

Food & Fitness: Lifelong Challenges

FRIDAY, JUNE 14, 2002 • OMNI CHARLOTTESVILLE HOTEL

8:00-8:45 REGISTRATION AND COFFEE

8:45-8:55 INTRODUCTION AND WELCOME

8:55-10:00 FOOD AND FITNESS: LIFELONG CHALLENGES

KEYNOTE ADDRESS: FOOD & FITNESS: CHALLENGES FOR WOMEN'S WELLNESS

Eve E. Slater, M.D., F.A.C.C., *Assistant Secretary for Health*, U.S. Department of Health & Human Services (invited)

SHAPING AND CHANGING WOMEN'S WAYS

Linda Gonder-Frederick, Ph.D., *Director*, Behavioral Medicine Center, UVA Health System

10-11:20 STARTING OFF ON THE RIGHT (OR WRONG) FOOT

Speakers examine childhood food consumption and exercise and their impacts on girls and women's wellness, including the development of self-image, increasing childhood obesity and the relationship to childhood and adult health problems; impacts of related Virginia education policies.

Pamela Stark-Reed, M.D., *Deputy Director of Nutrition Research*, National Institutes of Health

Lauren Thomas, M.S., R.D., *Manager*, Community Health Information & Education Dept., Inova HealthSource

Peggy Brown Paviour, M.S., C.H.E.S., *Thomas Jefferson Health District*, Virginia Department of Health

11:20-11:40 BREAK

11:40-1:00 GOING TO EXTREMES

Speakers discuss disordered and compulsive eating and exercise, self-image and other issues that particularly affect teens and young women; their impacts; proper nutrition for fitness.

Jonelle Rowe, M.D., *Senior Medical Advisor*, Office of Women's Health, U.S. Dept. of Health and Human Services

Katherine Dec, M.D., *Integrated Musculoskeletal Medicine Institute*, Richmond

Carol Johnson, M.S., C.H.E.S., *Director of Wellness*, University of Richmond

Katherine Kinsman, *Peer Health Educator, Class of 2002*, University of Richmond

1:00-2:00 LUNCH

2:00-3:20 BUSY WOMEN, BUSY LIVES

Speakers address the challenges of finding time or place to exercise, prepare and eat healthy meals; fast foods and fad diets; cultural and environmental impediments to integrating healthier food and fitness practices; particular issues for perimenopausal and menopausal women.

Mary-Jo Sawyer, R.D., *MCV Women's HealthCare*, The Park at Stony Point, VCU Health System

Katherine Tawney, Ph.D., *Assistant Professor*, University of North Carolina School of Medicine

Glenn Gaesser, Ph.D., *Professor*, Department of Human Services, University of Virginia

Theresa Anderson, R.D., *The Women's Place Midlife Health Center*, UVA Health System

3:20-3:30 BREAK

3:30- 4:50 AGING STRONG, AGING WELL

Speakers examine the physical, social and psychological issues of older women that affect their diet, nutrition and fitness and the challenges of maintaining health as women age.

Janet McElhaney, M.D., *Associate Professor*, Glennon Center for Geriatrics and Gerontology, Eastern Virginia Medical School

Eleanor Schlenker, Ph.D., R.D., *Professor of Human Nutrition, Foods and Exercise*, and *Associate Extension Director* Family and Consumer Science and Community Initiatives, Virginia Tech

Shannon Jarrott, Ph.D., *Assistant Professor*, Department of Human Development, Virginia Tech, and *Director of Research*, Virginia Tech Adult Day Services

Keith Meyerl, M.A., *Director of Athletics and Fitness*, Fluvanna County Parks and Recreation