

3/13/08

Dear Members of the Board of Health Madison and Dane County,

The students of UW School of Medicine and Public Health would like to ask for your endorsement of *Healthy Classrooms: A Public Health in Education Symposium*.

As you may know, our school has been undergoing a transition from a school of medicine to one of medicine and public health. In consideration of this transition, we have teamed up with the School of Education and the Masters in Public Health Program to present *Healthy Classrooms: A Public Health in Education Symposium* this April. The symposium, to be held the evening of Wednesday, April 9th in the HSLC, will target Madison area primary and secondary education teachers, student teachers, administrators, parents and community members, as well as those in the MPH program and the School of Education. We will bring speakers from across the campus, community, and state to discuss topics ranging from enhancing nutrition and physical activity in schools, to working with underinsured children and teenage pregnancy. It is our hope in this endeavor to not only extend the reach of UWSMPH to other facets of the greater University and general community, but to promote the understanding and practice of public health throughout the community.

We have received support and endorsements for our event from:

- Madison Metropolitan School District Superintendent
- UW School of Medicine and Public Health Office of the Dean
- Dean of the UW School of Education
- Director of the Population Health Institute
- Director of the Department of Public Health Madison and Dane County
- Dane County Medical Society
- Chair of the UW Department of Pediatrics.

We would be greatly honored to have your important endorsement for this event. The endorsement would allow us to use your organization's name in our publicity materials and on our program and show your support of this event. (Due to the proximity to the event, we may not be able to include your endorsement in the printing of the program.) We are excited for the opportunity to help deliver the message of the importance of public health practices throughout the community.

More information on this event and a link to register at no cost may be found online at www.uwmedstudents.com/healthyclassrooms. The event is, non-profit, free of charge, and open to the public.

In addition, if you would be interested in being provided publicity materials including posters, postcard flyers, or an email flyer to share with friends, colleagues, family, or neighbors, please do not hesitate to ask.

Thank you for your consideration,

Ben Weston
bweston@wisc.edu

Please see the attached document for a list of topics and speakers for this event.

Healthy Classrooms: Public Health in Education Symposium Program of Presenters



5:30 - 6:30 Welcome, Introduction, and Keynote Address

Healthy Communities: A Collaboration between Educators and Medical Providers

Keynote Speaker: Dr. Chuck McCauley, M.D.

A cardiologist at Marshfield Clinics, Dr. McCauley serves on the Governor's Council for Physical Fitness and Health. He is also the founder of the Healthy Lifestyles Initiative, a program directed towards prevention of vascular disease, diabetes and childhood obesity with a community approach including schools, business and medical providers, in Marshfield, Wisconsin. In addition, McCauley is involved with the Marshfield Area Friends of the Trails, which concentrates on community design for pedestrian and bicycle activity throughout the area.

Topic synopsis:

Dr. McCauley will discuss the vital role school educators and medical providers have in providing community youth and adults with the resources to embrace healthy lifestyles and long term, productive health habits. With these goals in mind, he will discuss specific strategies to achieve these goals through collaborative efforts. Essential to their effective implementation, these leadership efforts can be made in the spirit of having fun while working towards these goals with fellow educators, medical providers, friends, neighbors, and family.



6:40 - 7:10 Breakout Session I

The Importance of Self-Care in the Classroom, ADHD in the Classroom, and Trends in Teenage Pregnancy

Topic I: The Importance of Self-Care in the Classroom

Speaker: Dr. David Rakel, M.D.

The director of the University of Wisconsin Integrative Medicine Program and an assistant professor in the department on family medicine at the UW School of Medicine and Public Health, Dr. Rakel began his career in rural family medicine near the Teton Mountains in Driggs, Idaho. Rakel practices and studies the integration of complementary and conventional medicine, about which he has edited two books, as well as the placebo effect for which he has an NIH grant.

Topic I Synopsis:

Join Dr. Rakel to learn of the similarities of facilitating health and learning. He will discuss the importance of self-reflection in enhancing teaching and the understanding of the science of perception and how this influences a cascade of physical effects in the body. This fascinating presentation will teach attendees how to change perception to facilitate positive emotions and show how spirituality (exploring a connection that gives life meaning and purpose) can influence teaching quality and enjoyment.

Topic II: ADHD in the Classroom

Speaker: Dr. Hugh Johnston, M.D.

A Child & Adolescent Psychiatrist, Dr. Hugh Johnston has a joint appointment in the School of Medicine and Public Health and the School of Education. In addition, Johnston is the medical consultant and board president for the Rainbow Project, Inc., a non-profit mental health clinic that serves young children with psychiatric needs. His clinical interests center around the use of psychiatric medications in children and the area of child abuse/neglect. Johnston is also active in projects related to the continuing professional development of physicians and other mental health care providers and the development of public health policy as it relates to mental illness in children.

Topic II Synopsis:

Dr. Johnston will discuss ADHD in the context of the classroom, expanding educator and parent understanding of this condition and its ramifications at school. First, he will give an overview of how ADHD is diagnosed and current and new ADHD treatments. Then, it is time to pick his brain. He will take audience questions for the remainder of the session so that people of all knowledge levels regarding ADHD will walk away with the better understanding of the disorder and its implications in the classroom.

Topic III: Trends in Teenage Pregnancy

Speaker: Mr. Claude Gilmore, M.S.

Mr. Claude Gilmore holds Master of Sciences degrees in Health Services Administration and Social Work. Currently the Youth Policy Director, the Comprehensive School Health Director, and a School Age Adolescent Health Consultant for the Wisconsin Division of Public Health, he provides leadership, strategic planning, and policy direction for key school age, adolescent, and youth related health and school health programs.

Topic III Synopsis:

Mr. Gilmore will explore current trends in teenage pregnancy through information gathered from the Milwaukee Community. He will assess the impact of the problem, ranging from racial disparities to STI rates and occurrence of sexual abuse to the monetary cost of teen childbearing for the taxpayers of Wisconsin. Lastly, he will explain current state action being taken to decrease teenage sexual activity and pregnancy.



7:20 - 7:50 Breakout Session II

Bringing Global Perspectives to the Classroom, The CHILD Project: How to Insure Wisconsin's Children, and Childhood Obesity: A Growing Epidemic

Topic I: Bringing Global Perspectives to the Classroom

Speaker: Dr. Gerhard Fischer, PhD

Education Program Coordinator at the Wisconsin Department of Public Instruction, Dr. Gerhard Fischer has worked extensively on curriculum design, editing the new guide "Planning a Connected Curriculum." In addition, he has worked closely with student and teacher exchanges with Hessen, Germany and acts an international education consultant. Fischer attended universities in Germany, England and the United States, earning his Ph.D. from UW-Madison in Curriculum and Instruction. He has authored several articles and three books on studying foreign languages and cultures.

Topic I Synopsis:

Today's global challenges to healthy living demand both global and local solutions. It is therefore imperative to frame the learning experience of today's students in a global context. Dr. Fischer will focus on pathways to educating globally literate students in Wisconsin's public schools. He will elaborate on current initiatives, which focus on advocacy, school partnerships for student exchanges, and project-based international learning, as well as the use of technology to facilitate interaction with students around the world. State and DPI partnerships with Germany, Japan, France, Thailand, and China assist with these efforts.

Topic II: The CHILD Project: How to Insure Wisconsin's Children

Speaker: Michael Jacob, MS

The former press secretary for Senator Russ Feingold, Mr. Michael Jacob currently serves as the project coordinator for Covering Kids and Families – Wisconsin. Prior to that appointment, Jacob led the media and public outreach efforts of a research center at the University of Wisconsin. Bolstered by his long history of outreach and research related to public policy, Jacob now seeks to affect public policy, administration and outreach related to the delivery of health care for the working poor.

Topic II Synopsis:

Health insurance is a key component to the health of our students. Jacob will describe the Connecting Health Insurance to Lunch Data (CHILD) project, a three-year endeavor to enhance the public health of Wisconsin's children through insurance coverage. Sharing early results from this project, he will describe the essential role of schools in assuring health insurance coverage for their student populations. The audience will gain an understanding of the challenges and opportunities inherent in working with school districts to enhance the insurance coverage of children throughout the state. Participants will take home a toolkit of outreach options and a check-list of actions needed to achieve "benchmark moments" to enhance the health of students.

Topic III: Childhood Obesity: A Growing Epidemic

Speaker: Dr. Alex Adams, M.D., PhD

Dr. Alex Adams is an Assistant Professor in the Department of Family Medicine at University of Wisconsin School of Medicine and Public Health. She is currently practicing at The UW Pediatric Fitness Clinic in Madison and is an appointed member of the Governor's Council on Physical Fitness and Health. Adams completed her MD in 1994 and her PhD in Nutritional Sciences in 1997. Her special interests include pediatric nutritional problems, obesity, metabolic syndrome and indigenous diets and health.

Topic III Synopsis:

Dr. Adams will explore the causes and consequences of childhood obesity. She will discuss the implications of obesity in the classroom and how it affects other aspects of children's health. She will also touch on the role that schools, teachers, and communities can assume to help battle this epidemic.



8:00 - 8:30 Breakout Session III

Improving Childhood Fitness in Schools: Bringing the Exercise Lab into the Classroom and Approaches to Sexuality Education

Topic I: Improving Childhood Fitness in Schools: Bringing the Exercise Lab into the Classroom

Speaker: Dr. Aaron Carrel, M.D.

An Associate Professor of Pediatrics specializing in Pediatric Endocrinology and Diabetes, Dr. Aaron Carrel is also the medical director of the UW Pediatric Fitness Clinic and an appointed member to the Governor's Council on Physical Fitness and Health. In addition, Carrel is a founding member of the Wisconsin Prevention of Obesity and Diabetes (known as WIPOD), a University-based group leading the efforts against childhood obesity. Carrel has worked extensively on issues of children's health with the Ho-Chunk Youth Fitness Program, the Fit*4*Life Project with the Stoughton School District, the Madison Metropolitan School District, and Wisconsin's Department of Public Instruction.

Topic I Synopsis:

Schools have the perfect opportunity to affect change in the activity levels of our children. Dr. Carrel will discuss the vital importance of physical fitness and exercise promotion in children and the health benefits that abound. He will focus on the efforts underway in Wisconsin to address childhood health through schools.

Topic II: Approaches to Sexuality Education

Speaker: Ms. Ronna Popkin, M.S.

Ms. Ronna Popkin holds a Masters of Science degree in Health Education. She currently lectures on women's health in the Women's Studies Program and on how to teach sexuality education in the Department of Curriculum and Instruction at the University of Wisconsin-Madison. In the past, Popkin served as a community educator of adults and youth for Planned Parenthood of Wisconsin where she coordinated and implemented health outreach programs for both youth and adults, trained and managed the agency's network of volunteer educators, and served as the organization's adult and professional education specialist.

Topic II Synopsis:

Ms. Popkin will discuss key information on current approaches to sexuality education including comprehensive, abstinence only, and abstinence-plus curriculums. Regarding these often confusing and controversial topics, she will discuss the prevalence of the different programs in use and present research on their effectiveness. Attendees will be given materials with websites and resources to develop, modify, and adapt sexuality education curriculums as well as resources for their students to explore.

This program may change over the next month as we continue to add presenters on other pertinent topics in public health and education including nutrition, healthy child development, and environmental issues in the classroom. Please check our website, <http://www.uwmedstudents.com/healthyclassrooms/>, for new presenters and to register for this FREE symposium!