

An Educational Health Forum

Talking With Kids About Healthy Lifestyles

Physical Activity ~ Nutrition ~ Healthy Weight



Co-Sponsored by:

Massachusetts Department of Public Health
Massachusetts Department of Elementary
and Secondary Education

Legislative Co-Hosts:

Senator Richard T. Moore
Representative Jeffrey Sánchez
Representative Steven M. Walsh

Presented by:



Agenda

Welcome

Jeanne Blake

Creator, Words Can Work®

Framing the Issue

Gary L. Gottlieb, MD

President and CEO, Partners HealthCare

Representative Jeffrey Sánchez

Legislative Co-host

Video Screening and Q&A With Experts

Words Can Work: Kids and Healthy Lifestyles

Remarks

Khaaliqa

14 years old

Chloe

11 years old

Closing

Jeanne Blake

Moderator

Jeanne Blake is a medical journalist and the creator of Words Can Work evidence-based media about the public and mental health challenges kids face growing up. She is an affiliated faculty member with the Division on Addictions, Harvard Medical School and a trustee of McLean Hospital. As president of Blake Works Inc., Ms. Blake speaks nationally to health care providers, educators and other professionals who work with youth and families about how effective communication can help keep kids safe in a stressful, challenging world.

Speakers

Gary L. Gottlieb, MD, MBA is the President and CEO of Partners HealthCare in Boston. Prior to this position, Dr. Gottlieb served as president of Brigham and Women's/Faulkner Hospitals, as president of North Shore Medical Center and as chairman of Partners Psychiatry. Dr. Gottlieb has also served as Executive Vice-Chair of Psychiatry and Associate Dean for Managed Care at the University of Pennsylvania Medical Center, and as director and CEO of Friends Hospital in Philadelphia. Dr. Gottlieb is a Professor of Psychiatry at Harvard Medical School and a Robert Wood Johnson Foundation Clinical Scholar.

Massachusetts Representative Jeffrey Sánchez serves the 15th Suffolk District. He is the House Chairman of the Joint Committee on Public Health. His work is concentrated on improving quality and access in health through systematic reforms in the public health and health care systems. Representative Sánchez serves on many councils and committees including the Commonwealth's Health Disparities Council, the National Conference of State Legislatures' Health Committee, and the National Association of Latino Elected and Appointed Officials.

Panel Members

Melissa Dimond, ScM serves as the Manager of Community Initiatives/Healthy Living at the MGH Chelsea HealthCare Center in Chelsea, Massachusetts. She is responsible for the citywide obesity prevention initiative “Healthy Chelsea,” and two patient care programs focused on food insecurity and diabetes. Immediately prior to her current position at Massachusetts General Hospital, Ms. Dimond was the founding North Shore Director for The Food Project Inc., a nationally acclaimed organization that specializes in youth development and local, sustainable food systems.

Barbara Ferrer, PhD, MPH, MEd is the Executive Director of the Boston Public Health Commission where she manages public health programs and oversees Boston Emergency Medical Services, several substance abuse treatment facilities, and the largest homeless services program in New England. She has more than 25 years of experience working in health-care. Prior to joining the Boston Public Health Commission, Dr. Ferrer spent five years at the Massachusetts Department of Public Health – first as Director of Health Promotion and Chronic Disease Prevention and later as Director of the Division of Maternal and Child Health.

Bruce Masek, PhD is Clinical Director of Outpatient Child and Adolescent Psychiatry at Massachusetts General Hospital and is Associate Professor of Psychology (Psychiatry) at Harvard Medical School. He co-founded the first pediatric behavioral medicine program in the country at Children’s Hospital Boston in 1980 and is recognized as one of the field’s foremost experts. Dr. Masek also co-founded the Pain Treatment Service at Children’s Hospital Boston in 1987, which is recognized internationally as a model of care for chronic pain disorders in children. He specializes in behavioral medicine and cognitive behavior therapy.

Kathleen “Katie” Millett is the Executive Director for the Center for Student Support and Secondary Education Services of the Massachusetts Department of Education. She has worked with the Department for more than 30 years, and currently directly oversees the Child Nutrition Programs and Coordinated School Health Programs in our schools and other community settings. Ms. Millett is a licensed dietitian nutritionist in Massachusetts, passed state agency representative on the School Nutrition Association’s national board of directors and serves on the newly formed Massachusetts Food Policy Council.

Julie Redfern, RD, LDN has more than 25 years experience in the ambulatory counseling setting. She specializes in individual and group settings and has worked with all ages of the life cycle, specializing in weight control for adults and teens. Ms. Redfern’s present position at Brigham and Women’s Hospital, since 1998, is with OB/GYN services. She counsels teens and adults on a variety of perinatal issues. She also works with patients for management of chronic diseases, weight loss and eating disorders.

Jennifer Rosenblum, MD is the founder and clinical director of the The MassGeneral for Children Weight Management Program at Newton-Wellesley Hospital, a consultation service for adolescent and young adult patients with obesity. She is a faculty member of the Massachusetts General Hospital (MGH) Division of Adolescent and Young Adult Medicine, and an instructor in Pediatrics at Harvard Medical School. Dr. Rosenblum spent five years on the faculty of the MGH Weight Center where she focused on the medical management of adults and adolescents with obesity.

Lindsay Shaw, EdM, EdD is collaborating with Dr. John Ratey at Harvard Medical School to examine cognitive functioning and emotional benefits associated with exercise. Part of this work involves providing professional development to teachers and coaches on a range of topics from basic neuroscience, the cognitive and emotional effects of exercise on the brain, positive psychology in the classroom and the psychology of performance excellence. She supervises studies in schools assessing the effect of varying levels of exercise intensity on cognitive functioning and behavioral outcomes.

Lauren A. Smith, MD, MPH is Medical Director and Chief Medical Officer at the Massachusetts Department of Public Health. She provides senior clinical leadership for programs, planning and policy and serves as the senior clinical advisory to the Commissioner. Dr. Smith is also an Associate Professor at the Boston University School of Medicine and served as a pediatric hospitalist for 10 years at Boston Medical Center.

Recommended Resources

Act FRESH Campaign

www.mphaweb.org/actfresh.htm

Family Health Productions

www.aboutthehealth.com

Go Kids Boston

www.gokids-boston.org

Healthy People/Healthy Economy

www.bostonfoundation.org

Let's Move

www.letsmove.gov

Massachusetts Department of Elementary and Secondary Education

www.doe.mass.edu

Massachusetts Department of Public Health - Mass in Motion

www.mass.gov/massinmotion

Partners HealthCare

www.partners.org/community

The Food Project

www.thefoodproject.org

The Food Trust

www.thefoodtrust.org

Words Can Work

www.wordscanwork.com

Words Can Work®

Words Can Work was created by medical journalist Jeanne Blake, president and founder of Blake Works Inc and Family Health Productions. Blake Works produces and distributes multimedia about the public and mental health challenges kids face growing up. Its advisors are from the U.S. Centers for Disease Control and Prevention, Harvard Medical School, where Blake is an affiliated faculty member with the Division on Addictions and McLean Hospital, Harvard's largest psychiatric facility, where Blake serves as a trustee.

Partners HealthCare

Partners HealthCare is an integrated health system founded by Brigham and Women's Hospital and Massachusetts General Hospital. In addition to its two academic medical centers, the Partners system includes community and specialty hospitals, community health centers, a physician network, home health and long-term care services, and other health-related entities. Partners is one of the leading biomedical research organizations and a principal teaching affiliate of Harvard Medical School. Partners HealthCare is a non-profit organization.

Partners Community Health

Partners Community Health leads the organization-wide commitment to improve the health and well being of low-income and vulnerable populations. Its commitment to the community is the largest of any health care provider in Massachusetts representing over 80 programs benefiting more than 115,000 residents. Partners Community Health works closely with Partners hospitals, 21 licensed and affiliated community health centers serving 350,000 patients, and local organizations to enhance health care access for patients, increase economic opportunity, and improve the health of communities through prevention initiatives and addressing longstanding health disparities.



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