

Open Door Forum # 13

Increase Physical Activity across the Life span: Multi-level Approaches.

Quarterly Tele-conference/WebEx

Topic: Open Door Forum – Increase Physical Activity across the Life Span: Multi-level Approaches.

Host: Alberta Becenti

Date: Wednesday, October 28, 2009

Time: 12:00 pm, Eastern Standard Time
(GMT -05:00, New York)

Teleconference Number: 866-699-3239

Session Number: 710 086 004

Session Password: 102809

Open Door Forum on strategies to increase physical activity

On October 28, 2009 please join the Indian Health Service (IHS) for our **13th** quarterly Open Door Forum. This teleconference/WebEx Forum will focus on the Health Promotion/Disease Prevention program. The forum provides a unique American Indian Alaskan Native (AI/AN) tailored approach to increasing physical activity across the lifespan. Strategies include community, school, worksite, and clinical approaches. The financial impacts of childhood obesity will also be discussed.

PowerPoint presentations will be available on the agency Health Initiatives website approximately one week prior to this Forum – please download the presentations so you can follow along. There will be time for questions at the end of the presentations. Presentations will also be available during the WebEx and the WebEx will be recorded if you miss this Forum.

To sign into WebEx

1. Right click on the WebEx link and select “open hyperlink”: <https://ihs-hhs.webex.com>
1. Click on Training Center
2. Click on Join the Directors Open Door Forum
3. Type in your name, email address and the password:

Continuing professional education credits are available for physicians, nurses, and dental professionals after completing a feedback survey (on Survey Monkey). To complete the survey, right click on this link, select “open hyperlink” or copy and paste the link into your browser:

https://www.surveymonkey.com/s.aspx?sm=fLOWLAvVEInGSEudG1QTIg_3d_3d

Registered dietitians and some other professionals can obtain credits from their professional organizations using the CME certificate.

The PowerPoint presentations from previous Open Door Forums are available under “What’s New” of the agency Initiatives website.

Questions? Contact these Director's Three Initiatives Leads:

Health Promotion/Disease Prevention, Alberta Becenti at Alberta.Becenti@ihs.gov

Chronic Care, Dr. Ty Reidhead at Charles.Reidhead@ihs.gov

Behavioral Health, Peter Stuart at Peter.Stuart@ihs.gov

Open Door Forum # 13

The October 28, 2009 IHS Forum will focus on multi-level strategies to increase physical activity to reduce chronic conditions and diseases among AI/AN population. Physical inactivity is a major risk factor for heart disease, obesity, diabetes, and other risk factors including high blood pressure and triglycerides. Recommending appropriate regular physical activity is important in preventing the growing burden of chronic diseases and conditions.

Learning Objectives

The learner will be able to:

1. Discuss the importance of screening for and promoting physical activity in the clinic.
2. Describe at least three strategies to implement physical activity for all ages in various settings.
3. Discuss the financial cost of childhood overweight and obesity.

ACCREDITATION*:

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The IHS Clinical Support Center designates this educational activity of *AMA PRA Category 1 Credit™* for each hour of participation; each person will earn up to two hour for participating. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This Category 1 credit is accepted by the American Academy of Physician Assistants and the American College of Nurse Midwives.

The Indian Health Service Clinical Support Center is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center Commission on Accreditation. This activity is designated 2.0 contact hours for nurses.

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.



The IHS Division of Oral Health designates this continuing dental education course for up to 2 hours. Each attendee should claim only those hours of credit actually spent in the educational activity.

Disclosure Statement: As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation.

* Registered dietitians and some other professionals can obtain credits from their professional organizations using the CME certificate.