

ASSOCIATION OF AMERICAN INDIAN PHYSICIANS

Fostering Sustainable Strategies to Create Healthy, Active Native Communities

March 13-14, 2012 ♦ San Diego, CA

AGENDA

Each session will address the conference learning objectives:

- 1) Increase the knowledge and skills for developing and implementing evidence-based policy, systems, and environmental obesity prevention strategies
- 2) Provide real-world examples of how to tailor and adapt policy, systems, and environmental change strategies in tribal communities
- 3) Increase the capacity of tribal communities through foundational skills development in order to implement and sustain community-based strategies for healthy, active Native communities

MONDAY, MARCH 12, 2012

4:00 – 7:00 PM	Conference Registration	Foyer
5:00 - 7:00 PM	Welcome Reception at Hilton GasLamp Featuring local Intertribal, youth dance troupe “Soaring Eagles”	Outdoor Terrace

TUESDAY, MARCH 13, 2012

7:00 AM	Conference Registration Opens	Foyer
7:00 – 8:00 AM	Continental Breakfast	Outdoor Terrace
8:00 – 8:20 AM	Opening Ceremonies Opening song and blessing	Santa Rosa
	Welcome <i>AAIP Board Member Elizabeth TopSky, MD</i> <i>Executive Director, Margaret Knight</i>	Santa Rosa
8:20 – 8:40 AM	Local Leader Address Dr. Dan Calac, Chief Medical Officer, Indian Health Council, Inc	Santa Rosa
8:40 – 9:30 AM	Creating an Environment for Sustainable Change: Tribal Leaders Setting the Pace	Santa Rosa

Tribal leaders with the Communities Putting Prevention to Work tribal Grantees: Governor Joshua Madalena from Pueblo of Jemez; Cherokee Nation (invited); Sault Tribe of Chippewa Indians (invited); Great Lakes Intertribal Council (invited)

9:30 – 10:20 AM	<p>Funding Opportunities to Support Healthier Indian Country Tina Farrenkopf, Senior Program Officer, First Nations Development Institute Aaron Doeppers, State and Local Obesity Policy Initiatives, American Heart Association REACH Coalition, Community Transformation Grantee (invited)</p>	Santa Rosa
10:20 – 10:30 AM	Break (Snack)	Foyer
10:30 - 11:10 AM	<p>Food Policy Councils – A Plan to Healthier Tribal Food Systems Mark Winne, Food Policy Program Director for Community Food Security Coalition</p>	Santa Rosa
11:15 – 12:00 PM	<p>Breakout Sessions: Let’s Get Moving</p> <p><u>Breakout A:</u> “Community Built: Creating Active Communities by Building and Advocating for Playspaces” by <i>Ebonie Johnson-Cooper, KaBOOM!</i></p> <p><u>Breakout B:</u> “Exercise and Disease Prevention in a Tribal College Setting” by <i>Gibbs Saunders, Wellness and Fitness Director, Institute of American Indian Arts (IAIA)</i></p> <p><u>Breakout C:</u> “WELL (Wise Elders Living Longer) – Balanced” by <i>Jacob Davis, National Resource Center on Native American Aging, University of North Dakota Center for Rural Health</i></p>	<p>Corona</p> <p>Coronado</p> <p>Bayside</p>
12:00 – 1:00 PM	<p>Lunch and Learn - “Active Living and Healthy Eating in Indian Country: Lessons from the Robert Wood Johnson Foundation” Debbie Lou, PhD, Program Analyst for Active Living Research and Lori New Breast, Consultant and Advocate</p>	Outdoor Terrace

1:00 – 1:40 AM	<p>Food Sovereignty in American Indian Communities Kevin Welch, Eastern Band Cherokee</p>	Santa Rosa
1:40 – 2:20 PM	<p>Breakout Sessions: The Power of Collaborations</p>	
	<p><u>Breakout A:</u> “Healthy, Native North Carolinans” <i>by Sheila Fleischhacker, PhD, JD, and Missy Brayboy, American Indian Healthy Eating Project</i></p>	Coronado
	<p><u>Breakout B:</u> “Strength in Numbers: The Value of Community Health Coalitions in the Development of Obesity Prevention Strategies” <i>by Gita Rampersad, JD, MHA, Blue Island Community Health Coalition</i></p>	Corona
	<p><u>Breakout C:</u> “Creating Capacity Through A Tribally-Based IRB” <i>by Deborah Morton PhD, MA, Indian Health Council Inc.</i></p>	Bayside
2:25 – 3:35 PM	<p>Lessons Learned from the Communities Putting Prevention to Work (CPPW) Initiative <i>Lisa Pivec, Principal Investigator, Cherokee Nation CPPW</i> <i>Kristyn Yepa, Principal Investigator, Pueblo of Jemez CPPW</i> <i>San Diego County CPPW (invited)</i></p>	Santa Rosa
3:35 – 3:50 PM	<p>General Session Recap, Evaluation, and Raffle</p>	Santa Rosa
3:50 – 5:30	<p>Joint Active Living Research and AAIP Poster Session and Information Exchange Reception – “Get to Know Your Community! Get Familiar With the Research!” <i>at the Hard Rock Hotel</i> AAIP conference participants will join the Active Living Research conference poster session to learn about the latest research on active living. AAIP conference attendees will share brochures on their programs to exchange ideas on successful intervention strategies. The AAIP conference participants will walk across the street to the Hard Rock Hotel. Light appetizers will be served at the reception.</p>	Meet at Outdoor Terrace

Look inside your conference bag for local map and suggestions on what to do in the Gas Lamp district of San Diego. There are plenty of good restaurants and Sea Port Village all within walking distance!

WEDNESDAY, March 14, 2012

7:30 - 8:15 AM	Conference Registration	Foyer
7:30 – 8:15 AM	Breakfast	Outdoor Terrace
8:15 – 8:30 AM	Opening Song and Blessing <i>Roy Cook</i>	Santa Rosa
	Welcome <i>AEPC Committee</i> LaVonne Peck, Tribal Chair, La Jolla Band of Luiseno Indians (invited)	Santa Rosa
8:30 – 9:45 AM	Real World Change: Examples of Sustainable Obesity Prevention in American Indian Communities Panel Dr. Tom Faber, Zuni Pueblo, <i>“Zuni Youth Enrichment Project”</i> LaVonne Peck, Tribal Chair, La Jolla Band of Luiseno Indians, and Niki Vandenburg, La Jolla Band of Luiseno Indians, <i>“Comprehensive Strategies for Rural Communities: Making Your Community Healthy”</i> Taloa Hood, Wellness Coordinator, Yavapai-Apache Nation	Santa Rosa
9:45 – 10:45 AM	Round Table Discussion Sessions There will be ten round tables with varying policy, systems, and environmental change topics related to obesity prevention. Each table will be provided with a list of questions that will help guide discussions, which will then be presented to the larger group by the moderator. Topics: <ol style="list-style-type: none"> 1. Engaging Youth - Led by Daniel Domaguin, San Diego American Indian Health/Youth Center 2. Sustaining the Effort - Led by Sarah Strunk, AAIP Expert Panel Committee Member 3. Successful Local Collaborations – Led by Tishmall Turner, American Indian Liaison, University of California, San Marcos 4. Physical Activity in Indian Country – Led by Tessa Sayers, Nike N7 5. Evaluating P-S-E – Led by Dr. John Sciacca, Evaluation Consultation 6. Creating Media Outreach Campaigns – Led by Randy Gibson, Cherokee Nation 	Santa Rosa

7. Overcoming Challenges Related to P-S-E Change – Led by Dr. Kelly Moore
8. Policy 101 – Led by Quang Dang, JD, National Policy and Legal Analysis Network
9. Worksite Wellness – Shane Plumer, Red Thunderbird Athletics
10. Improving Nutrition – Led by Kelli Wilson, Native Nutrition Consulting

10:45 – 11:30 AM **Walking the Walk – Interactive Physical Activity Session**

Option 1: Walk Audit with Walk San Diego's Leah Stender – Learn about built environment barriers and solutions – wear your walking shoes!

**Meet at
Outdoor
Terrace**

Option 2: Tai-Chi/Qigong Exercise led by Grand Master Tony Bowles and Grand Master Ron Pierce. "Meditation in motion" because it promotes serenity through gentle movements

Corona

Option 3: Yoga Native Style with Shane Plumer – A holistic fitness program that blends traditional Native American healing philosophy with the ancient science of Yoga

Coronado

11:30 – 12:45 PM **Lunch on Your Own**

12:45 – 2:00 PM **Developing and Delivering Effective Obesity Prevention Policy**
Quang Dang, JD, National Policy and Legal Analysis Network to Prevent Childhood Obesity

Santa Rosa

2:00 – 2:40 PM **Creating an Environment that Increases Physical Activity**
Crystal Echo Hawk, Executive Director, Notah Begay III Foundation

Santa Rosa

2:45 – 3:00 PM **Break**

Foyer

3:00 – 3:40 PM **Effective Uses of Media & AAIP Media Campaign Launch**
Randy Gibson, Program Liaison, Cherokee Nation Healthy Nation
Gary Lankford, Healthy, Active Native Communities Program Director, Association of American Indian Physicians

Santa Rosa

3:45 – 4:30 PM **Breakout Sessions: Improving Access to Nutrition**

Breakout A: “Gardening, Alternative Hands-On Nutrition Education Opportunities” by *Diane Brown and Cynthia Caudillo, Oklahoma City Indian Clinic* **Coronado**

Breakout B: “Creating Worksite Wellness Programs in Tribal Communities” by *Shane Plumer, Red Thunderbird Athletics* **Corona**

Breakout C: “New 2012 USDA School Lunch Guidelines and Sustainable School Nutrition Programs” by *Kelli Wilson, Native Nutrition Consulting* **Bayside**

4:35 – 4:50 PM **Closing Sentiments, Evaluation, and Raffle** **Santa Rosa**
AAIP Expert Panel Committee

(NOTE: The Indian Health Council has offered to arrange a voluntary on-site trip to its center to see first-hand the work that is being done there. It will be coordinated at the end of the day on March 14. If you would like to participate, please e-mail Jason McCarty at AAIP – jmccarty@aaip.org)