACC

Meredith Reynolds, Ph.D.

Division of Nutrition, Physical Activity and Obesity, US Center for Disease Control and Prevention

Friday, January 21st, 2011

**Senator Inn
Augusta, Maine**

8:30am—2:00pm

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 Center for Community and Public Health at the University of New England, the Maine Center for Disease Control and Prevention (Maine CDC) and the Harvard Prevention Research Center (HPRC). Funding for current and past 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

As a result of attending this workshop, participants will:

1. Understand why early intervention and family support is critical to the development of healthy children.
2. Understand the role of the child care environment and of the child care staff in helping to prevent youth obesity
3. Describe specific actions that can be taken to improve the physical activity and nutrition environment that are based on the research.
4. Learn about new research on the cost effectiveness of obesity policy changes in child care settings.

Conference Agenda

8:00-8:30	Registration
8:30-8:45	Welcome Harvard PRC, UNE, Maine CDC
8:45-9:30	Starting Early: Building Foundations for Healthy Lives Marjorie Withers, LCPC Director, Community Caring Collaborative
9:30-10:30	Creating Healthy Weight Environments at Child Care: The NAP SACC Planning Model Dianne Stanton Ward, Ed.D. UNC-Chapel Hill, Gillings School of Global Public Health
10:30-10:50	Physical Activity and Break
10:50-11:45	Maine's Experience Improving Physical Activity and Nutrition in Child Care Settings: What Works/Challenges/Successes <i>Interactive Panel and Participant Involvement</i> Joanne Burns, Ranae D'Italian, Dawn Littlefield, David Crawford (moderator)
11:45-12:35	Lunch
12:35-1:10	CDC's Framework for Improving Nutrition, Breastfeeding, Physical Activity and Screen Time in Child Care and Early Learning Settings for Obesity Prevention: A spectrum of opportunity for policy and practice change Meredith Reynolds, Ph.D. US Center for Disease Control and Prevention
1:10-1:45	The Cost Effectiveness of Obesity Policy Changes in Child Care Settings Davene R. Wright, BS Doctoral Candidate in Health Policy Harvard University

1:45-2:00 Closing Remarks

2:00 Adjourn

2:00-3:00 *Technical Assistance Session with NAP SACC HMPs and Dr. Dianne Stanton Ward*

Audience/Who Should Attend...

Healthy Maine Partnership Directors and Staff
Child Care Center Providers
WIC and Head Start Staff
Child care advocates
Public Health Nurses
Cooperative Extension Staff
Those interested in working with child care sites



Please Note . . .

Conference will be held except in the case of extreme weather conditions.

Please call 207.221.4620 for possible cancellation information.