

# Fitness for Duty: A Simple System for Making Health Related Change

## Satellite Conference and Live Webcast

Thursday, January 17, 2008 • 12:00-1:30 p.m. (Central Time)

1:00-2:30 p.m. (Eastern) • 11:00 a.m.-12:30 p.m. (Mountain) • 10:00-11:30 a.m. (Pacific)

In order to provide care to the public, the public health workforce must be fit and ready to perform. Their health practices are critical not only as a model to the larger public but as a means of assuring their own fitness for duty. Unfortunately, the public health workforce is not immune to our national health problems. Obesity, diabetes, smoking, medication compliance, sleep deprivation—all represent threats to the performance capabilities of the workforce. The answer to all of these threats comes down to the actions that individuals take on a daily basis. Fitness from a physical, psychological, social and spiritual perspective is dependent on the actions of individuals.

While the role of information and motivation to change has become well recognized, it is not sufficient for sustaining lasting change. Individuals must have a core set of behavior change skills in order to succeed. Unfortunately, many health and wellness programs fail to explicitly teach this core set of skills. Program faculty will describe a model for understanding the components of successful health behavior change and a system for providing individuals with a core set of evidence-based behavior change skills. This particular approach gives individuals the skill base to make changes in a variety of behaviors including diet, exercise, medication adherence, screenings and immunizations.

### Faculty:

**Joshua Klapow, PhD**

Associate Professor

Department of Health Care Organization and Policy  
South Central Center for Public Health Preparedness  
University of Alabama at Birmingham

### Conference Details:

Target Audience: Public health workforce, healthcare providers, individuals working with populations in need of lifestyle change, first responders, physicians, nurses, health educators, and mental health professionals.

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

CEUs: None for this program

Satellite Technical Information:

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Webcast Access: On the day of the program, go to [www.adph.org/alphtn](http://www.adph.org/alphtn) and click on the “view webcast” link.

Conference Materials: Posted on ADPH website approximately one week before the program.

### Program Objectives:

1. Recognize the importance of behavioral science in public health initiatives.
2. Become familiar with the efficacy of competing behavior change models.
3. Be able to differentiate deficits in knowledge vs. deficits in motivation vs. deficits in behavior change skills.
4. Learn how to apply a simple model for implementing health related life change.

To make this broadcast as practical as possible, we are asking that you send in “real world scenarios” addressing some of the challenges you have observed in facilitating health related behavior change. Dr. Klapow will discuss and provide practical solutions to these viewer submitted emails. All emails will remain confidential. Names, affiliations and locations will not be mentioned. Remember, the challenges you or your organization face are likely faced by others.

Questions can relate to a variety of issues, such as sustaining lifestyle changes, snacking under stress and successful ways to boost motivation for healthy behavior change. Dr. Klapow will also discuss diet, exercise, challenges related to getting groups of people motivated to make healthy changes and long-term success stories.

Submit your scenarios to [alphtnquestions@adph.state.al.us](mailto:alphtnquestions@adph.state.al.us).

The South Central Public Health Training Center is a partnership of the state health departments in Alabama, Arkansas, Louisiana and Mississippi and the Schools of Public Health at UAB and Tulane University with funding from the Health Resources and Services Administration, DHHS.



**alabama public health training network**