

Schedule

8:30 AM – Registration, continental breakfast and exhibits

9:00 AM – Introduction and opening remarks: The causes and consequences of obesity in children

9:30 AM – Staying healthy in a super-sized world - Strategies for successful weight management

10:15 AM – Helping kids cope – Finding workable family solutions for addressing the emotional issues of overweight children

11:00 AM – Health and student achievement – Understanding the mind/body connection for children

12:00 Noon – Lunch, local resource sharing and exhibits

1:00 PM – Active kids/healthy kids – Exploring the physical, cognitive and emotional benefits of exercise

2:00 PM – Evaluations and wrap up

In partnership with:

- Cape May County Family and Consumer Sciences Advisory Board
- New Jersey Department of Education
- Cape Counseling Services, Inc.
- American Association of Family and Consumer Sciences
- National Extension Association of Family and Consumer Sciences, New Jersey Affiliate
- NJ Department of Agriculture
- Cape May County Board of Agriculture
- NJ Nutrition Council
- NJ Five-A-Day
- New Jersey Obesity Group

Family and Consumer Sciences Department
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RUTGERS

**RUTGERS COOPERATIVE EXTENSION
N.J. AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
NEW BRUNSWICK**

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Children's Health Summit – Fighting Back Against Childhood Obesity

December 2, 2003

**Wildwood Convention
Center
4501 Boardwalk
Wildwood, NJ**

**Co-sponsored by:
The Family and Consumer Sciences
Department of Rutgers Cooperative
Extension of Cape May County and
The Cape May County Human Services
Advisory Council**

Helping build healthy kids, inside and out

Today's children face a variety of challenges in their lives. Problems like diabetes, high blood pressure and high cholesterol used to be limited to adults.



Now, those health issues are quickly becoming realities for children. Overweight kids suffer emotionally as well, facing increased risks of suicide, depression, bullying and low self-esteem.

To address these issues and present solutions for preventing and treating childhood obesity, the Family and Consumer Sciences Department of Rutgers Cooperative Extension, in partnership with Cape May County Human Services Advisory Council, have organized this Children's Health Summit.

Noted speakers from Rutgers University and the New Jersey Department of Education will discuss the issues, present the latest research and offer solutions for parents, teachers, coaches, health care providers, counselors, and all caring adults who work with children. Local professionals will be on hand to discuss community resources.

Continental breakfast and light lunch will be provided. Continuing education credits will be available.



Registration Form
Children's Health Summit
***Fighting Back Against
Childhood Obesity***
Registration deadline Nov. 18th

Name

Address

Phone

E-mail address

There is no charge to attend.

- I am interested in obtaining continuing education credit *
- I am NOT interested in obtaining continuing education credit

Return this form to:

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County

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