

Examining Obesity in Head Start and Early Head Start... What's the Big Deal?

April 3 - 4, 2012

Loews Annapolis Hotel
Annapolis, Maryland

Examining Obesity in Head Start and Early Head Start takes a close look at the evidence that continues to accumulate verifying that preschool children are not immune to the dramatic increase in overweight and obesity statistics. Center for Disease Control (CDC) figures show that nearly one-third of the 3.7 million low-income children ages two to four years old in the United States are overweight or obese (2009 PedNSS). Overweight is defined as having a body mass index (BMI) at the 85th to 95th percentile for gender and age. One in seven low-income preschool children meets the CDC's definition of obese, with BMIs above the 95th percentile.

Research conducted at the University of Miami shows that an inflammation marker that can warn of cardiovascular disease is more likely to be elevated in children with high BMIs and large waist circumferences. The research also substantiates that certain cardiovascular risk factors are in motion even at preschool ages. A further disturbing finding indicates that families have a "disconnect" when asked about the impact of weight... they understand that it is a concern, but do not tie it to life-long health hazards; they also have misconceptions about how to define and recognize obesity. In addition, the United States is at a juncture that it has never previously experienced. More children are in out-of-the-home care settings than ever before. This can lead to stressed life styles, sedentary habits both at home and in the early care setting, and increased susceptibility to quick fixes, marketing hype, and media influence.

Head Start and Early Head Start, which currently derives most of its children from low-income populations, is uniquely positioned to positively influence and impact family and early care practices. Because being outdoors is the strongest correlate of physical activity for young children, becoming more intentional about increased time and activity in the outdoor play area is critical if Head Start is to live up to its promise to address the needs of the whole child. Join your peers and partners as we explore the challenges and opportunities this national health crisis offers.

The Standard Registration Fee is \$395 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$375 per person. (Some restrictions may apply based on the level of your subscription; please visit www.ttas.org/ays.html for information on how to become a subscriber.) For details on registering, including information on earning 1.1 Continuing Education Units (CEUs) for this event, please see page 3.

Learning Outcomes

- ★ Participants will examine the issues of weight as they relate to children, families, and staff in early childhood settings today.
- ★ Participants will determine effective methods to identify overweight, underweight, and obesity in children, families, and staff.
- ★ Participants will appreciate and understand the complexity of family and staff weight issues in today's society.
- ★ Participants will assess current and typical Head Start and Early Head Start practices in regard to encouraging and facilitating physical development and activity.
- ★ Participants will identify effective and appropriate responses to addressing weight issues.



Your Presenters



Janie Sailors, RN, BSN, NCSN, Health and Early Head Start Specialist, recognizes that comprehensive Head Start health services require addressing the whole child. Her extensive experiences as a health manager, medical professional, and trainer uniquely prepare her to tackle confusing mandates, regulations, and compelling health issues in early childhood. She continually works to develop and refine the medical, mental, nutritional, and oral health skills of Head Start Health Managers.



Jennifer Pecot, Family and Community Partnerships Specialist, provides training and technical assistance in the areas of health and nutrition in family services, parent and community involvement, family partnership agreements, ERSEA, and fatherhood initiatives. She has extensive experience training Head Start Boards and Policy Councils. She is certified by the Program for Infant/Toddler Caregivers (PITC).

(TTAS reserves the right to substitute presenters.)

Hotel Accommodations

The Loews Annapolis Hotel is located at 126 West Street in Annapolis, Maryland 21401. Hotel accommodations are available at the special conference rate of \$101 per night for single or double occupancy (plus applicable taxes). Please make your hotel reservations no later than **March 9, 2012** by calling 800-526-2593. To qualify for the conference rate, please state that you will be attending WKU Head Start: Examining Obesity. You may also make reservations on line at www.loewshotels.com, selecting Annapolis, then select reservations portion. On the pull-down screen, select group. The code you will need is WKU416.



The Examining Obesity room block will be held until the stated deadline or until the block is full, whichever comes first. Please note that room blocks often fill very quickly. Reservations made after the stated deadline will only be accepted by the hotel on a space and prevailing rate available basis. Please consult the hotel for information on their specific cancellation policies, to learn about additional charges that may apply to hotel guests (i.e., parking fees, local phone charges, internet access fees, etc.), and to learn about available amenities, such as room service, in-house dining, and area attractions.

The Loews Annapolis Hotel combines modern amenities within the unique and historic surrounds of a centuries old seaport village. All guests are welcomed with a nautical spirit... since Annapolis is considered the "sailing Capital of America". Nestled along the Chesapeake Bay, the city once served as the country's first peacetime national Capital (1783-1784) and was where General George Washington resigned from the Continental Army. Area attractions include the Maryland State House (the oldest legislative house still in use), the United States Naval Academy, the Chesapeake Children's Museum, the Arundel Swim Center, and a variety of dining and shopping opportunities.

Tentative Agenda

April 3, 2012

8:30 - 9:00 a.m.	Registration and Networking
9:00 a.m. - 12:15 p.m.	Setting the stage The Crisis: Defining the Problem Obesity Is More Than a Number
12:15 - 1:30 p.m.	Lunch on Your Own
1:30 - 4:30 p.m.	Sedentary Practices Outside and Inactive Confirming Our Knowledge

April 4, 2012

8:30 a.m. - Noon	Reflections and Sharing Engaging Families Activity and Exercise
Noon - 1:15 p.m.	Lunch on Your Own
1:15 - 3:30 p.m.	Let's Take a Look at Ourselves Responses and Solutions

Registering for T/TAS Events

It is easy to register for events sponsored by T/TAS. There are three methods for registering:

- ★ **To Register On-Line:** To register for any T/TAS event, visit our web site at www.ttas.org/calendar.html, locate the event you wish to register for, and then click on the Register button.
- ★ **To Register By Mail:** Complete and return the attached Registration Form with check, money order, or Purchase Order (made out to T/TAS), or with Credit Card info (Visa, MasterCard, or Discover) to: **T/TAS, 1906 College Heights Boulevard, #11031, Bowling Green, Kentucky 42101-1031.**
- ★ **To Register By Fax:** Complete and fax the attached Registration Form with Purchase Order or Credit Card (Visa, MasterCard, or Discover) information to our office at 270-745-3340 or 270-745-2142.

Registration forms will not be processed unless accompanied by payment, credit card info, or Purchase Order. Registrations will be accepted until events fill.

Enrollment is Limited: T/TAS cannot guarantee enrollment at events. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. **We recommend you do not make hotel or travel arrangements until you receive your registration confirmation.** T/TAS is not liable for any hotel or travel penalties or fees that may be incurred by participants or registrants.

Confirmation of Registration: Registrations can only be confirmed by e-mail. Please provide your e-mail address on the registration form if you wish to receive a confirmation. If you do not receive a confirmation within five days of registering for the event, please contact Mike Hartz at 800-882-7482.

Cancellations/Substitutions Policy: If you cancel your registration *in writing* 10 or more business days before the event, registration fees will be refunded, less a \$25 enrollment charge. No refunds will be made less than 10 business days prior to the event; however, you may designate a substitute to attend in your place. T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

Continuing Education Units (CEUs): Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of your registration form and include an additional fee of \$25 per person. Consult the event description to learn how many CEUs are offered for each event.

T/TAS Also Brings the Training to You

Did you know that T/TAS is also a leading provider of **on-site** professional development opportunities? Our knowledgeable experts deliver the same high-quality training and materials in your local program setting, reaching all of your staff at a cost competitive with the cost of sending just a few to a conference or seminar. Most of the events on our training schedule can be adapted for presentation to your local program or to a cluster of programs in your geographic area. T/TAS also specializes in adapting our training style and content to meet the specific needs of your program, staff, and colleagues. To learn more, to discuss your local training needs, or to schedule training, call **800-882-7482**.





Event Registration Form

PLEASE COMPLETE ALL FIELDS AND PRINT NAME & POSITION of person attending exactly as it should appear on the name tag. Copy form as necessary for registering additional persons.

Name: _____ Position: _____

E-Mail Address: _____

Agency/Program: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Enrollment is Limited: T/TAS cannot guarantee enrollment in any event. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. There will be no on-site registration.

EVENT	SELECT FEE(S)
<p>Examining Obesity in Head Start and Early Head Start... What's the Big Deal? April 3 - 4, 2012 Loews Annapolis Hotel Annapolis, Maryland</p>	<p><input type="checkbox"/> Standard Registration: \$395</p> <p><input type="checkbox"/> T/TAS@Your Service Subscribers: \$375*</p> <p><input type="checkbox"/> Check if requesting 1.1 CEUs (11 contact hours) from Western Kentucky University and include an additional \$25 in payment.</p>

* Subscribers, please include **T/TAS@Your Service** Enrollment No. _____. Some restrictions may apply; visit www.ttas.org/ays.html for information on becoming a subscriber.

Room blocks often fill quickly; please make your hotel reservations by the date listed in the conference descriptions.

CHECK METHOD OF PAYMENT (Forms will not be processed unless accompanied by payment):

- Check payable to T/TAS.
- Purchase Order No. _____ payable to T/TAS.
- Credit Card (Mastercard, Visa, Discover only): _____ - _____ - _____ - _____
 Expiration Date: _____ Signature: _____
Visa Card Users, please include 3-digit CV number from back of card: _ _ _

Return to: T/TAS
 1906 College Heights Boulevard #11031
 Bowling Green, Kentucky 42101-1031
 Fax: 270-745-3340 or 270-745-2142
 Call 800-882-7482 for more information

ACCESSIBILITY NEEDS:

Do you have any disability that requires special materials or services?

Do you have a special dietary need?

Cancellations: To obtain a refund of registration fees (less \$25 enrollment charge), cancellations must be received **in writing** 10 working days prior to the start of the event.
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