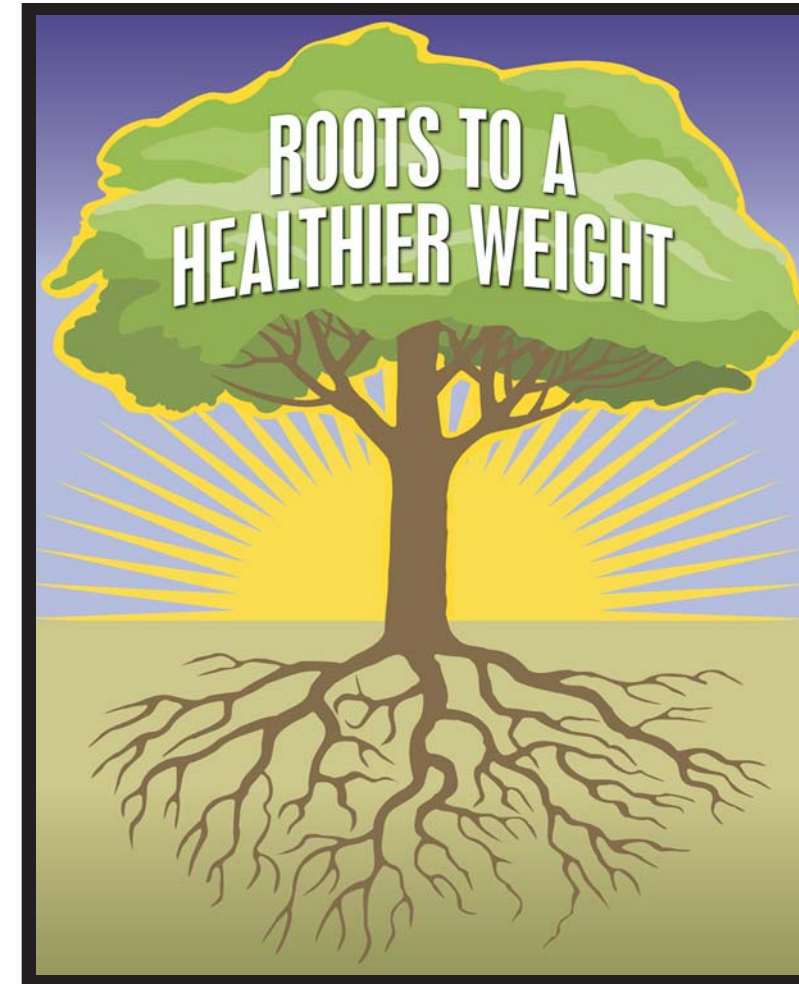




Northwest Permanente Departments of Internal Medicine, Pediatrics and Clinical & Leadership Education presents:



**Thursday, May 17, 2007
7:30 a.m. – 4:35 p.m.**

**Oregon Convention Center
777 N.E. MLK Jr. Blvd
Portland, Oregon**



KAISER PERMANENTE®

**Clinical and Leadership Education
Kaiser Permanente Building
500 Multnomah Street, Suite 100
Portland, OR 97232**

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Planning Committee:

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Jennifer Bass, M.D.
Shawna Care, Community Project
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Frannie Jackson, Clinical Consultant &
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Philip Wu, M.D., Course Director

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Clinical Lead, CMI Weight Management
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Oregon Health and Sciences University

Trina Histon, PhD
Director, Weight Management Initiative
Kaiser Permanente, Care Management
Institute
Oakland, California



About the Program

This annual all day conference will encompass the medical and surgical management of obesity in children, adolescents and adults, and will address community and environmental factors that have resulted in a marked increase in the prevalence of obesity and related chronic conditions that are seen every day in our practices. The program will include lectures, case presentations, and breakout sessions, including a Community Fair comprised of local organizations from all over the Portland Metro Area.

Program Objectives

At the end of this conference attendees should be able to:

- Perform a focused obesity assessment in the medical office, for children, adolescents or adults and identify those who are at risk of becoming overweight.
- Define environmental and community variables that have resulted in increased obesity and related diseases seen in the medical office.
- Identify and explore the relationship of culture, race and weight with patients and family members in the clinical setting.
- List at least five resources in Kaiser and the community to help patients manage their weight and identify environmental solutions to increase physical activity and/or enjoy healthier diets.
- Recognize the increased cardiovascular risk associated with the metabolic syndrome.
- Recognize that lifestyle change is the most effective means for the prevention of diabetes.
- Become an advocate for the obese patient, not only in the medical office, but also in the community.
- Recognize how it is possible for a person to develop a disconnected relationship with food.
- Describe the basic tenets of Health at Every Size.
- Describe to patients a non-diet approach to health and wellness.
- Describe the public health implications of obesity and physical inactivity in different sectors of the U.S. population.
- Describe the effects of different classes of medications on bodyweight and how to prevent medicine-related weight gain.
- List three major co-morbidities of adolescent obesity commonly seen in the medical office.
- Identify at least one metabolic pathway that controls appetite.
- Recognize the interrelationship that exists between individuals, organizations, community, and policy.

Who Should Attend

This conference is open to all interested Kaiser clinicians, community clinicians, public health workers, nutritionists, dieticians, city planners involved in public policy, city leaders and all interested Kaiser employees and members.

Accreditation:

The Northwest Permanente Department of Clinical & Leadership Education, Kaiser Permanente Northwest Region, accredited by the Oregon Medical Association, designates this educational activity for a maximum of 6 AMA PRA Category 1 credit(s).™

Physicians should only claim credit commensurate with the extent of their participation in this activity.

“Roots to a Healthier Weight”
Thursday, May 17, 2007
NWP *knowledge portal*
www.NWPkp.org

Registration Fee:

Physicians	\$90.00
A/C Pharmacists	\$60.00
RN/PT/Others	\$30.00

NWP uses Verisign for secure online payment transactions



For registration questions please contact:

Linda Sloan
503-813-3782 / 49-3782
Linda.F.Sloan@kp.org

For Knowledge Portal online registration help:

John B King
503-813-4389 / 49-4389
John.B.King@kp.org

**Deadline for registration is May 10, 2007.
No refunds or cancellations after that date.**

Program Agenda

- 7:15 Registration/Breakfast/Community Fair** (Poster Sessions)
- 8:00 WELCOME/Introductions/Overview of Today's Events**
Philip P. Wu, M.D.
- 8:10 KEYNOTE ADDRESS:**
“Obesity and Inactivity: From Public Health to Clinical Practice and Back” **Carlos Crespo, DrPH, MS**
- 9:20 “Kaiser Permanente in the Community – A Quick Overview”**
Keith Bachman, M.D.
- 9:30 Networking Break (Community Fair)**
- 10:00 Breakouts/Concurrent Sessions** (Please choose one)
“Case Studies in Office Evaluation and Management of Obesity” in:
Children - **Philip Wu, M.D./Jennifer Bass, M.D./Molly Haynes, RD**
Adolescents - **Beau Weill, M.D./Karin Selva, M.D.**
Adults - **Keith Bachman M.D./Trina Histon, PhD**
Weight Loss Medications & Bariatric Surgery in Primary Care - **Troy Donahoo, M.D./Brenda Buck, RD**
- 11:05 Breakouts Repeated** (Please choose one)
- 12:05 LUNCH/Community Fair**
- 1:30 Plenary Session:** “Culture, Race and Weight: What's All the Fuss About?” **Melanie Tervalon, M.D.**
- 2:35 SPECIAL INTEREST –CONCURRENT BREAKOUT SESSIONS**
(Please choose one)
“The Metabolic Syndrome and Pre Diabetes: Why it's better to EAT an Apple than BE an Apple” **Michael Herson, M.D.**
“Building Healthy Communities” **Barb West**
“Nourishing the Body and Mind: A Non-Diet Approach” **Dana Sturtevant, MS, RD**
“The Genetics of Obesity – Your Fat(e) is in Your Genes” **Ronald Bachman, M.D./Kate Crow, MS, CGC**
“The Monster in the Medicine Cabinet –Weight Gain and Medications” **Keith Bachman, M.D./Norman Muilenburg, RPh**
- 3:25 BREAK**
- 3:45 Special Interest Breakouts Repeated** (please choose one)
- 4:35 ADJOURN**