

Summer Symposium 2010

Solving the Physical Activity and Nutrition Equation



The planning committee for the Summer Symposium is pleased to share with you presentations and resources from the Summer Symposium held on Wednesday, June 23, 2010.

Speaker Documents

Solving this Equation!

Tyler Norris, Senior Advisor, Kaiser Permanente, Head Coach, YMCA's Pioneering Healthier Communities; Learn more about [Tyler Norris!](#)

Feet, Forks and the Fate of our Families

David Katz, MD, Director, [Yale-Griffin Prevention Research Center](#), [Visit Dr. Katz's Web site!](#)
Presentation: [\[PowerPoint\]](#) [\[PDF\]](#)

Instant Recess & Break

Jean Mee, EdD, Physical Education and School Health Consultant, [CSDE](#), [Physical Education Web page](#)
[Learn more about Instant Recess!](#)

Morning Break-out Sessions

Physically Active Communities

Samuel S. Gold, AICP, Senior Planner, [Council of Governments of the Central Naugatuck Valley](#)
Presentation: [\[PowerPoint\]](#) [\[PDF\]](#)

Martha Page, MPH, CPH, Executive Director, [Hartford Food System](#)
Presentation: [\[PowerPoint\]](#) [\[PDF\]](#)

Best Practices and Body Mass Index (BMI)

Allison Nihiser, MPH, Health Scientist, [Division of Adolescent and School Health, Centers for Disease Control and Prevention](#)

Presentation: [\[PDF\]](#)
[Download Body Mass Index in Schools Executive Summary](#)

Creating Safe, Respectful and Engaging Playgrounds

Jo Ann Freiberg, PhD, Education Consultant, [CSDE](#), school climate improvement and bullying

[Creating a Healthy Learning Environment that is Physically, Emotionally and Intellectually Safe](#)
State Board of Education Position Statement

Read an article published in the Hartford Courant by Commissioner of Education, Mark McQuillan
Bullies Must Be Stopped Early [\[PDF\]](#)
[Resources on bullying and school climate](#)

2009 CT School Health Survey Results – Just Released!

Celeste Jorge, Chronic and Infectious Disease Epidemiologist, Connecticut Department of Public Health

Presentation: [[PDF](#)]

Visit the [Connecticut School Health Survey Web page](#)

Child Nutrition Resources and Opportunities

Therese Dandeneau, RD, CSDE, Child Nutrition Programs

Fionnuala Brown, RD, CSDE, Child Nutrition Programs

Presentation: [[PowerPoint](#)] [[PDF](#)]

Visit the [Connecticut Child Nutrition Web page](#)

Visit the [Nutrition Education Web page](#)

Recess before Lunch!

Leslie Lewis, WalkCT Director

Visit Connecticut Forrest and Park Association, [WalkCT!](#)

Learn more about [Recess Before Lunch!](#)

“Connecticut Grown” Success Stories

Dream Team, City of Waterbury

Ann Marie Cullinan, Assistant Superintendent, Waterbury Public Schools

Joseph Gorman, Health and Physical Education Supervisor, Waterbury Public Schools

Jim O'Rourke, Executive Director, Greater Waterbury YMCA

Shane Lockwood, Deputy Director of Public Health, City of Waterbury

Presentation: [[PowerPoint](#)] [[PDF](#)]

HealthQuest Northeast Connecticut - Community Health Action Response Team

Linda Colangelo, Director of Health Education and Communications, Northeast District Department of Health, HealthQuest/ACHIEVE Coach

Mary Conway, EdD, Superintendent, Plainfield Public Schools

Cherie Poirier, Pharmacy Consultant, HealthQuest/ACHIEVE Coach

Robert Smanik, FACHE, President and CEO, Day Kimball Healthcare

Visit HealthQuest Northeast Connecticut [ACHIEVE Web site](#)

Watch the video presentation of [Robert Sweetgall's visit to Plainfield Schools](#)

Learn more about Robert Sweetgall and his [Creative Walking Program](#)

Afternoon Break-out Sessions

Physical Education/Physical Activity – Understanding the Difference?

Jean Mee, EdD, Physical Education and School Health Education Consultant, CSDE

Presentation: [[PowerPoint](#)] [[PDF](#)]

Centers for Disease Control and Prevention [Youth Physical Activity Guidelines Toolkit](#)
[Position Statement on Nutrition and Physical Activity](#)

Local Policy to Improve Healthy Eating

Roberta R. Friedman, ScM, Director of Public Policy, [Yale Rudd Center for Food Policy and Obesity](#)
Presentation: [\[PowerPoint\]](#) [\[PDF\]](#)

Strategies that Make a Difference

Monica Hobbs Vinluan, JD, Project Director, Activate America; Healthier Communities, [YMCA of the USA](#)
Presentation: [\[PowerPoint\]](#) [\[PDF\]](#)

Community Partnerships, Key Elements for Success

James J. Ieronimo, Executive Director, [United Way of Meriden and Wallingford](#)

Sustaining Change

Tyler Norris, Senior Advisor, Kaiser Permanente, Head Coach, YMCA's Pioneering Healthier Communities
Presentation: [\[PDF\]](#)
Learn more about [Tyler Norris!](#)

Marketing to Youth and Involving Youth in Marketing

Kate Anderson, MBA, Senior Account Executive, Public Relations, [Cronin and Company](#)

["Tobacco, It's a Waste!"](#) Video Contest Winners

Videos are available at this link but may not be watched from state agency Web sites.

Fudi Xu, Winner (ages 13-14), "Knowing More"

Austin Nunes, Grand Prize Winner, "On Top of Old Smokey"

Inspired? Fired-up? Now What?

Tyler Norris, Senior Advisor, Kaiser Permanente, Head Coach, YMCA's Pioneering Healthier Communities
Learn more about [Tyler Norris!](#)

Resource Tables

- [ABC for Fitness](#)
- [Action for Healthy Kids](#)
- [Alliance for a Healthier Generation](#)
- [American Heart Association](#)
- [Connecticut Association for Health, Physical Ed, Recreation & Dance](#)
- [Coordinated School Health](#)
- [Department of Environmental Protection - No Child Left Inside/CT State Parks](#)
- [Department of Public Health – Asthma](#)
- [Department of Public Health - Captain 5-a-Day](#)
- [Department of Transportation - Safe Routes to Schools](#)
- [Family Day](#)
- [New England Dairy & Food Council](#)
- [Nutrition Detectives](#)
- [Connecticut State Department of Education – Child Nutrition Programs](#)
- [WalkCT](#)
- [Y-USA](#)

Partners

- [Centers for Disease Control and Prevention, Division of Adolescent School Health](#)
- [City of Waterbury](#)
- [Connecticut Association of Schools](#)
- [Connecticut Department of Public Health](#)
- [Connecticut State Department of Education](#)
- [Coordinated School Health Partnership](#)
- [Connecticut Alliance of YMCAs](#)
- [Connecticut Recreation and Parks Association](#)
- [Pioneering Healthier Communities](#)
- [The Robert Wood Johnson Foundation](#)
- [Rudd Center for Food Policy and Obesity](#)
- [Yale-Griffin Prevention Research Center](#)



Please check out these Additional Resources [\[PDF\]](#)