



***Physicians for Healthy Communities – Los Angeles Training***

Los Angeles Athletic Club

Los Angeles, CA

**Saturday, August 12, 2006**

**Welcome/Introductions**

**10:00 – 10:30 AM**

*TBD*

**Alhambra Unified School District's Efforts to Combat  
LA County's Obesity Epidemic**

**10:30 – 12:00 PM**

*Judy Huffaker, MA, RD, Alhambra Unified School District Nutrition Network*

Ms. Huffaker, recipient of the California School Board Association's prestigious Golden Bell award, will share experiences and best practices for working with schools on obesity issues. Physicians and healthcare providers will learn techniques for establishing relationships with schools, working with students on healthy eating and physical activity, and advocating for nutrition and physical activity policies to school boards.

**Working Lunch: Integrating Local Approaches**

**12:00 – 1:00 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!**

**1:00 - 2:00 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.

**Community Health – The Role of Health Professionals**

**2:00 – 3:30 PM**

*Esteban Cruz, MD – Kaiser Permanente*

Participants will learn...

- Which obesity prevention interventions have evidence supporting their effectiveness.
- Policies, legislation, and environmental changes that will impact the obesity epidemic.
- Why physicians and health professionals are persuasive voices in obesity prevention advocacy.
- Steps for conducting a successful advocacy campaign.

**Next Steps and Evaluation**

**3:30 – 4:00 PM**