

The Leo and Peggy Pierce Family Foundation seeks to end hunger and food insecurity in the five-county Philadelphia region and Indian River County, FL.

The Foundation makes grants to support activities that address hunger and food insecurity through direct service programs and advocacy efforts.

Since 2005, the Pierce Family Foundation has generously funded the Pierce Fellow Program at Cabrini University, which identifies, trains, and supports highly motivated student leaders who focus on issues of hunger and food insecurity. The Pierce Fellows program empowers Cabrini students and the campus community to examine the systemic problems underlying these issues while being immersed in innovative action.

Special thanks to the Leo and Peggy Pierce Family Foundation for their generous and ongoing support of the Convergence of Childhood Obesity and Hunger Symposium.



Leo & Peggy
Pierce
Family Foundation

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CABRINI
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UNIVERSITY

College of Health Sciences

CONVERGENCE OF CHILDHOOD OBESITY AND HUNGER

TAKING ACTION



Friday, February 22, 2019
West Chester University

THE WCU COLLEGE OF HEALTH SCIENCES
is pleased to welcome the

“Convergence of Childhood Obesity and Hunger: Taking Action” Symposium

Through an array of undergraduate and graduate programs, the College of Health Sciences at West Chester University prepares and inspires health leaders, and professionals through collaborative and innovative education, research and community service.

Graduate programs offer both online and classroom formats.

- Master of Arts in Speech Language Pathology
- Master of Public Health
- Master of Science in Exercise and Sport Science
- Master of Science in Nursing
- Master of Science in Community Nutrition
- Dietetic Internship
- Master of Science in Athletic Training
- Doctor of Nursing Practice

Learn More: wcupa.edu/chs

WCU
WEST CHESTER
UNIVERSITY
College of Health Sciences

Cabrini University School of Natural Sciences and Allied Health is proud to co-host the third Child Health Forum, Convergence of Childhood Obesity and Hunger: Taking Action

Through hands-on research and action, Cabrini prepares students to address vital health issues in programs including

- BS in Exercise Science and Health Promotion
- BS in Health Science
- BS in Nutrition
- BS in Public Health
- Master of Science in Biological Sciences (including a 4+1 BS/MS option)

LEARN MORE AT
CABRINI.EDU.



We are so pleased to have you join us today for the Convergence of Childhood Obesity and Hunger: Taking Action. This is the third program in a series that began with A Forum Response (2015) and progressed to Moving to Action (2017), both held at Cabrini University. The School of Natural Science and Allied Health of Cabrini University and the College of Health Science of West Chester University worked together to offer this year's event. Collaboration is such an important part of our work and we hope bringing together students, faculty members, researchers, and practitioners will help us discover ways to use what we learn here and cooperate as we take action on these issues.

Both of our institutions share a profound commitment to food access issues. At Cabrini University undergraduates engage with hunger and other social challenges in our experiential *Justice Matters* Core Curriculum. Student initiatives sparked by Cabrini's *Education of the Heart* have resulted the University's Fair Trade Certification in 2013, the founding of the Cabrini Cupboard for students on campus experiencing food insecurity, and the work of Cabrini's chapter of the Food Recovery Network, who recovered over 1,000 lbs of surplus food from campus food services this fall semester.

Since 2007 Cabrini University has partnered with the Pierce Family Foundation in combating hunger and food insecurity in the region through the Pierce Fellows program. Students selected as Fellows join innovators among faculty and community mentors to become leaders in direct service, advocacy, and program development. Whether presenting at national conferences, shaping policy in the Philadelphia Public Schools, or designing cooking classes for college food pantries, Cabrini students are stepping forward as the next generation of leaders taking innovative action for the common good.

The mission of the College of Health Sciences (CHS) at West Chester University is to prepare and inspire health leaders, professionals and consumers through collaborative and innovative approaches to education, research and community service. The six departments in the CHS work together to provide interprofessional education both to the college and the greater university community to work together to improve outcomes. An excellent example of that work is highlighted today in the breakout session “An action-based, interprofessional approach to combating food insecurity and childhood obesity in our communities” conducted by West Chester University faculty from the Nutrition, Health, Social Work and Counseling Departments.

Further, West Chester University is committed to serving students that are facing food insecurity. From a 2017-2018 academic year report, 31.7% of students on campus are dealing with food insecurity. This is comparable to the national average, which is approximately 25-35%. To address this growing need, West Chester University established the WCU Resource Pantry, which opened in 2016. In 2017-2019 the pantry distributed 7,600 pounds of food, saw over 300 individual shoppers, hosted 38 collection drives and had 167 individual donors.

On behalf of both of our institutions, thank you taking the time to participate in this event. We hope you leave inspired to join others taking action to create meaningful change regarding children's health.

Sincerely,

Melissa Reed, PhD, ACSM C-EP
Interim Associate Dean, College of
Health Sciences, West Chester University

Maria Elena Hallion, PhD
Chair and Associate Professor, Health and
Exercise Science, Cabrini University

SCHEDULE

OBJECTIVES

- To share and respond to the current, documented national childhood obesity and hunger trends and clarify the linkages between the two problems.
- To foster inter-professional collaboration between those committed to combating childhood obesity and hunger.
- To assist attendees with uncovering how business, healthcare and government intersect around addressing these two issues and identifying opportunities for effective involvement.
- To assist students, from various fields of study, to identify and investigate potential research, service and career opportunities that integrate both childhood obesity and hunger.

8am **Registration and breakfast**

9am **Welcome**

9:15am **Presentations by National Speakers**
Dr. Sandra Hassink
"Nutrition: Social Justice and Population Health"

Atif Bostic
"The American Crisis of Access to Fresh and Healthy Food"

Christine Meléndez Ashley
"Investing in our Children's Future: Why Policy and Advocacy Matter"

CONVERGENCE OF CHILDHOOD OBESITY AND HUNGER: TAKING ACTION

11:30am **National Speaker Panel/Audience Questions**
Moderated by Maiken Scott

12:15pm **Healthy lunch**

1pm **Community Connections**
Representatives from various local and regional organizations will be at each station, where participants can learn about each organization, sign up for mailing lists, and exchange business cards.

2:00–3:15pm **Break-out sessions**

1. Room 252A
An action-based, interprofessional approach to combating food insecurity and childhood obesity in our communities
2. Room 252B
Childhood obesity and hunger: Taking action through research and scholarly opportunities
3. Room 255A
First 1000 days of life
4. Room 209
Childhood Obesity and Hunger: A School Nutrition Program Perspective
5. Room 255B
Working at the Intersection of Food, Health, and Obesity Prevention: Population Health in Action at Main Line Health

3:30pm **Closing Remarks**

NATIONAL SPEAKER PRESENTATIONS

Nutrition: Social Justice and Population Health

Sandra G. Hassink, MD, FAAP

This talk will discuss the importance of optimal nutrition for growth, development and longitudinal health. The impact of food insecurity, hunger and obesity on chronic non-communicable disease will be addressed in the context of health disparities and social justice as applied to individual and population health.

The American Crisis of Access to Fresh and Healthy Food

Atif Bostic

The presentation will include a discussion on how inadequate access and affordability lead to alarming rates of food insecurity, hunger, and childhood obesity. This discussion will explore how America arrived at this crisis; and evaluate examples of existing strategies and philanthropy's role in developing them. Finally, attendees will be provided a framework for the development of entrepreneurial solutions to address them.

Investing in our Children's Future: Why Policy and Advocacy Matter

Christine Meléndez Ashley

The long term consequences of hunger and poor nutrition are huge. Now is a critical time to engage in policy advocacy. Attendees will learn about the policy discussions happening in Washington and how their advocacy can make a difference.

NATIONAL SPEAKER BIOGRAPHIES

KEYNOTE SPEAKER PANEL MODERATOR



Maiken Scott

Host, WHYY Host and Creative Director of The Pulse

WHYY's The Pulse - a national health and science radio show and podcast that explores the people and places at the heart of health and science. Since its launch in December 2013, The Pulse has crafted a unique, "ground-level" approach to telling compelling stories and breaking down complicated issues. For The Pulse, Maiken has explored Natural History museums as 'time capsules for our planet,' Thomas Jefferson's ill-fated attempts to study Native American languages, and why so many patients cry after waking up from anesthesia, just to name a few topics.

KEYNOTE SPEAKERS



Sandra G. Hassink, MD, FAAP

Director of the American Academy of Pediatrics, Institute for Healthy Childhood Weight

Dr. Sandra Hassink has focused her career on advocacy for children and families as a clinician, researcher, writer and speaker. Dr. Hassink has testified before Congress on childhood obesity, food insecurity and hunger focusing on supporting the foundations of child health. She is a past president of the American Academy of Pediatrics, an organization of 66,000 pediatricians with a national and global agenda for children. Dr. Hassink served as the state AAP chapter president for Delaware, and the District Chair for the Mid Atlantic states on the Board of Directors of the national AAP. She is the Director of the AAP Institute for Healthy Childhood Weight which is focused on translating research into practice for pediatric health care providers, families and children and advancing the field of pediatric obesity.

Dr. Hassink began the weight management clinic at Nemours/Al DuPont Children's Hospital in 1988. She has collaborated in basic research efforts to identify pathophysiologic mechanisms of obesity, centering on the role of leptin, and has lectured widely in the field of pediatric obesity. In addition, she has authored A Parent's Guide to Childhood Obesity, Pediatric Obesity: Prevention, Intervention, and Treatment Strategies for Primary Care, and Clinical Guide to Pediatric Weight Management.

Dr. Hassink dedicates a significant portion of her time to advocacy and policy development on obesity prevention and treatment. She has served on the IOM committee on Accelerating Progress on Obesity Prevention and was an author on the Expert Recommendations for Obesity. Dr. Hassink also holds a Master of Science in Pastoral Care and Counseling.

NATIONAL SPEAKER BIOGRAPHIES



Atif Bostic **Executive Director, Uplift Solutions**

Atif Bostic is the executive director of Uplift Solutions, Inc., a national not-for-profit consultancy with a mission of "Delivering Entrepreneurial Solutions that Support Underserved Communities for the Joy of a Healthy Life. Uplift Solutions has four program areas that collectively support the development of sustainable environments in underserved communities. The four program areas are: Sustainable Food Systems, which focuses on the development and preservation of supermarkets in underserved communities; Health Innovations, which focuses on creating access to health care, nutrition education, and individualized public benefits; Financial Services, which focuses on creating access to capital for supermarket operators, developers and healthcare providers; and Workforce Development, focuses on creating access to sustainable employment in underserved communities.

Mr. Bostic, in his role as executive director, is responsible for the organization's administration, programs and strategic planning. Prior to joining Uplift Solutions, Mr. Bostic spent 15 years in the financial services industry, holding roles of increasing responsibility. Immediately prior to joining Uplift Solutions, Mr. Bostic held the position of Vice President and Sales Manager of Citizens Bank's retail business development division, YourPlace Banking. In this role, Mr. Bostic was responsible for building and growing the bank's 12-state business development program. In two years, Mr. Bostic grew deposits to exceed \$100 million. In addition, Mr. Bostic supported Community Reinvestment Act and internal colleague training initiatives; and for his leadership roles, Mr. Bostic was recognized for his outstanding work in 2012 with the Chairman's Award for "Employing a High-Performing and Engaged Workforce," and again in 2014 with the "Community Development Business Partner Award." Other roles included: Business Development Officer, Relationship Manager, Financial Center Manager and Marketing Director.

Throughout his career Mr. Bostic has been very active with not-for-profit organizations. Mr. Bostic has served as Interim President and CEO of the Philadelphia OIC; provided strategic planning support for multiple organizations to include The Mayor's Office of Community Service (MOCS); provided marketing support to the Delaware Financial Literacy Institute; and partnered with the Pennsylvania Department of Health, the Chester Housing Authority, and the School District of Philadelphia to create and host a series of community open houses to increase health awareness and provide access to free health screenings in Chester and Philadelphia. Mr. Bostic currently serves as Board Chair for the Philadelphia OIC, Vice-Chair of PathWays PA, and sits on the Board Directors for the Urban League of Philadelphia.

CONVERGENCE OF CHILDHOOD OBESITY AND HUNGER: TAKING ACTION



Christine Meléndez Ashley **Deputy Director, Bread for the World**

Christine Meléndez Ashley is Deputy Director of Government Relations at Bread for the World, a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. Christine joined Bread in 2009 and provides organizational leadership on domestic hunger, nutrition assistance, and child nutrition issues by developing and implementing policy and legislative strategy. She previously worked on Capitol Hill for Rep. J. Randy Forbes. She received a B.A. in political science from Wheaton College (IL).



MCHA fosters collaboration among community health professionals in order to better serve and educate communities in Montgomery County, PA.

*Meetings: Fourth Tuesday of every other month at the **Montgomery County Human Services Building, Conference Room A/B, 1430 DeKalb Street, Norristown, PA.**
Next meeting: Please join us **March 26, 2019 from 9:30 to 11:30 am.***

For more information, contact Susan Smith, RN, M.Ed. at Susan.G.Smith@jefferson.edu.

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Stop by our table today!

BREAKOUT SESSIONS

1. An action-based, interprofessional approach to combating food insecurity and childhood obesity in our communities

Room 252A

An interdisciplinary faculty panel (nutrition and dietetics, public health, school counselor, and social work) from West Chester University will address the social determinants of health and their impact on childhood food insecurity and obesity. An interprofessional approach is crucial in addressing community food insecurity, hunger, and childhood obesity. This session will cover strategies to foster interprofessional collaboration to improve health outcomes in children living in food insecure households. The urgent need for addressing adverse childhood experiences, integrating behavioral health with primary care, and utilizing the educational system will be discussed.

Patricia Davidson, DCN, RDN, CDE, LDN, FAND, Associate Professor, Department of Nutrition

Nadine M. Bean, PhD, LCSW, Professor, Department of Graduate Social Work

Gopal Sankaran, MD, DrPH, Professor, Department of Health

Bridget Asempapa, PhD, LSC, LPC-OH, Assistant Professor, Department of Counseling

2. Childhood obesity and hunger: Taking action through research and scholarly opportunities

Room 252B

This presentation will assist and motivate students, from various fields of study, to identify and investigate potential research, policy, and service opportunities that integrate both childhood obesity and hunger through interactive dialogue with professionals and students.

Alexis E. Silverio, MPH, CSCS, CHES, NASP-FN, Clinical Research Coordinator II
Department of Family and Community Medicine, Sidney Kimmel Medical College at
Thomas Jefferson University

Amy Cunningham, PhD, MPH, Research Assistant Professor Department of Family and
Community Medicine, Sidney Kimmel Medical College at Thomas Jefferson University

Marianna (Marnie) LaNoue, PhD, MS, Associate Professor & Director, Population Health
Sciences, College of Population Health, Thomas Jefferson University

CONVERGENCE OF CHILDHOOD OBESITY AND HUNGER: TAKING ACTION

3. First 1000 days of life

Room 255A

Participants will learn about the importance of early infant feeding and nutrition to overall health and chronic disease prevention. Topics such as responsive feeding, early introduction of solids and family nutrition environment will be covered with interactive dialogue.

Dr. Sandy Hassink, MD, FAAP, Director of the American Academy of Pediatrics Institute for
Healthy Childhood Weight

4. Childhood Obesity and Hunger: A School Nutrition Program Perspective

Room 209

A panel of local school nutrition directors will discuss childhood obesity and hunger and what schools are doing to make a difference.

Pamela Gallagher, Executive Director, The School Nutrition Association of Pennsylvania
Nicole Melia, President, The School Nutrition Association of Pennsylvania and School Nutrition
Director at Great Valley SD

E. Nichole Taylor- President Elect, The School Nutrition Association of Pennsylvania and School
Nutrition Director at Chichester SD.

Gina Giarratana- Vice President, The School Nutrition Association of Pennsylvania and School
Nutrition Director at Pennridge SD.

Melissa Harding- Past President, The School Nutrition Association of Pennsylvania and School
Nutrition Director at North Penn SD.

5. Working at the Intersection of Food, Health, and Obesity Prevention: Population Health in Action at Main Line Health

At Main Line Health we recognize that our responsibility extends beyond the walls of our hospitals to understanding and addressing the health needs of our communities. Through educational outreach and a variety of innovative programs and partnerships with organizations such as The Food Trust and Greener Partners, we are working to address the underlying causes of chronic disease by helping people have easier, more affordable access to fresh, healthy food.

Chinwe Onyekere, MPH System Director, Health Equity and Graduate Medical Education Main
Line Health

Jen Malkoun, Greener Partners Delema G. Deaver, Wellness Farm Manager/Educator at
Lankenau Medical Center

Michelle Abel, MSPH, Healthcare Senior Manager, The Food Trust



Main Line Health®

IS PROUD TO SUPPORT THIS YEAR'S

Convergence of Childhood Obesity and Hunger: Taking Action

and the positive work by

the School of Natural Sciences and Allied Health of Cabrini University

and the College of Health Sciences of West Chester University

At Main Line Health, we recognize the connection between nutrition and wellness. In collaboration with Greener Partners, Lankenau Medical Center is one of only a few hospitals nationwide to take the progressive step of planting and maintaining a year-round organic garden on-site that is integrated into how we deliver health care. Our goal is to harness the power of locally grown food to strengthen our community's health.

LANKENAU MEDICAL CENTER | BRYN MAWR HOSPITAL | PAOLI HOSPITAL | RIDDLE HOSPITAL
BRYN MAWR REHAB HOSPITAL | MIRMONT TREATMENT CENTER | HOMECARE & HOSPICE
LANKENAU INSTITUTE FOR MEDICAL RESEARCH

Cabrini University Department of Leadership and Organizational Development supports taking action to address childhood obesity and hunger, and encourages aspiring leaders in health care and community involvement to consider our Masters and Doctoral programs:

Masters of Science in Leadership
Doctorate (PhD or DBA option) in Organizational Development

LEARN MORE AT
CABRINI.EDU/LOD



Cabrini's School of Education supports professional collaboration on vital childhood issues, offering programs including

Master of Education
Doctorate of Education

Certificate programs for educators

- English as a Second Language (ESL)
- Reading Specialist (K-12)
- PreK-8 Special Education
- Grades 7-12 Special Education
- PreK-12 Administrative
- Secondary Education (Grades 7-12)
- Early Elementary Education (PreK-Grade 4)

LEARN MORE AT
CABRINI.EDU/ED



The planning committee would like to extend a special thank you to the following Cabrini University and West Chester University community members who helped ensure the success of this event.

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