



## 2019 5-2-1-0 Healthy Choices Count! Summit

October 22, 2019

Des Moines University | Olsen Center

- 8:15 a.m.- 8:45 a.m.      **Registration (DMU Olsen Center)**
- *Coffee and Tea available*
  - *Exhibitors open until 9:00 a.m.*
- 9:00 a.m.- 9:15 a.m.      **Welcome and 5-2-1-0 leadership update (DMU Olsen Center)**
- *Dr. Caitlin Pedati – Iowa Department of Public Health*
  - *Jami Haberl MPH, MHA – Healthiest State Initiative*
- 9:15 a.m.- 10:15 a.m.      **Creating Sustainable Change through Policies, Systems and Environmental Adjustments (DMU Olsen Center)**
- *Keynote Speaker: Laura Perdue RD, MPH – University of Minnesota Extension*
- 10:15 a.m.- 10:20 a.m.      **Mindfulness Break (DMU Olsen Center)**
- *Fallon Siedenfeld- Inner OMazing Warriors*
- 10:20 a.m.- 10:40 a.m.      **Break**
- *Exhibitors Open*
- 10:40 a.m.- 12:00 p.m.      **The Importance of Community Involvement and Multi-Sector Coalition Building (DMU Olsen Center)**
- *The Well Kids of Central Iowa Coalition: A Multi-Sector Approach to Children’s Health & Well-Being*
    - *Nola Aigner – Polk County Health Department*
    - *Dr. Jennifer Groos – Blank Children’s Hospital*
    - *Erin Drinnin – United Way of Central Iowa*
  - *Healthy Mason City Coalition Panel*

- 12:00 p.m. – 1:00 p.m.      **Lunch**
- *Exhibitors open, walks around the DMU campus encouraged*
- 1:00 p.m.- 1:45 p.m.      **Breakout Session #1**
- ***Eating for the Health of It*** (Ruza Lecture Hall)
    - *Jody Gatewood MS, RD, LD – Iowa State University Extension and Outreach*
  - ***Get in the Game and Adapt your PLAY: Grow, Develop, Believe and Play*** (DMU Gym)
    - *Melissa Clarke-Wharff – Courage League Sports*
  - ***Going Beyond the Grant: Strategies for Sustainability*** (Olsen Center)
    - *Kady Reese MPH, CPHQ – Iowa Medical Society*
- 1:45 p.m.- 2:00 p.m.      **Break/Travel to 2<sup>nd</sup> Breakout**
- 2:00 p.m.- 2:45 p.m.      **Breakout Session #2**
- *Repeat of first sessions – same locations*
- 2:45 p.m.- 3:00 p.m.      **Travel Back to the Olsen Center**
- 3:00 p.m.- 3:10 p.m.      **Mindfulness Break**
- *Fallon Siedenfeld- Inner OMazing Warriors*
- 3:10- 3:30 p.m.      **Final Remarks & Call to Action** (Olsen Center)
- *Importance of 5-2-1-0 Registered Sites*
  - *Share the 5-2-1-0 Message – Marketing*
- 3:30 p.m.      **Continuing Ed distribution, Mileage reimbursement distribution, evaluation**