

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