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Cooperative Extension
ULSTER COUNTY

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Conference Focuses on Childhood Obesity

Childhood obesity is an epidemic with wide implications for the future health of today's children. ***"Our Overweight Children: What Educators, Schools and Communities Can Do,"*** a conference sponsored by Cornell Cooperative Extension Associations in Ulster, Dutchess and Orange Counties with help from the Hudson Valley Student Support Services Center and the Maternal-Infant Services Network on Thursday, April 7, 2005 from 8 a.m. until 3:30 p.m. at the Fishkill Holiday Inn, is something that educators, health professionals, dietitians, fitness instructors and others will want to attend. Early bird registration is \$55.00 until March 10th, and \$65.00 per person after.

Featured speaker, Sharron Dalton, PhD, RD will provide the most recent research information about childhood obesity, help participants explore what schools can do, how parents and educators can help and how communities can respond. The social, cultural and emotional dimensions of overweight children's lives will also be examined. Participants will be able to develop strategies for working with schools, families, caregivers, and children to promote healthy body weight and size in our children and adolescents. Parental and caregiver perspectives of health risks and weight control behaviors of children will be compared.

Sharron Dalton's teaching and research interests are in food choice behavior, childhood obesity and the dynamics of body weight management, and international nutrition. Dr. Dalton is on the School Food Plus Coalition, advisory group to the New York City Department of Education, Office of Support and Food Services. She has experience as a clinical dietitian, private practitioner and education specialist for a non-profit nutrition organization. She was a lead author of the 2001 Weight Management Certificate Program and is a member of the North American Association for the Study of Obesity (NAASO), American Obesity Association (AOA), and Society for Nutrition Education (SNE). Her book, *Our Overweight Children: What Parents, Schools, and Communities Can Do to Control the Fatness Epidemic* takes a look at what's behind the statistics and what can be done about this major health crisis.

To get more registration information please contact Susan Matson, Cornell Cooperative Extension Ulster County at 845-340-3990 or via email: sbm9@cornell.edu.

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