FRIDAY, FEBRUARY 27TH

5:30 pm – 6:15 pm  Dinner

6:00 pm - 6:45 pm  Lose Weight, Now What? Why telling patients to eat less and exercise more is not enough
Mary Elizabeth Day, MS, RDN, LD - Clinical Manager for the UAMS Weight Control Clinic, UAMS
ACPE# 0004-9999-15-028-L01-P  0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
• Identify the health and financial benefits of losing weight
• Discuss the challenges and barriers that patients have with losing weight and maintaining weight loss
• Discuss behavioral strategies for weight loss and weight management
• Discuss the role of physical activity in weight loss
• Discuss dietary treatment plans for weight loss and maintenance

6:45 - 7:30 pm  Newer Technologies for Obesity Management
Monica Agarwal, MD – Assistant Professor, UAMS
ACPE# 0004-9999-15-029-L01-P  0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
• Explain newer applications for weight management.
• Summarize the use of vagal nerve stimulation for obesity management.
• Describe new technologies utilized for management of obesity.

7:30 - 8:00 pm  Weight and Health
LaQuisha Hervey, RN – Clinical Coordinator, VA Hospital
ACPE# 0004-9999-15-030-L01-P  0.5 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
• Discuss the difference between fatness vs fitness.
• Describe the limitations of BMI.
• Discuss the latest research in obesity and mortality.

8:00 - 8:30 pm  Meet and Greet/View Posters

SATURDAY, FEBRUARY 28TH

7:00 am - 8:00 am  Registration

8:00 am – 8:50 am  State of Obesity in Arkansas
Joseph Bates, MD, MS - Dep. State Health Officer, Arkansas Dept. of Health
ACPE# 0004-9999-15-031-L04-P  0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
• State the reasons for childhood obesity in Arkansas
• Describe the social factors impacting the risk of obesity in Adults
• Identify the medical risk factors associated with obesity

9:00 am – 9:50 am  Behavior Change and Exercise for Management of Obesity
Patricia Dubbert, PhD – Professor, UAMS College of Medicine Department of Psychiatry and Central AR Veterans Healthcare System
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
- Review behavior change methods and results for behavioral treatment of obesity
- Discuss appropriate uses of exercise for weight management
- Discuss intervention strategies to promote exercise for weight management

9:50 - 10:15am Break/Exhibits

10:15 am – 11 am Weight Issues and Cardiovascular Health in the Elderly
Jeanne Wei, MD, PhD - Executive Director-Reynolds Institute on Aging; Professor & Chairman - Reynolds Dept. of Geriatrics, UAMS
ACPE# 0004-9999-15-033-L0-P 0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
- Discuss the effects of advancing age on appetite, muscle mass and energy requirements in seniors with heart disease.
- Describe the role of nutrition in reducing frailty, falls, weakness and acute hospital readmission in the elderly with heart failure.
- Review the latest non-drug and nutritional therapies for patients with heart disease suffering from under-nutrition.

11:00 am – 11:45 am Obesity, Diabetes and Bariatric Surgery
Lamont Weide MD, PhD, FACE - Chief, Endocrinology, Professor of Medicine, UMKC
ACPE# 0004-9999-15-034-L01-P 0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
- Discuss the burden of diabetes and obesity on society and the individual.
- Explain the metabolic changes that occur after bariatric surgery
- List the potential health benefits that occur after bariatric surgery

11:45 pm – 12:30 pm Lunch - Kitchen Classroom

12:30 pm – 1:15 pm Human Microbiome and Obesity
Mohit Girotra, MD, FACP – Chief Fellow, Division Of Gastroenterology and Hepatology, UAMS
ACPE# 0004-9999-15-035-L01-P 0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
- Describe the role of human microbiome in GI disorders.
- Explain the role of human microbiome in obesity.
- Discuss the role of gastroenterologists in this complex management algorithm.

1:15 pm – 2:00 pm New Drug Therapies for Obesity Management
Jeremy Thomas, PharmD – Associate Professor, UAMS College of Pharmacy
ACPE# 0004-9999-15-036-L01-P 0.75 Contact Hours
This educational activity will be knowledge based.
Upon completion of this activity participants will be able to:
- List indications for recently approved obesity medications
- Identify pertinent contraindications and precautions for recently approved obesity medications
- Describe common as well as serious adverse events associated with recently approved obesity medications

2:00 pm – 2:45 pm Food Talk: Supporting Parents In Nutrition
Taren Swindle, PhD – Assistant Professor, UAMS
This educational activity will be knowledge based.

Upon completion of this activity participants will be able to:

- Express empathy for families with low health literacy and limited exposure to healthy eating.
- Apply 4 principals for healthcare professionals to support families in healthy eating.
- Discuss 3 key messages to deliver to parents.

2:45 pm – 3:15 pm  **Break/Exhibits**

3:15 pm – 4:00 pm **Food Environment and Childhood Obesity**
Michael Thomsen, PhD – Associate Professor, UAMS
ACPE# 0004-9999-15-038-L04-P  0.75 Contact Hours

This educational activity will be knowledge based.

Upon completion of this activity participants will be able to:

- Explain the complexity of measuring the food environment including household access to healthy foods.
- Describe the linkage between weight gain and the food environment based on a unique database of Arkansas childhood BMI screenings.
- Prioritize policy interventions to address poor food environments and childhood obesity.

4:00 pm - 4:45pm **Weight Bias and Stigma**
Amber Huett-Garcia, MPA – Vice Chair, Obesity Action Coalition
ACPE# 0004-9999-15-039-L04-P  0.75 Contact Hours

This educational activity will be knowledge based.

Upon completion of this activity participants will be able to:

- Define weight bias and stigma.
- Identify weight bias and how it holds us back as a society.
- Describe how to become an OAC advocate.

4:45 pm – 5:30 pm **Bariatric Surgery: Indications, Options and Risks**
James Clay Wellborn, Jr., MD, FACS, FASMBS – Bariatric Surgeon
ACPE# 0004-9999-15-040-L01-P  0.75 Contact Hours

This educational activity will be knowledge based.

Upon completion of this activity participants will be able to:

- Identify the indications for bariatric surgeries in a population.
- State the most common bariatric surgical procedures.
- Describe the common risks associated with bariatric surgeries.

5:30-5:45pm **Poster session**

5:45-6:30pm **Dinner/Kitchen Classroom**

**SUNDAY, MARCH 1ST**

7:00-8:00am **Registration/Visit Posters**

8:00 – 8:30 am **The Art of Guiding Behavior Change: An Introduction to Motivational Interviewing**
Susan Dopart, MS, RD, CDE – Health & Wellness Consultant
ACPE# 0004-9999-15-041-L0-P  0.5 Contact Hours

This educational activity will be knowledge based.

Upon completion of this activity participants will be able to:

- Describe the “spirit” and key principles and theoretical basis of Motivational Interviewing (MI).
- List the four processes of MI.
- Discuss the importance of MI.
8:30 – 9:00 am  
**Obesity Guidelines**
Monica Agarwal, MD – Assistant Professor, UAMS  
ACPE# 0004-9999-15-042-L01-P  0.5 Contact Hours  
This educational activity will be knowledge based.  
Upon completion of this activity participants will be able to:  
- Discuss the guidelines for management of obesity  
- Describe the integration of dietary, medical and surgical intervention for weight management  
- Discuss the role of obesity management in prediabetes and diabetes

**Alternative Optional MI Intensive Workshop**
9:00 am – Noon  
**Motivational Interviewing Workshop**
Susan Dopart, MS, RD, CDE  
Joseph Banken PhD  
ACPE# 0004-9999-15-043-L04-P  3.0 Contact Hours  
This educational activity will be application based.  
Upon completion of this activity participants will be able to:  
- Describe how the four processes of MI contribute to positive conversations about behavior change  
- Practice MI skills and early strategies for use in practice  
- Apply advanced MI skills to future learning goals  
- Evoke the “change talk” in patients  
- Identify patient internal motivation for behavior change

9:00 - 9:45 am  
**Call for Action for a Coordinated Approach to A Diabetes Prevention Evidence-Based Program**
Lucille Hughes MSN/ED, CDE, BC-ADM, FAADE - Director of Population Health, Viridian Health Management  
ACPE# 0004-9999-15-044-L04-P  0.75 Contact Hours  
This educational activity will be knowledge based.  
Upon completion of this activity participants will be able to:  
- Describe the National Diabetes Prevention Program background and key research outcomes.  
- Apply program application knowledge to the development of local / regional diabetes prevention strategies  
- Summarize the current national/regional efforts in the scaling of the National DPP

9:45- 10:30 am  
**Obesity and Physical Activity in Arkansas**
Becky Adams, DrPH, RD, CDE – Partnership and Policy Director, Chronic Disease Prevention and Control Branch, Arkansas Department of Health  
ACPE# 0004-9999-15-045-L04-P  0.75 Contact Hours  
This educational activity will be knowledge based.  
Upon completion of this activity participants will be able to:  
- List the physical activity guidelines for adults.  
- List the physical activity guidelines for children.  
- Name at least two strategies to increase physical activity in communities.

10:30-10:45am  
**Break/Posters**

10:45-11:30am  
**Beyond the BMI: Holistic Evaluation Processes in Preparation for Obesity Management**
Letha Mosley, PhD, OTR/L, FAOTA – Assistant Professor, University of Central Arkansas  
ACPE# 0004-9999-15-046-L04-P  0.75 Contact Hours  
This educational activity will be knowledge based.  
Upon completion of this activity participants will be able to:  
- Describe conventional methods for assessing obesity.
• Describe current evidence on the impact of obesity on ability, disability, and satisfaction in completing activities of daily living.
• Distinguish between the various components and evaluation procedures of the Comprehensive Obesity and Occupational Performance Evaluation (COOPE).
• Using data from the COOPE, determine the occupational performance levels and relevant goals for individuals identified as obese.
• Evaluate the feasibility and potential for using findings from the COOPE in his/her practice setting.

11:30-12:15pm  

**10-Year Obesity Plan (report)**  
Kathleen Curry - Winthrop Rockefeller Institute and Helen Reid, MPH - Winthrop Rockefeller Institute  
ACPE# 0004-9999-15-047-L04-P  0.75 Contact Hours  
This educational activity will be knowledge based. Upon completion of this activity participants will be able to:  
• Describe the priorities for Arkansas' plan to reduce obesity  
• Detail action programs from state health officials

12:15-12:30pm  

**Wrap Up**

**Continuing Pharmacy Education Credit**

To receive credit, the pharmacy participant must complete & submit attendance forms and complete all online post-tests/program evaluation forms. If the attendance documentation is illegible then no credit can be issued. Partial credit will not be given for a session; you must attend each session in full to receive credit for that particular session. Credit will be uploaded to CPE monitor within 60 business days of completion of program. Participants will be notified via email when credit has been uploaded to the CPE monitor database. You may check the status of your CPE credit anytime by logging on to your CPE Monitor account at [www.mycpemonitor.net](http://www.mycpemonitor.net)

The University of Arkansas for Medical Sciences College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.