

Improving Community Health Through Wellness and Nutrition

Date: March 21, 2014

Program: 9 a.m. – 4 p.m.

Registration: 8:30 a.m. – 9 a.m.

Location: NJHA Conference and Event Center

760 Alexander Road, Princeton, NJ 08543

Evidence proves that health and wellness is just as much about the environment in which we live, as it is about the choices we are able to make as individuals. Nutrition and health experts from across the state will converge in Princeton's NJHA Conference and Events Center for a full-day event that will explore the obesity epidemic in our state and discuss effective strategies for mobilizing collective action in increasing access to healthy foods and engaging patients to take an active role in managing their health.

This event will also highlight examples of hospitals thriving in successful partnership with their community to enhance health and wellness. Take the opportunity to connect with healthcare providers, community-based organizations and educators and share evidenced-based, replicable strategies.

At the conclusion of this activity, participants should be able to:

- Understand the diverse unmet issues of nutrition and access to healthy foods in the state;
- Identify local best practice models of hospital partnerships with community organizations in promoting nutrition and healthy lifestyles;
- Determine strategies for utilizing existing resources, tools and programs to inform communities about affordable foods and healthy food choices and
- Learn practical strategies for incorporating nutritional information into patient care and discharge planning, especially for patients with chronic conditions.

TARGET AUDIENCE

Physicians, nurses, patient safety administrators, patient advocates, quality improvement professionals, risk management professionals, local and state health departments and public health officers, community based organizations and academia.

CONTINUING EDUCATION CREDITS

Public Health:

Participants who successfully complete this educational program will be awarded 6.0 NJ Public Health Continuing Education Contact Hours (CEs).

HRET has been approved by the N.J. Department of Health as a provider of New Jersey Public Health Continuing Education Contact Hours (CEs).

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New Jersey Hospital Association, Princeton, NJ

March 21, 2014

- 8:30 *Registration*
- 9:00 **Welcome and Introduction**
- Maria Mera, MPH*
 Project Manager, HRET/Research
 New Jersey Hospital Association
- 9:15 **ShapingNJ – State Partnership for Nutrition, Physical Activity & Obesity
Prevention**
- Peri L. Nearon, MPA*
 Director, External Affairs & Strategic Initiatives
 Division of Family Health Services
 New Jersey Department of Health
- 10:00 **The Community Hospital as Change Agent: Food as Primary Care**
- Marydale DeBor, JD*
 Founder/Managing Director
 Fresh Advantage[®] LLC
- 11:00 **Creating Healthy Communities: Food Access Strategies for New Jersey**
- Miriam Manon*
 Senior Associate
 The Food Trust
- 11:45 **New Jersey Partnership for Healthy Kids: Linking Community and Clinical
Through Environment Change, Policy and Programming**
- Darrin W. Anderson, PhD*
 Deputy Director
 New Jersey Partnership for Healthy Kids
 Associate Executive Director
 New Jersey YMCA State Alliance
- 12:30 **Networking Luncheon (Optional)**

(OVER)

- 1:30 **Rutgers Cooperative Extension**
- Luanne J. Hughes, MS, RD*
FCHS Educator and Associate Professor
Rutgers Cooperative Extension
- 2:15 **The Beth Embraces Wellness: An Integrated Approach to Health and Wellness in the Community**
- Barbara Mintz, MS, RD*
Assistant Vice President, Wellness
Newark Beth Israel Medical Center
- 2:45 **Taking Care of New Jersey**
- Laura Ahern*
Corporate Director, Community Outreach
Meridian Health System
- 3:15 **Weight Management and Healthy Living Initiative**
- Jamie L. Pula, PhD, RD*
Wellness Coordinator
St. Joseph's Children's Hospital
- 3:45 **Questions, Evaluations**
- 4:00 *Adjournment*

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REGISTRATION INFORMATION

FEE: Networking Luncheon (*optional*): \$20 ea.

<p><u>For payment by check:</u></p> <p>Registration form must be included with check in order to be registered. Please also fax a copy of the registration to 609-275-4271 to ensure timely receipt in the event that the mail is delayed.</p> <p>Please make checks payable to: Healthcare Business Solutions</p> <p>Mail to: Healthcare Business Solutions P.O. Box 828709 Philadelphia, PA 19182-8709</p> <p>Faxed copies of check will not be accepted.</p>	<p><u>For payment by credit card:</u></p> <p>Registrations will be accepted via fax <u>ONLY IF ACCOMPANIED BY</u> credit card information (MC, Amex, or Visa).</p> <p>Please fax to 609-275-4271.</p> <p><u>General Information:</u></p> <ul style="list-style-type: none"> • Parking is in rear of the building. • In the event of inclement or questionable weather, please call 609-275-4140 for more information. • For brochures or a calendar of upcoming seminars go to http://www.njha.com/education/
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For more information, or if you have a disability and need a special accommodation, please call 609-275-4181 or 609-275-4181.

For directions visit NJHA on the Web at <http://www.njha.com/directions.aspx> for a detailed map.

REGISTRATION (Please type or print clearly)

Seminar # 1420 (Community Health) Networking Luncheon Fee: \$20

Name:	Payment Amount: \$	
Title:	Method of Payment: <input type="checkbox"/> Check # _____ <input type="checkbox"/> Amex <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	
E-mail:	Card Number:	
Organization:	Expiration Date:	CCV Code:
Organization Address:	Billing Street Address:	
City, State, Zip:	Billing City, State, Zip:	
Phone Number:	Name on Card:	
Fax Number:	Signature:	