Indiana University Conference on Healthy Living

- Overcoming Obesity
- Bariatric Surgery and Weight Loss
- Diabetes
- Cardiovascular Fitness
- Recreation and Leisure Responses for Healthy Lifestyles
- President’s Challenge Physical Activity and Fitness Awards Program
- Obesity and Weight Issues Among Young Athletes
- Disparity Issues in Minority Populations
- Understanding Behavior Patterns in Combating Weight Gain
- Walking Your Way to Fitness
- Smoking Cessation
- Fit for Life
- Coordinated School Health Program
- Childhood Obesity Prevention Project

Wednesday, February 22, 2006

Indiana Government Conference Center
South Auditorium
302 West Washington St.
Indianapolis, IN

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Obesity is one of the most serious epidemics that Americans face. It is a serious health problem and an economic one that has the potential to break not only the United States medical system and its insurance system, but the national economy in general. Like the Hollywood movie “A Perfect Storm” starring George Clooney, Professor Lloyd Kolbe believes the United States is headed for a disaster of great proportions. Like the movie, the issue is three-pronged. First, there is the well-publicized problem of unprecedented weight gain among Americans over the past two decades. Second, the problem is especially pronounced among young people, a feature that forms the basis of the “third storm” in Kolbe’s scenario. The third effect is treating illnesses and conditions associated with obesity will have a catastrophic effect upon the nation’s economy. Kolbe offers insights about the problem, but also offers solution strategies that involve partnerships between the private and public sectors in addressing healthy eating habits and active, physically engaging lifestyles.

10:15 – 10:30 a.m. Break

10:30 – 11:30 a.m. Breakout Sessions

Bariatric Surgery and Weight Loss
Don Selzer, MD
Over the last four years, the number of patients undergoing weight loss or Bariatric surgery has grown dramatically from less than 50,000 in 2001 to an estimated 177,000 in 2005. One can point to several reasons for this rise. First, our population is plagued with a rising prevalence of obesity in all age groups, and surgery appears to be the only long-term treatment for obesity and the multiple medical co-morbidities that accompany it. Second, advances in technique have increased the surgical options for weight loss and improved the recovery of even the sickest patients. Our discussion will shed light on these findings. In addition, it will demonstrate the criteria for potential surgical candidates, specifics of the various surgical techniques currently performed, and the results patients can expect to experience from Bariatric surgery.

Cardiovascular Fitness
Bill Gill, MD
For most of us, whether or not premature heart disease occurs, is to a large extent, under our control. Of all the risk factors, only our family history (i.e., who your parents are) is completely out of our control. We can do something to modify all the other risk factors. This session will explore the genetics of cardiovascular disease (atherosclerosis), risk factors for the disease, and tactics for modifying these risks. The presentation will also discuss lifestyle modifications as well as pharmacologic therapies to reduce risk of cardiovascular events and death. Finally, we’ll look at some novel/emerging risk factors including the latest research findings.

Recreation and Leisure Responses for Healthy Lifestyles
Lynn Jamieson, ReD, and David Compton, EdD
The role of leisure service delivery systems (public, non-profit, private park and recreation) in providing opportunities for active and healthy lifestyles is an important area of consideration. A park and recreation system can provide the venue for active living through trails, green space, facilities, programs, and other facets of the quality of life in a community. This session focuses on the research that supports the healthy benefits that accrue in communities that intentionally plan for services that are specifically designed to mitigate obesity, debilitating health problems, improve outlook, and contribute to a community’s quality of life.

11:30 a.m. – 1:00 p.m. Lunch/Panel Discussion

Judy Monroe, MD, State Health Commissioner at the Indiana State Department of Health, will moderate the luncheon panelists, Dr. Joanne Klossner, Dr. Arden Christen, Dr. Lisa Angermeier and Dr. Lorrie Ippensen Vreeman.

Obesity and Weight Issues Among Young Athletes
Joanne Klossner, PhD
Dr. Klossner says abundant research findings exist which speak to the issues of weight and obesity among young people. Only recently, has new research surfaced that addresses the unique issue of obesity among young athletes, and specifically, athletes in sports such as football in which increased body weight and body mass are encouraged. A 17-year-old lineman who weighs upwards of 300 pounds may be considered a “blue chip” athlete on the field, but he is likely to become an obese adult later in life. In addition, the obese athlete may be predisposed to a variety of injuries or illnesses, some of which could be life-threatening.

Tobacco Cessation: State-of-the-Art Programs
Arden Christen, DDS
For three decades, Dr. Christen (once a Marlboro man himself), has been helping individual patients quit using spit and smoked forms of tobacco. Since 1992, he has conducted a private practice in tobacco cessation and has treated more than 800 patients on a one-on-one basis. In this panel discussion, laced with a combination of humor and seriousness, he will explain that tobacco use is a complex, multifaceted, behavior that is intimately and addictively tied to nicotine. The correct use of nicotine replacement therapy (NRT) will be stressed, as well as a variety of other behaviorally-oriented treatments. He will emphasize in his presentations that “it is possible to quit using tobacco” and that “most effects of tobacco use are reversible.”

Coordinated School Health Program
Lisa Angermeier, PhD
Lisa Angermeier’s research has focused on health education for students with disabilities and varying aspects of Coordinated School Health Programs (CSHP), including a project she is working on with Dr. David Lohrmann at Indiana University, assessing the infrastructure of the CSHP in Indiana. She has been closely involved with the development of Coordinated School...
Health Programs in Indiana where she is a facilitator for the Indianapolis Public School's CSHP team and a former Core Team member. Dr. Angermeier will discuss how the Coordinated School Health Programs invoke existing structures in schools, such as school counselors, health and physical educators, nurses, and food services, to promote health and well-being for students, teachers and staff.

Childhood Obesity Prevention Project
Lorrie Ippensen Vreeman, PhD
Dr. Lorrie Ippensen Vreeman is a pediatric physical therapist with research interest in prevention of childhood obesity. She is currently the coordinator of Childhood Obesity Prevention Project (CHOP-IN), funded by the Indiana State Department of Health. Information collected during the first year of this project from Early Intervention (EI) providers about their knowledge and practice of prevention and management of childhood obesity in the birth to three population is now being used during the second year to support the development of a screening tool that would successfully identify at-risk children. Dr. Vreeman will relate how the goal of these resources is to encourage a health-centered approach emphasizing living actively, eating in normal and healthy ways, and creating a nurturing environment that helps children recognize their own worth, and that respects cultural foodways and family traditions.

Understanding Behavior Patterns in Combating Weight Gain
John Raglin, PhD
Exercising and active lifestyles are known to be important determinants in combating weight gain and obesity. Yet, many people’s behavior patterns prevent them from participating in exercise programs intended to address and improve these areas of concern. Dr. Jack Raglin will discuss research findings in the area of psychology and physiology that relate to exercise and strategies to address obesity.

Disparity Issues in Minority Populations
Mary Shaw-Perry, PhD
While it is universally recognized that obesity represents a serious health risk, the effectiveness of strategies to address the problem are often contingent upon ecological and cultural perceptions of certain demographic groups. How one person perceives of obesity may be very different from another person. Furthermore, the nature of the definition may contrast across different populations. Dr. Mary Shaw-Perry will discuss the ecological determinants of perceptions of overweight and obesity among African-American women, and the subsequent implications for health promotion.

Fit for Life
NiCole Keith, PhD
Dr. Keith will discuss the Fit for Life program, which uses social support through family involvement in a community-based physical activity and nutrition education program as a mechanism for reducing coronary artery disease risk factors in parents/guardians and their middle/high school-aged children. This program is coordinated through IUPUI’s Department of Physical Education and the School of Nursing. The program is currently being delivered at George Washington Community School. The project is offered in sixteen-week sessions that correspond with the academic semester. Nursing students present an educational nutrition program. Exercise science students are responsible for physical and psychological assessments of participants, exercise prescription, exercise programming, and personal training. This project creates a community of learning that teaches best health care practices to undergraduate and graduate students while addressing an important community need. It also allows a collaborative effort between the Department of Physical Education and the School of Nursing with the WESCO community.
Meet the Presenters

Lisa K. Angermeier, PhD, is an Assistant Professor of Health Education in the School of Physical Education and Tourism Management at Indiana University-Purdue University Indianapolis. Dr. Angermeier earned her Master of Science degree in Counseling and Counselor Education and her PhD in Health Behavior from Indiana University and is a Certified Health Education Specialist. She has been closely involved with the development of Counseling, Prevention, and Public Health programs in Indiana, where she is a facilitator for the Indianapolis Public School's CSHP team and a former Core Team member.

Arden Christen, DDS, is Professor Emeritus in the Department of Oral Biology at Indiana University School of Dentistry. He received his DDS degree from the University of Minnesota and MS degree in dentistry research from the University of Southern California. He retired as a Colonel in the United States Air Force Dental Corps in 1980. From 1980-2004, he was a full-time faculty member and served twice as department chair at the Indiana University School of Dentistry. Dr. Christen is a long-time Consultant to the National Cancer Institute.

David M. Compton, EdD, is a Professor in the Department of Parks, Recreation and Tourism, College of Health, at the University of Utah. He served as Dean of the College of Health from 1984-1993. He is currently serving as a Visiting Scholar at Indiana University in Indianapolis, Indiana, working on repositioning public parks and recreation to a health promotion orientation through systems modeling. Compton received his BS degree from California State University, Chico; MS from Indiana University, MPH from Virginia Commonwealth University, MS degree in Preventive Medicine, University of Utah; and doctorate in health (EdD) from the University of Utah.

William Gill, MD, is an Assistant Professor of Clinical Medicine at Indiana University School of Medicine. He is a graduate of the University of Notre Dame and the Indiana University School of Medicine. Dr. Gill received his training at Indiana University School of Medicine, Kranert Institute of Cardiology, where he was selected the Chief Cardiology Fellow. Dr. Gill has written numerous publications. He was an Associate Organic Chemistry Instructor in the Discovering Research at Eli Lilly and Company from 1992-1994.

Brendon Hale, MS, is a doctoral candidate in Exercise Psychology and Neural Science at Indiana University, Bloomington. In addition, he serves as the Assistant Director of the President's Challenge Program. Brendon has been active in a number of research projects, including an ongoing physical fitness evaluation project in Romania. He has a bachelor's degree in psychology from the University of Iowa, a master's degree in Applied Sport Science from Indiana University, and is set to defend his dissertation for his doctoral degree in early 2006.

Heather Hodrick Fink, MS, RD, is the Assistant Director of the Center for Educational Services within the National Institute for Fitness and Sport. She is a Registered Dietitian and has her MS in Kinesiology. She completed her BS degree in Dietetics as well as her MS degree at the University of Illinois, Urbana/Champaign. Heather is certified by the American College of Sports Medicine as a Health/Fitness Instructor. Heather's interests and extensive experience are in the areas of wellness, weight management, exercise prescription, vegetarian diets, and sports nutrition, ranging from the recreational to the ultra-endurance athlete.

Lynn M. Jamieson, ReD, is Professor and Chair of the Department of Recreation and Park Administration at Indiana University, Bloomington. She is formerly Coordinator and Professor in the Recreation Administration Program at California Polytechnic State University in San Luis Obispo, California. In addition to academic appointments, Professor Jamieson has served in administrative capacities in three park and recreation departments: Corpus Christi, Texas, San Diego, California, and Johnson County, Kansas. Professor Jamieson earned her ReD at Indiana University.

Nicole Keith, PhD, is an Assistant Professor in the Department of Physical Education at Indiana University-Purdue University Indianapolis. Her area of research is obesity and other cardiovascular disease risk factors in African Americans. Dr. Keith received a BS degree in Physical Education from Howard University in Washington, D.C. She earned her MS degree in Exercise Science with a focus on nutrition and weight management from the University of Rhode Island. Her PhD in Exercise Physiology with an emphasis on thermal physiology and reproductive endocrinology is from the University of Connecticut. Dr. Keith has held the position of Instructor and Clinical Education Coordinator at The University of Utah and USU with the Indianapolis Public Schools and universities.

M. Sue Kirkman, MD, is a staff physician at Clarion Health Partners, Roudebush Department of Veterans Affairs Medical Center and Wishard Memorial Hospital. She received her undergraduate degree from Tufts University and her doctorate degree from the University of North Carolina. Dr. Kirkman had an Internal Medicine internship at the University of Utah and completed fellowshipships at the Universities of Utah and Duke University. She is an Associate Professor of Medicine, Division of Endocrinology and Metabolism, Department of Medicine, at Indiana University School of Medicine.

Joanne Klossner, PhD, earned a Bachelor of Science in Kinesiology and a Doctor of Philosophy in Curriculum, with an emphasis in Sport Management, from the University of Minnesota. She earned her Master of Arts in Athletic Training from the University of North Carolina-Chapel Hill. After graduating from UNC, Dr. Klossner served as the Head Women’s Athlete Trainer at the University of Alabama. In 2007, she joined the faculty at Butler University as the Director of Athletic Training Education before serving as a Visiting Instructor and Clinical Education Coordinator at The University of South Florida. Dr. Klossner returned to Indiana in 2009 to continue her athletic work. She is currently a Clinical Assistant Professor in Kinesiology and the Clinical Coordinator of Athletic Training Education at Indiana University, Bloomington.

Lloyd J. Kolbe, PhD, currently serves as professor of Applied Health Sciences at Indiana University, Bloomington, where he is developing health policy and systems research to improve school and adolescent health. In his former capacities at CDC, he established ongoing research and development systems and policies to help our nation’s schools prevent serious health problems (e.g., HIV infection, chronic diseases and the adverse effects of terrorism); established the National Initiative to Improve Adolescent Health by the Year 2010; and helped improve adolescent and school health programs in 24 other nations. He earned his PhD at the University of Toledo.

Jeff McClaine, MS, is the Associate Director for the President’s Challenge Physical Activity and Fitness Awards Program. He holds a Master’s degree in Recreation, with a Recreational Sports Administration emphasis, and a Bachelor’s degree in Kinesiology, with a Sports Marketing and Management emphasis, both from Indiana University. He has had experience working with the private health club industry and recreational sports. Jeff is an avid runner and has taught fitness and running classes at Indiana University. He also lectures to many classes and advises organizations around the country.

Judy Monroe, MD, is the State Health Commissioner at the Indiana State Department of Health. Her accomplishments include serving as a rural, university and community hospital clinician, educator and executive. Dr. Monroe received her bachelor’s degree from Eastern Kentucky University and her MD from the University of Maryland. She also completed a family medicine residency at the University of Cincinnati, a fellow in rural faculty development at East Tennessee State University, and a mini-fellowship in obstetrics at the University of Wisconsin. Prior to her appointment, Dr. Monroe was the director of the Primary Care Center and Family Medicine Residency at Saint Vincent Hospitals and Health Services, Inc. in Indianapolis.

Mary Shaw-Perry, PhD, earned her BS degree in Biological Sciences from the University of Southern California, the MEd degree in Secondary Science Education from the University of Maryland at College Park, and a PhD in Health Studies from Texas Woman’s University. Dr. Perry’s preparation for teaching, research, and administrative roles in higher education and public schools include four years of administrative experience in elementary schools, eleven years of full-time teaching experience in secondary education, seven years of teaching and grant management in higher education, and more than fourteen years of community service/consultant experience. Dr. Perry’s research expertise includes program development, assessing needs and developing comprehensive service delivery plans for persons living with HIV. Her current research interests are: minority health/women’s health issues.

Jack Raglin, PhD, is a professor in the Department of Kinesiology at Indiana University, Bloomington. His research involves the study of psychology and physiology as it applies to issues in sport and exercise. His primary research interests involve examining the efficacy of exercise as a means to improve aspects of mental health, the study of anxiety and sports performance, and overtraining in athletes. Dr. Raglin is a fellow in the American Academy of Kinesiology and Physical Education, the American Psychological Association, and the American College of Sports Medicine. He earned his PhD at the University of Wisconsin.

Don Selzer, MD, received his undergraduate and doctorate degrees from the University of Wisconsin. Dr. Selzer did his residency in general surgery at Indiana University and a fellowship in minimally invasive surgery at Mount Sinai Hospital in Chicago. He is currently an Assistant Professor of Surgery at Indiana University School of Medicine. Dr. Selzer believes to general surgery and a fellowship in minimally invasive surgery at Mount Sinai Hospital in Chicago. He is currently an Assistant Professor of Surgery at Indiana University School of Medicine. Dr. Selzer believes to general surgery and a fellowship in minimally invasive surgery at Mount Sinai Hospital in Chicago.

Lorrie Ippensen Vreeman, PhD, received her BS in Kinesiology with highest honors from the University of Illinois in Champaign-Urbana. In 2000, Dr. Ippensen moved to North Carolina to pursue her doctorate degree in Physical Education at Duke University. Dr. Ippensen graduated with her Doctor of Physical Therapy degree in 2003 and went on to pursue a year-long post-doctoral fellowship in pediatric physical therapy at the Riley Child Development Center in Indianapolis. In 2004 she joined the faculty in the Department of Physical Therapy at the Indiana University School of Health and Rehabilitation Sciences.

Mike Willett, MS, is the President for the Director’s Challenge Physical Activity and Fitness Awards Program. He holds a Master’s degree in Kinesiology, with a Sport Marketing and Management emphasis, a Bachelor’s degree in Exercise Science emphasis, and is near completion of an EdD in Higher Education Administration, all from Indiana University, Bloomington. In addition to his responsibilities as Director of the President’s Challenge Program, Mike is the Associate Chair for Budget and Planning for the Department of Kinesiology.
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Registration

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Registration Deadline: February 15, 2006

Note: Parking is on your own. There are several parking garages in the area including the State Office Building, Circle Centre Mall, Westin Hotel, Indianapolis Marriott, and the IMAX Theater.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.

Please check the sessions you and your guests plan to attend. Indicate how many people will attend the sessions you select. This information will help us plan handouts, seating, etc.

Wednesday, February 22, 2006

9:15-10:15 a.m. # Attending

- Keynote – Obesity: The Perfect Storm
- 10:30 a.m.-11:30 a.m. Breakout Sessions

- Healthy Heart
- Bariatric Surgery and Weight Loss
- Recreation and Leisure Responses for Healthy Lifestyles

11:30-1:00 p.m.

- Lunch and panel

1:15-2:15 p.m. Breakout Sessions

- Walking Your Way to Fitness
- Understanding Behavior Patterns in Combating Weight Gain
- Disparity Issues in Minority Populations

2:30-3:30 p.m. Breakout Sessions

- Diabetes
- President’s Challenge Physical Activity and Fitness Awards Program
- Fit for Life

Note: A certificate of attendance will be given to all participants.
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