

# Programs and Policies to Get Kids Active After School

**Wednesday, August 8**

10:30 AM to 12:00 noon Pacific Daylight Time

1:30 PM to 3:00 PM Eastern Daylight Time

***Welcome and thank you for joining our Web Forum!***

Technical difficulties? Call **1-866-229-3239**

Questions and Comments? Submit them via **Q&A**

Please participate in the **polls** and click **submit**

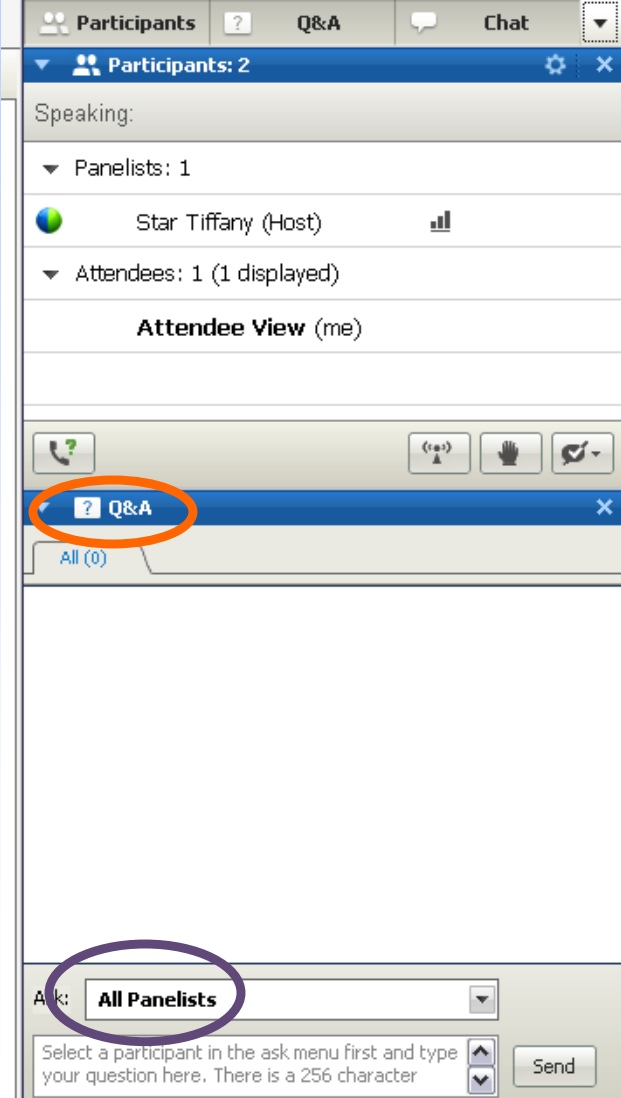
Please complete the Post-Web Forum online evaluation. **We need your feedback!**

Access the **Recording** and **Slides** at [www.Dialogue4Health.org](http://www.Dialogue4Health.org)

# Q&A Feature

Please submit questions via the  
**Q&A** Feature

Please send your questions to  
**All Panelists**



The screenshot displays the Zoom meeting interface. At the top, there are tabs for 'Participants', 'Q&A', and 'Chat'. The 'Participants' tab is active, showing a list of participants. Below the list, there are icons for 'Q&A', 'Mute', and 'Unmute'. The 'Q&A' icon is circled in orange. Below the icons, there is a dropdown menu for 'Ask:' with 'All Panelists' selected, which is circled in purple. The 'Send' button is visible at the bottom right.

# 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**



Partic... Chat Q&A Polling

Participants: 2

Name	Tools
Star Tiffany (Host)	
Attendees: 1 (1 displayed)	

Attendee View

Request Mute

Q&A

All (0)

Ask: All Panelists

Select a participant in the ask menu first and type your question here. There is a 256 character limit. Send

Time elapsed: 0:20 Time limit: 1:30

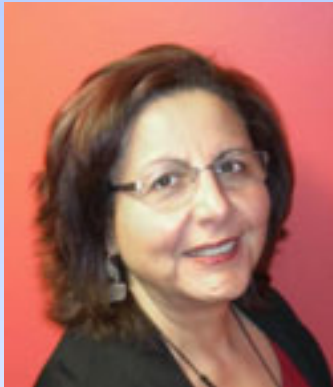
Poll Questions:

1. I am attending this Web Forum:

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

Submit

Your answer may be recorded. Submit



## **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.

**Websites:**     [www.phi.org](http://www.phi.org) and [www.Dialogue4Health.org](http://www.Dialogue4Health.org)



## Deborah Lou, PhD

Program Analyst

Active Living Research

A National Program of the Robert Wood Johnson Foundation  
University of California, San Diego

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.

**Website:** [www.activelivingresearch.org](http://www.activelivingresearch.org)



## **Michael W. Beets, MEd, MPH, PhD**

Professor

Division of the Health Aspects of Physical Activity  
Program Director

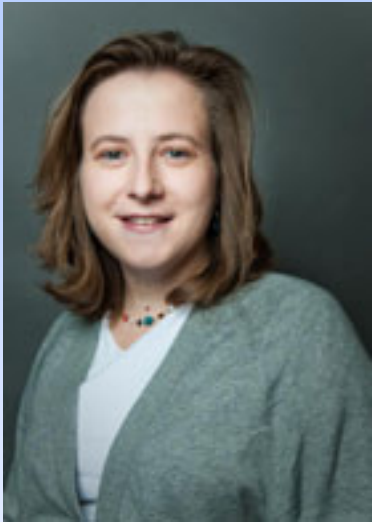
Masters of Public Health in Physical Activity

Arnold School of Public Health

University of South Carolina

Michael Beets is a professor in the Division of the Health Aspects of Physical Activity in the Arnold School of Public Health at the University of South Carolina and is the Program Director for the Masters of Public Health in Physical Activity. Currently, his research focuses on working with community-based afterschool programs and summer day camps to enhance physical activity and healthy eating opportunities. At the center of his research is the development and evaluation of low-cost, effective, scalable strategies that afterschool and summer programs can use to meet existing state and national physical activity and healthy eating standards and policies.

**Website:** [www.sph.sc.edu/exsc](http://www.sph.sc.edu/exsc)



## **Monica Hobbs Vinluan, JD**

Project Director  
Healthier Communities Initiatives  
YMCA of the USA

Monica joined the YMCA of the USA in 2007 as Project Manager for the ACHIEVE (Action Communities for Health, Innovation and Environmental Change) initiative, a collaboration with the Centers for Disease Control and Prevention and other national partners. She currently serves as Project Director for Y-USA's Healthier Communities Initiatives, working specifically on the Robert Wood Johnson Foundation's Statewide Pioneering Healthier Communities (Statewide PHC), engaging community and state leadership to implement policy, systems, and environmental changes to improve health.

**Website:** [www.achievecommunities.org](http://www.achievecommunities.org)





## **Becky Ciminillo**

Executive Director of Child Care  
YMCA of Central Ohio

Becky has worked for the YMCA of Central Ohio for 23 years, developing resources and managing programs for children and youth ages 6 weeks-18 years. She has been a National Faculty Level Trainer for the YMCA of the USA since 1991 and conducts many statewide and local trainings around youth development, after school program administration, child abuse and after school health and fitness programming.

In addition to her work with children and youth, Becky has been involved with writing and/or managing several grant projects related to childhood obesity prevention.

**Website:** [www.ymcacolumbus.org](http://www.ymcacolumbus.org)

## POLL #2

Do you have familiarity with the guidelines associated with children's activity levels?

- a. Yes, I am very familiar with them
- b. I am somewhat familiar
- c. Huh? Kids need physical activity?

## POLL #3

Please choose the answer that best describes your job:

- a. Researcher
- b. Practitioner/Program Provider
- c. Teacher/Educator
- d. Advocate
- e. Other

*If you answered "other," please submit your response via Q & A.*

## POLL #4

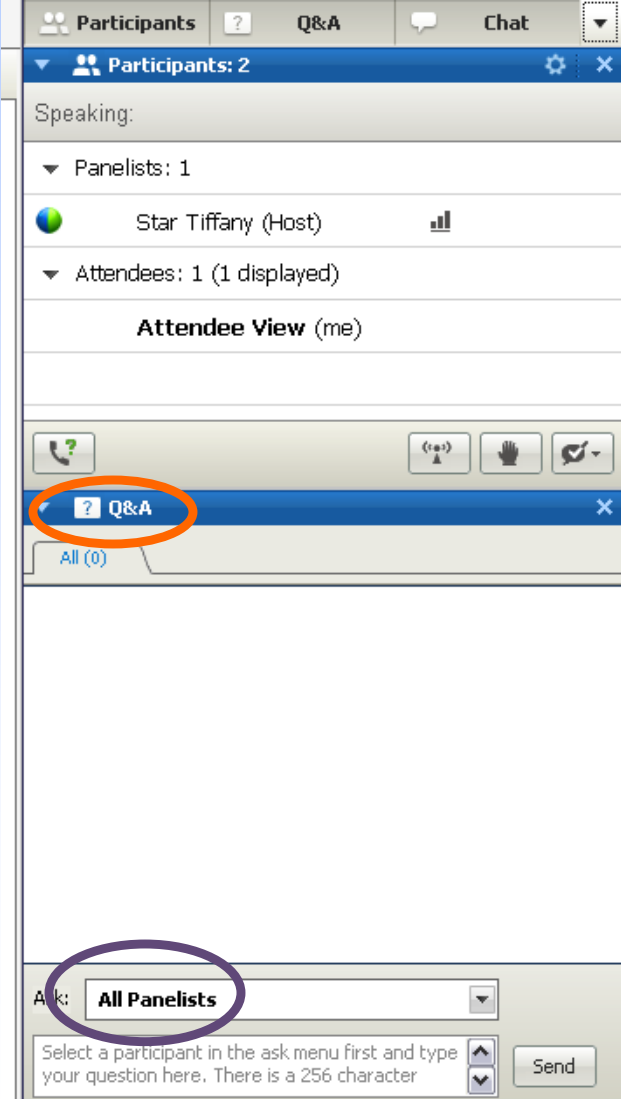
Do you plan physical activity time for the children in your life, whether professional or personal?

- a. Yes, it is important for me to plan some daily physical activity
- b. I make sure physical activity happens somewhat regularly
- c. It's irregular, but I would like to plan more physical activity
- d. Physical activity planning is not a consideration for me
- e. Non Applicable

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Take part in this conversation on the  
Dialogue4Health social network:

<http://dialogue4health.ning.com/>

## **Thank you to our Web Forum Panelists:**

Debbie Lou: [dlou@ucsd.edu](mailto:dlou@ucsd.edu)

Michael Beets: [BEETS@mailbox.sc.edu](mailto:BEETS@mailbox.sc.edu)

Monica Vinluan: [Monica.Vinluan@YMCA.NET](mailto:Monica.Vinluan@YMCA.NET)

Becky Ciminillo: [bciminillo@ymcacolumbus.org](mailto:bciminillo@ymcacolumbus.org)

## Thank you to our Web Forum Sponsors:

The Public Health Institute

and

Active Living Research

A Project of the Robert Wood Johnson Foundation

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Robert Wood Johnson Foundation

The logo for the Public Health Institute, featuring a stylized human figure with arms raised in a caduceus-like symbol, positioned to the left of the text "PUBLIC HEALTH INSTITUTE®".