

Childhood Wellness and Obesity:

Practical Solutions for School Administrators

Register online at:

www.futureofchildren.princeton.edu/practitioners/obesity_conf/index.asp

Registration ends March 10, 2006

A FREE, one day conference for school administrators.

Space is limited, register early! Registration is required in order to attend. Only two applicants per mailing; please call or email if additional applications are needed.

or mail/fax this completed form to:

Education Research Section
Firestone Library ♦ Princeton University ♦ Princeton, NJ 08544
Phone (609) 258-0815 ♦ Fax (609) 258-2907

Registrant #1 Name _____

Title _____ School/Organization _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Fax _____

E-mail address _____

Registrant #1 Name _____

Title _____ School/Organization _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Fax _____

E-mail address _____

In order to structure our conference to better meet your needs, please answer the following questions:

1. What are the three largest obstacles your school(s) currently face in providing nutritious foods to students?
 - a. _____
 - b. _____
 - c. _____
2. What are the three largest obstacles your school(s) currently face in providing adequate physical activity for students?
 - a. _____
 - b. _____
 - c. _____

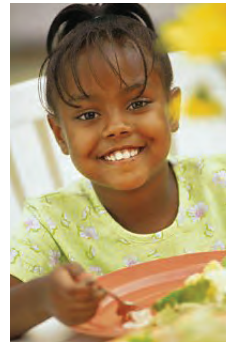
Childhood Wellness and Obesity

Practical Solutions for School Administrators



The prevalence of obesity in children in America has more than doubled in the past 20 years, and approximately 14 percent of children are now considered overweight. There is growing recognition among policymakers that this problem requires action; however, there is uncertainty about which policies and programs will most effectively deal with the problem.

This conference is designed as a follow-up to the latest journal issue of The Future of Children, "Childhood Overweight and Obesity." This issue, due to be released in March 2006, shines a spotlight on childhood obesity, focusing mainly on the policies and programs aimed at reducing overweight and obesity.



The purpose of this conference is to link the latest research of overweight and obesity to practical solutions in the field. A particular focus will link research to academics and school interventions. Panels will address practical solutions in schools that focus on enhancing



nutrition and increasing physical activity. The conference will end with a discussion of the School Wellness Council's mandates and requirements, and will emphasize model programs and practical solutions for schools.

A special reception for attendees will be held on the day of the conference. The Woodrow Wilson School will be showing works by two photographers in the Bernstein Gallery, Robertson Hall, on the topic of childhood obesity. The show will open in conjunction with the publication of The Future of Children journal "Childhood Overweight and Obesity." The works by photographers Joan Liftin and Craig Terry will be on display from February 6 through March 31, 2006.



GETTING TO THE CONFERENCE...

DIRECTIONS TO PRINCETON, NJ BY CAR

From the New Jersey Turnpike heading South - Take Exit 9 (New Brunswick) and follow signs for Trenton (Route 18 North, then Route 1 South). Take the first right after toll booths, up the ramp and onto to 18 North. Immediately, shift to lane second from left and, less than half a mile from entry point, exit left (over Route 1 overpass). Stay in right lane—the exit to Route 1 South is on the right just beyond the overpass. Follow signs on Route 1 to Princeton, about 15 miles. Turn right onto Washington Road/Route 571 West and follow into Princeton. **Turn right at the first traffic light onto Faculty Road. **Follow less than one mile to the first left onto FitzRandolph Road. The parking lot will be immediately on the left, take the first OR second left to enter and park in the areas that are NOT designated for decal parking. The Blue Line shuttle departs approximately every 5 minutes from the covered bus stop area near the football field; the shuttle's second stop is directly in front of Robertson Hall.

From the New Jersey Turnpike heading North - Take Exit 8 (Hightstown), and follow signs to Route 133/Princeton. Take Route 133 to end and exit onto Route 571 West, following straight across Route 1 and into Princeton. Follow from ** above for parking.

From Interstate 95 North or South - Exit at Route 1 North. Follow Route 1 North and exit at Alexander Road, making a left onto Alexander Road. Follow this road into Princeton. Turn right onto Faculty Road (traffic light; gas station) and follow the first exit off the circle to stay on Faculty Road. Stay in right lane to go through traffic light (Washington Road) and follow from ** above.

Note: Detailed instructions for driving to Princeton are also available by telephone. For a recorded message, call 609-258-2222 using a touch-tone telephone.

Detailed instructions for traveling by train or bus can be found on the Princeton University website at www.princeton.edu/pr/admission/u/visit.html.

PARKING AT PRINCETON UNIVERSITY

Parking will be available on-campus ONLY to attendees who have pre-registered. Once your registration is received, you will receive a confirmation by return mail or email. The confirmation will include your parking pass and a map of the Princeton University campus, indicating the available lot. Shuttle service will be available from the assigned lot to Robertson Hall; times and locations will be indicated on your confirmation.

Childhood Wellness and Obesity

Practical Solutions for School Administrators

A free, one-day conference for school administrators

WHAT:

What policies and programs most effectively combat childhood obesity and overweight? What information do schools need to have to implement a successful school wellness council?

WHEN:

*Friday, March 31, 2006
8:30 a.m.–4:15 p.m.*

WHERE:

Robertson Hall, on the campus of Princeton University, Princeton, N.J.

SPONSORS:

The Education Research Section, The Center for Health and Wellbeing, The Future of Children, and the Woodrow Wilson School of Public and International Affairs, Princeton University

KEYNOTE SPEAKER:

Jim Marks, Senior Vice President and Director of the Health Group, Robert Wood Johnson Foundation

PANELISTS:

Lori Benson, Director of Fitness and Physical Education, New York City Department of Education

David Berkowitz, Executive Director, Office of School Food Services, New York City Department of Education

Charlene R. Burgeson, Executive Director, National Association for Sport and Physical Education (NASPE)

Dr. Stephen L. Cone, Professor, Health and Exercise Science Department, Rowan University

Patrick Cooper, Superintendent, McComb, Mississippi

Tracy A. Fox, M.P.H., R.D., President, Food, Nutrition and Policy Consultants, LLC

Christina Paxson, Professor of Economics and Public Affairs, Center for Health and Wellbeing, Woodrow Wilson School, Princeton University

Mary Story, Ph.D., R.D., Division of Epidemiology and Community Health, School of Public Health, University of Minnesota

Peter Tesler, M.D., M.P.H., Chief of Ambulatory Pediatrics, St. Luke's-Roosevelt Hospital

Sandy Sherman, Director of Nutrition Education, The Food Trust

Margo Wootan, D.Sc., Director, Nutrition Policy, Center for Science in the Public Interest



Education Research Section
Firestone Library
Princeton University
Princeton, New Jersey 08544

The Future
of Children
PRINCETON-BROOKINGS



Childhood Wellness and Obesity: *Practical Solutions for School Administrators*

A free, one-day conference for
school administrators

Friday, March 31, 2006
Princeton University

Sponsored by:
The Education Research Section,
The Center for Health and Wellbeing
The Future of Children,
The Woodrow Wilson School of Public and
International Affairs, Princeton University