

Physical Activity: Moving Toward Obesity Solutions

APRIL 14-15, 2015

Auditorium, National Academy of Sciences Building
2101 Constitution Ave. NW Washington, DC
Hosted by the IOM Roundtable on Obesity Solutions

Workshop Goal: To provide an expert summary of the state of the science regarding the impact of physical activity in the prevention and treatment of overweight and obesity and to highlight innovative strategies for promoting physical activity across segments of the population.

April 14, 2015

Day 1: Physical Activity and Obesity – State of the Science

Day 1 Goal: To provide authoritative summaries of the state of the science regarding the effects of physical activity on development of overweight and obesity in children and adults, and to review current knowledge of the effects of physical activity in individuals with obesity.

- 9:00 am **Welcome Remarks**
Victor J. Dzau, President, Institute of Medicine
- 9:05 am **An Introduction to Physical Activity and Its Impact on Health and Weight Status**
Russell Pate, University of South Carolina, Workshop Planning Committee Chair & Roundtable Vice-Chair
- 9:25 am **Keynote: Does Physical Activity Have a Role in Reducing Obesity?**
James Hill, University of Colorado
- 9:55 am **Physical Activity Disparities: Socio-demographic Dimensions**
Aviva Must, Tufts University
- 10:15 am Discussion
- 10:35 am ACTIVE BREAK led by Shape Up Sisters
- 10:45 am **Physical Activity and Primary Prevention of Obesity in Youth**
Moderator: Howell Wechsler, Alliance for a Healthier Generation, Roundtable Member
- Everyday Physical Activity and Its Role in Preventing Obesity**
 Kathleen Janz, University of Iowa
- Physical Activity and Pediatric Obesity Prevention: Putting Science to Work**
 Shari Barkin, Vanderbilt University School of Medicine
- Discussion

- 11:45 am LUNCH
- 12:45 pm **Physical Activity and Primary Prevention of Obesity in Adults**
Moderator: Loretta DiPietro, George Washington University, Workshop Planning Committee Member
- Physical Activity and Prevention of Weight Gain and Obesity in Adults – An Epidemiological Perspective**
Ulf Ekelund, University of Cambridge
- Is Exercise an Effective Strategy for Preventing Weight Gain in Adults?**
Robert Ross, Queen's University
- Discussion**
- 1:45 pm ACTIVE BREAK led by DC Scores
- 2:00 pm **Physical Activity-related and Induced Outcomes with Overweight and Obesity**
Moderator: Cedric Bryant, American Council on Exercise, Roundtable & Workshop Planning Committee Member
- Physical Activity as Part of DPP- based Community Lifestyle Intervention Efforts**
Andrea Kriska, University of Pittsburgh
- Physical Activity and Exercise for Obesity in Youth: Refocusing Attention from Weight Loss to Health Gains**
Gabriel Shaibi, Arizona State University
- Physical Activity: Implications for Weight Loss Maintenance and Related Health Outcomes**
John Jakicic, University of Pittsburgh, Workshop Planning Committee Member
- Discussion**
- 3:20 pm ADJOURN

April 15, 2015

Day 2: Innovative Strategies for Promotion of Physical Activity

Day 2 Goal: To highlight innovative policy, community, and institutional strategies for promoting physical activity among children and adults.

- 9:00 am **Promoting Physical Activity: An Introduction**
Russell Pate, University of South Carolina, Workshop Planning Committee Chair & Roundtable Vice-Chair
- 9:15 am **Policy Strategies for Promoting Physical Activity**
Moderator: Ginny Ehrlich, The Robert Wood Johnson Foundation, Roundtable Member
- Promoting Physical Activity through Policy: An Overview**
Amy Eyler, Washington University in St. Louis
- Physical Activity Policy Implementation and Impact: A Multi-Sectoral Review**
Jamie Chriqui, University of Illinois at Chicago
- Discussion**

- 10:15 am ACTIVE BREAK led by BOKs
- 10:30 am **Community Strategies for Promoting Physical Activity**
Moderator: Jim Whitehead, American College of Sports Medicine, Roundtable Member
- Blueprint for Active Living Communities**
Jim Sallis, University of California, San Diego, Roundtable Member
- Research to Action: Leveraging Information Technologies for Population-Wide Physical Activity Promotion**
Abby King, Stanford University
- Discussion**
- 11:30 am LUNCH
- 12:30 pm **Institutional Strategies for Promoting Physical Activity**
Moderator: Linda Meyers, American Society for Nutrition, Roundtable Member
- Evidence-based and Innovative Strategies for School-based Physical Activity**
Allison Nihiser, Centers for Disease Control and Prevention
- Physical Activity Promotion at the Workplace: Design Matters**
Nico Pronk, HealthPartners, Inc., Roundtable Member
- Discussion**
- 1:30 pm **Moderated Panel Discussion: Implementation of Strategies that Promote Physical Activity**
Moderator: Harold W. (Bill) Kohl, III, University of Texas Health Science Center & University of Texas at Austin, Workshop Planning Committee Member
- Panelists:
Linda Fondren, Shape Up Sisters, Vicksburg, MS
Sean Hinkle, DC Scores, Washington, DC
Marisa Molina, Institute for Behavioral and Community Health, San Diego, CA
- 2:30 pm ADJOURN