

# Examining Obesity in Head Start and Early Head Start: What's the Big Deal?

February 9-10, 2010

Crowne Plaza San Antonio Riverwalk, San Antonio, Texas

**Examining Obesity in Head Start and Early Head Start** takes a close look at startling research that demonstrates that preschool children in the U.S. are not immune to the dramatic increase in overweight and obesity statistics. Figures from the Centers for Disease Control show that about 24 percent of U.S. children aged two to five years are overweight and about 12 percent of children two to five meet the CDC's definition of obese. Recent research from the University of Miami shows that warning signs of potential heart disease are more likely to be elevated in children with a high Body Mass Index and a large waist circumference, substantiating that cardiovascular risk factors are in motion even at preschool ages.



Research also confirms that African-American, Hispanic, and low-income children have a higher risk of being overweight and obese than other children. Another disturbing finding is that, while concerned about the weight of their children, many parents do not associate weight with potential life-long health hazards and also have misconceptions about how to define and recognize obesity. Now more than any time in the history of the U.S., parents and caregivers are spending more time working outside the home and children are spending a larger portion of their time in out-of-home care settings. Research shows that this can contribute to stress and sedentary habits for the entire family, and to increased susceptibility to habits that negatively impact the child's level of physical activity.

**Examining Obesity in Head Start and Early Head Start** was specifically designed to explore in-depth the challenges and opportunities this national health crisis presents. Of the families served by Head Start and Early Head Start, 65 percent are from African-American, Hispanic, and low income populations, so Head Start is uniquely positioned to positively influence and impact family and early care practices. In addition to examining the issue of weight in our society, **Examining Obesity in Head Start and Early Head Start** will identify appropriate and effective

strategies for identifying and addressing these issues in early childhood settings. Participants will also examine why being outdoors is the strongest correlate of physical activity for young children and why strategies for increasing time and activities in outdoor play areas is critical if Head Start is to live up to its promise to address the needs of the whole child.

The Standard Registration Fee is \$375 per person. Members of *T/TAS@Your Service* may qualify for the Subscriber Rate of \$350 per person. (Some restrictions may apply based on level of subscription; visit [www.ttas.org/ays.html](http://www.ttas.org/ays.html) for information on how to become a subscriber.) For details on registering, including how to earn 1.1 Continuing Education Credits (CEUs) for this event, please see page 3.

## Learning Outcomes

- Participants will examine the issue of weight as it relates to children, families, and staff today, especially in early childhood settings.
- Participants will explore effective methods for identifying low weight, overweight, and obesity in children, families, and staff.
- Participants will better understand and appreciate the complexity of family and staff weight issues in today's society.
- Participants will identify effective and appropriate responses to addressing weight issues.
- Participants will assess current, typical Head Start and Early Head Start play areas and practices in regard to encouraging and facilitating physical development and activity.

## Your Presenters



**Janie Sailors**, RN, BSN, NCSN, has over 30 years of community and pediatric nursing experience, including over 15 years of work in Head Start and Early Head Start. Certified by the Program for Infant-Toddler Caregivers, Ms. Sailors is uniquely prepared to address today's compelling early childhood health issues and works to develop and refine the medical, mental, nutritional, and oral health skills of Early Head Start and Head Start Health Managers.



**Jennifer Pecot**, Family & Community Partnership Specialist, provides training and technical assistance in the areas of parent/community involvement, family partnership agreements, ERSEA, program governance, and fatherhood initiatives. She also has extensive experience training Head Start Boards and Policy Councils. Jennifer has a BS degree in Human Development, and is certified in all four modules of the Program for Infant-Toddler Caregivers.

*(T/TAS reserves the right to substitute or reduce the number of presenters as circumstances warrant.)*

## Hotel Accommodations

The Crowne Plaza Hotel San Antonio Riverwalk is located at 111 Pecan Street East in historic San Antonio, Texas. Hotel accommodations are available at the special conference rate of \$117 per night, single or double occupancy (plus applicable taxes). Please make your hotel reservations **no later than January 9, 2010** by calling 800-828-6547, 888-233-9527, or 210-354-2800. You may also make your hotel reservations on-line at <https://resweb.passkey.com/go/hs2>.

To qualify for the special conference rate, please state that you will be attending **Head Start Examining Obesity**. The room block will be held until the stated deadline or until the block is sold out, whichever comes first. Reservations are accepted on a space and rate availability basis by the hotel, and room blocks often fill quickly. Please consult the hotel for information on their specific cancellation policies, to learn about additional charges that may apply to hotel guests (i.e., parking fees, local phone charges, internet access fee, etc.), and to learn about available amenities, such as room service, in-house dining, and additional area attractions.

Enjoy all the excitement, charm and culture of San Antonio while staying at the beautiful Crowne Plaza San Antonio Riverwalk. Experience the warmth and comfort of a grand hotel combined with the comfort and amenities of today's business hotels. The hotel is within walking distance of the Alamo, Hemisfair Park and Tower, El Mercado Marketplace, the San Antonio Convention Center, and the River Center Mall, and just a short drive from Fiesta Texas (a Six Flags Amusement Park), Sea World, Schlitterbahn Water Park, the San Antonio Missions, and the San Marcos Outlet Center.



## Tentative Agenda

### February 9, 2010

|                         |   |
|-------------------------|---|
| 8:30 - 9:00 a.m.        | Registration and Refreshments                                       |
| 9:00 - 9:15 a.m.        | Welcome and Introductions   |
| 9:15 - 10:30 a.m.       | The Crisis: Defining the Problem                                    |
| 10:30 - 10:45 a.m.      | Break   |
| 10:45 a.m. - 12:15 p.m. | Complexities Surrounding the Crisis: Obesity is More Than a Number! |
| 12:15 - 1:30 p.m.       | Lunch on Your Own   |
| 1:30 - 3:00 p.m.        | Sedentary Habits in Head Start and Early Head Start                 |
| 3:00 - 3:15 p.m.        | Break   |
| 3:15 - 4:15 p.m.        | Responses and Solutions   |
| 4:15 - 4:30 p.m.        | Wrap-up   |

### February 10, 2010

|                   |                                     |
|-------------------|-------------------------------------|
| 8:30 - 9:00 a.m.  | Reflections and Sharing             |
| 9:00 - 10:15 a.m. | Responses and Solutions             |
| 10:15 - 10:30     | Break                               |
| 10:30 a.m. - Noon | Responses and Solutions             |
| Noon - 1:15 p.m.  | Lunch on Your Own                   |
| 1:15 - 2:15 p.m.  | Now, Let's Take a Look at Ourselves |
| 2:15 - 2:30 p.m.  | Break                               |
| 2:30 - 3:30 p.m.  | Planning for the Future             |

# Registering for T/TAS Events

It is easy to register for events sponsored by T/TAS. There are three methods for registering:

- ★ **To Register On-Line:** To register for any T/TAS event, please go to our web site at [www.ttas.org/calendar.html](http://www.ttas.org/calendar.html), locate the event you wish to register for, and then click on the **Register** button.
- ★ **To Register By Mail:** Complete and return the attached Registration Form with check, money order, or Purchase Order (made out to T/TAS), or with Credit Card info (Visa, MasterCard, or Discover) to: **T/TAS, 1906 College Heights Boulevard, #11031, Bowling Green, Kentucky 42101-1031.**
- ★ **To Register By Fax:** Complete and fax the attached Registration Form with Purchase Order or Credit Card (Visa, MasterCard, or Discover) information to our office at 270-745-3340 or 270-745-2142.

Registration forms will not be processed unless accompanied by payment, credit card info, or Purchase Order. Registrations will be accepted until events fill.

**Enrollment is Limited:** T/TAS cannot guarantee enrollment at events. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. T/TAS is not liable for any hotel or travel penalties or fees that may be incurred by participants or registrants.

**Confirmation of Registration:** Registrations can only be confirmed by e-mail. Please provide your e-mail address on the registration form if you wish to receive a confirmation. If you do not receive a confirmation within five days of registering for the event, please contact Mike Hartz at 800-882-7482.

**Cancellations/Substitutions Policy:** If you cancel your registration in writing 10 or more business days before the event, registration fees will be refunded, less a \$25 enrollment charge. No refunds will be made less than 10 business days prior to the event; however, you may designate a substitute to attend in your place. T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

**Continuing Education Units (CEUs):** Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of the attached registration form and include an additional fee of \$25 per person. Consult the event registration form to learn how many CEUs will be offered for each event.

## T/TAS Also Brings the Training to You

T/TAS is a leading provider of on-site professional development training and technical assistance. Our knowledgeable experts deliver the same high-quality training and materials in your local program setting, reaching **all** of your staff at a cost competitive with the cost of sending just a few to a conference or seminar. **Most of the events in our annual and quarterly training catalogs can be adapted for presentation in your local program or cluster.**

T/TAS also specializes in designing training specifically for delivery on-site in your local program, including such titles as *Preparing for An On-Site Federal Review*; *Program Governance: Road Map to Success for Decision-Makers*; *Positive Guidance: Making A Place for Everyone*; *Self-Assessment*; *The Supervisor/Mentor Coach Institute*; *Five Parenting Behaviors That Predict Success in School*; *Supporting the Involvement of Fathers in the Lives of Young Children*; and *Ongoing Monitoring: The Key to Quality in Head Start*. To learn more or to schedule training, call 800-882-7482.



# Event Registration Form

PLEASE PRINT THE NAME AND POSITION OF THE PERSON ATTENDING exactly as it should appear on the name tag. Copy this form as necessary for registering additional persons.

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Agency/Program: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail Address (for Confirmation of Registration): \_\_\_\_\_

**Enrollment is Limited:** T/TAS cannot guarantee enrollment in any event. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. There will be no on-site registration.

| EVENT  | SELECT FEE(S)   |
|--|---|
| <input type="checkbox"/> <b>EXAMINING OBESITY IN HEAD START AND EARLY HEAD START</b> ,<br>CROWNE PLAZA HOTEL SAN ANTONIO RIVERWALK, FEBRUARY 9-10,<br>2010, SAN ANTONIO, TEXAS | <input type="checkbox"/> Standard Registration: \$375<br><input type="checkbox"/> <b>TTAS@Your Service</b> Subscribers:<br>\$350 *<br><br><input type="checkbox"/> Check if requesting 1.1 CEUs (11<br>contact hours) from Western Kentucky<br>University and include an additional<br>\$25 in payment. |

\* Subscribers, please include **TTAS@Your Service** Enrollment No. \_\_\_\_\_. Some restrictions may apply; visit [www.ttas.org/ays.html](http://www.ttas.org/ays.html) for information on becoming a subscriber.

Room blocks often fill quickly; please make your hotel reservations by the date listed in the conference descriptions.

**CHECK METHOD OF PAYMENT** (Forms will not be processed unless accompanied by payment):

- Check payable to T/TAS.
- Purchase Order No. \_\_\_\_\_ payable to T/TAS.
- Credit Card (Mastercard, Visa, Discover only): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_  
*Visa Card Users, please include 3-digit V number from back of card: \_\_\_\_\_*

**Return to:** **T/TAS**  
1906 College Heights Boulevard #11031  
Bowling Green, Kentucky 42101-1031  
Fax: 270-745-3340 or 270-745-2142  
Call 800-882-7482 for more information

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| <p><b>ACCESSIBILITY NEEDS:</b></p> <p>Do you have any disability that requires special materials or services?</p> <p>Do you have a special dietary need?</p> |
|--|

Cancellations: To obtain a refund of registration fees (less \$25 enrollment charge), cancellations must be received **in writing** 10 working days prior to the start of the event.