



Physicians for Healthy Communities – Inland Empire Training

Riverside/San Bernardino County Medical Societies

3993 Jurupa Avenue

Riverside, CA

Saturday, August 19, 2006

Welcome/Introductions

10:00 – 10:30 AM

Linda Stratton, Executive Director, San Bernardino County Medical Society

Childhood Obesity in the Alvard School District

10:30 – 11:15 AM

David Cuan, MD, Pediatrician, Kaiser Permanente Corona Clinic

Dr. Cuan will share his experiences working with 5th graders in the Alvard School District to promote obesity prevention through the development of KP's Steps to Health Community Outreach project. Dr. Cuan is an Obesity Champion for Kaiser Permanente and has given community presentations on the topic.

Creating Livable Communities: A Public Health Partnership

11:15 – 12:15 PM

Michael A. Osur and Sandy Jackson, Riverside County Department of Public Health

Riverside County not only has the worst urban sprawl and fine-particle air pollution in the United States but is also one of the fastest growing counties in the nation with over one million new residents expected by 2020. The county also has high rates of cardiovascular disease, obesity, asthma and physical inactivity. In an effort to reduce the risks of these chronic diseases, Riverside County Department of Public Health is working to build health into everyday life. This presentation presents in a compelling way how community design and the built environment affect the health of our communities. The solution to making Riverside County a more livable place involves partnering public health officials and healthcare providers with a variety of disciplines that have been unfamiliar to them in the past including transportation and land use planners, elected officials, school officials, developers, law enforcement, fire departments, parks and recreation and community members.

Working Lunch: Integrating Local Approaches

12:15 – 1:15 PM

Participants will have the opportunity to meet with other physicians in their area and learn about community obesity prevention efforts.

Become a Physician Champion in the School System!

1:15 - 2:30 PM

Dexter Louie, MD, JD - Physician, Moraga School District School Board member

Participants will learn...

- Fun and engaging techniques that resonate with school-aged audiences.
- How to give presentations to students that grab their attention and teach valuable health lessons. Participants will role-play and receive feedback from their audience.
- Strategies to successfully partner with local schools to encourage students to take their health and the health of their communities seriously.

Next Steps and Evaluation

2:30 – 3:00 PM