

Examining Obesity in Head Start and Early Head Start: What's the Big Deal?

January 19-20, 2011, Hilton Atlanta Airport, Atlanta, Georgia

Examining Obesity in Head Start and Early Head Start takes a close look at startling research that demonstrates that preschool children in the U.S. are not immune to the dramatic increase in overweight and obesity statistics. Figures from the Centers for Disease Control show that about 24% of U.S. children aged two to five years are overweight and about 12% of children two to five meet the CDC's definition of obese. Recent research from the University of Miami shows that warning signs of potential heart disease are more likely to be elevated in children with a high Body Mass Index and a large waist circumference, substantiating that cardiovascular risk factors are in motion even at *preschool* ages.

Research also confirms that African-American, Hispanic, and low-income children have a higher risk of being overweight and obese than other children. Another disturbing finding is that, while concerned about the weight of their children, many parents do not associate weight with potential life-long health hazards and also have misconceptions about how to define and recognize obesity. Now more than any time in the history of the U.S., parents and caregivers are spending more time working outside the home and children are spending a larger portion of their time in out-of-home care settings. Research shows that this can contribute to stress and sedentary habits for the entire family, and to increased susceptibility to habits that negatively impact the child's level of physical activity.

Examining Obesity in Head Start and Early Head Start was specifically designed to explore in-depth the challenges and opportunities this national health crisis presents. Of the families served by Head Start/Early Head Start, 65 percent are from African-American, Hispanic, and low income populations, so Head Start is uniquely positioned to positively influence and impact family and early care practices. In addition to examining the issue of weight in our society, **Examining Obesity in Head Start and Early Head Start** will identify appropriate and effective strategies for identifying and addressing these issues in early childhood settings. Participants will also examine why being outdoors is the strongest correlate of physical activity for young children and why strategies for increasing time and activities in outdoor play areas is critical if Head Start is to live up to its promise to address the needs of the whole child.

The Standard Registration Fee is \$375 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$350 per person. (Some restrictions may apply based on the level of your subscription; please visit www.ttas.org/ays.html for information on how to become a subscriber.) For details on registering, including how to earn 1.075 Continuing Education Credits (CEUs) for this event, please see page 3.

Learning Outcomes

- ★ Participants will examine the issue of weight as it relates to children, families, and staff today, especially in early childhood settings.
- ★ Participants will explore effective methods to identify low weight, overweight, and obesity in children, families, and staff.
- ★ Participants will better understand and appreciate the complexity of family and staff weight issues in today's society.
- ★ Participants will identify effective and appropriate responses to addressing weight issues.



- ★ Participants will assess current, typical Head Start/Early Head Start practices in regard to encouraging and facilitating physical development and activity.

Your Presenters

As a Health & Early Head Start Specialist **Janie Sailors**, RN, BSN, NCSN recognizes that comprehensive Head Start health services require addressing the whole child. Her extensive experiences as Health Manager, medical professional, and trainer uniquely prepare her to tackle confusing mandates, regulations, and compelling health issues in early childhood as she works to develop and refine the medical, mental, nutritional, and oral health skills of Head Start Health Managers.



Jennifer Pecot, Family & Community Partnerships Specialist, provides training and technical assistance in the areas of parent and community involvement, family partnership agreements, ERSEA, health and nutrition in family services, and fatherhood initiatives. She has extensive experience training Head Start and Early Head Start Boards and Policy Councils. Jennifer has a BS degree in Human Development and is certified by the Program for Infant/Toddler Caregivers (PITC).

(T/TAS reserves the right to substitute or reduce the number of presenters as circumstances warrant.)

Hotel Accommodations

The Hilton Atlanta Airport is located at 1031 Virginia Avenue in Atlanta, Georgia. Hotel accommodations are available at the special conference rate of \$129 per night, single or double occupancy (plus applicable taxes). The hotel provides complimentary breakfast vouchers for all guests. To qualify for the special conference rate, please state that you will be attending **Head Start Examining Obesity** when making your hotel reservations. Please make your hotel reservations **no later than December 26, 2010** by calling 404-767-9000 or 800-HILTONS.

The room block will be held until the stated deadline or until the block is sold out, whichever comes first. Reservations are accepted on a space and rate availability basis by the hotel, and room blocks often fill quickly. Please consult the hotel for information on their specific cancellation policies, to learn about additional charges that may apply to hotel guests (i.e., parking fees, local phone charges, internet access fee, etc.), and to learn about available amenities, such as room service, in-house dining, and additional area attractions.

The Hilton Atlanta Airport is located just five minutes north of Hartsfield-Jackson Atlanta International Airport, two miles from the Georgia International Convention Center (GICC) and eight miles south of downtown Atlanta and the Georgia World Congress Center. The Hilton is also just a short drive from such area attractions as HiFi Buys Amphitheatre, the Martin Luther King Museum, Underground Atlanta, the World of Coca-Cola, the Georgia Aquarium and Zoo Atlanta, the Georgia Dome, Six Flags Over Georgia, and the Atlanta Motor Speedway. In addition to in-room dining and the light fare of The Coffee Bar, the Hilton also features beverages and snacks in the Finish Line Sports Bar, fine Italian cuisine in Andiamo, and your favorite American dishes in the Magnolia Grill.



Tentative Agenda

Wednesday, January 19, 2011

8:30 - 9:00 a.m.	Registration
9:00 - 10:30 a.m.	Introduction The Crisis: Defining the Problem
10:30 - 10:45 a.m.	Break
10:45 a.m. - 12:15 p.m.	Obesity is More Than a Number!
12:15 - 1:30 p.m.	Lunch on Your Own
1:30 - 3:00 p.m.	Sedentary Practices
3:00 - 3:15 p.m.	Break
3:15 - 4:30 p.m.	Outside and Inactive Q&A Session

Thursday, January 20, 2011

8:30 - 9:00 a.m.	Reflections and Sharing
9:00 - 10:15 a.m.	Engaging Families
10:15 - 10:30 a.m.	Break
10:30 a.m. - Noon	Activity and Exercise
Noon - 1:15 p.m.	Lunch on Your Own
1:15 - 2:15 p.m.	Let's Take a Look at Ourselves
2:15 - 2:30 p.m.	Break
2:30 - 3:30 p.m.	Responses and Solutions

Registering for T/TAS Events

- ★ **To Register On-Line:** Go to www.ttas.org/calendar.html, locate the event for which you wish to register, and then click on the **Register** button. OR you can visit our home page at www.ttas.org, click on the **On-Line Registration** link, and select the event for which you wish to register.
- ★ **To Register By Mail:** Copy the Registration Form in this catalog; OR go to www.ttas.org/calendar.html, click on title of the event for which you wish to register, and print the Registration Form from the on-line post; OR call 800-882-7482 and we will send the form you need by mail, fax, or e-mail. Complete the form, and return with check, money order, or Purchase Order (made out to **T/TAS**), or with Credit Card info (Visa, MasterCard, or Discover) to: **T/TAS, 1906 College Heights Boulevard #11031, Bowling Green, Kentucky 42101-1031.**
- ★ **To Register By Fax:** Copy the Registration Form in this catalog; OR go to www.ttas.org/calendar.html, click on title of the event for which you wish to register, and print the Registration Form from the on-line post; OR call 800-882-7482 and we will send the form you need by mail, fax, or e-mail. Complete the form, and fax your Registration Form with Purchase Order or Credit Card info (Visa, MasterCard, or Discover) to our office at **270-745-3340** or **270-745-2142.**

Registration forms will not be processed unless accompanied by payment, credit card info, or Purchase Order. Registrations will be accepted until events fill. ***Due to the requirements of the Information Technology administrators, registrations for all on-line events must be received 10 days prior to the start of the event.***

Enrollment is Limited: T/TAS cannot guarantee enrollment at events. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. T/TAS is not liable for any hotel or travel penalties or fees that may be incurred by participants or registrants.

Confirmation of Registration: Registrations can only be confirmed by e-mail. Please provide your e-mail address on the registration form if you wish to receive a confirmation. If you do not receive a confirmation within five days of registering for the event, please contact Mike Hartz at 800-882-7482.

Cancellations/Substitutions Policy: If you cancel your registration *in writing* 10 or more business days before the event, registration fees will be refunded, less a \$25 enrollment charge. No refunds will be made less than 10 business days prior to the event; however, you may designate a substitute to attend in your place. T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

Continuing Education Units (CEUs): Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of your registration form and include an additional fee of \$25 per person. Consult the event description to learn how many CEUs are offered for each event.

T/TAS Also Brings the Training to You

Did you know that T/TAS is also a leading provider of **on-site** professional development opportunities? Our knowledgeable experts deliver the same high-quality training and materials in your local program setting, reaching all of your staff at a cost competitive with the cost of sending just a few to a conference or seminar. Most of the events in our training catalogs can be adapted for presentation to your local program or to a cluster of programs in your geographic area. T/TAS also specializes in adapting our training style and content to meet the specific needs of your program, staff, and colleagues. To learn more, to discuss your local training needs, or to schedule training, call **800-882-7482!**





Event Registration Form

PLEASE COMPLETE ALL FIELDS AND PRINT NAME & POSITION of person attending exactly as it should appear on the name tag. Copy form as necessary for registering additional persons.

Name: _____ Position: _____

E-Mail Address: _____

Agency/Program: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Enrollment is Limited: T/TAS cannot guarantee enrollment in any event. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. There will be no on-site registration.

EVENT	SELECT FEE(S)
<input type="checkbox"/> EXAMINING OBESITY IN HEAD START AND EARLY HEAD START, JANUARY 19-20, 2011, ATLANTA, GEORGIA	<input type="checkbox"/> Standard Registration: \$375 <input type="checkbox"/> TTAS@Your Service Subscribers: \$350 * <input type="checkbox"/> Check if requesting 1.075 CEUs (10.75 contact hours) from Western Kentucky University and include an additional \$25 in payment.

* Subscribers, please include **TTAS@Your Service** Enrollment No. _____. Some restrictions may apply; visit www.ttas.org/ays.html for information on becoming a subscriber.

Room blocks often fill quickly; please make your hotel reservations by the date listed in the conference descriptions.

CHECK METHOD OF PAYMENT (Forms will not be processed unless accompanied by payment):

Check payable to T/TAS.

Purchase Order No. _____ payable to T/TAS.

Credit Card (Mastercard, Visa, Discover only): _____ - _____ - _____ - _____

Expiration Date: _____ Signature: _____

Visa Card Users, please include 3-digit V number from back of card: ____

Return to: **T/TAS**
1906 College Heights Boulevard #11031
Bowling Green, Kentucky 42101-1031
Fax: 270-745-3340 or 270-745-2142
Call 800-882-7482 for more information

<p>Accessibility Needs:</p> <p>Do you have any disability that requires special materials or services?</p> <p>Do you have a special dietary need?</p>
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Cancellations: To obtain a refund of registration fees (less \$25 enrollment charge), cancellations must be received **in writing** 10 working days prior to the start of the event.