



Physicians for Healthy Communities – Silicon Valley Training

Kaiser Permanente Santa Clara Medical Center
900 Kiely Boulevard, Conference Rooms D and E
Santa Clara, CA 95051

Saturday, October 14, 2006

Welcome/Introductions

10:00 – 10:30 AM

Todd Dray, MD

Assistant Physician in Chief- Health Promotion and Member Service, Kaiser Permanente Santa Clara Medical Center

Healthy Lifestyles for Children

10:30 – 11:00 AM

Catherine L. Albin, MD, Chief of Pediatrics, Kaiser Permanente Santa Clara

Mandira C. Matta, MD, Pediatrician, Kaiser Permanente Milpitas

Drs. Albin and Matta are active in childhood obesity prevention efforts in Santa Clara County and will highlight their approaches to addressing the epidemic in the local community.

How to Address Obesity in a 15 Minute Visit

11:00 – 11:45 AM

Daniel Delgado, MD, Pediatrician

Dr. Delgado will share his experiences from the Pediatric Lifestyle Modification Clinic at the East Valley Clinic and describe the role of health providers in addressing obesity, principles of behavioral and lifestyle modification, and provide some practical approaches to addressing obesity with patients.

Preventing Obesity in Low-Income Communities

11:45 – 12:15 PM

Joe Prickitt, MS, RD, The California Nutrition Network – Bay Area Region

Mr. Prickitt will describe the activities of the Bay Area Regional Nutrition Network and the Bay Area Nutrition and Physical Activity Collaborative (BANPAC). Participants will learn resources available to their low-income, Food Stamp eligible patients and opportunities to get involved in combating obesity in underserved communities.

Working Lunch: Integrating Local Approaches

12:15 – 1:00 PM

Participants will have the opportunity to network with other physicians in their area and discuss community obesity prevention efforts.

Become a Physician Champion in the School System!

1:00 - 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.

Questions, Next Steps and Evaluation

2:30 – 3:00 PM

- How to get involved in Healthy Silicon Valley's Speaker's Bureau
- Resources available from the CMA Foundation