

PAN TRAINING SERIES

Sharpen Your Skills for Effective Physical Activity and Nutrition Programming

Go for It! Implementing Evidence-Based Nutrition Practice

March 4, 2008 • Augusta Civic Center



Learning Objectives

- Participants will understand evidence-based nutrition recommendations
- Participants will identify existing tools and identify how to develop new tools to create interventions that promote access to nutrition resources such as food pantries, WIC, Food Stamps, and congregate dining
- Participants will understand how to integrate nutrition recommendations into nutrition interventions
- Participants will understand how to select appropriate evidence-based approaches when planning an intervention

- 8:00-8:30** Registration and Continental Breakfast
- 8:30-9:00** Welcome and PAN Program Update
- 9:00-10:00** **Effective Evaluation: Enhancing Translation and Decision-Making for Obesity Prevention**
Chris Reinold, PhD, Centers for Disease Control and Prevention
- 10:00-10:15** Break
- 10:15-11:00** **Breakout One: Topic-Based**
- 1A.** PAN Action Packets: A Practical Tool for Creating Nutrition Policy and Environmental Change
Mary Ellen Doyle, Maine Physical Activity and Nutrition Program; Eleody Libby, Downeast Healthy Tomorrows; Jackie Tsleki, Old Orchard Beach High School; Sandy Lewis, Loranger Middle School
- These sessions will be repeated in the afternoon – see 2B-2E**
- 1B.** Creating Breastfeeding-Friendly Environments through Policy and Environmental Change
Erin Gray, MaineGeneral Hospital
- 1C.** Partnering with Food Pantries
Doug Michael, Healthy Acadia; David Archer and Erica Famous, Downeast Healthy Tomorrows
- 1D.** Nutrition Advocacy
Becky Smith, Health Policy Partners of Maine and Denise Whitley, American Heart Association
- 1E.** Linking Healthcare Settings with Local Nutrition Resources
Bill Primmerman, Somerset Heart Health and Dr Who
- 11:00-11:15** Break
- 11:15-12:00** **Breakout Two: Topic-Based**
- 2A.** Early Childhood Nutrition Promotion
Chris Reinold, PhD, Centers for Disease Control and Prevention
- 2B.** Creating Breastfeeding-Friendly Environments through Policy and Environmental Change
- 2C.** Partnering with Food Pantries
- 2D.** Nutrition Advocacy
- 2E.** Linking Healthcare Settings with Local Nutrition Resources
- 12:00-1:00** Lunch
- 1:00-2:15** **Skill-Building Session**
- 2:15-2:30** Break
- 2:30-3:00** **Breakout Three: Public Health District-Based**
- 3:00-3:30** **Bringing It Home**

To Register

Registration fee is \$45. Register online at www.healthmainepartnerships.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.

For directions to the Augusta Civic Center, please visit www.augustaciviccenter.org/Accdir.html