

Beyond BMI

Cultivating Compassion, Community and
Collaboration for Child Wellness

*Organized by the
San Diego County Childhood Obesity Initiative*



UC San Diego
Altman Clinical and Translational
Research Institute

UC San Diego
School of Medicine

<https://beyondbmi.eventbrite.com/>

Join us for a workshop focused on family-centered, trauma-informed approaches to child weight management. **Visit here for more information and registration:**

<https://beyondbmi.eventbrite.com>

WHEN: Saturday, January 22, 2022 8:00 AM - 1:00 PM

WHERE: Virtual event

This activity has been approved *for AMA PRA Category 1 Credit™*.

This workshop is organized through the San Diego County Childhood Obesity Initiative.

Program Overview

This workshop is offered to healthcare providers within San Diego County, including physicians, medical residents, nurses, and other healthcare collaborators. Registration is open to anyone interested in trauma-informed care, with options to receive up to 4 CMEs (physicians) or CEUs (nurses and other providers), as well as general admission without credit.

Program Agenda

- 7:50 AM - 8:00 AM** Zoom opens
- 8:00 AM - 8:10 AM** Welcome
Kyung (Kay) Rhee, MD, MSc, MA, San Diego County Childhood Obesity Initiative
- 8:10 AM - 8:20 AM** Opening Remarks
Pradeep Gidwani, MD, MPH, American Academy of Pediatrics
- 8:20 AM - 9:20 AM** Keynote: Trauma-Informed Nutrition
Adrienne Markworth, Leah's Pantry
- 9:20 AM - 9:25 AM** Community Health Resource: Spotlight on San Diego Hunger Coalition
- 9:25 AM - 9:30 AM** Community Health Resource: Spotlight on Mas Fresco, More Fresh
- 9:30 AM - 10:30 AM** Meet the Patient Where They Are: Motivational Interviewing and Family Coaching Practices to Build Protective Factors (Partners In Prevention-ACES Aware)
Brandi Paniagua, MA, YMCA Lori Clarke, MA, MFT, San Diego State University Social Policy Institute
- 10:30 AM - 10:40 AM** Break
- 10:40 AM - 10:45 AM** Community Health Resource: Spotlight on 2-1-1
- 10:45 AM - 11:15 AM** Practice Assessment: Putting New Resources into Practice & Activity Break
- 11:15 AM - 12:15 PM** Piecing the Puzzle Together: Resources for Providers
Marsha Spitzer, MD, Family Health Centers of San Diego Patricia Cantrell, MD, Kaiser Permanente Jeffrey Schwimmer, MD, Rady Children's Hospital Teresa Hardisty, MD, Sharp Rees Stealy Pradeep Gidwani, MD, MPH, American Academy of Pediatrics
- 12:15 PM - 12:20 PM** Partner Resource: Spotlight on Altman Clinical & Translational Research Institute
- 12:20 PM - 12:30 PM** Closing Remarks
Kyung (Kay) Rhee, MD, MSc, MA, San Diego County Childhood Obesity Initiative
- 12:30 PM - 1:00 PM** Community Health Resource Fair and Attendee Evaluation
Resource booths showcased by the following organizations: 2-1-1 San Diego, Olivewood Garden Kitchenistas Program, San Diego Hunger Coalition, WIC, Mas Fresco, UCSD Altman Clinical & Translational Research Institute, 5-2-1-0 COI program