

# Obesity - Changing the Shape of Alabama

## Satellite Conference and Live Webcast

Wednesday, January 8, 2014, 10:00 a.m.-12:00 p.m. (Central Time)

11:00 a.m.-1:00 p.m. (Eastern) • 9:00-11:00 a.m. (Mountain) • 8:00-10:00 a.m. (Pacific)

Obesity, quite literally, is a growing problem all across the United States and it tends to affect our state more than others. It is a complex health issue that was recently deemed a disease. Behavioral, environmental, and genetic factors play a role and a multi-pronged approach to obesity is necessary so that healthy behaviors are the convenient, natural choice. Program faculty will demonstrate how healthy lifestyle changes and worksite initiatives can help reverse an expanding trend.

### PROGRAM OBJECTIVES:

1. Discuss obesity trends in Alabama and the United States.
2. Identify three chronic diseases associated with obesity.
3. Identify strategies to prevent or reduce obesity in the workplace.
4. List two local initiatives taking place in our state to address the burden of obesity.

### FACULTY:

**Molly B. Killman, MS, RD, LD**

Director

Nutrition and Physical Activity Division  
Alabama Department of Public Health  
Montgomery, Alabama

### CONFERENCE DETAILS:

**Target Audience:** Nurses, social workers, nutritionists, dietitians, health care providers, school educators and administrators, public health educators, fitness educators

**Continuing Education:** Nurses 2 hours, social workers 2 hours, registered dietitians 2 hours

**Registration:** [www.adph.org/alphtn](http://www.adph.org/alphtn)

**Technical Information:** To receive complete technical information you must register at [www.adph.org/alphtn](http://www.adph.org/alphtn)

*Satellite* - Live satellite conference on C band (analog).

*Webcast* - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphtn](http://www.adph.org/alphtn)

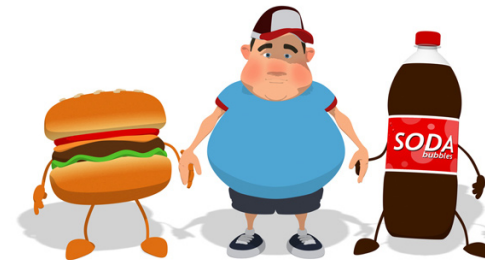
*Audio* - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

*On Demand* - Available 2-3 business days after the live broadcast from the On Demand page of our website.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)



*\*\*The content of this program is based on the policies and procedures of the Alabama Department of Public Health, Alabama and federal statutes, rules, regulations, and guidelines. Viewers not employed by the ADPH should always check to clarify whether the content is accurate according to the statutes, regulations, and policies of their jurisdiction and agency. \*\**

*The Alabama Department of Public Health is an approved provider of continuing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*