Getting Physical:
The Public Health Approach to Active Living

Welcome and thank you for joining our Web Forum!
If you have technical difficulties call 1-866-229-3239 for assistance
Use the Q&A function to submit questions or any technical issues
Participate in the polls by selecting your answer and clicking submit
Complete the Post-Web Forum online evaluation. We need your feedback!
The Recording and Slides will be available at www.Dialogue4Health.org
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
POLL #1

Are you attending this Web Forum:

a. Individually
b. In a group of 2-5 people
c. In a group of 6-10 people
d. In a group of more than 10 people
Polling Feature

Please

1. Choose your answer, then
2. Click Submit
Getting Physical: The Public Health Approach to Active Living

December 7, 2011
11:30 AM to 1:00 PM Pacific
2:30 PM to 4:00 PM Eastern
Carmen R. Nevarez, MD, MPH

Vice President for External Relations and Preventive Medicine Advisor
Public Health Institute

Dr. Nevarez has over 32 years of experience as a physician and 29 years as a public health practitioner, having served as the Director of Department of Health and Human Services and Health Officer, City of Berkeley, California, as well as in various clinical settings including Medical Director at La Clinica de la Raza in Oakland. She is Immediate Past President of the American Public Health Association (APHA). Her areas of expertise include women's reproductive health, community based strategies for chronic disease prevention, and social media for public health.

Deborah Lou, PhD
Program Analyst
Active Living Research

Debbie Lou is the program analyst with Active Living Research, a national program of the Robert Wood Johnson Foundation. Debbie engages advocacy, policy, and community groups to develop opportunities for research translation and dissemination, especially to ensure the research meets the needs of communities at highest risk for childhood obesity.

Debbie is co-author of a research synthesis with Dr. Wendell Taylor titled “Do All Children Have Places to be Active?” This synthesis reviews evidence showing that lower-income people and racial and ethnic minorities often live in communities that discourage active living. Debbie holds a Ph.D. in sociology from the University of California, Santa Barbara.

Website: www.activelivingresearch.org
William L. Haskell, PhD
Professor Emeritus,
Stanford Prevention Research Center
Stanford School of Medicine

Dr Haskell is Professor of Medicine (active emeritus) in the Stanford Prevention Research Center and the Division of Cardiovascular Medicine at Stanford University. He has been a member of the Stanford Medical School faculty for the past 38 years with primary interests in applied and clinical research in preventive cardiology, cardiac rehabilitation, physical activity and chronic disease and successful aging.


Website: [http://med.stanford.edu](http://med.stanford.edu)
Joan Dorn, PhD

Physical Activity and Health Branch Chief
Centers for Disease Control and Prevention

Dr. Dorn is the Chief of the Physical Activity and Health Branch in the Division of Nutrition, Physical Activity and Obesity at CDC. Dr. Dorn recently joined CDC after serving as Professor and Chair of the Department of Exercise and Nutrition Sciences and Research Professor in the Department of Social and Preventive Medicine in the School of Public Health and Health Professions at the State University of New York, University at Buffalo.

Dr. Dorn holds a Bachelor’s degree in physical education, a Master’s degree in physical education/exercise physiology and a PhD. Degree in Epidemiology and Community Health. Dr. Dorn’s research interests include the role of physical activity in the primary and secondary prevention of chronic diseases, particularly cardiovascular diseases and obesity.

Website: www.cdc.gov
Russell R. Pate has been on the faculty of the University of South Carolina since 1974, he now serves as Professor in the Department of Exercise Science in the Arnold School of Public Health. He has held several administrative positions including Chair, Department of Exercise Science; Associate Dean for Research, Arnold School of Public Health; and Vice Provost for Health Sciences.

Pate has published more than 230 scholarly papers and has authored or edited three books. His research has been supported by the National Institutes of Health, the U.S. Centers for Disease Control and Prevention, the American Heart Association, and several private foundations and corporations. He heads a research team that currently is supported by three grants from the National Institutes of Health. A lifelong distance runner, Pate competed in three U.S. Olympic Trials marathons and twice placed among the top ten finishers in the Boston Marathon.

Website: www.sph.sc.edu
POLL #2

How familiar are you with the current Physical Activity Guidelines for Americans?

a. Extremely familiar
b. Fairly familiar
c. Somewhat familiar
d. Not at all familiar
POLL #3

Do you expect that you meet the minimum Physical Activity Guidelines?

a. Absolutely, I’m diligent about it
b. Yes, most of the time
c. Probably not, but I am physically active on a fairly regular basis
d. No, but I’m aiming to to be more physically active
e. Not even close, it’s not a priority for me
POLL #4

What are your methods of obtaining regular physical activity? (check all that apply)

a. Active commuting
b. Gym workouts
c. Outdoor workouts
d. Regular walking
e. Running around with/after my kids
f. Gardening/cleaning/other laboring
g. Other (please send in your response in Q&A)
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
Active Living Tools & Resources

www.activelivingresearch.org/resourcesearch
Thank you to our Web Forum Sponsors:

The Public Health Institute
The San Francisco Foundation