RTP CONFERENCE REGISTRATION

Advance-registration is requested. Please mail with payment of $40 by November 1, 2008 or $55 after November 1.

Name: _____

Title: _____

Affiliation: _____

Address: _____

Email: _____

Telephone: _____

Method of payment: _____
(Include PO number and attach PO if applicable)

The registration fee includes lunch and materials.

MAIL

Send with conference fee to:

Oregon Research Institute
Research to Practice Conference
1715 Franklin Boulevard
Eugene, OR 97403

Or FAX billing address to

(541) 434-1505
Attn: Karen Bangle

For more information and conference updates

Call (541) 484-2123
Email: karenb@ori.org
Visit www.ori.org

This Conference Will:

- Provide an overview of the evidence supporting different eating disorder and obesity prevention programs and provide a short training on one of these programs, The Body Project.
- Describe the factors that influence youth physical activity and the implications for how data from a long-term study of youth in Portland, Oregon can be used to improve adolescent health.
- Discuss exercise programs that can be used to improve health in adult and older populations, with a demonstration of a Tai Chi method adapted for use by older adults to improve health, physical functioning, and quality of life.
- Offer an overview of environments shown to cause obesity throughout the life span and discuss strategies for how to change them.

AGENDA

9:00-9:15	Introduction and Background Carol Metzler, Ph.D.
9:15-11:00	Evidence-based Prevention Programs for Eating Disorders and Obesity Eric Stice, Ph.D., Paul Rohde, Ph.D.
11:15 - 12:15	Youth Physical Activity Patterns and Implications Sue Duncan, Ph.D.
12:15-1:00	Lunch (provided)
1:00-2:15	Benefits of Alternative-based Exercises for Older Adults Fuzhong Li, Ph.D.
2:30-3:45	Environments that Promote Overweight and Obesity Over the Life Span and How to Change Them Sarah Hampson, Ph.D.
3:45-4:00	Conference Summary Carol Metzler, Ph.D

The 6th Annual

RESEARCH to PRACTICE CONFERENCE

EXERCISE, DIET, AND OBESITY:

Improving Health Across the Age Span

presented by

Oregon Research Institute

Friday
November 21, 2008
From 9 am to 4 pm

at

Oregon Research Institute
1715 Franklin Boulevard
Eugene, OR 97403

CONFERENCE FACULTY

Carol Metzler received her Ph.D. in Clinical Psychology from the University of Oregon (UO) in 1990 and is a Research Scientist at Oregon Research Institute (ORI). Her research focus is on family, school, and community interventions that promote successful development in children and adolescents.

Eric Stice received his Ph.D. in Clinical Psychology from Arizona State University in 1996 and is a Senior Scientist at ORI. In addition to his ORI work, he is a tenured Associate Professor at the University of Texas Department of Psychology. His work focuses on obesity and eating disorders prevention in adolescents.

Paul Rohde received his Ph.D. in Clinical Psychology from the UO in 1988 and is a Senior Scientist at ORI. In addition to his research work, he is a licensed psychologist. His focus is on the epidemiology and treatment of adolescent depression and suicidal behavior.

Sue Duncan received her Ph.D. in physical education (social psychology of sport and physical activity) in 1992 from the UO and is a Senior Scientist at ORI. Her primary focus is on promoting positive health behaviors among youth and families, particularly behaviors related to physical activity.

Fuzhong Li received his Ph.D. in Human Performance from Oregon State University in 1996 and is a Senior Scientist at ORI. His research focuses on exercise health for seniors, exercise interventions, and studies of alternative exercise activities such as Tai Chi for preventing falls in the elderly.

Sarah Hampson received her Ph.D. in Psychology from the University of Exeter in England in 1976 and is a Senior Scientist at ORI. In addition to her work at ORI, she is Professor of Psychology and Health at the University of Surrey in England. Her work focuses on personality traits, metabolism, and health.

PROGRAM HIGHLIGHTS

SESSION I:

EVIDENCE-BASED PREVENTION PROGRAMS FOR EATING DISORDERS AND OBESITY

- Eric Stice, Ph.D., and Paul Rohde, Ph.D.

This presentation will review the prevalence and impact of eating disorders and obesity and provide an overview of the evidence supporting different eating disorder and obesity prevention programs. Two programs that have significantly reduced participants' risk for eating pathology and obesity will be reviewed in greater detail. A brief training will be provided on the content and delivery of The Body Project, an evidence-based eating disorder prevention program that uses cognitive dissonance principles to change behavior.

SESSION II:

YOUTH PHYSICAL ACTIVITY PATTERNS AND IMPLICATIONS

– Sue Duncan, Ph.D.

This session will describe and discuss youth physical activity data from a recent eight-year longitudinal study in Portland, Oregon. Physical activity patterns of youth ages 10-18, and factors influencing youth physical activity, will be presented. Factors presented will include a selection of key individual, family, peer, school, and neighborhood variables. Implications of these data for increasing physical activity and for improving adolescent health will be discussed.

SESSION III:

BENEFITS OF ALTERNATIVE-BASED EXERCISES FOR OLDER ADULTS

– Fuzhong Li, Ph.D.

This session will present an overview of alternative-based exercise modalities for older persons with a major focus on the benefits of Tai Chi for improving their health, physical functioning, and quality of life. The talk will begin with a background introduction of each of these exercise modalities, followed by a review of the research evidence supporting their effectiveness. It will conclude with a brief demonstration and hands-on experience of each activity.

SESSION IV:

ENVIRONMENTS THAT PROMOTE OVERWEIGHT AND OBESITY OVER THE LIFE SPAN AND HOW TO CHANGE THEM

– Sarah Hampson, Ph.D.

Overweight and obesity have many causes that interact in complex ways. This talk will describe research that highlights opportunities to reduce the risk of overweight and obesity at different points in the lifespan. Possible origins of obesity pre-conception and during fetal development will be considered, as well as the influence of feeding choices for infants. Weight loss programs for adults will be discussed, including an examination of their effectiveness. Recent research on the importance of portion size will be presented, with a discussion of improved measures of portion size and methods for better portion control.