

Get ready to work on building health equity into obesity prevention strategies for YOUR state!



DAY 1 – MONDAY, OCTOBER 22

Join us as we receive a warm welcome from our host state and launch the 12th Annual Southern Obesity Summit!

Three exciting Pre-Summit workshops starting at Noon!

1) Using a Systems Thinking Approach to Address Childhood Obesity in Schools

Systems Thinking/Systems Changing™ offers participants experience in what it takes to make effective systemic school wellness/health change in schools. In an engaging session, participants will be confronted with realistic decisions and experiences, be compelled to consider new ways of looking at their goals and their work, be challenged to review what they consider legitimate indicators of success, try proven methods for making system-wide changes, distill their experience into action-oriented learnings and have fun!

2) Effective Obesity Prevention Interventions in Rural Areas of the South

The Center for Disease Control has supported obesity prevention projects in high obesity areas, particularly in rural counties. Obesity prevalence has been shown to be significantly higher among adults living in rural counties (34.2 percent) than among those living in metropolitan counties (28.7%) and the greatest differences in prevalence were in the South and Northeast regions. By funding High Obesity Programs (HOP) through land grant colleges and universities in states that have more than 40% prevalence of adult obesity CDC hopes to develop better access to healthy foods and more opportunities to be physically active. Attend this session where Claire Heiser, Lead Public Health Advisor with CDC, will provide an overview of the project, findings from the first three years, and future project directions, and three of the land grant states (West Virginia, Tennessee and Texas) will share their programs.

3) Try This Southern States!

Learn about the tools, the trials, and the results of the Try This West Virginia movement. Follow their journey as they work to knock West Virginia off the top of the worst health lists, community by community. This workshop will share successes, walk you through tools you can use and discuss results and what's next.

TRY THIS™
west virginia

Building Blocks for
Healthy Communities

Presented by: Texas Health Institute & West Virginia Bureau for Public Health

DAY 1 – MONDAY, OCTOBER 22 (continued)

DON'T Miss this Kick-off Session starting at 4pm! And, plan to stay for some networking at our exhibitor/sponsor reception!

Start Building your Strategy and Exploring Ways to Incorporate Health Equity into your Work

This opening session will set the state for the entire conference. Attendees will explore the tenets of health equity – how we can provide opportunities for everyone to be healthy!

Many factors combine to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors such as access and use of health care services often have less of an impact.

SOS 2018 has a goal of helping our states look at obesity prevention efforts through the lens of health equity. How can we make sure everyone has the same opportunity to be healthy? How do we address health disparities relating to obesity in a way that recognizes the inequities, identifies root causes and develops systemic approaches to the problem?

This session will allow attendees to engage in honest dialogue around health disparities, identify key areas of concern for your state and begin strategizing on how you can address health equity issues in your work.

Torrie T. Harris, Dr.P.H, MPH Health & Equity Strategist, City of New Orleans Health Dept. will facilitate this interactive working session.



Presented by: Texas Health Institute & West Virginia Bureau for Public Health

DAY 2 – TUESDAY, OCTOBER 23

Don't be late! This exciting, thought-provoking day starts at 8:00am!



Childhood Obesity Intervention
Cost-Effectiveness Study

Reversing Disparities in Obesity: Cost-Effective Strategies to Promote Health Equity

Day 2 is off to a great start with Angie Cradock, ScD, MPE, Susan Case and Jamie Jeffrey, MD, FAAP, discussing their Childhood Obesity Intervention Cost Effectiveness Study (CHOICES) model. Leaders from two state health agencies who have participated in the CHOICES project will share their results. Additionally, the session will convey how the model can specifically quantify improvements in population health as well as reductions in racial/ethnic and income disparities in childhood obesity.

Breakouts!

These eight different sessions are the “How To” of our Summit. You will be able to choose from topics that explore strategies across rural communities, the impact of fruit and vegetable prescriptions, ways to combat food insecurities, how to work with the faith community, building social media into your work and more! Each session will have three different presenters so you will leave with lots of ideas to explore and share for your state!

Lunch and Learn!

Join a strategy-based session, learn what some states are doing and share your own story. You can select from social marketing and healthy retail strategies, prescriptions for produce, community or school centric models or you can choose to network with others from your home state or even make new friends!



Breakouts!

Select another topical session from eight new tracks and learn about statewide initiatives, working with schools, creating safer streets or one of 20+ other topics. Each session will provide resources, policies and/or programs you can incorporate into your work.

Presented by: Texas Health Institute & West Virginia Bureau for Public Health

DAY 2 – TUESDAY, OCTOBER 23 (continued)

Now it is YOUR Turn!

Join together with others from your state and discuss health equity efforts in your obesity prevention work. Strategize how you can better incorporate health equity into your work. What is your state/organization doing around health equity?



If you could submit a grant application to fund obesity prevention work that focuses on disparities and achieving health equity, what would that look like?

You will have a chance to present your ideas and solutions to a panel of experts (our SPARK Tank) on Wednesday morning for feedback. All presenters will receive feedback and one or two of the presenters will receive additional input from our panel at a later date to help them build their ideas into an initiative.

End the Day with a Taste of Charleston

Our host committee from Charleston is busy planning an special event that will allow you to see a bit more about their work and truly get a taste of their wonderful city.



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DAY 3 – WEDNESDAY, OCTOBER 24

We may have saved the best for last! You have had an opportunity to explore many different solutions to our obesity issue. You have had a chance to network and develop a strategy to truly make a difference in your state. NOW it's time to share and learn!

Don't be late! Starting at 8:00am!

Share Your Strategy!

This is your chance to share your solutions. You/your team will be given 5 minutes to share your strategy with our SPARK Tank experts. You must be concise and prepared. Our panel will be taking notes and will discuss after this session while you attend one more set of outstanding sessions.



Special Sessions!

This year we had so many strong sessions; we selected some of the best for these final sessions. Choose from school strategies, assessment, social marketing, rural strategies, collaboration or policy. Each session has strong presenters who will share replicable strategies and resources.

The Grand Finale!

Our panel will share their thoughts on the strategies presented. AND you will get to hear them all! So be prepared to take some notes, you might want to incorporate some of these great strategies into your own work. One (or two) lucky states will have an opportunity to discuss their ideas more fully with our panelist(s) at a future time.

Did we mention delicious and healthy food?

Registration Fees INCLUDE:

- Monday evening reception
- Tuesday and Wednesday breakfast and lunch!

**Now you have a plan to build
health equity into obesity
prevention strategies for
YOUR state!**

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