

CELEBRATING DIVERSITY

The Role of Culture in Food Choices, Physical Activity and Obesity

FRIDAY, APRIL 28, 2006
Hyatt Regency Hotel
Albuquerque, NM


THIS CONFERENCE

- is designed to increase the ability of nutrition and other health care practitioners to provide culturally competent practice in diverse settings;
- will provide a mix of lectures, skill building sessions and resources that can be used to enhance one's own practice;
- and will focus on cultural values, habits and attitudes that influence food choices, physical activity and obesity in communities.

SPONSORED BY



- **New Mexico Nutrition LEEP** The University of New Mexico
(Leadership Education Excellence in Pediatrics)
University of New Mexico, Department of Individual,
Family and Community Education
- **New Mexico LEND**
Leadership Education in Neurodevelopmental and Related
Disabilities), University of New Mexico Health Sciences
Center, Department of Pediatrics
- **New Mexico Pediatric Pulmonary Center**
University of New Mexico Health Sciences Center
Department of Pediatrics
- **Indian Health Service Nutrition and Dietetics
Training Program**
- **State of New Mexico WIC Nutrition Program**

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NM Nutrition LEEP Grant #T79 MC00027 and
NM Pediatric Pulmonary Center Grant #T72 MC00004 from Maternal
and Child Health Bureau, Health Resources and Services Administration,
United States Department of Health and Human Services.



In New Mexico, chili peppers grow in a
diversity of colors, flavors
and degrees of heat.

REGISTRATION

\$75 (before 3/10/06) **\$100** (after 3/10/06)

All eligible UNM Faculty and Staff may
enroll using Tuition Remission.

Continuing Education Credit has been
requested for dietitians and nurses.

For information, brochure and
REGISTRATION FORM
go to:

<http://nutrition.unm.edu>

CONFERENCE SCHEDULE

FRIDAY APRIL 28, 2006

7:00-8:00 am	Registration and Continental Breakfast
8:00-8:15 am	Welcome Laura Kavanagh
8:15-9:00 am	<i>Reframing Relationships for the Sake of Health</i> Roberto Chené
9:00-10:00 am	<i>Food Choices, Physical Activity and Obesity among Ethnic and Cultural Groups in the United States</i> Karmeen Kulkarni
10:00-10:20 am	Break
10:20-11:30 am	<i>How to Present Street Credible, Authentic and Culturally Relevant Health Information</i> Ivan Juzang
11:30-12:50 pm	Lunch and Speaker <i>A Traditional Healer's Perspective on Health and Wellness</i> Carol Locust
1:00-1:50 pm	Skill Building Workshops A, B, C, D <ul style="list-style-type: none">A. <i>Communicating with Clients and Families: Interviewing Skills</i> Emily EckleyB. <i>Working Together: Professionals and Community Health Representatives</i> Venice Ceballos, Michelle McFadden, Cheryl WilsonC. <i>Coping with Media Influences: Making it Work for Us</i> Andrea QuijadaD. <i>Promising Practices: Culturally-Based Successful Programs to Prevent Obesity</i> Joseph Aguirre, Cecilia Butler, Lisa Mier-Song, Sara Nelson, Karmeen Kulkarni (Moderator)
2:00-2:50 pm	Skill Building Workshops A, D, E, G <ul style="list-style-type: none">A. <i>Communicating with Clients and Families: Interviewing Skills</i> Emily EckleyD. <i>Promising Practices: Culturally-Based Successful Programs to Prevent Obesity</i> Joseph Aguirre, Cecilia Butler, Lisa Mier-Song, Sara Nelson, Karmeen Kulkarni (Moderator)E. <i>Working with Families: Cultural Issues in Pediatric Obesity</i> Carolyn MontoyaG. <i>Developing Policies for Cultural and Linguistic Competence: What does it take? Who should be involved?</i> Suganya Sockalingam
2:50-3:10 pm	Break
3:10-4:00 pm	Skill Building Workshops B, C, F, G <ul style="list-style-type: none">B. <i>Working Together: Professionals and Community Health Representatives</i> Venice Ceballos, Michelle McFadden, Cheryl WilsonC. <i>Coping with Media Influences: Making it Work for Us</i> Andrea QuijadaF. <i>Helping Families Cope with a Dangerous New Culture: Food, Eating and Body Image</i> Karen ArmitageG. <i>Developing Policies for Cultural and Linguistic Competence: What does it take? Who should be involved?</i> Suganya Sockalingam
4:15-4:50 pm	<i>Bringing It All Together</i> Roberto Chené
4:50-5:00 pm	Evaluation

PRESENTERS

JOSEPH AGUIRRE, MD
Clinician Educator
Assistant Professor of Pediatrics
Young Children's Health Center
UNMHSC Department of Pediatrics

KAREN ARMITAGE, MD, FAAP
Region 2 Health Officer
New Mexico Department of Health
Santa Fe, NM

CECILIA BUTLER, RD, MS, CDE
Dietitian, Santa Fe Indian Hospital
Indian Health Service,
Santa Fe, NM

VENICE CABALLOS
Community Health Worker
Sandoval County Health Commons
Bernalillo, NM

ROBERTO CHENÉ
Director, Southwest Center for
Intercultural Leadership
Albuquerque, NM

LAURA KAVANAGH, MPP
Training Branch Chief, Division of
Research, Training and Education
Maternal and Child Health Bureau
Health Resources & Services Admin.
U.S. Department of Health and
Human Services



The three sisters - corn, beans and squash - are healthful foods found in many traditional cultures.

EMILY ECKLEY, MS, RD
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University of Tennessee
Knoxville, TN

IVAN JUZANG, MBA
Founder/President
MEE (Motivational Educational
Entertainment) Productions, Inc.
Philadelphia, PA

KARMEEN KULKARNI, MS, RD,
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President, Health Care and Education
American Diabetes Association
Salt Lake City, UT

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Traditional Healer
Phoenix Area IHS
Coordinator, Social Security Benefits
Planners Training Program
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Public Health Nutritionist
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Director of Educational Programs
New Mexico Media Literacy Project
Albuquerque, NM

SUGANYA SOCKALINGAM, PhD
Co-founder and Executive Director
TeamWorks© Consulting
New York, NY

CHERYL A. WILSON, MS
Director, IHS Head Start Program
Indian Health Service
Albuquerque, NM

OBJECTIVES

At the conclusion of the conference, attendees will be able to:

1. recognize their own assumptions regarding acceptance of current health care practices by clients;
2. discuss inherent strengths in different cultures that support both healthy food choices and physical activity patterns;
3. identify culturally appropriate communication strategies that promote effective nutrition and physical activity practices with culturally diverse populations;
4. identify the effect of different cultural parenting skills and family environments on children's food choices and activity patterns;
5. and identify culturally-based effective programs that support healthy food choices and physical activity.

LOCAL PLANNING COMMITTEE

JOAN BRADLEY, RN, MSN
LEND Core Faculty Member
UNM Health Sciences Center

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LEEP/LEND Core Faculty Member
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Training Officer, Indian Health Service
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SARAH WALKER, MS, MPH, RD, LD
Nutrition Faculty
NM Pediatric Pulmonary Center

REGISTRATION INFORMATION

REGISTRATION FEE

(includes continental breakfast, refreshment breaks and lunch)

\$75 (on or before 3/10/06) **\$100** (after 3/10/06)

HOW TO REGISTER

1) Complete the **REGISTRATION FORM (PAGE 5)**

2) Print and return **REGISTRATION FORM** by mail with check OR
Tuition Remission Form. (Write *CELEBRATING DIVERSITY* on check memo line.)

NOTE: Space is limited, so early registration is recommended. Do NOT make travel arrangements before you receive confirmation of registration by email.

TUITION REMISSION

All eligible UNM Faculty and Staff may enroll using Tuition Remission.

A properly completed, original Tuition Remission Form (including required signatures) must accompany the Conference REGISTRATION FORM.

Tuition Remission Form available at:

http://www.unm.edu/%7eubppm/ubppmanual/3700ex_a.htm

ACCREDITATION

Continuing Education Credit has been requested for dietitians and nurses.

Check appropriate box on REGISTRATION FORM.

HOTEL

Contact the Hyatt Regency Hotel to make your reservation. Please visit www.albuquerque.hyatt.com/groupbooking/albuqunme2006 or call 800-233-1234 (mention code UNME). A limited number of discounted rooms at \$99/night are available, so reserve your room as soon as possible.

ACCOMMODATIONS

Individuals requiring special accommodations should contact Diane Palley at 505-277-7223 as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

ADDITIONAL INFORMATION

Contact Diane Palley, 505-277-7223, dpalley@unm.edu. Visit the UNM Dietetics/Nutrition Program website <http://nutrition.unm.edu> for this brochure.

NATIONAL PLANNING COMMITTEE

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LEND Training Director, Nutrition Director
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REGISTRATION FORM

CELEBRATING DIVERSITY

The Role of Culture in Food Choices, Physical Activity and Obesity
April 28, 2006 Hyatt Regency Hotel, Albuquerque, New Mexico

INSTRUCTIONS

1. Complete this **REGISTRATION FORM** on line or print out and fill in by hand.
2. Print **REGISTRATION FORM** by clicking on PRINT FORM button.
3. Mail **REGISTRATION FORM** with check OR Tuition Remission Form to:
Diane Palley, MSC05 3040, 1 University of New Mexico, Albuquerque, NM 87131
For additional information, contact Diane Palley, 505-277-7223, dpalley@unm.edu.
4. Do NOT make travel arrangements until you receive registration confirmation by email. Space is limited.

Name _____ Credentials _____ Date _____
Title/ Profession _____ Organization _____
Street _____ City _____ State _____ Zip _____
Phone (work) _____ Phone (cell) _____ Fax _____
Email (required for registration confirmation)

WORKSHOP REGISTRATION

You can attend ONE workshop during each time slot. Indicate your 1st and 2nd choices by marking 1 and 2 for each time slot.

1:00-1:50 pm	Workshop A	Workshop B	Workshop C	Workshop D
2:00-2:50 pm	Workshop A	Workshop D	Workshop E	Workshop G
3:10-4:00 pm	Workshop B	Workshop C	Workshop F	Workshop G

CONTINUING EDUCATION CREDIT

Check if requesting Continuing Education Credits for: Dietitians Nurses

PAYMENT

\$75 Early Registration Fee (on/before 3/10/06)

\$100 Regular Registration Fee (after 3/10/06)

Enclosed check **PAYABLE to UNM**
(Write *CELEBRATING DIVERSITY* on check memo line.)

Enclosed UNM Tuition Remission Form

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Check for vegetarian lunch.

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