

**Eastern Idaho Chronic Disease
Partnership Presents:**

*Improving Health at a
Local Level:*

Action Today... Impact Tomorrow

**Friday, October 22, 2010
8:00 a.m. - 4:00 p.m.**

**Eastern Idaho Public Health District
1250 Hollipark Drive, Idaho Falls
208.533.3149**

**A professional conference for physicians, nurses, dietitians,
physician assistants, pharmacists, physical therapists,
dental hygienists and assistants, health educators,
school staff, respiratory therapists, chiropractors,
certified medical assistants, students in related fields,
and other health care professionals.**



AGENDA

Morning Session

8:00 a.m. - 8:30 a.m. Registration

Visit vendor booths

8:30 a.m. - 8:45 a.m. Welcome

Gerri Rackow, Deputy Director, Eastern Idaho Public Health District
Mimi Morgan, M.S., CHES, Eastern Idaho Public Health District
Bradley Snedden, Ph.D., MPH, Idaho National Laboratory

8:45 a.m. - 10:15 a.m. Keynote Speaker

Non-Exercise Activity Thermogenesis - The Energy of Life
Presented by: James A. Levine, MD, Ph.D.

10:15 a.m. - 10:25 a.m. Yogurt Parfait Break

Sponsored by: Idaho Dairy Council
Visit vendor booths

10:25 a.m. - 11:40 p.m. Breakout Session I

Motivational Interviewing, Part 1 of 2
Presented by: John Landers, Ph.D.
Actively Thinking, Non-exercise Activity
Presented by: Gabe Koepp, M.S.
Contemporary Management of Type 2 Diabetes
Presented by: Bob Fell, PharmD
Oral Health: A Window to Your Overall Health
Presented by: Riley J. Hicks, DDS

11:40 a.m. - 1:00 p.m. Lunch

On your own

AGENDA



Afternoon Session

1:00 p.m. - 2:15 p.m. Breakout Session 2

Motivational Interviewing, Part 2 of 2

Presented by: John Landers, Ph.D.

The “Skinny” on Sleep and Heart Disease

Presented by: Carrie Massey, RRT

Eroding Barriers to Insulin Pens

Presented by: Bob Fell, PharmD

Managing Attention Deficit Hyperactivity Disorder (ADHD) and Chronic Disease

Presented by: Stephen Meyers, DO, FAAP



2:15 p.m. - 2:25 p.m. Snack Break

Sponsored by: Idaho Beef Council

Visit vendor booths



2:25 p.m. - 3:30 p.m. Closing Session

Cancer Prevention: From Research to the Dinner Table

Presented by: Lindsey French, RD, CD

3:30 p.m. - 3:45 p.m. Closing Remarks and Conference Evaluation

Mimi Morgan, M.S., CHES, Eastern Idaho Public Health District



Approximately **FIVE** CEUs will be offered for **no** additional fee.
Certificates of completion will be
available at the end of the conference.

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Keynote Speaker:

James A. Levine, MD, Ph.D.

Mayo Clinic



Dr. James A. Levine is a professor of medicine at the Mayo Clinic in Rochester, Minnesota, specializing in physiology and bioengineering. He currently serves as the Richard Emslander Endowed Chair in nutrition and metabolism at the Mayo Clinic. Dr. Levine graduated from medical school from the Royal Free Hospital School of Medicine in England. He completed a residency in internal medicine as well as a fellowship in endocrinology at the Mayo Clinic. He also has a Ph.D. in medicine and a B.S. in clinical nutrition from the Royal Free Hospital School of Medicine.

Dr. Levine is the recipient of numerous awards and honors including Outstanding Achievement Award in Internal Medicine, Mayo Clinic, Minnesota and was named 'Expert' by the World Health Organization and the United Nations. Dr. Levine is a computer software author, clothing designer, and holds numerous patents. He has published over 100 research articles and is the author of 2 books: Move a Little, Lose a Lot and The Blue Notebook.

Title of Presentation: Non-Exercise Activity Thermogenesis



Closing Speaker:

Lindsey French, RD, CD

Huntsman Cancer Institute

Lindsey French is a clinical dietitian at the Huntsman Cancer Institute at the University of Utah in Salt Lake City, Utah. She specializes in nutrition management of patients undergoing cancer treatment and in cancer wellness and survivorship. Lindsey also serves as a consultant for several clinical trials underway at the Huntsman Cancer Institute and presents to professional and public groups. Lindsey attended Montana State University Bozeman and completed her education at the University of North Dakota. On evenings and weekends, you will find Lindsey and her husband skiing, hiking, or running the trails of the Wasatch Mountains.

Title of Presentation: Cancer Prevention: From Research to the Dinner Table



Gabe Koepp, M.S.

Gabe Koepp is the director of NEAT (non-exercise activity thermogenesis) Corporate Services in the endocrine research unit. He is also a project manager at the Mayo Clinic in Rochester, Minnesota. He received a M.S. in healthcare administration from Andrew Taylor Still University in Kirksville, Missouri and a B.S. from the University of Minnesota - Twin Cities in kinesiology, biomechanics, and pre-physical therapy. Gabe has vast experience in data analysis and has a passion for health and exercise.

Title of Presentation: Actively Thinking, Non-Exercise Activity

This interactive presentation will address how to add NEAT into everyday life at work and at home.



Riley J. Hicks, DDS

Riley J. Hicks is a board certified oral and maxillofacial surgeon. He has been in private practice at Idaho Falls Oral and Maxillofacial Surgery for the past 12 years. He graduated with a dental degree from the University of Iowa College of Dentistry. Dr. Hicks completed his fellowship in oral and maxillofacial surgery at the University of Texas, Southwestern Medical Center in Dallas and his residency in oral and maxillofacial surgery at the University of Iowa Hospital and Clinics in Iowa City. He is married to Lisa Blackham and has five children. He enjoys sport bike riding at Miller Motorsports Park, skiing, and running with his family.

Title of Presentation: Oral Health...A Window to Your Overall Health

This presentation will discuss a variety of oral health diseases & conditions and how they impact overall health.



Bob Fell, PharmD

Bob Fell is a metabolism regional medical liaison with sanofi-aventis (a multi-national pharmaceutical company), U.S. Medical Affairs division, covering the Rocky Mountain region. As a member of this division, his primary responsibilities include diabetes medical education and research. The United States location of sanofi-aventis is based out of Bridgewater, New Jersey, with the global headquarters in Paris, France. He graduated from the State University of New York Buffalo with a Doctor of Pharmacy. He also holds a B.S. in pharmacy from the University of Colorado at Boulder and a B.A. in biology from the University of Delaware.

Title of Presentation (Breakout Session 1): Contemporary Management of Type 2 Diabetes

This presentation will discuss the epidemiology and natural history of Type 2 diabetes, identify current approaches to the management of Type 2 diabetes, including treatment guidelines, and review current therapies utilized for the treatment of hyperglycemia.

Title of Presentation (Breakout Session 2): Eroding Barriers to Insulin Pens

This presentation will review safety issues with insulin delivery, identify reasons why insulin pens may be preferred over syringes, and demonstrate that health care costs can be improved with insulin pens.

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John Landers, Ph.D.

John Landers is currently a psychologist for Eastern Idaho Regional Medical Center (EIRMC). He also provides international training for the Department of Energy and continuing education training for mental health professionals across the United States. Prior to working at EIRMC, Dr. Landers supervised the employee assistance program for the Idaho National Laboratory. He has also worked as a psychologist for the Federal Bureau of Prisons as well as in community mental health settings in Idaho, Washington, and Oregon, providing crisis evaluations, case management, psychotherapy, and involuntary commitment services. Dr. Landers' educational background is in clinical psychology, having received his B.S. at Brigham Young University, Provo, Utah, and his M.S. and Ph.D. at Idaho State University, Pocatello. When he is not providing for his family, he enjoys spending time with his wife of 15 years and 5 children. Sometimes he get to go fishing.

Title of Presentation: Motivational Interviewing

Part one of this presentation will address motivational interviewing which is a client-centered, semi-directive method of engaging intrinsic motivation to change behavior. Part two will provide practical application of the skills learned in part one.



Carrie Massey, RRT

Carrie Massey is the manager of the Respiratory Therapy Department at Eastern Idaho Regional Medical Center in Idaho Falls. She is a Registered Respiratory Therapist (RRT) and a certified asthma educator. She has served as the treasurer and board member of the Idaho Society for Respiratory Care. She developed an inpatient asthma education program based on the National Heart, Lung, and Blood Institute (NHLBI) guidelines within the hospital. She also serves as the HCA Mountain Division Chair for respiratory therapy managers and directors and is on the Idaho Board of Medicine Respiratory Therapy Licensing Committee.

Title of Presentation: The "Skinny" on Sleep and Heart Disease

This presentation will discuss the relationship between sleep, chronic disease prevention and management of overall health.



Stephen Meyers, DO, FAAP

Dr. Stephen A. Meyers is in private practice at the Neurobehavioral & Developmental Disorders Clinic in Idaho Falls, Idaho. He received his DO at the Texas College of Osteopathic Medicine in Fort Worth. He completed a pediatric residency at the Naval Hospital, Oakland, California (affiliated with Oakland Children's Hospital & the University of California, San Francisco). He has a B.A. in biology with a chemistry minor from North Texas State University, Denton. He is certified by the American Board of Pediatrics and the Idaho State Board of Medicine. Dr. Meyers is a strong advocate for children and is very active in volunteer activities and has served as chair and board member of several children's advocacy organizations in the area.

Title of Presentation: Managing Attention Deficit Hyperactivity Disorder & Chronic Disease

This presentation will discuss factors relating to ADHD and chronic disease prevention and management.

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Conference Sponsors



Area VI Agency on Aging/EICAP

**Eastern Idaho
Public Health District**



**Eastern Idaho
Regional Medical Center**



**Huntsman Cancer Institute and
University of Utah**



Idaho Beef Council



Idaho Dairy Council

Idaho Falls Oral and Facial Surgery



Idaho National Laboratory



Mayo Clinic

Mountain View Hospital



**Neurobehavioral & Developmental
Disorders Clinic**



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S.O.A.R., Inc.





Registration

Please complete registration form and return it to the address listed below.

Name: _____ Profession/Degree/Certification: _____

Agency: _____

Address: _____ City: _____ State: _____ Zip: _____

Fax: _____ Phone: _____ Email: _____

REGISTRATION FEES
Seating is limited, please register early!

Received by September 30, 2010	\$50.00
October 1 - October 22, 2010 (Day of Conference)	\$75.00

NO REFUNDS WILL BE AVAILABLE.

Please make checks payable to:

Eastern Idaho Public Health District

1250 Hollipark Drive
Idaho Falls, ID 83401

Located 1/4 mile south of Lincoln Road, about a 1/4 mile west of Woodruff Ave-

~ Remember 5 CEU's are available at no extra cost! ~

Registration is on a first come, first serve basis for each of the breakout sessions. If we are unable to honor your first choice, we will try to register you in your second choice and so forth. Upon receipt of your registration form and payment, we will mail you a confirmation card with your assigned breakout sessions.

Directions: Please mark 1st, 2nd, 3rd, and 4th choices for each breakout session below.

Breakout Session 1

- _____ Motivational Interviewing, Part 1 of 2
- _____ Actively Thinking, Non-Exercise Activity
- _____ Management of Type 2 Diabetes
- _____ Oral Health and Chronic Disease

Breakout Session 2

- _____ Motivational Interviewing, Part 2 of 2
- _____ The "Skinny" on Sleep and Heart Disease
- _____ Eroding Barriers to Insulin Pens
- _____ Managing ADHD and Chronic Disease

**Additional information about the conference can be found at
<http://www.idaho.gov/phd7> or call Timalee Geisler at 533-3149.**