



Tuesday October 23 - 10:10am - 11:40am

Food Access/Farmers Markets	Food Policy/Food Access	Schools	Early Childhood	Work Environment	Environment	Healthcare Strategy	Community Collaborative
Where we Eat	Where we Eat	Where we Learn	Where we Learn	Where we Work	Where we Live	Where we Live	Where we Live
Increasing Limited Resource Community's Access to Fresh Produce through Farmers' Markets	Overcoming Low School Food Consumption through Schoolwide Policies	Innovations in School Health: Unique Partners, Unique Impacts	Key 2 a Healthy Start: Results of a statewide quality improvement initiative in early care and education to prevent childhood obesity	From Worksite Wellness to Formal Policy: How Municipalities Can Ensure Access to Healthy Foods	Creating Safer Streets For All: Complete Streets Policies in Northern Kentucky	SCALE (Sustainable Change And Lifestyle Enhancement): A weight loss model for impoverished, medically at-risk adults	Moving Beyond the 'Tried and True': Building a More Robust Live Smart Texas (LST) Coalition
Jackie Walters MBA, RDN Nutrition Education Specialist, UK CES	Kristie Bardell MPH Louisiana Public Health Institute	Rachel Campos Georgia Health Policy Center	Jessica Dianellos Master of Science in Child Development Studies, Bachelor of Business Administration KEYS 4 HealthyKids	Angela Amico MPH Center for Science in the Public Interest	Kelly Schwegman Northern Kentucky Health Department	Angie Settle CEO, DNP, BC-FNP, APRN WV Health Right, Inc.	Heather Atteberry MPH Live Smart Texas
Social marketing research techniques were applied to address limited resource Kentuckians' lack of access to healthy, local food through farmers' markets. Over eighty SNAP-eligible community members completed surveys and participated in focus groups. The results of the formative research was the development of a farmers' market toolkit. The toolkit contains presentation tools for communicating the value of marketing to the limited resource audience, a market assessment tool, and resources for addressing every item in the assessment. This session describes how Community Based Prevention Marketing was applied. A related UK session covers methods and results of the formative research.	The Louisiana Public Health Institute, Propeller: A Force for Social Innovation and The Healthy School Food Collaborative (HSFC) evaluated the impact of a multi-component intervention and policy change intervention at three charter schools in New Orleans, Louisiana. After an in-depth plate waste study of more than 20,000 school lunches conducted in 2014, we have consistently found students consuming half their lunch. During the 2015-2016 school year, LPHI, HSFC and Propeller implemented a multi component intervention and a no cost policy intervention designed to increase consumption of school lunch among charter school students in New Orleans. This session will discuss the development of the multi-component intervention which consists of four aspects: a student level, a staff level, a parent level, and a cafeteria level, in addition to the policy change of recess before lunch. We will explore environmental factors and the impact of a silent lunch policy that may have played a role in decreased consumption.	Since 2012, a Georgia university has been collaborating with universities and school health non-profits across the United States to improve school health in Georgia. The provision of individualized technical assistance (TA) including strategic partnership development, evaluation guidance, professional development and grant writing support has resulted in improvements in school health outputs and outcomes. The application of a common TA framework in various southern geographic locations has been shown to increase the partnerships and impacts of these school health-focused organizations. This session will highlight the importance of unique and innovative partnerships--how to form them and sustain them.	This session will describe the Key 2 a Healthy Start initiative and summarize its 3-year evaluation results. Key 2 a Healthy Start is a quality improvement initiative in early care and education focusing on childhood obesity prevention. The initiative consists of peer-learning workshops, self-assessment of nutrition and physical activity practices, policies and environments, goal setting and targeted technical assistance. Key topic areas include nutrition standards, menu planning, garden-based learning with on-site gardens, physical activity and role modeling. Improvement data was collected and analyzed using an evidence-based assessment tool and key informant interviews of participants. This session will describe those results.	More than 100 state and local governments—including major urban centers and smaller towns—have adopted standards for the food purchased, sold, and served on public property, from a vending machine at a county office building to meals served in a state prison. Food guidelines harness public dollars to cost-effectively and subtly give rise to healthier food environments and ensure more equitable access to healthy food. This session explores ways to transform public spaces to support the health of employees, visitors, and program participants—from worksite wellness policies to formal policies—and highlights considerations for successful implementation.	Through community assessments and citizen-led concerns, the Northern Kentucky Health Department (NKHD) realized that many roads throughout communities were mainly designed to move cars through as quickly as possible. NKHD partnered with local planning entities to review current data of the streets in our communities. NKHD provided Complete Streets Policy (CSP) education to city councils, and sample CSP documents city leaders could modify to meet the needs of their community. As of 2017, six cities and one county have passed CSP.	SCALE is designed to help low-income, medically at-risk obese adults make sustainable lifestyle changes that improve not only weight but other health risk factors as well. The cornerstones of SCALE are Motivational Interviewing, personal coaching and peer support to empower uninsured/underinsured adults to achieve individualized goals and measurable health status improvement. Topics include nutrition, exercise, hands-on food preparation, stress management, medication compliance, healthy heart, tobacco cessation; all classes are offered on day and evening schedules. Partners include Charleston Area Medical Center; volunteer certified dietitians and diabetes educators; volunteer yoga instructors; YWCA Nautlius; WVU Extension Service; local produce growers, foundations, and individual donors.	In 2016, Live Smart Texas made the conscious decision to "reboot, revise, and refresh" as it moved into its second decade of addressing the complex issue of obesity prevention and control. Part of this revitalization effort involved acknowledgement of and commitment to the strong regional work that was vital to maintain a solid foundation of the state-wide coalition working to be responsive to the diverse populations and geographic differences across such a large state. Much of what is accomplished in public health requires time, talent, and resources, and obesity prevention is no exception to that rule. However, resources available to organizations working to reduce obesity where we live, work, learn, and play are shrinking. The complexity of this public health issue, along with realization of the potential for positive impact of multiple organizations and leaders, speaks to the value of a multidisciplinary approach. This session describes the necessary evolution of a decade-old, state coalition in addressing obesity prevention and control, and how this revitalization is necessary for Live Smart Texas both to reach out locally and sustain statewide as it works to impact obesity rates in Texas.
Attendees will be able to list barriers to low-income community members shopping at farmers' markets. Attendees will be able to list factors that encourage low-income community members to shop at farmers' markets Attendees will be able to explain how the Community Based Prevention Marketing approach can be used to increase the participation of low-income community members in local food systems Attendees will become familiar with specific tools for increasing the participation of low-income community members in local food systems.	Describe opportunities and challenges to implementing policy changes and a multi-component intervention to improve school food consumption. Identify environmental factors that impact student school food consumption. Describe policies that positively and negatively impact school food consumption. Compare evaluation results of a policy only intervention to a multi-component intervention	Application of an evidence-based technical assistance model to Coordinated School Health framework Strategies for developing unique partnerships to achieve school health outcomes Articulate concrete action steps for accomplishing partnership goals considering local context	Recognize the role of child care centers and center staff in role of preventing childhood obesity Describe the quality improvement process Demonstrate the role of gardens and garden-based learning in meeting nutrition standards and increasing fruit and vegetable consumption Demonstrate the role of nutrition and physical activity policies and environments as effective tools in preventing childhood obesity	Describe what food guidelines are, how they change state and local food environments, and ways to use nutrition standards and best practices for policy approaches. Identify organizations and resources to support food guidelines as a community nutrition intervention that improves the public food and beverage environments. Compare food guidelines policies for vending to food service institutional food settings.	Working with local planning agencies to review and identify current trends that impact active transportation within the community. Components of a Complete Streets Policy Tips on educating city leaders regarding the benefit of Complete Streets Policies Successful outcomes within cities that have passed Complete Street Policies	Attendees will be able to assess/identify 'ready for change' patients to enroll in SCALE Attendees will be able to assess/identify 'not ready for change' comparison group Attendees will be able to identify project partners/community resources to support SCALE (donors, sponsorships, etc.) Attendees will be able to identify value of MI techniques, personal coaching, and peer support for at-risk population	"1- Identify coalition resources and stakeholders which can be modified to enhance equitable dissemination of and support for high-impact programs, policies, partnerships, and practice;" "2- Describe how public health capacity and infrastructure is increased by sharing evidence-based strategies and policies across geographically-diverse populations through a statewide coalition;" "3- Communicate how needs, priorities, and opportunities are facilitated through a regional network of obesity prevention stakeholders; and," Create a process for self-review and reflection as a means to evaluate and transform an existing statewide coalition.
Uncovering Benefits and Barriers to Shopping at Kentucky Farmers' Markets for Low-income Populations	Equity in the 2018 Farm Bill: How to Educate Policymakers on the Importance of the Food Environment and Health	Connecting with Communities: A School-Based Approach to Whole-Child Wellness and Obesity Prevention Outcomes in the Delta Region: Eat Move Grow	Natural Learning Environments as an Obesity Prevention Strategy in the Early Care and Education Setting	Health@Work: Utilizing Evaluation to Take Action	Safe Routes in Pasadena: A collaborative approach to safe neighborhoods	Prediabetes: A Growing Threat, Let's Tackle It Together	Florida Healthy Community Champion Recognition
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<p>Literature indicates low-income populations are less likely to shop at farmers' markets, yet consuming more fruits and vegetables could help reduce the obesity rates often high among this population. To address this, the University of Kentucky Nutrition Education Program conducted a mixed-methods research study to determine the barriers and promoters for shopping at farmers' markets in four metro and four non-metro counties in Kentucky. Surveys and focus groups were conducted with 80 SNAP-eligible participants during 2017. This session describes the methods and results of this research; a related UK proposal covers how the results were used to develop a toolkit.</p>	<p>The Farm Bill is the primary agricultural law run by the federal government and is reauthorized every 5 years. Nearly 80% of the Farm Bill's budget goes toward food assistance programs, including SNAP, SNAP-Education, and FINI. Many programs address the food environment, including farmer's markets, grocery stores, and corner stores. We will focus on how to educate policymakers about the importance of these programs in addressing obesity through access to healthy foods for low-income populations. Participants will learn how to communicate to policymakers that access to and consumption of healthy food is a complex issue, that encompasses the food environment.</p>	<p>Learn how the Louisiana Delta initiative EatMoveGrow utilize the low-cost, highly-replicable Painted Play Space model to yield big increases in playground activity levels. Targeting rural, low-resource elementary schools who lack playground equipment, EatMoveGrow used playground stencils, paint, and a training session to increase recess Metabolic Equivalent Task (METs) by 17% and recess Moderate to Vigorous Physical Activity (MVPA) by 38%. During this presentation we will share step-by-step how-to's for project implementation and findings from validated research tool, SOPLAY behavior studies, and Polar Accelerometer research. Participants will receive handouts detailing steps to replicate low-cost intervention at your site.</p>	<p>This session will focus on building partnerships between children, parents/caregivers, staff and a trained natural learning environment designer to create optimal outdoor spaces for children's healthy development. Childcare center directors and teachers participating in a prior quality improvement initiative around growing healthy children have implemented policy and environmental changes. Creating a successful natural learning environment involves extensive coordination and teamwork. This session will explain the step by step process of creating a natural learning environment adapted from evidence-based community development strategies. The session will also include qualitative and quantitative data on the process and outcomes.</p>	<p>The Florida Department of Health is an integrated health system that consists of a Central Office and 67 satellite county health departments (CHDs). In an effort to examine CHDs' employee wellness programs, the Central Office's epidemiology and evaluation team developed an employee wellness survey that was disseminated to CHDs and anonymously completed by employees statewide. CHDs that received a 50% response rate were provided with an aggregated report of their county's findings and encouraged to use the data, combined with results from the Centers for Disease Control and Prevention Worksite Health ScoreCard, to identify opportunities for improvement and develop feasible high-impact worksite wellness strategies.</p>	<p>Since 2014, the Healthy Living Matters – Pasadena Community Task Force, made up of multi-sector partners, has prioritized safe routes as a way to increase physical activity and improve neighborhood conditions. This session will focus on our work to identify opportunities and barriers to active transportation, coordinate walk/bike to school events, and provide professional development opportunities to key individuals. In partnership, a safe routes to school plan is being developed in order to inform the city of the opportunities for environmental change and to leverage state and federal funding for Safe Routes to School.</p>	<p>Prediabetes is a growing threat to our population. Primary care providers and lifestyle intervention coaches identified, screened, and educated those at risk for developing type 2 diabetes by establishing a Diabetes Prevention Program (DPP) within a healthcare system. The DPP has two main goals of 7% weight loss and increasing physical activity to 150 minutes per week, which reduces the risk of developing type 2 diabetes by 58%. Establishing partnerships with churches and community groups provided programs with much needed class space in the community not just in the healthcare system, which helps with our participant engagement.</p>	<p>In Florida, only 34.6% of adults are at a healthy weight. Florida's county and municipal governments play an important role in improving their local environments to support healthy behaviors and promote healthy weight. The Florida Department of Health launched the Healthy Community Champions Recognition, to encourage municipal and county governments to take a Health in All Policies approach to comprehensive planning, integrating and articulating health considerations into policymaking across sectors to address the availability and accessibility of healthy food and the safety, accessibility and existence of spaces for physical activity to improve the health of all communities and people.</p>
<p>Results identifying barriers of farmers' markets Results identifying promoters of farmers' markets Insights from data disaggregation (metro vs. non-metro) Benefits of combining quantitative and qualitative results</p>	<p>Participants will understand the importance of speaking directly with policymakers Participants will learn how to schedule visits with policymakers, how to frame the conversation, and how answer questions about their food environment programs. Participants will learn how to follow-up with policymakers and stay in touch with them so they can build positive working relationships with them.</p>	<p>Increase the duration and intensity of physical activity among school-aged children in the Louisiana Delta Region Prepare, plan, access and create a Painted Play Space Understand how to effectively use SOPLAY observational tool to evaluate activity at recess time Increased knowledge of MVPA and MET rates challenges faced by children in rural schools</p>	<p>"1. Attendees will learn about the need and benefits for natural learning environments in the child care setting." "2. Attendees will learn how evidence-based outdoor play area design can contribute to increased physical activity and fruit/vegetable consumption." "3. Attendees will learn the role of building partnerships for successful completion of creating a natural learning environment."</p>	<p>Understand how to develop a tool that accurately assesses employees' satisfaction, needs, and barriers to optimal health and wellness in the workplace Understand how to engage multi-level leadership in evaluating a worksite's wellness programs and developing high-impact strategies to address improvement areas. Identify a cost-effective tool that can be used for evaluating wellness programs</p>	<p>Identify key stakeholders to include when working on Safe Routes to Schools Review examples of successful strategies for each pillar of SRTS Review lessons learned from our work developing the SRTS plan and implementing practices around the 5 E's</p>	<p>How to start a diabetes prevention program and obtain referrals How to establish partnerships with community partners How to keep your participants engaged Knowledge of how to prevent diabetes in your community</p>	<p>Following this session, attendees will be able to describe how the Florida Healthy Community Champions Recognition was implemented After attending the session and studying supplemental materials attendees will be able to implement similar strategies at the state or local level Following this session, attendees will be able to practice local government/municipality engagement to promote Health in All Policies</p>



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Connecting Farmers, Families and the Community: WV Kids Farmers Market Program	Youth Driven Solutions to Big Community Health Problems: Healthy Concessions and Cooking	Connecting with Communities: A School-Based Approach to Whole-Child Wellness and Obesity Prevention Outcomes in the Delta Region: Illinois CATCH on to Health Initiative.	Using technology for obesity prevention in childcare	The Little Hospital That Could- Creating a Sugar Free and Low Carb Friendly Hospital	Safe Routes in Pasadena: A data driven approach to safe neighborhoods	Digital Diabetes Prevention, The Only Scalable Solution	Developing and Implementing the Georgia Farm to Early Care and Education (F2ECE) Strategic Plan: Best Practices from the F2ECE Georgia Coalition
Kristin McCartney MPH, RDN,LD West Virginia University Extension	Olivia Turman Barboursville Community Wellness Council/Living Healthy 4 McDowell	Jeffrey Franklin, Illinois Delta States Network Director Southern Illinois University School of Medicine Center for Rural Health and Social Service Development	Mandy Curry CEO & Co-Founder of Start A Garden. Start A Garden	Mark Cucuzzella Mark Cucuzzella MD, FAAPF ;Professor Family Medicine West Virginia University School of Medicine WVU Center for Diabetes and Metabolic Health	Aimee Schultze MPH, CHES Harris County Public Health	Thomas Morrow MD Physician (MD) Chip Rewards	Emily Anne Vall PHD Georgia Department of Public Health-Georgia Shape
The WV Kids Farmers Market Program aims to improve the health of children and the WV farm economy by providing children in low income schools, childcare centers and community organizations with \$4 vouchers to shop for their own local foods. By combining the existing Extension and SNAP-Ed infrastructure with a \$20,000 grant, in 2017, 54 markets were offered in 30 counties impacting 5,400 children. The markets include educational components such as taste testing and recipes. By providing children with buying power, the program both subsidizes local farmers, allowing for increased production capacity, and potentially creates the next generation of consumers.	In Cabell County, the youth founders of the Wheelie Good Food Cart take their smoothie bike and food cart to school and community events to offer healthy food choices and physical activity options to attendees. In McDowell County, the high school youth Garden Girls grow vegetables and offer healthy cooking classes to their peers and the community. They will demonstrate how a creative idea from young people can prove to be a system or policy change as well as lead to economic development opportunities for their communities and youth.	This session will explore the Illinois CATCH onto Health Initiative that provides leadership for building increased capacity for rural schools to effectively improve health through policy, systems, and environmental change, thus promoting sustainability and a fundamental attitude regarding the importance of increased physical activity, social and emotional wellbeing, and general wellness, both in schools and in the community. Participants will learn the steps necessary to incorporate the Signs of Suicide and Mental Health First Aid programs into a school's health and wellness efforts, to address the health of the whole child.	This session will describe the way in which Start A Garden's web-based technology further improved nutritional best practices and policies in childcare centers. Furthermore, it will describe how the garden-based technology improved staff encouragement of trying new foods and comfort level in gardening, which is a critical first step to successful garden implementation in childcare centers.	We share our experience at Jefferson Medical Center where we created a collaborative pathway to use a 10g carb per meal option combined with education and follow up. The cultural change brought acceptance of removing SSBs in April 2018, the first hospital in our state to implement this. The hospital setting presents the ideal opportunity to educate patients and health care providers on the immediate effects of carbohydrate restriction on T2D/MetS patients and allow a fresh strategy on discharge. Collaboration of medical staff, nursing, food services, pharmacy, and hospital dietician created "From Diabetes to HEALTH - Diabetes/Met S Remission Pathway"	This session will discuss the use of a rapid Environmental Scan Tool (EST) to assess the walking and bicycling environment in Pasadena, TX as part of a data driven approach to creating a Safe Routes to School Plan (SRTS). The use of an EST integrates data analytics and GIS mapping services to describe the physical walking environment around seven priority elementary schools in Pasadena. Data from the EST was combined with pedestrian and bicyclist crash data, qualitative data from community engagement activities, and a parent survey to create thoughtful recommendations to include in the SRTS plan for Pasadena ISD.	The diabetes epidemic has surpassed the ability of the US health delivery system to address it. With over 2/3rds of the population being overweight or obese and over 100,000,000 with pre-diabetes and diabetes and even more with insulin resistance, human-to-human intervention cannot scale to the need. The presenter will provide evidence that human-to-computer intervention is efficacious and scalable. The presentation will also outline a novel, reward-based intervention program that can be implemented on a virtually infinite scale using a platform that contains the educational content, lifestyle and goal based dialog, rewards for meeting goals, tracking and personal accountability. The presentation will demonstrate how integration with numerous data sources can be implemented quickly for virtually any population regardless of age, demographic, social or cultural group. The presenter will also explain how this approach can also be paired with conventional human-to-human coaching to provide a robust diabetes prevention and lifestyle modification intervention.	The Georgia Farm to Early Care and Education (F2ECE) Coalition is a network joining stakeholders in ECEs, food, farming, and nutrition to coalesce resources and support statewide programming for F2ECE. Using the CDC's Spectrum of Opportunities, the Coalition created a strategic plan to build innovative programs to increase consumption of fresh, local foods and hands-on activities such as gardening and taste tests in ECE settings. During this session, participants will learn how they can use the "Spectrum" and review Georgia's lessons learned to create their own, strategic plan with diverse partners.
Describe steps for implementing a kids market program Identify key partners in establishing similar programs in other states Describe outcomes, evaluations strategies and next steps for the WV program	How to flush out the creative ideas to create a sustainable project Getting your plan organized and your stakeholders engaged Funding opportunities Why it is important to choose the model of youth led, adult facilitated	How to use SOFIT to increase the duration and intensity of physical activity among school-aged children Knowledge of how to increase capacity of school staff to recognize mental health issues and refer at-risk students to appropriate mental health Access to School Health Implementation Action Plans and sample School Wellness Policies Increase knowledge of Mental Health First Aid, Signs of Suicide, and Social and Emotional Learning Core Competencies	Demonstrate the role of gardens and garden-based learning in meeting nutrition standards. Recognize the impact that technology can have in making gardening easy for teachers. Demonstrate the way Start A Garden can increase fruit and vegetable consumption to prevent childhood obesity.	Understand the key features and spectrum of insulin resistance, metabolic syndrome, and the specific health effects Better identify and reverse pre-diabetes and diabetes Review the basic science and the evidence of the Low Carbohydrate High (or Healthy) Fat diet Give practical applications to healthier food and drink choices at work and home	Review concepts of the built environment Review key components and tools needed to conduct an environmental assessment Review how to utilize innovative funding sources to implement built environment initiatives	Review the foundation of health behavior change Review the evidence of efficacy of digital intervention in health care Outline a digital approach that emulates a human intervention Demonstrate a digital platform that is designed to reverse the insulin resistance/pre-diabetes condition	Using the CDC's spectrum of opportunities, explain the process for developing an evidence-informed strategic plan and coalition to assist Georgia in achieving sustainable programs, policies, systems, and environmental changes to support farm to early care and education. Examine barriers and facilitators when developing and executing statewide Farm to Early Care and Education strategy to increase awareness and consumption of fresh, nutritious, and locally grown foods in early care settings. Identify ways in which the Georgia Farm to Early Care and Education coalition and strategic plan could be utilized or replicated across the southern region.



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Tuesday October 23 - 1:30pm - 3:00 pm

Faith Community	Healthcare	Healthcare in Schools	Marketing	Physical Activity Environment	Food Access	Policy/Advocacy	School Environment
Where we Pray...	Where we Live	Where we Live	Where we Live	Where we Live	Where we Eat	Where we Learn	Where we Learn
Hungry, Healthy, Holy!	Obesity and Insulin Resistance from WV Cardiac (Coronary Artery Risk Detection in Appalachian Communities) Project	An Innovative Approach to Pediatric Health Services and Obesity Prevention	Choose to Change: A Consistent Messaging Campaign for Families with Young Children	Fostering Community Partnerships to Increase Policies, Environments, and Programs for Safe Walking and Biking	Uniting and Igniting: Partnerships to Address Healthy Food Access Issues in Rural West Virginia	Exploring Research to Policy Applications for Activate! a Physical Activity Intervention for WV 5th Graders and Their Families	Shape Your Future - Healthy Resources for Teachers
Joshua Sowards MA - Dallas Theological Seminary, Christian Education - Educational Leadership Certificate - Institute for Nutritional Leadership Healthy Bodies Healthy Spirits West Virginia	Lee Pyles, MD, MS West Virginia University Department of Pediatrics Pediatric Preventive Cardiology	Chelcie Oseni MBA Healthcare Administration Bachelor's of Science Nursing Registered Nurse Le Bonheur Community Health and Wellbeing	Emily Murphy PhD West Virginia University Extension Service	ShaCoria Winston MPH Foundation for Health Leadership & Innovation	Gina Wood MPH, RDN, LD WVU Extension Service Family Nutrition Program	Charlotte Workman BS in Medical Science, Certified Clinical Research Professional, Project Operations Specialist for the WVU SPH Prevention Research Center's Applied Research Project Activate! WVU School of Public Health Prevention Research Center	Ann Freeman VI Marketing and Branding
Building health ministry teams in Appalachian congregations is one of the most powerful approaches a community can implement to changing their culture of health. We have impacted more than 100 congregations in the state of West Virginia by helping them design quick plans for hosting a health project, building a health ministry team, and establishing a permanent health ministry in their congregation. They are able to survey their congregation, get buy-in for health related ministry ideas, launch a kick-off, evaluate their performance and results and plan for the next year's work in health ministry.	Intervention was a screen of consented fifth graders in WV schools from 198 to 2017. CARDIAC Project was conducted by WVU Dept. of Pediatrics in concert with WV DHHS and county schools across WV. Cardiometabolic risk factors were identified in 5th graders and 28% were identified as obese plus 6% with probable insulin resistance.	Le Bonheur Community Health provides mobile health services to underserved children in West Tennessee. The mobile medical unit travels to schools throughout the region to provide health services to children who would otherwise lack healthcare. At-risk children are referred to a RN Health Education program that provides one-on-one health counseling sessions focused on living a healthy lifestyle (sleep, fruits/vegetables, screen time, physical activity, more water-fewer sugary drinks). Outcomes from this program include decreased BMI percentile, increased physical activity, and positive behavior changes. Additionally, a Behavioral Health Navigation program accepts referrals for children with untreated or undiagnosed behavioral health problems.	As a CDC High Obesity Area funding recipient (1416), the West Virginia Healthy Children Project focused on improving the nutrition and physical activity environments of early child care and education (ECE) settings. To connect the ECE, home, and community environments, a consistent messaging campaign was conducted using the health hero CHOOSY (Choose Healthy Options Often and Start Young). Messages were diffused using social media sites, billboards, posters/brochures, newspaper and grocery store cart ads. The three messages were: 1) be active every day, 2) eat a rainbow of fruits and vegetables, and 3) include outdoor activities in family physical activity routines.	The Catalyst for Healthy Eating and Active Living (Catalyst) program supports a variety of interventions to increase access to safe places for physical activity, including trails, sidewalks, bicycle/pedestrian plans, and bicycle safety curricula in schools. The Catalyst supports communities by assisting local partners to collect data, research and share policies, facilitate meetings, engage stakeholders, and develop action plans. In four counties the Catalyst replicated a collaboration with the NC Active Routes to School Program, local coalitions, and other local organizations to secure resources for the implementation of the Let's Go NCI Bike Safety Curriculum in schools and at community events.	In the summer of 2017 Cabin Creek Health Systems, West Virginia University Extension Service Family Nutrition Program and Thankful Valley Farms came together to bring a weekly farmer's market and health education program to the patients and staff of Cabin Creek as well as the larger community of Dawes, WV. This partnership improved access to fresh produce for approximately 150-200 people per week, improved employee health behaviors and produced many other unanticipated benefits such as increased opportunity for patient/provider interaction, increased revenue for the farmer and additional opportunities to serve community needs. The program will expand in 2018 to include an additional Cabin Creek site.	Activate! implements theory-driven School and Family-based Physical Activity Interventions with 5th grade students in WV and has developed a Research to Policy Council (R2P) with individuals who have expertise related to physical education and physical activity. The goal of the council is to translate research results into environmental practice and policy recommendations at the local, regional, and state levels to increase student access to effective physical activity and education. The R2P Council has used the Center for Disease Control's Knowledge to Action Plan (KZA) to develop a Translational Product Plan, data subcommittee, and physical activity dissemination techniques for policy recommendations.	Shape Your Future uses search data and content research to create free classroom resources for teachers. These resources include healthy messages about eating fruits and veggies and getting plenty of physical activities. These resources range from fun coloring pages to classroom English, math and brain activities. Each resource is filled with content about staying healthy in and out of the classroom and provides teachers with a seamless resource to use within a lesson plan. Shape Your Future provides these resources through downloadable website content and provides updates to teachers through a monthly email newsletter.
Biblical foundations for building a team in congregations devoted to healthy living as a spiritual act of worship. (Nehemiah1-2) How to survey the congregation to bring them on-board with healthy living as a spiritual practice. (Nehemiah 6:3) How to work with existing congregation or community programs that support healthy living and transforming a culture's health. (Jeremiah 29:7)	<ul style="list-style-type: none"> Learn prevalence of Obesity and Insulin Resistance in WV 5th graders. Learn the impact of rurality on Obesity and insulin resistance. Learn minimal health screening for cardiometabolic risk factors that can be checked in schools. 	Understand the impact of an innovative approach to pediatric health care and obesity prevention in rural communities. Recognize how Le Bonheur Community Health is addressing health disparities among children in rural West Tennessee. Understand Le Bonheur Community Health and Well Being's approach to promoting the health of the whole child including well-child checkups, health education, and behavioral health services. Understand the importance of community partnerships in obesity prevention and management efforts.	Identify barriers to healthy eating and physical activity behaviors in young families Describe how the use of a health hero/mascot can influence children's health behaviors. Identify various strategies used to deliver consistent health messages in rural communities.	Discuss ways to foster community collaborations for active living Develop processes that allow complementary strategies to create sustainable policy, systems and environmental change Learn how organizations can replicate the collaboration with Safe Routes to School Identify approaches to incorporate health equity into active living strategies	Identify a process by which health care agencies can establish fresh produce programs "• Discuss evaluation methods for fresh produce programs in the context of a health care setting" Identify partner agencies and roles specific to successful produce prescription programs	Discuss benefits of using a R2P Council to guide PA interventions Describe the R2P Council used by Activate! Recognize methods of a translation product plan Identify methods for physical activity dissemination	Identify opportunities for schools to compliment programs and policies within schools. Discover ways to incentivize teachers to include health messages in the classroom. Identify effective channels to distribute resources to schools.
Multi-level faith-based public health initiative supports healthier places and people in rural Alabama	Food as medicine? How \$1 per day can increase food security and improve health	Small Steps . . . Exceptional Results . . . Empowering Adolescents to Reduce Risk Factors for Pre-Diabetes	Creating the "Eat Better/Move More" Campaign using Shape Your Future Persona Research	Peer to Peer Physical Activity Programs to Increase Physical Activity in a Sedentary Population	Enhancing community partnerships with SNAP Ed Funds by establishing multi-level intervention within Atlanta's mass transit system	Exploring Physical Education and Policy Practices for Activate! a Physical Activity Intervention for WV 5th Graders and Their Families	Active Academics SM : Learning on the Move
Alicia Powers PhD Alabama Extension SNAP-Ed at Auburn University	Miranda Cook MPH Emory University	Patrick Cowart BA, MBA Project Director Richland Parish Hospital	Sjonna Paulson APR Oklahoma Tobacco Settlement Endowment Trust	Erin Reid MA- Health Promotion Active Southern West Virginia	Tammy Reasoner MPH Open Hand Atlanta	Zachary Ramsey MPH Candidate WV Prevention Research Center	Eloise Elliott PhD West Virginia University/eLearning for Kids, Inc



Tuesday October 23 - 10:10am - 11:40am

<p>Live Well Faith Communities (LWFC) is a collaborative effort of the Alabama Cooperative Extension System and faith communities seeking to improve the quality of life of Alabamians. Extension educators engage faith community leadership to facilitate completion of a faith community needs assessment. Based on assessment findings, faith community leadership, with support of Extension educators, develop and implement an action plan to stimulate changes in faith community policies, systems, environments or practices. Simultaneously, Extension educators, in partnership with a trained lay leader at the faith community, conduct nine, weekly small group sessions focused on healthy eating and physical activity.</p>	<p>The Fruit and Vegetable Prescription Program (FVRx), an effort of Wholesome Wave Georgia and 5 clinic partners across Georgia, seeks to improve food security and health for low-income adults with chronic disease risk factors and their families. Over six months, participants received fruit and vegetable vouchers worth \$1 per family member per day, redeemable at local food retail sites, along with nutrition education, cooking classes, and for some sites, group exercise classes. This session will discuss program implementation, partnership development, evaluation and monitoring, and share results from the 2017 FVRx evaluation.</p>	<p>The Adolescent Pre-Diabetes Prevention Program identifies and assists adolescents who are pre-diabetic or at-risk for becoming pre-diabetic to reduce their risk factors. Screening and education is utilized for this intervention. With informed consent, the program performs pre-diabetes screenings. Eligible students are enrolled and participate in three screenings each academic year measuring height, weight, blood pressure, BMI% and A1C levels. Six educational lessons designed to provide tools to help reduce risk factors for pre-diabetes are offered. To increase health awareness among faculty and staff at participating schools, an annual health screening is provided. In the school setting, students are screened and given point-of-contact counseling with enrollment in the program if they meet criteria. 29 high schools, 13 School-based Health Centers, and 3 Program Partners participate in the initiative.</p>	<p>Shape Your Future (SYF) is a community health program that encourages Oklahomans to eat better, move more and be tobacco-free. Through persona research SYF has expanded its content strategy to better serve its audience and impact behavior change.</p>	<p>Physical activity is a scientifically proven method of decreasing obesity. Active Southern West Virginia (Active SWV) uses a peer to peer model to increase physical activity in rural communities in southern WV. We recruit and train volunteer community members to lead free physical activity programs in their hometowns, these volunteers are called Community Captains. We train Community Captains in leadership, risk management, communication, and promotion to make each program a success. Community Captains lead a variety of programs from walking/hiking, Tai Chi, Yoga, Trail Running, Group Exercise, Pickleball, Biking, and SUP boarding. We provide ongoing support and program evaluation to each our Community Captains to ensure program growth and reach.</p>	<p>In Atlanta, GA, a local farmers market association, Wholesome Wave, public transportation agency, the City of Atlanta, non-profit agencies, and local entrepreneurs work collectively to increase the connection to local growers, the amount of produce sold and nutritional knowledge within low-income areas with limited access. The Fresh MARTA Markets, a pop-up farm stand at four public transit stations, demonstrate the power of public-private partnerships in rethinking today's complex health challenges. The session will highlight the role of SNAP Ed funds in promoting a multi-level intervention that incorporates social marketing (print media, radio, videos on trains) and nutrition education.</p>	<p>Activate! is a randomized control study conducted in rural West Virginia intervening on 5th grade students' physical education and physical activity. Using the second month reports from WV elementary schools, FITNESSGRAM data, the WESTEST, the WV Board of Education Discipline Reports, as well as school demographics, a state report of current physical education and physical activity was created. This report compares student health and academic outcomes based on school practices to help influence and make policy recommendations for increased physical education and physical activity.</p>	<p>Active Academics® is a free web-based resource for classroom teachers to provide practical physical activity ideas that can be integrated into the regular school day. Teachers are able to get students up and moving while still engaged in the learning process. We offer a variety of activities for students in grades PreK – 8th including standards-based activities that utilize the Common Core Standards as well as national standards, classroom energizers to get students up and moving between lessons, and recess and lunch break ideas.</p>
<p>Describe a collaborative effort between Extension and Faith communities to influence health in rural areas Describe a multi-level public health initiative and the process through which this type initiative is successfully accomplished Discuss outcomes of a faith-based public health intervention</p>	<p>Program implementation & partner development. Evaluation and monitoring best practices Evidence of the impact of a small nutrition incentive program</p>	<p>Attendees will have an understanding of the importance of the individual impacts achieved through the program including decreases in risk factor measures, increase in physical activity and improvements in the quality of life for many program participants. Attendees will be able to describe how health programming can be assimilated in a variety of settings base on their understanding of how the Adolescent Pre-Diabetes Prevention Program was able to assimilate into the school environment and implement the intervention while becoming a valued and trusted source/resource for health-related information for faculty, staff and students. Attendees will have an appreciation for how the program was able to build an active project-wide coalition of school principals and school-based health center directors, integrate school-based health centers and FQHC's into project implementation, recruit school faculty and staff as active program supporters, and how the project was able to develop an interactive curriculum and learning model that is based on student choice. Attendees will have knowledge of the pillars on which the program was conceived and developed and resources to facilitate program replication.</p>	<p>Review the Shape Your Future content strategy Investigate cost-effective tactics informing content research Identify ways to effectively measure the ROI of a content strategy campaign.</p>	<p>Peer to Peer approach for increasing Physical activity opportunities. How decreasing health disparities and barriers can increase physical activity in sedentary population. Tips for program success</p>	<p>Replicable framework for maximizing public-private partnerships to advance public health Benefits for investing in diverse partnerships Understanding of the role of SNAP Ed in partnership development Role of social marketing in multi-level public health interventions</p>	<p>Discuss importance of state level elementary school physical education and physical activity policies. Identify mechanisms of monitoring physical education/physical activity policy implementation at school level. Describe barriers and facilitators to physical education/physical activity policy implementation at school level.</p>	<p>how to access and integrate lesson ideas from Active Academics how to promote Active Academics use and movement integration, in general, in your school. how to describe the importance of a Comprehensive School Physical Activity Program (CSPAP), and its components (before, during, and after school, staff involvement, community engagement)</p>
<p>Heart Health Plus: Empowering and Engaging Faith-Based Organizations for Heart Health</p>	<p>Vegetable Voyage</p>	<p>The WV CARDIAC Project: A Statewide Surveillance, Intervention, and Research Initiative</p>	<p>Live Well in Schools: Alabama Childhood Obesity Prevention Using Body Quest, an Evidence-Based Nutrition and Physical Activity Education Curriculum</p>	<p>WV Fit + Active Schools Training Model- You Can Do It Too!</p>	<p>Engaging Highland Community Residents to Improve Food Security</p>	<p>School- and Family-Based Implementation Strategies for Activate!, a Physical Activity Intervention for West Virginia 5th Graders and their Families</p>	<p>Trending Down Youth At-Risk Behaviors on a WSSC Diet</p>
<p>Desiree Jonas MPH Florida Department of Health</p>	<p>Hannah Fincham West Virginia University Extension Service</p>	<p>William Neal MD West Virginia University, Dept of Pediatrics</p>	<p>Sondra Parmer PhD Auburn University</p>	<p>Joshua Grant M.Ed. West Virginia Department of Education</p>	<p>Donyel Barber Gaston Family Health Services</p>	<p>Hannah Ludwick MS candidate West Virginia Prevention Research Center</p>	<p>Rebecca King MSN,ME, RN, NCSN West Virginia Department of Education</p>
<p>The goal of Heart Health Plus is to improve the cardiovascular health of Floridians and contribute to the Million Hearts initiative of preventing one million heart attacks and strokes nationwide. Heart Health Plus seeks to increase health equity by targeting counties in need of evidence-based interventions and prevention efforts and to decrease heart disease rates in rural and/or minority populations throughout Florida. The target area for these efforts include faith-based organizations, health systems, and communities.*</p>	<p>In a rural community in West Virginia, a Book Mobile was created to take books and healthy snacks to students during the summer months. In addition to being able to check out books, kids received produce harvested from the school garden and additional fresh produce provided by a "Kids Coupon" grant. This grassroots effort to take books, produce, and caring adults to the children, in an area with many transportation challenges, garnered much positive feedback from the community. The project has even more financial support for healthy snacks, fresh produce, and the backpack food program for needy children.</p>	<p>The Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) Project is a chronic disease risk factor surveillance, intervention, and research initiative aimed at combating the unacceptably high prevalence of heart disease, obesity, diabetes, and other chronic illnesses in West Virginia. The CARDIAC Project has screened over 200,000 children in the school setting and provided school-based interventions to promote healthy eating and physical activity in children. The project began in 3 counties in WV in 1998, and expanded to all 55 WV counties by 2016. The CARDIAC Project has provided risk-factor screening of over 200,000 children in the school setting and has influenced policy at the state and national levels.</p>	<p>The flagship school-based initiative for Alabama SNAP-Ed at Auburn University is Body Quest, a multi-level obesity prevention initiative that empowers Alabama's third graders and their parents to make healthier choices. Using a novel approach to nutrition and physical activity education, Body Quest offers students a 15-week curriculum that includes educator-led discussion, guided vegetable tasting experiences and self-directed learning with iPad apps. Parents simultaneously receive text message-based education and healthy recipes. Body Quest promotes greater fruit and vegetable consumption along with other lifestyle choices that support good health. Body Quest is a movement helping students and parents Live Well in Schools.</p>	<p>West Virginia Department of Education & West Virginia Department of Health And Human Resources WV Fit + Active Schools Training is a training delivery system focused on improving the culture of physical activity in West Virginia schools providing training through two components of the Comprehensive School Physical Activity Programming (CSPAP) model. The CSPAP components that will be specifically targeted in the training will be physical activity during school and physical education. The training will provide classroom teachers and administrators beneficial resources for incorporating more physical activity into the school day. The training will also provide innovative ways to incorporate physical activity into the academic setting. The Fit school concept will be reflected in training physical education teachers on strategies and resources to increase current fitness levels of their respective students.</p>	<p>Gaston Family Health Services, a Federally Qualified Health Center, utilized the Community Centered Health Model to improve food access in the Highland Community. Through this model, the Highland Neighborhood Association was formed and successfully secured a land donation from the City of Gastonia to build a second garden. Additionally, an Association member completed the Master Gardener Program. The garden focuses on introducing youth to involvement in the food system and provides access to fresh fruits and vegetables in a high need community. Other partners include Blue Cross Blue Shield, Gaston County Public Health, and Gaston County Cooperative Extension.</p>	<p>Activate! Is a three-cohort randomized controlled study conducted in rural West Virginia 5th Graders. Family- and school-based interventions were used in the study. Family intervention uses community health workers at the Mid-Ohio Valley health department to implement physical activity. Family fun nights, home visits to develop Family Action Plans, monthly materials, and Fitbit motivation were used as implementation strategies. For school intervention, classroom teachers implement Brain Boosters and Integrated Physical Activity Lessons learned during training to increase PA 30 minutes throughout the school day. Classroom Teachers and PE Teachers are encouraged to work together to implement the PA.</p>	<p>This session will describe the impact of implementing the CDC-Coordinated School Health Philosophy (WSSC) through collaboration with state education, state public health and regional wellness staff (Coordinated School Public Health) on health literacy, policies, programs and outcomes. The session will discuss the implementation of CSH/WSSC in a state with high poverty within rural Appalachia in communities within an opiate epidemic with high obesity rates, asthma, acute Hepatitis B and C and many other co-morbidities.</p>