

# Leveraging Action to Support Dissemination of Pregnancy Weight Gain Guidelines: A Workshop

Board on Children, Youth, and Families, Institute of Medicine and National Research Council  
Food and Nutrition Board, Institute of Medicine

The National Academy of Sciences  
2100 C Street, NW  
Washington, D.C.

Lecture Room

March 1, 2013

## AGENDA

**8:00–9:00 am**      **Registration**

### INTRODUCTION

**9:00 am**      **Welcome and Introduction of Keynote**  
*Kathleen Rasmussen, Sc.D., R.D., Chair, Committee on the  
Dissemination of Pregnancy Weight Gain Guidelines*

### KEYNOTE ADDRESS

**9:15**      **Improving Health Care for Women**  
*Michael Lu, M.D., M.S., M.P.H., Associate Administrator, Maternal and  
Child Health Bureau, Health Resources and Services Administration,  
U.S. Department of Health and Human Services*

*Jeanne A. Conry, M.D., Ph.D., President-Elect, American Congress of  
Obstetrics and Gynecology*

**9:45**      Q & A with participants

### SESSION 1: COMMUNICATING THE PREGNANCY WEIGHT GAIN GUIDELINES

**10:00**      **Conceptual Products**  
*Kathleen Rasmussen, Sc.D., R.D., Chair, Committee on the  
Dissemination of Pregnancy Weight Gain Guidelines*

**10:05**      **Products for Dissemination**  
*Anna Maria Siega-Riz, Ph.D., R.D., Committee on the Dissemination of  
Pregnancy Weight Gain Guidelines*

**10:30**      **BREAK**

## SESSION 2: SUPPORTING BEHAVIOR CHANGE

*Moderated by: Esa Davis, M.D., M.P.H., Committee on the Dissemination of Pregnancy Weight Gain Guidelines*

**10:45 am**      **Panel Discussion: What are We Doing to Support Behavior Change?**

Panelists:

- *Dotun A. Ogunyemi, M.D., National Medical Association*
- *Josephine Cialone, M.S., R.D., North Carolina State Title V Program*
- *Tina Johnson, C.N.M., M.S., American College of Nurse-Midwives*

**11:30**      **Audience Discussion and Feedback**

**12:00 pm**      **Break for Lunch**

## SESSION 3: IMPLEMENTING THE GUIDELINES

*Moderated by Pat Catalano, M.D., Committee on the Dissemination of Pregnancy Weight Gain Guidelines*

**1:00**      **Perspectives on Putting the Guidelines Into Action**

### **Introductory Remarks**

*Marta Kealey, R.D., Nutritionist, Policy Branch, Supplemental Food Programs Division, Food and Nutrition Service, U.S. Department of Agriculture*

Speakers:

- *Michele Lawler, M.S., R.D., Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services*
- *Suzanne Phelan, Ph.D., California Polytechnic State University*

**1:30**      **Town Hall Discussion**

**2:00**      **Innovative Approaches to Implementing Change**

*Richard Sass, Chairman, Contact Wellness Foundation*

**2:30**      **Break**

## SESSION 4: COLLABORATING FOR ACTION

*Moderated by Rafael Perez-Escamilla, Ph.D., Committee on the Dissemination of Pregnancy Weight Gain Guidelines*

**3:00**

### **Leading Implementation of the Guidelines: Action Steps**

#### **Facilitated Conversation with Participants**

*Led by Sarah S. Brown, M.P.H., Committee on the Dissemination of Pregnancy Weight Gain Guidelines*

- *Patricia Fontaine, M.D., M.S., Health Partners Institute for Education and Research*
- *Regina Davis Moss, Ph.D., M.P.H., M.C.H.E.S., American Public Health Association*

**4:00**

### **Final Thoughts**

*Kathleen Rasmussen, Sc.D., R.D., Chair, Committee on the Dissemination of Pregnancy Weight Gain Guidelines*

**4:30 pm**

### **Adjourn**