

PAN TRAINING SERIES

Sharpen Your Skills for Effective Physical Activity and Nutrition Programming

Dec 11th, Bangor Civic Center

Make Change Happen: Implementing Evidence-Based PAN Practice



Learning Objectives

- Participants will identify how to use the PAN Plan, in conjunction with local priorities, to prioritize projects at the state, regional and local levels.
- Participants will understand the need for using evidence-based and promising practices.
- Participants will be able to identify resources for evidenced-based practice.
- Participants will understand the value of a population health approach focused on policy and environmental change.

8:00 – 8:30 Registration/Continental Breakfast

8:30 – 9:00 Welcome

9:00 – 9:45 **Evidence-Based Practice: What Does it Mean? Why Do We Care?**

Bob Ross, Maine-Harvard Prevention Research Center

9:45 – 10:00 Break

10:00 – 11:30 **Skill-Building Session**

11:30 – 12:30 Lunch and Physical Activity Break

12:30 – 1:15 **Breakout One: Topic-Based**

1A. Physical Activity Policy and Environmental Change: The Community Guide to Preventive Services
Rebecca Drewette-Card, Maine Physical Activity and Nutrition Program

1B. Nutrition Policy and Environmental Change: The Evidence
Mary Ellen Doyle, Maine Physical Activity and Nutrition Program

1C. Using a Social Support Approach to Impact Food and Physical Activity Choices
Chris Sady, Maine Nutrition Network and Sue Tortello, Houlton Band of Maliseet Indians

1D. Evidence-Based Approaches for Schools
Gail Lombardi, Child Nutrition Services, DOE

1E. Childhood Obesity: Recommendations and Working with PCPs
David Crawford, Maine Physical Activity and Nutrition Program and Joan Orr, Maine Center for Public Health

1F. Cost-Effective Strategies to Improve Employee Health and Productivity
Andy Spaulding, Maine Cardiovascular Health Program, Stacy Jochem, Medical Care Development and Lauri Jones Mitchell, MaineHealth

1:15 – 1:30 Break

1:30 – 2:15 **Breakout Two: Public Health District-Based**

2:15 – 2:30 Break

2:30 – 3:30 **Bringing It Home**

Bob Ross, Maine-Harvard Prevention Research Center

To Register (Deadline is November 30th)

Registration Fee is \$45.

Register on-line at www.healthymainepartnerships.org/panp or contact USM Department of Conferences at 207-780-5951 with registration questions.

For more information on the program, please contact Rebecca Drewette-Card, Maine Physical Activity and Nutrition Program, at 207-287-5084 or Rebecca.DrewetteCard@maine.gov.

Directions to Bangor Civic Center

Bass Park Complex

100 Dutton Street • Bangor, ME 04401 • 207-947-5555

From I-95 North or South:

Take Exit 182A (Formerly 45A) to I-395 East.

Follow to Exit 3B (Main Street).

Take a right onto Main Street.

Take a left onto Dutton Street at the second light.

Auditorium parking is to the left; Civic Center parking is behind the building.