14th Annual Diabetes and Obesity Conference

Strengthening Community and Healthcare Links to Address Diabetes and Obesity

November 20, 2015
Alabama Cattlemen Association Conference Room, 3rd Floor
600 Adams Avenue Montgomery, Alabama

For additional information contact:
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Continuing Education Credits pending approval: 6
Welcome to the 14th Annual
Diabetes and Obesity Conference

Evelyn F. Crayton, Ed. D., R.D.N., L.D.N.
Professor Emerita, Auburn University
President, Academy of Nutrition and Dietetics

Mark Swanson, O.D., M.S.P.H.
Associate Professor, Optometry
University of Alabama Birmingham

OBJECTIVES

- Discuss pre-diabetes and diabetes prevalence in the US and Alabama, risk factors, and medical costs
- Review evidence-based approaches to reduce progression of pre-diabetes to diabetes and for patient education on diabetes
- Describe emerging recommendations on screening for pre-diabetes and diabetes, diagnostic criteria, and caveats to screening
- Describe Diabetes Self-Management Training/Education programs, reimbursement and resources available in Alabama
- To discuss the Alabama Obesity Task Force and its role in preventing obesity in Alabama
- To provide information related to the Get Moving Alabama Campaign and developing networks in Al to improve health
- To highlight the effects of physical activity and nutrition in preventing diabetes and obesity
- Identify foods that reduce the risk of developing heart disease
- Discuss the mechanisms that make the foods effective
- Recognize misconceptions associated with heart disease etiology
- Define the key functions of Community Health Worker delivered peer support for chronic disease/diabetes management
- Describe local examples of the impact of CHW initiatives on disease management, patient centered outcomes, and health care utilization
- To Discuss the Arts and Health Movement
- To highlight the use of Arts in Undergraduate courses to promote critical analysis, reflectivity and practice
- To recognize examples of students work using the Art
- To share examples of using the arts in community engagement, knowledge creation and knowledge mobilization
- Identify foods that reduce the risk of developing heart disease
- Understanding the guidelines for eye examination for diabetes
- Understand the major vision changes with diabetes
- Understand the current status and Improvement in diabetic eye care in Alabama
- To discuss the mechanism that make the foods effective

- To recognize misconceptions associated with heart etiology
- Become acquainted with the history of the implementation of a worksite wellness program at a local manufacturing company and a dietitian’s role in the process
- Be able to identify some of the best practices of a culturally ingrained worksite wellness program including leadership commitment and vision, strategy, creative and innovative programming, meaningful incentives and evaluation measures
- Explore integrating diabetes education into wellness programming and how it contributes to positive health changes and continued growth of the worksite wellness program
- To acquaint the audience with items needed for foot care
- To emphasize the importance of foot care
Program
8:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:00 a.m. Registration/ View Exhibits
Presiding and Introduction: Alethea Hill, Ph.D., M.S.N., A.N.P., R.N.

9:00 a.m. – 10:00 a.m. Overview
Jim McVay, Dr. P.A., Director
Health Promotion and Chronic Disease
Alabama Department of Public Health

Todd Strange
Honorable Mayor, City of Montgomery

The State of Pre-diabetes in Alabama
Emily Piercefield, MD, MPH
CDC State Assignee
Alabama Department of Public Health

10:00 a.m.-10:50 a.m. Finding Truth in the Failed Theories of Heart Disease
Jim Painter, RD, PhD
Eastern Illinois University

10:50 a.m. – 11:15 a.m. “Making the Connection between Physical Activity and Prevention”
Hank N. Williford, Jr., Ed.D., FACSM, ACSM-C-EP
Distinguished Research Professor
Auburn University Montgomery

11:15 – 12:00 What’s Art Got to do with it? Integrating the Arts into Education, Research, and Practice
Catherine Morley, PhD, PDt., FDC
Assistant Professor of Nutrition and Dietetics
Acadia University
Wolfville, Nova Scotia, Canada

12:00 am-12:15 pm Pick up Lunch and be seated
Presiding: Lamont Pack, PA, MPA

12:15 pm – 12:45 pm Diabetes and Eye Health
Mark Swanson, O.D., M.S.P.H.
University of Alabama Birmingham

12:45 pm- 1:15 pm Diabetes and Hypertension Drug Update
Pilar Murphy, PharmD
Assistant Professor
Samford University School of Pharmacy
1:15pm – 1:45 pm  Diabetes Care Utilizing Community Health Workers
Andrea Cherrington, MD, MPH
University of Alabama Birmingham

1:45 pm - 2:15 pm  Sherrie Snow, MA, RDN, CDE
The Face of Wellness
American Cast Iron Pipe Company

2:15pm – 3:00 pm  Sensual Nutrition
Jim Painter, RD, PhD
Eastern Illinois University

3:00 pm – 3:15 pm  Evelyn Crayton, EdD, RD, LD
Debra M. Griffin, RN, BSN
Tool Kit: Foot Care

3:15 pm - 3:30pm  Summary/Evaluation/Wrap Up
Debra M. Griffin, RN, BSN

Nutrition Break and Visit Exhibits as appropriate
Continuing Education Credits pending approval for Registered Nurses and Registered Dietitians

Speakers

Andrea Cherrington, MD, MPH, Medical Director, Diabetes Clinic, Cooper Green Medical Health System
Evelyn Crayton, Ed.D, R.D.N., L.D.N., Co-Chair of Alabama Diabetes Network
Debra M. Griffin, RN, BSN, Diabetes Nurse Educator/Coordinator
Catherine Morley, PhD, PDt., FDC, Assistant Professor, Acadia University, Nova Scotia
Jim Painter, RD, PhD, University of Illinois
Pilar Murphy, PharmD, Samford University School of Pharmacy
Emily Piercefield, MD, MPH, CDC State Assignee
Sherri Snow, RD, American Cast Iron Pipe Company
Mark Swanson, O.D., School of Optometry, University of Alabama Birmingham
Donald Williamson, M.D., State Health Officer, Alabama Department of Public Health

Program Planning Committee Members
Evelyn Crayton, Ed.D, R.D.N., L.D.N., Co-Chair of A.D.N.
Mark Swanson, O.D., Co-Chair of A.D.N.
Debra Griffin, B.S.N., R.N.
Alethea Hill, Ph.D., M.S.N., C.R.N.P., B.C.
LaMont Pack, P.A., M.P.A.

Exhibitors/Sponsors
Alabama Diabetes Network (ADN)
The Alabama Department of Public Health (ADPH)
Alabama Cattlemen Association

We appreciate the collaborative efforts of our partner agencies as we host the 14th Annual Diabetes and Obesity Conference. Education is the key to success in the control of diabetes and obesity. Thanks for joining us, and we trust you will gain information to help you as we all work together to help improve the lives of people across the state and the nation.