



# The Launch of the Washington State Nutrition & Physical Activity Plan: Policy & Environmental Approaches

June 3, 2003 • Hilton Conference Center • SeaTac, Washington

The Creating Healthy, Active Communities conference is a unique opportunity to learn about the new Washington State Nutrition & Physical Activity Plan, and how to put the plan to work in communities across Washington State.

Please join us June 3, 2003 at the Hilton Conference Center in SeaTac, Washington, where you'll:

- Hear from state and national experts about obesity prevention and Washington's innovative approaches to improving the health of Washington residents.
- Help create action agendas for key elements of the Nutrition & Physical Activity Plan to move the plan into Washington communities.
- Network with nutrition and physical activity colleagues.

## Conference Agenda

<b>7:30-8:30 a.m.</b>	<b>Registration and continental breakfast</b>
<b>8:30-8:40 a.m.</b>	<b>Welcome</b> Jan Norman, RD, CDE – Diabetes, Nutrition and Physical Activity Manager, Washington State Department of Health
<b>8:40-9:40 a.m.</b>	<b>Shifting Perspectives on Obesity Prevention</b> Dave Buchner, MD, MPH – Chief, Physical Activity and Health Branch, Centers for Disease Control
<b>9:40-10:15 a.m.</b>	<b>The Challenge of Reversing the Rising Tide of Obesity</b> Juliet VanEnwyk, PhD – Epidemiologist for Non-Infectious Conditions, Washington State Department of Health
<b>10:15-10:30 a.m.</b>	<b>Break</b>
<b>10:30-11:30 a.m.</b>	<b>Washington State Nutrition &amp; Physical Activity Plan: Policy and Environmental Approaches</b> Nutrition and Physical Activity Partners Moderated by Jan Norman
<b>11:30-1:30 p.m.</b>	<b>Lunch / Neighborhood Walking Audit</b> (bring comfortable shoes)
<b>1:30-4:30 p.m.</b>	<b>Creating an Action Plan / Breakout Sessions</b>

There will be six separate working breakout sessions on the key elements of the Nutrition & Physical Activity Plan (register for one session only). Experts from the Department of Health and University of Washington will facilitate the sessions.

- Access to Healthy Foods: 5 A Day Kick-off
- Hunger and Food Insecurity
- Breastfeeding
- Recreational Opportunities
- Physical Activity and Children
- Active Community Environments





**Creating  
Healthy,  
Active  
Communities**

**Cost** There is no cost for attending the conference (includes continental breakfast and lunch). Travel, hotel accommodations, hotel parking, and other related expenses are the responsibility of conference attendees.

**Registration** Register for the Creating Healthy, Active Communities conference by May 23, 2003. Fax your completed registration form to 360-786-1002 or mail to Wright Communications Inc., PO Box 1354, Olympia, WA 98507-1354.

**Accommodations** A limited number of guest rooms are available at a special conference rate until May 23 by calling the Hilton Seattle Airport and Conference Center at 206-244-4800. Please indicate that you will be attending the Department of Health conference.

**Location** **Hilton Conference Center**  
17620 Pacific Highway South  
SeaTac, Washington  
206-244-4800  
[www.seattleairport.hilton.com](http://www.seattleairport.hilton.com)

**Directions** *From the North*  
On Interstate 5 southbound, take Exit 152 (South 188th Street and Orilla Road). Turn right onto 188th Street. At the third directional signal, turn right onto International Boulevard (Pacific Highway South). Continue through three directional signals. The hotel is on the right side of the street next to Budget Car Rental.

*From the South*  
On Interstate 5 northbound, take Exit 152 (South 188th Street and Sea-Tac Airport). Turn left onto 188th Street. At the third directional signal, turn right onto International Boulevard (Pacific Highway South). Continue through three directional signals. The hotel is on the right side of the street next to Budget Car Rental.

**For More Information** Contact Wright Communications Inc., at 360-943-3642 or [wright2@olywa.net](mailto:wright2@olywa.net).

### **Related Upcoming Events**

The Washington Coalition for Promoting Physical Activity is hosting its annual meeting June 4, 2003 at the Group Health Conference Center in Tukwila. Register at [www.beactive.org](http://www.beactive.org).

The Washington State SAFE KIDS Coalition is hosting a Walk-to-School networking meeting June 5, 2003 at the Group Health Conference Center in Tukwila. Register by contacting Mary Borges at 360-236-3606 or [mary.borges@doh.wa.gov](mailto:mary.borges@doh.wa.gov).