



Washington Summit on Smart Screen Time

Friday, May 18, 2007; 8:30 am – 3:00 pm
Doubletree Hotel Seattle Airport

Agenda

Purpose: To provide up-to-date information about the impact of screen time in childhood, so that health professionals, educators, and public health agencies in Washington State can develop a comprehensive and coordinated approach to promoting smart use of screens for Washington's Children.

- 8:30 *Registration and Continental Breakfast*
- 9:00 *Welcome and Meeting Goals*
Adam Drewnowski, PhD, UW Exploratory Center for Obesity Research
Patty Hayes, RN, WA State Department of Health
Donna Johnson, PhD, RD, UW Center for Public Health Nutrition
 Who's in the Audience Exercise
- 9:30 **Dimitri Christakis, MD, MPH**, UW Child Health Institute
 Focusing on Media as a Public Health Issue
- 10:30 **Donna Johnson, PhD, RD**
 Showcase of screen reduction projects in WA State
- 11:00 *Coffee Break and Project Review*
- 11:30 *Panel: Essentials for Smart Screen Time Practice and Policy*
Moderator: Paul Nyhan, Family Reporter, Seattle Post-Intelligencer
- Panelists:**
Marilyn Cohen, PhD, NW Center for Excellence in Media Literacy
Jean Rystrom, Kaiser Permanente NW
Don Shifrin, MD, Academy of Pediatrics Committee on Media
- 12:15 **Robert Kesten**, Center for Screen Time Awareness, Washington DC
 Screen-Time Reduction: A lifestyle for the 21st Century
- 1:00 *Working Lunch*
 Table groups for discussions of next steps
- 2:00 **Barbara Brock, PhD**, Eastern Washington University
 Press "Off": Lessons from Children and Adults Who Did It
- 2:45 *Closing Remarks and Next Steps*
Donna Johnson
- 3:00 *Adjourn*