



# 18th Annual Diabetes, Obesity and Cardiovascular Health Conference

## OBJECTIVES

- Understand how to risk stratify patients for atherosclerotic cardiovascular events
- Understand how to match intensity of lipid-lowering therapy to risk
- Understand the concept of shared decision making when considering pharmacologic therapy
- Educate attendees about Alabama's payday lending laws
- Discuss why and how these high-cost loan products are harmful to Alabamians
- Highlight how payday loan debt can and often does impact people's health outcomes
- The prevalence of kidney disease and the growing number of dialysis centers in Alabama
- Understanding the importance of early intervention in chronic kidney disease
- Discuss who needs to be at the table to address kidney disease in Alabama
- Describe the Righting Reflex and contrast it with the Spirit of Motivational Interviewing (MI).
- Identify the patient-centered MI communication principles and micro skills needed for conversations about comprehensive disease management or prevention that include health behavior change.
- Demonstrate MI communication skills in a real play activity with a partner
- Set goals for using MI in prevention applications in CVD, diabetes, and obesity
- Based on the *2019 Alabama Kids Count Data Book* and the national 2019 KIDS COUNT Data Book, attendees will have a better understanding of the following:
- What we are seeing in state trends as it pertains to child well-being in Alabama as compared to other states and what would it take for Alabama to improve our standing
- Review of some indicators that reflect child well-being and why they matter
- Gaps in outcomes and which populations are disproportionately impacted
- How healthy are Alabama's children?
- Looking ahead to the 2020 Legislative Session and policy solutions that could create systemic change
- What the 2020 Census means to our state and your local community

**18<sup>th</sup> Annual Diabetes, Obesity, and Cardiovascular Health Conference  
November 22, 2019**

**AGENDA**

- 8:30am-9:00am.....Registration/Welcome**
- 9:00 am-9:30 am.....The State of The Child and Census 2020  
Rhonda Mann, Deputy Director, Voices for Alabama Children  
Montgomery, AL**
- 9:30am-10:00am.....The State of Alabama’s Health  
TBA  
Alabama Department of Public Health**
- 10:00am-11:00am.....The Cholesterol Guidelines  
Vera Bittner, MD, MSPH  
Professor of Medicine Section Head, General Cardiology, Prevention and Imaging  
UAB School of Medicine**
- 11:00am-11:30am.....Addressing Kidney Disease  
Dr. Shawna C. Daniel, RN, PhD  
Assistant Professor, UAB School of Nursing**
- 11:30am-12:00pm.....Obesity in the South  
Lita Chatham, RD  
Obesity Task Force**
- 12:00pm-1:00pm....Motivational Interviewing to Address Cardiovascular, Diabetes and Obesity Risk  
Dr. Jan Kavookjian, MBA, PhD  
Harrison School of Pharmacy**
- 1:00pm-2:00pm.....Medicare Update 2020  
Susan Segrest, Executive Director  
SHIP, Alabama Department of Senior Services**
- 2:00pm-2:30pm.....Health Literacy  
Dr. Evelyn Crayton, RD, EdD  
Co-Chair of ADN, Director, Living Well Associates**
- 2:30 pm-3:00pm.....Pay Day Lending Effect on Healthcare in Alabama  
Dana Sweeney  
Alabama Appleseed**

## Speakers

**Vera Bittner**, MD, MSPH, Professor of Medicine Section Head, General Cardiology, Prevention and Imaging

**Lita Chatham**, RD, Obesity Task Force, Alabama Department of Public Health

**Evelyn Crayton**, EdD, RDN, LDN, Co-Chair ADN, Director, Living Well Associates

**Shawna C. Daniel**, RN, PhD, Assistant Professor, UAB School of Nursing

**Jan Kavookjian**, MBA, PhD, Harrison School of Pharmacy

**Rhonda Mann**, Deputy Director, Voices for Alabama Children

**Susan Segrest**, Executive Director, SHIP, Alabama Department of Senior Services

**Dana Sweeney**, Alabama Appleseed

## Program Planning Committee Members

Tina K. Allen, BSN, MSN, EdD, RN

Evelyn Crayton, EdD, RDN, LDN

Debra Griffin, BSN, RN

Alethea Hill, PhD, ACNP-BC, ANP-BC

## Exhibitors/Sponsors

Alabama Beverage Association

Alabama Cardiovascular Health Program

Alabama Cattlemen's Association

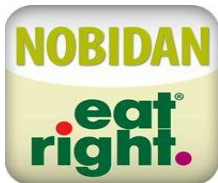
Alabama Cooperative Extension System

Alabama Department of Public Health

Living Well Associates, LLC

National Organization of Blacks in Dietetics and Nutrition (NOBIDAN)

We appreciate the collaborative efforts of our partner agencies as we host the 18th Annual Diabetes, Obesity and Cardiovascular Health Conference. Education is the key to success in the control of diabetes and obesity. Thank you for joining us. We trust you will gain information to help improve the lives of people across the state and the nation.



National Organization of

Blacks in Dietetics and Nutrition



Living Well Associates, LLC



# Cardiovascular, Diabetes and Obesity Conference

Alabama Cattlemen Association  
201 South Bainbridge Street  
Conference Room, 3<sup>rd</sup> Floor  
Montgomery, AL 36104  
November 22, 2019  
**REGISTRATION FORM**

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

TITLE: \_\_\_\_\_ FAX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ COUNTY: \_\_\_\_\_

PHONE: \_\_\_\_\_

REGISTERED NURSE: CERTIFIED NUMBER: \_\_\_\_\_

REGISTERED DIETITIAN: REGISTRATION NUMBER: \_\_\_\_\_

**\*6 CONTACT HOURS CEUS PENDING APPROVAL**

**PRE- REGISTRATION COST (Includes all handouts, CEUs and lunch)**

**Pre- Registration - \$20.00: Students and community persons (Not Employed) – Due November 1, 2019**

**Pre-Registration - \$50.00: Healthcare Professionals - Due November 1, 2019**

**\$250.00: Exhibitors**

**Special Diet: (Specify) \_\_\_\_\_**

**Registration is due (November 1, 2019). Please make check payable to Living Well Associations. Include in the memo portion of the, “Diabetes Workshop” and mail to Dr. Evelyn Crayton at the address below.**

**ON-SITE LATE FEE IS AN ADDITIONAL \$20.00 for Students and Healthcare Professionals.**

**For more information contact:**

**Mail Checks to Dr. Evelyn Crayton, 124 Elm Drive, Montgomery, Alabama 36117; Phone (334) 272-3487 or (334)220-3061- Cell**

**Debra M. Griffin, RN, BSN: Alabama Department of Public Health: (334) 206-2066 -Work**