



Healthy Wisconsin Communities Conference

Tuesday, September 29, 2009
8:00 a.m.—4:00 p.m.

Holiday Inn Conference Center
1001 Amber Avenue
Stevens Point WI 54481
<http://www.stevenspoint-holiday-inn.com/>

*In an effort to promote healthy environmental stewardship,
we encourage you to print ONLY the registration page of this
conference brochure.*

UW
Extension
Cooperative Extension

Sponsored by:
UW-Extension Family Living and CNRED Programs

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

Conference Introduction

The Healthy Wisconsin Communities Conference has been designed for UW-Extension educators and community partners with the following four tracks:

1. Health Education Curricula and Resources
2. Community and Economic Development to Promote Healthy Communities
3. Health Education with Diverse Audiences
4. Community Partnerships for Health Promotion

Conference Schedule

8:00—9:00 a.m.	Conference Registration, Refreshments
9:00—10:00 a.m.	Keynote Speaker (Dr. Patrick Remington)
10:00—10:15 am	Morning Refreshments
10:15—11:30 a.m.	Breakout Session A
11:30 a.m.—1:00 p.m.	Lunch and Plenary Session (Dr. Zorba Paster)
1:15—2:30 p.m.	Breakout Session B
2:30—2:45 p.m.	Afternoon refreshments
2:45—4:00 p.m.	Breakout Session C

Breakout Session A: 10:15-11:30 a.m.

TRACK 1 Health Education Curricula & Resources

Health Data: Finding the Needle in the Haystack

With the abundance of available health data, learn how to efficiently sort through national, state, regional and local statistics to paint the picture of your community's health. You will tour websites and obtain strategies for locating and understanding health data.

Marma McIntee, Washington County UW-Extension
Molly Spaulding, Green Lake County UW-Extension

TRACK 2 Community & Economic Development to Promote Healthy Communities

Creating Healthy Communities

Research shows that the workforce is looking for livable and walkable communities, where people can feel safe as they enjoy attractive neighborhoods, vibrant downtowns and popular gathering places. For Wisconsin to grow and prosper in this new era of choice, we must find ways to help communities understand these forces and to help them create communities, neighborhoods and places where people can flourish.

Anna Haines, UW-Stevens Point, College of Natural Resources
and UW-Extension Center for Land Use Education

TRACK 3 Health Education with Diverse Audiences

Rethinking a Holistic Approach to Healthcare Using the Medicine Wheel as a Guide

David will use the Native American Medicine Wheel to help participants rethink a holistic approach to healthcare. He draws upon both his own experience surviving a near fatal bout of pancreatitis and the teachings of his elders.

David L. Maack, CEM, CPM; Alderman, City of Racine

Breakout Session A: 10:15-11:30 a.m. (Cont'd)

TRACK 4 Community Partnerships for Health Promotion

Fostering Community Collaborations for Health

Collaboration is at the heart of improving community health: the ability to skillfully work in partnership often determines whether community health improvement efforts succeed and are sustained in the long term. This presentation will share the essential components of collaborative efforts and lessons learned from the Healthy Wisconsin Leadership Institute Community Teams Program. You will also hear highlights from a participating team, Healthy People Wood County, on their community project known as "Fit-tastic."

Carrie Sullivan, Healthy Wisconsin Leadership Institute
Connie Eisch, Wood County UW-Extension

Breakout Session B: 1:15—2:30 p.m.

TRACK 1 Health Education Curricula & Resources

Curricula and Resources to Promote Healthy Living

This session will showcase various health curricula and resources on a variety of health and safety topics. Learn how to apply the fundamentals of adult learning, hear about 4-H afterschool programs, and see how to implement programs in your community without reinventing the wheel.

Angie Sullivan, Edgerton Hospital and Health Services
Jackie Carattini and Jean Berger, Marathon County UW-Extension
Deb Moellendorf, Lincoln County UW-Extension

TRACK 2 Community & Economic Development to Promote Healthy Communities

Planning Healthy Communities and Neighborhoods

The built environment had profound effects on public health, safety, and well-being. This presentation examines some of the challenges—and opportunities—to create healthier communities and neighborhoods in Wisconsin.

Dr. James LaGro, Department of Urban and Regional Planning, UW-Madison

TRACK 3 Health Education with Diverse Audiences

Recruiting and Working with Minority Populations

Health educators and other health promotion professionals face increasing demands to provide programs and services that reach minority populations, who represent a rapidly-growing population in many Wisconsin communities. This session will focus on reaching out to two populations here in WI, the Hmong and Latino communities. Join us as we explore the challenges and successes of recruiting and providing health education to these diverse groups of learners.

Betty Kaiser, Postdoctoral Fellow, Center for Patient-Centered Interventions
Teresa Curtis, UW-Extension Nutrition Education Program Specialist for Diverse and Emerging Audiences

TRACK 4 Community Partnerships for Health Promotion

Showcase of Community Partnerships—Part 1

1. The GROW research project utilized various intervention strategies in an effort to increase fruit and vegetable consumption in one Green Bay Elementary School. 2. Learn how community partnerships have led to more than 300 farm families have health risk assessments, health screenings, and a trusted person to discuss health issues with through the Shawano County Rural Health Initiative. 3. *Stirring the Pot: Dialogue, Discussion, and Dinner in the Dairyland* is an innovative community forum that builds support for a sustainable future.

Bill Wright, Brown County UW-Extension
Rhonda Strebler, Shawano County Rural Health Initiative
Cara Carper, Green County UW-Extension

Breakout Session C: 2:45-4:00 p.m.

TRACK 1 Health Education Curricula & Resources

Get Your Community Moving: Evidence-Based Physical Activity Programs

Presenters will highlight evidence-based programs to promote physical activity to members of your community. Programs will target youth, families, and older adults.

Nancy Krueger, Aging and Disability Resource Center for Calumet, Outagamie, and Waupaca Counties
Angela Flickinger, Rock County UW-Extension

TRACK 2 Community & Economic Development to Promote Healthy Communities

Community Planning, Funding, and Evaluating Healthy Communities

This session will explore the factors that influence a community's ability to attract and retain residents, workers, and employers. Learn how some communities are planning and evaluating their economic development strategies related to quality of life and programs that can be tapped to fund those efforts.

Will Andresen, Iron County UW-Extension
Andy Lewis, Center for Community and Economic Development, UW-Extension

TRACK 3 Health Education with Diverse Audiences

Successful Programs with Diverse Audiences

1. The Hmong Cookbook Project (Eau Claire County) is a collaboration of community and academic partners that seeks to increase awareness and maintenance of Hmong culture and heritage; increase knowledge of Hmong dietary practices; and increase the sale of vegetables, including traditional Hmong vegetables, at the local farmers' markets. 2. Hear about the 3 year federal grant to reduce health disparities among Hispanic/Latino residents in central Wisconsin, which included health information and education, increasing access to health services, improving occupational health and safety, and developing community capacity and infrastructure to deliver culturally competent health care services.

Julie Keown-Bomar and Nancy Coffey, Eau Claire County UW-Extension
Jackie Carattini, Marathon County UW-Extension

TRACK 4 Community Partnerships for Health Promotion

Showcase of Community Partnerships, Part 2

1. Hear about the origination and progress of ROADS (Reaching Out About Depression and Suicide), a community effort to raise awareness of depression and suicide and provide education, outreach, and support. 2. The Waupaca County Working on Wellness (WOW) project brought together businesses and community partners to promote worksite wellness. Strategies for recruitment, implementation, and evaluation will be shared. 3. Learn from the accomplishments of the Healthy People Project of Washington County, a community-wide health coalition created in 2007, including their design and implementation of a Workplace Farmers' Market program, a successful grant application to Activate America, and participation in the Pioneering Healthier Communities National program.

Ellen Swedberg, ROADS President
Connie Abert, Waupaca County UW-Extension
Paul Roback, Washington County UW-Extension
Shari Winter, Washington County Department of Health

*At the close of the conference, presentation materials will be posted
at the conference website.*

<http://www.uwex.edu/ces/flp/conference/healthywicomunities2009.cfm>

For questions about registration, contact Marma McIntee at
marma.mcintee@ces.uwex.edu or (262)335-4477.

Keynote Presentation

“Healthy People 2020 and Healthiest Wisconsin 2020: Emerging Frameworks for Healthier Populations”

Patrick Remington, MD, MPH

Dr. Patrick Remington currently serves as the director of the University of Wisconsin Population Health Institute and the Master of Public Health Program, both through the University of Wisconsin School of Medicine and Public Health. He is a professor with the school’s Department of Population Health Sciences and is also adjunct faculty with the Medical College of Wisconsin and the University of Wisconsin School of Nursing. Widely regarded as Wisconsin’s population health “guru,” Dr. Remington has authored articles on nearly all aspects of population health, disease and cancer incidence, screening, and treatment, and tobacco use and prevention. Currently, his research focuses on methodology for measuring community health determinants and outcomes as well as health disparities among various population groups.

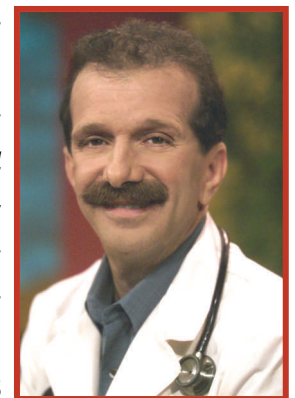


Lunch Plenary Session

“How to Live a Long, Sweet Life”

Zorba Paster, MD

Dr. Zorba Paster is a Clinical Professor in the Department of Family Medicine and Practice at the University of Wisconsin School of Medicine and Public Health. Dr. Paster is a well-known national radio personality, author of two books, *The Longevity Code—Your Personal Prescription for a Longer, Sweeter Life* and *Heart Healthy (Low-fat, Guilt-free & Tasty) Recipes from the Kitchen of Zorba Paster*, and also serves as a principal investigator for research at the Dean Foundation. Dr. Paster received his medical degree from the University of Illinois Medical School in Chicago. He completed his family medicine training at the Dalhousie University. He is a fellow of the American Academy of Family Practice and a father of four.



Registration

*In an effort to promote healthy environmental stewardship,
we encourage you to print ONLY this page.*

Name: _____

Affiliation: _____

Mailing Address: _____

E-Mail Address: _____

Telephone: _____

Special Accommodations (including food): _____

Please indicate your breakout session selections:

Session A (10:15—11:30 a.m.)

- Health Data: Finding the Needle in the Haystack
- Creating Healthy Communities
- Rethinking a Holistic Approach to Healthcare Using the Medicine Wheel as a Guide
- Fostering Community Collaborations for Health

Session B (1:15—2:30 p.m.)

- Curricula and Resources to Promote Healthy Living
- Planning Healthy Communities and Neighborhoods
- Recruiting and Working With Diverse Audiences
- Showcase of Community Partnerships—Part 1

Session C (2:45—4:00 p.m.)

- Get Your Community Moving: Evidence-Based Physical Activity Programs
- Community Planning, Funding, and Evaluating Healthy Communities
- Successful Programs with Diverse Audiences
- Showcase of Community Partnerships, Part 2

REGISTRATION FEE: \$20.00

Make checks payable to **UW-Extension, Washington County.**
Purchase orders or credit card payments not accepted.

Mail completed form and fee no later than September 10, 2009, to:

Healthy Wisconsin Communities Conference
UW-Extension, Washington County
333 East Washington Street, #1200
West Bend, WI 53095-2003