

Tuesday, April 15, 2003  
Sheraton Lansing Hotel

## CONFERENCE AGENDA

7:45 a.m.

### Registration and Healthy Continental Breakfast

The three morning general sessions will be held in  
**Ballrooms B-D.**

8:30 a.m.

### Welcome and Introductions

*Carol Wolenberg, Deputy Superintendent for  
Administrative and Support Services  
Michigan Department of Education*

*Kimberly Dawn Wisdom, MD, MS, Surgeon General  
Michigan Department of Community Health*

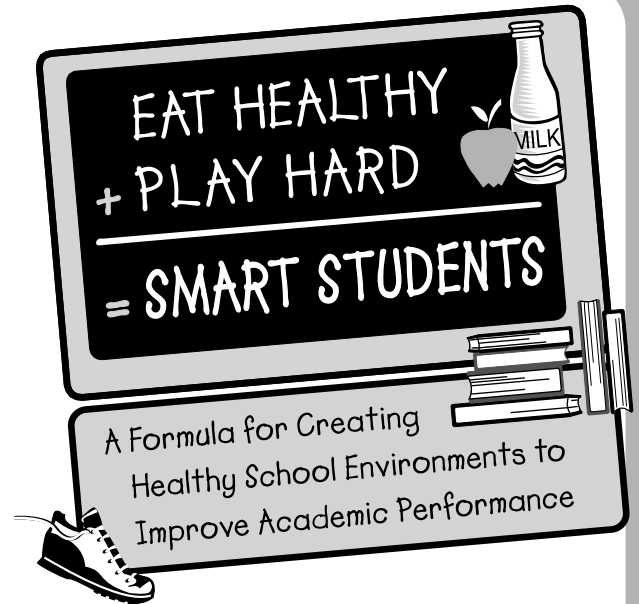
8:45 a.m.

### The Scope and Long-Term Medical Consequences of Overweight Children

*Margaret Samyn, MD  
University of Florida Medical School*

**Moderator: Shannon Carney, MS, RD**  
*Nutrition Consultant  
Michigan Department of Community Health*

Many people think obesity is an adult health problem. The truth is that the number of overweight children and their unique health challenges are of equal concern in Michigan and on a national level. Dr. Samyn has worked extensively with these children and will share with the audience current trends in physical activity and nutrition, weight trends for Michigan children compared to national data and the scope of the problem in terms of the children's future health.



9:15 a.m.

### Keynote Address: Healthy Students Achieve More

*Dayle Hayes, MS, RD, Nutrition Consultant  
Billings, Montana*

**Moderator: Sharon Toth, MPH, RD**  
*Coordinator, School Foodservice Programs  
United Dairy Industry of Michigan*

Life in the fast food lane of our couch-potato culture has serious health and education implications for American children. Join nutrition expert Dayle Hayes, MS, RD, and discover the critical ways that nutrition and physical activity impact the ABCs: Academic success, Behavior problems, and Childhood health. In this inspiring session, Dayle will explore how you can help families, schools and communities confront these serious problems – and create healthy solutions for Generation XXL. This session will demonstrate how the coordinated school health model and a healthy school environment can help children to learn and teachers to teach. Participants also will hear how schools across the U.S. are incorporating long-term, strategic changes to support students in achieving academic excellence and healthy lifestyles.

10:15 a.m.

### Break in Exhibit Area



10:30 a.m.

### **Improving Academic Performance Through Healthy Eating and Physical Activity**

**Pat Cooper, PhD, Superintendent**

*McComb School District, McComb, Mississippi*

**Moderator: Elizabeth Coke Haller, MEd**

*Acting Supervisor, Curriculum Leadership Unit  
Michigan Department of Education*

The McComb School District is currently in the sixth year of a thirteen-year longitudinal study surrounding the effects of a nine-component, coordinated school health program on academic success and behavior. Dr. Cooper's presentation will feature a Superintendent's perspective on the necessity of establishing a quality school health program as a mechanism for "Leaving No Child Behind." Particular focus will be given to rationale for use, funding sources, community "buy-in" techniques and data to document positive results that cross academic, social/emotional, and physical boundaries.

11:15 a.m.

### **Break in Exhibit Area**

11:30 a.m.

### **Concurrent Workshops**

#### **1-A: ASSESSMENT AS THE FIRST STEP TO HEALTHY CHANGE**

##### **Ballroom E**

**Shannon M. Carney, MS, RD, Nutrition Consultant**  
*Michigan Department of Community Health*

**Elizabeth Coke Haller, MEd**

*Acting Supervisor Curriculum Leadership Unit  
Michigan Department of Education*

By forming a Coordinated School Health Team and analyzing your school's physical activity, nutrition policies and environment, you will have a clear picture of your school's strengths and challenges. Learn how the results will allow your Coordinated School Health Team to determine and implement the changes that are most beneficial to students, staff and community. Two highly recommended assessment tools will be discussed: CDC's School Health Index and the USDA's Changing The Scene.

#### **1-B: SUCCESS STORIES: HEALTHIER STUDENTS AND STAFF**

##### **Ballroom F**

**Pat Cooper, PhD, Superintendent**

*McComb School District, McComb, Mississippi*

**Moderator:**

**Nick Drzal, MPH, RD, Nutrition Education Consultant**  
*Michigan Department of Education*

Better test scores, healthier students, an energized staff...this can be your school too! During this workshop you will learn about real school policy and environmental change success stories from Michigan and across the country. This practical information will be supplemented with information about resources and methods you can use to make policy and environmental changes in your school.

#### **1-C: PHYSICAL ACTIVITY: MAKE MOVING EASIER!**

##### **Ballroom A**

**Mark Fenton, MS, Physical Activity Program Manager,**  
*University of North Carolina Pedestrian and Bicycle  
Information Center*

**Moderator:**

**Lisa Grost, MHSA, Public Health Consultant**  
*Michigan Department of Community Health*

By having policies that support providing physical activity for students, staff and community, along with an environment where the norm is to "be moving," a healthier school community will emerge! During this energetic and interactive workshop, you will learn about recommended policies to increase physical activity in schools; how to create a supportive physical activity environment; and valuable resources to help your school make moving easier! Walk and bike-to-school programs, pedometer-based walking programs, and some practical, no and low-cost tips on implementing healthy activities will be included.



**1D: DELICIOUS NUTRITION GOES TO SCHOOL:  
MAKE WISE FOOD CHOICES ACCESSIBLE**

**Aurora Room**

**Dayle Hayes, MS, RD**, Nutrition Consultant  
Billings, Montana

**Moderator:**

**Donna Hensey, MA, CFCS**, Manager, Nutrition  
Marketing Programs  
United Dairy Industry of Michigan

Students around the country have been inundated with junk food. The myth is that only unhealthy foods will sell. School food service and other school programs can help promote healthy choices for students and families. Learn how policy and environmental changes can actually improve the health of your school community without straining your budget. Nutrition policies and healthy school environments can help students be ready to learn, and this workshop will give you the tools to create a supportive and healthy food environment.

12:30 p.m.

**Practicing What We Preach Luncheon:  
Eat Healthy and Move!**

**Ballrooms B-D**

Following lunch, **Mark Fenton** will announce some of our prize winners and then lead the group in an invigorating walk.

2:00 p.m.

**Concurrent Workshops**

The morning workshops will be repeated in the same rooms with the same speakers except for session 2A, where the speakers are different.

**2-A: ASSESSMENT AS THE FIRST STEP TO  
HEALTHY CHANGE**

**Speakers:**

**Lisa Grost, MHSA**, Public Health Consultant  
Michigan Department of Community Health

**Nick Drzal, MPH, RD**, Nutrition Education Consultant  
Michigan Department of Education

**2-B: SUCCESS STORIES: HEALTHIER  
STUDENTS AND STAFF**

**2-C: PHYSICAL ACTIVITY: MAKE MOVING  
EASIER!**

**2-D: DELICIOUS NUTRITION GOES TO SCHOOL:  
MAKE WISE FOOD CHOICES ACCESSIBLE**

3:00 p.m.

**Break in Exhibit Area**

3:15 p.m.

**Closing Keynote: Ready, Set, Go!  
Now That I Have It, What Do I Do With It?**

**Ballrooms B-D**

**JoAnne Owens-Nauslar, EdD**  
Director of Professional Development  
American School Health Association

**Moderator:**

**Lisa Grost, MHSA**  
Public Health Consultant Michigan  
Department of Community Health

Participants will receive a great deal of information during the course of the conference. In this closing session, Dr. JoAnne Owens-Nauslar, nationally-acclaimed speaker, will tell the audience how they can put it to use in their own schools and communities. She will emphasize key components of the link between healthy, active children and academic success. She will establish ideas for staying motivated – the key to making a difference. Drawing on thirty years of experience, she will provide solid ideas for action and "to-do's" for the road ahead to help people become activists for healthy schools.

4:00 p.m.

**Must Be Present to Win Raffle!**

**Great prizes will include:**

- Milk vending machine
- Pedometers

**Resources such as:**

- Health is Academic
- School Business Kit
- Michigan Team Nutrition Booklist

**Presenters will include:**

**Donna Hensey, MA, CFCS**  
Manager, Nutrition Marketing Programs  
United Dairy Industry of Michigan

**Nick Drzal, MPH, RD**  
Nutrition Education Consultant  
Michigan Department of Education

**Shannon Carney, MS, RD**  
Nutrition Consultant  
Michigan Department of Community Health