

# 2<sup>nd</sup> Annual Nutrition Symposium Childhood Obesity

Saturday  
October 24, 2009

Wright Auditorium  
Seattle Children's

*Presented by:*

**Seattle Children's CME**  
**University of Washington Department of Pediatrics**



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

# PROGRAM

**October 24, 2009**

**7:30 am Registration and Continental Breakfast**

**8:00 am Welcome & Introductions**

*David Suskind, MD; Lenna Liu, MD, MPH  
Bruder Stapleton, MD, Chair, UW Dept. of Pediatrics*

**8:15 am KEYNOTE: Shaping Our Children's Future – The Impact of Advocacy**  
*Joe Thompson, MD*

**9:15 am Q & A**

## **MORNING SERIES: CO-MORBIDITIES OF OBESITY**

**9:30 am Sleep Disordered Breathing in the Obese Child**  
*Maida Chen, MD*

**9:50 am Obesity Hypertension: Mechanisms, Evaluation and Treatment**  
*Joseph Flynn, MD*

**10:15 am Q & A**

**10:30 am BREAK**

**10:45 am Non-Alcoholic Steatohepatitis (NASH): It's Not JUST Fatty Liver**  
*Karen Murray, MD*

**11:05 am Lipids/Cardiovascular Risk of the Obese Child**  
*Helen Dichek, MD*

**11:25 am Insulin Resistance in Our Children: The Impact of Obesity**  
*Craig Taplin, MD*

**11:50 am Q & A**

**12:15 pm LUNCH (provided)**

## **AFTERNOON SERIES: TREATMENT**

**1:00 pm Pediatric Obesity Treatment Research**  
*Brian Saelens, PhD*

**1:30 pm Obesity Clinical Programs**  
*Lenna Liu, MD*

**2:00 pm Q & A**

**2:15 pm Panel of Experts – Case-Based Discussion on Current Treatment Options**  
*Lenna Liu, MD; David Suskind, MD  
Robert Suskind, MD; Brian Saelens, PhD  
Alicia Dixon Doctor, MS, RD, CD; Sarah Peterson*

**3:15 pm ADJOURN**

# GENERAL INFORMATION

## Course Description

Pediatric experts from the fields of medicine and nutrition will highlight issues related to co-morbidities of pediatric obesity as well as strategies for prevention and management, including local and state advocacy.

## Who Should Attend

- Pediatricians
- Dietitians
- School Nurses
- Family Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses

## Course Location

Seattle Children's - Wright Auditorium (1<sup>st</sup> floor Giraffe Entrance)  
4800 Sand Point Way NE  
Seattle, WA 98105  
(Parking is free; map/directions will accompany confirmation letter.)

## Course Objectives

Participants will be able to:

- assess and utilize best practices in identifying co-morbidities of childhood obesity including sleep disorders, hypertension, liver disease, cardiovascular disease and diabetes;
- assess the effects of childhood obesity on lifetime wellbeing;
- integrate evidence-based tools and strategies to help patients lose weight and embrace lifestyle changes;
- facilitate successful motivational interviewing with patients and their families;
- provide referral resources for nutrition, behavior and exercise professionals to families.

## Course Direction

### Polly Lenssen, MS, RD

Director, Clinical Nutrition, Seattle Children's

### Lenna Liu, MD, MPH

Odessa Brown Children's Clinic  
Associate Professor of Pediatrics, UW

### David Suskind, MD

Associate Professor of Pediatrics, Div. of Gastroenterology, UW  
Co-Chair, Nutrition Subcommittee, Seattle Children's

### Kathie Kohorn, MA

Coordinator, Continuing Medical Education, Seattle Children's

## Accreditation

Seattle Children's is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education for physicians.

Seattle Children's designates this educational activity for a maximum of 6 hours in Category I to satisfy the re-licensure of the Washington State Medical Quality Assurance Commission.

Seattle Children's designates this education activity for a maximum of *6 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

- Clock Hours
- AAFP

# FACULTY

## Guest Faculty

### **Joseph Thompson, MD**

Dr. Thompson is the Director of Arkansas Center for Health Improvement (ACHI), an Associate Professor in the UAMS Colleges of Medicine and Public Health; Director, RWJF Center to Prevent Childhood Obesity and serves as the Surgeon General for the State of Arkansas. As the Director of ACHI, Dr. Thompson is responsible for developing health policy, research activities and collaborative programs that promote better health and healthcare in Arkansas. He works closely with the Governor's office and the Arkansas Legislature as well as with public and private organizations across the state on relevant health policy topics. Dr. Thompson has led efforts in planning and implementing healthcare financing reform, tobacco- and obesity-related health promotion and disease prevention programs.

## Seattle Children's/University of Washington Faculty

### **Maida Chen, MD**

Assistant Professor of Pediatrics, UW  
Assoc. Director, Pediatric Sleep Disorders Program, Seattle Children's

### **Helen Dichek, MD**

Associate Professor of Pediatrics, Division of Endocrinology, UW  
Endocrinology, Seattle Children's

### **Alicia Dixon Docter, MS, RD,CD**

Nutritionist, Adolescent Clinic  
Children's Obesity Action Team, Seattle Children's

### **Joseph Flynn, MD**

Professor of Pediatrics, Division of Nephrology, UW  
Medical Director, Dialysis, Seattle Children's

### **Lenna Liu, MD, MPH**

Odessa Brown Children's Clinic  
Associate Professor of Pediatrics, UW

### **Karen Murray, MD**

Professor of Pediatrics, UW  
Program Director, Gastroenterology Education, Seattle Children's

### **Sarah Peterson, MSW**

Social Worker, Seattle Children's

### **Craig Taplin, MD**

Assistant Professor of Pediatrics, Div. of Endocrinology, UW  
Seattle Children's

### **Brian Saelens, PhD**

Associate Professor of Pediatrics, UW

### **David Suskind, MD**

Associate Professor of Pediatrics, UW  
Co-Chair, Nutrition Subcommittee, Seattle Children's

### **Robert Suskind, MD**

Professor of Pediatrics, Texas Tech University  
Health Sciences Center

# REGISTRATION

Nutrition and Childhood Obesity Symposium  
October 24, 2009

## Registration and Cancellation Policy

**You must pre-register; we do not do register at the door.** Space is limited. Registrations will be accepted in the order they are received and no registrations will be accepted after noon on October 22, 2009. Payment can be made by: purchase order, VISA and MasterCard.

Once your registration has been processed, cancellations can be made, minus a \$20 processing fee, up until three days prior to the meeting. No refunds will be issued after October 22, 2009.

Course Fee: (includes catering, instructional materials and CME credit):

- Received by September 22 \$100.00
- Received after September 22 \$125.00

**On line registration available from CME website:**

[http://www.seattlechildrens.org/health\\_care\\_professionals/education/cme.asp](http://www.seattlechildrens.org/health_care_professionals/education/cme.asp)

**This form MUST be completed & received by noon October 22, 2009:**

Seattle Children's CME  
PO Box 50020, Mail Stop S-219A  
Seattle, WA 98145  
or  
FAX: 206-987-5798

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Fax/Email: \_\_\_\_\_

**PAYMENT:** Payment by:

Check Enclosed. *Payable in US funds to: Seattle Children's CME*

VISA     MasterCard     Purchase Order

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_