

*Timely Topics in Pediatrics:*  
Optimizing Child Health for the Future –  
Preventing & Managing Childhood Obesity

Thursday - April 15, 2010 8:30am to 5:00pm



The Kahala Hotel & Resort  
5000 Kahala Avenue, Honolulu HI 96816

Jointly Sponsored by:

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Hawaii Chapter

and



**THE QUEEN'S  
MEDICAL CENTER**

In partnership with:



American Academy of Pediatrics, Hawaii Chapter  
5414 Kirkwood Place  
Honolulu, HI 96821

Join us for:

TIMELY TOPICS IN PEDIATRICS, 2010

APRIL 15— 8:30am to 5:00pm

The Kahala Hotel & Resort

**PROGRAM**

- 8:00am *Registration—Morning Coffee with Exhibitors*
- 8:30am *Welcome & Introduction—What's Going on in Childhood Obesity—May Okihiro, MD, FAAP*
- 9:00am *Childhood Obesity and the Healthcare Provider: The role of policy, advocacy and the pediatric healthcare provider in the battle against the childhood obesity epidemic—Scott Gee, MD*
- 10:00am *Building Blocks for Nutritionally Competent Children: How to Avoid the Obesity Bullet*  
The risk factors in a young child's home environment and their outside environment that are influencing their lifestyle choices. Case reports to discuss family strategies in sharing the prevention and intervention messages—Christine Wood, MD, PhD
- 11:00am *Break with Exhibitors*
- 11:15am *Childhood Obesity Inside and Outside Your Office—* Strategies for busy practitioners in overweight prevention and treatment in the office setting and community - the San Diego Model—Christine Wood, MD, PhD
- Noon *Lunch—*  
*Changing Behavior through Motivational Interviewing—* Celeste Wong, MPH
- 12:45pm *Break—Exhibits Open*

Continued on next page

**OBJECTIVES***At the conclusion of this educational activity, participants will be able to:*

- Describe strategies that health care providers can use to address childhood obesity in the practice setting and in the community
- Discuss the link between early childhood growth and childhood obesity/ chronic disease prevention
- Recognize common communication errors when counseling patients in behavior change
- Use motivational interviewing techniques and strategies to encourage behavioral change in obese patients and their families

**Who should attend?**

Child health care providers including pediatricians, family practice physicians, nurse practitioners, nurses, nutritionists and dieticians.

**PROGRAM, Continued**

- 1:00pm *Motivational Interviewing Workshop—*  
*The SynerVision Team*

Most pediatricians have had more than a few unsuccessful encounters trying to "get the patient to lose weight". Experts realize now that while physicians are in a powerful position to influence patients and their families to adopt healthier lifestyles, most providers have little training and success in these endeavors. Motivational interviewing (MI) is a patient and family strength-centered counseling style to encourage behavior change. It has been used successfully to address chronic disease behaviors in adults, especially to modify lifestyle behaviors related to substance abuse, obesity, poor diet and physical activity. Studies are now showing the benefits of the use of MI in approaching children with difficult problems such as asthma, substance abuse and now, obesity. Pediatric obesity experts now strongly suggest that pediatric providers use MI counseling when working with children and their families around weight and lifestyle related issues. However, few pediatric healthcare providers have been trained in MI. *The MI workshop will give pediatric providers an introduction to MI and build skills that can be used in a busy clinical practice with challenging overweight and obese children and their families. The workshop will be geared to the clinician and their need to help families identify problems and set goals that will lead to healthier lifestyles.*

- 3:00pm *Refreshment Break with Exhibitors*
- 3:15pm *Motivational Interviewing Workshop Continues*
- 5:00pm *Conference Concludes*

**Continuing Education Credits****Physicians**

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The Queen's Medical Center and the American Academy of Pediatrics-Hawai'i Chapter. The Queen's Medical Center is accredited by the ACCME to provide continuing medical education for physicians.

The Queen's Medical Center designates this educational activity for a maximum of **7.5 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nurses**

CME credits will be recognized by the American Credentialing Center if the content of the education activity is applicable to one's area of certification. (1 CME credit = 1.0 contact hours)

**Questions? Contact Us**

This program has been planned by AAP-Hawai'i Chapter's Committee on CME.

For more information contact AAP-Hawai'i Chapter Executive Director, Kathryn Sthay.

Voice 808/377-5738; Fax 808/377-3683, Email [ksthay@aap.net](mailto:ksthay@aap.net)

## ABOUT OUR SPEAKERS

**Scott Gee, MD** is a pediatrician and the Medical Director for Prevention & Health Information with The (Kaiser) Permanente Medical Group, Inc., Regional Health Education in Oakland, CA. Dr. Gee has helped develop and implement evidence-based preventive health care guidelines for Kaiser Permanente and the Pacific Business Group on Health. In addition, Dr. Gee developed and implemented strategies to address overweight and obesity for children and adults. He served as co-chair for the Care Management Institute and Centers for Disease Control overweight child and adolescent initiative in which strategies for multi-sector community grants were developed to address healthy eating and active living. He has provided training to over 5,000 community health professionals to address overweight and obesity in clinical settings. Dr. Gee translated office systems tools for well child care into the electronic medical record. In 2006 he received the National Recognition Award for Health Care Programs Addressing Childhood Obesity. He has served as the Clinical Co-Chair for the Childhood Obesity Action Network, a national campaign to stop the epidemic & continues to be very active in this effort.

**Dr. Christine Wood** is a practicing pediatrician in San Diego with interests in healthy nutrition for children and the environmental and nutritional impact on health and disease. She is the author of the book, *How to Get Kids to Eat Great & Love It!* She is a frequent guest on TV and radio. Her articles and interviews have appeared in *The Wall Street Journal*, *Newsweek*, *Fit Pregnancy*, *Parents*, *Baby Talk*, and *Parenting* among others. She serves as the Co-Chair of the San Diego County Childhood Obesity Initiative whose mission is to reduce and prevent childhood obesity in San Diego County by creating healthy environments for all children and families through advocacy, education, policy development, and environmental change. She is a co-investigator with San Diego State University Research Foundation with a 5-year grant to evaluate a recreation site-based childhood obesity prevention program. As a consultant on the Health and Obesity: Prevention and Education Project with a team from Rady Children's Hospital and the University of California San Diego she created a community advocacy web-based training module for pediatric physician & pediatric dental residents on childhood obesity prevention.

**May Okihiro, MD, MS** is an Assistant Professor at the Dept. of Pediatrics, John A. Burns School of Medicine, University of Hawaii and a pediatrician at the Waianae Coast Comprehensive Health Center. She is director of the Hawaii Initiative for Childhood Obesity Research and Education (HICORE), an initiative funded by the Hawaii Medical Service Association to provide leadership for collaborative childhood obesity research and education in Hawaii, and chair for Hawaii State Nutrition and Physical Activity Coalition Healthcare Taskforce. Her clinical research is in childhood obesity and early metabolic risk. She is the PI on a 5-year NIH study to examine "The Development of Metabolic Syndrome in Native Hawaiian and Samoan Youth", one of several studies under the JABSOM Center for Native and Pacific Health Disparities Research. Dr. Okihiro is also the PI of a 3-year project funded by Kaiser Permanente to implement and evaluate the Hawaii Pediatric Weight Management Toolkit at 2 safety net clinics on Oahu.

## SPEAKERS, Continued

### *The SynerVision Team*

#### **Celeste M. Oshiro Wong, MPH, CHES, TTS**

Celeste's experience in the field of public health includes advocacy for families and youth, organizational development supporting multi-disciplinary health care teams and program development for tobacco intervention and cessation. As a teacher, she believes that the way to create healthy lifestyles and overall wellness is educate everyone on taking care of self as well as others. As the former Director of Community Affairs at Kaiser Permanente, Celeste worked with local private non-profits to improve health and wellness in the community. Among her accomplishments is the development of a local youth theatre program focused on healthy living, a health care financial assistance program and a smoking cessation handbook focused on perinatal women. Celeste is currently freelance consulting for SynerVision, LLC where she is a partner. She has recently worked with the Hawaii Community Foundation coordinating training for tobacco control grantees, Waianae Coast Comprehensive Health Center and the Hawaii Primary Care Association.

#### **Miki Arume, MPH, CHES**

Miki has a Masters Degree in Public Health – Health Education and a Bachelors degree in Communication from the University of Hawaii. She is also a Certified Health Education Specialist. She has 18 years of experience in health education and patient education. Her experience includes program planning and implementation, and direct intervention in the areas of substance abuse prevention, nicotine dependence, health promotion, and organizational/staff development. Currently, Miki is employed by Kaiser Permanente as a Worksite Wellness Consultant where she is responsible for developing and implementing worksite health promotion programs for large and small employer groups.

#### **Belinda P. Fagin**

Belinda Fagin is a Behavior Specialist with Kaiser Permanente. In this role, Belinda has specifically worked in Tobacco Cessation through program coordination and facilitation of groups and individual sessions for members. Belinda has more than 8 years of experience and training in Brief Negotiation and Motivational Interviewing. She joins SynerVision as a consultant providing her unique experience in program development and support in an outpatient and hospital setting for tobacco cessation.

## **REGISTRATION FORM**

### ***Timely Topics in Pediatrics: Optimizing Child Health for the Future—Preventing and Managing Childhood Obesity***

*Thursday, April 15, 2010—The Kahala Hotel & Resort*

Name \_\_\_\_\_ Degree/Title \_\_\_\_\_

Specialty \_\_\_\_\_ Medical License # \_\_\_\_\_

Address \_\_\_\_\_  
Street, City, State, Zip

Phone \_\_\_\_\_ Email \_\_\_\_\_

Current AAP-Hawai'i Member?    Yes    No

### ***Registration Fees***

(includes course materials, lunch, parking)

	<u>By March 12</u>	<u>March 13 to April 8</u>
HAAP Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$145
Non-member Physicians	<input type="checkbox"/> \$155	<input type="checkbox"/> \$175
Physicians-in-training	<input type="checkbox"/> \$75	<input type="checkbox"/> \$75
Health Professionals	<input type="checkbox"/> \$130	<input type="checkbox"/> \$150

(Please make checks payable to AAP-Hawai'i.)

Send completed registration form and payment to:  
The American Academy of Pediatrics, Hawai'i Chapter  
5414 Kirkwood Place  
Honolulu, HI 96821

### **Deadline to Register—April 8, 2010**

Refunds—To receive a refund for the registration fee, cancellation must be made in writing.  
Refunds in full will be processed up to April 8.

#### **Questions? Contact Us**

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*Download additional registration forms at [www.hawaii.aap.org](http://www.hawaii.aap.org)*