

**2023 Healthy LifeStars Childhood Obesity Prevention Conference**  
**Virtual Conference Agenda**  
 Tuesday, January 24<sup>th</sup>, 2023  
 9:00 AM – 3:00 PM CST  
 Logistics: Zoom Webinar

Time	Session Overview	Facilitators & Presenters
9:00 – 9:30	<b>The Current State of Childhood Obesity and Highlights of Select Strategies and Collaborations That May Achieve Greater Impact</b>	Vickie Miene , MS, MA, LMHC – Iowa Institute of Public Health Research and Policy
9:30 – 9:35	<b>Movement Break #1</b>	
9:35 – 10:30	<b>Keynote Address: Putting Childhood Obesity Into Context</b>	Helena Laroche, MD, FAAP, ABOM – Center for Children’s Healthy Lifestyles & Nutrition, Children’s Mercy Kansas City
10:30 – 10:45	<b>Movement Break #2</b>	
10:45 – 11:45	<b>Lightening Round:</b>  <b>Healthy Lifestyle Habits and Preference for Change in Families with Young Children</b>  <b>Heart Health in Iowa and Resources to Support School Wellness</b>  <b>Youth Substance Use: Negative Implications on Health and Relationship to Obesity</b>	Cynthia Danford, PhD, CRNP, PPCNP-BC, CPNP-PC, FAAN – Cleveland Clinic  Carrie Scheidel, MPH - Iowa Heart Foundation  Sally Shaver DuBois, MA, MEd – Iowa State University Extension and Outreach  Lindsey Norman, MPH - Area Section on Substance Abuse
11:45 – 12:00	<b>Movement Break #3</b>	
12:00 – 1:00	<b>Morning Session #2:</b>  <b>How a focus on BMI, and weight, has caused harm: A research collaboration with lessons from lived experience</b>	Colleen Doak, PhD, Associate Professor – St. Ambrose University  Amberly Ashly Solorzano, MPH – Sostento Inc  Sarah Marie Stevens, BA - The Project of the Quad Cities
1:00 – 1:30	<b>Lunch</b>	

1:30 – 3:00	<p><b>Afternoon Session:</b></p> <p><b>Iowa's Fruit and Vegetable Incentive Programs; Impacts, Outcomes, and Promotion</b></p>	<p>Aryn McLaren, MPH – Iowa Healthiest State Initiative</p> <p>Catie Dysert, RDH, MPH - Iowa Healthiest State initiative</p> <p>Renee Ling, MSPH - University of Iowa</p> <p>Lyndi Buckingham-Schutt, PhD, RDN, LD - Iowa State University</p>
3:00	<b>Movement Break #4</b>	