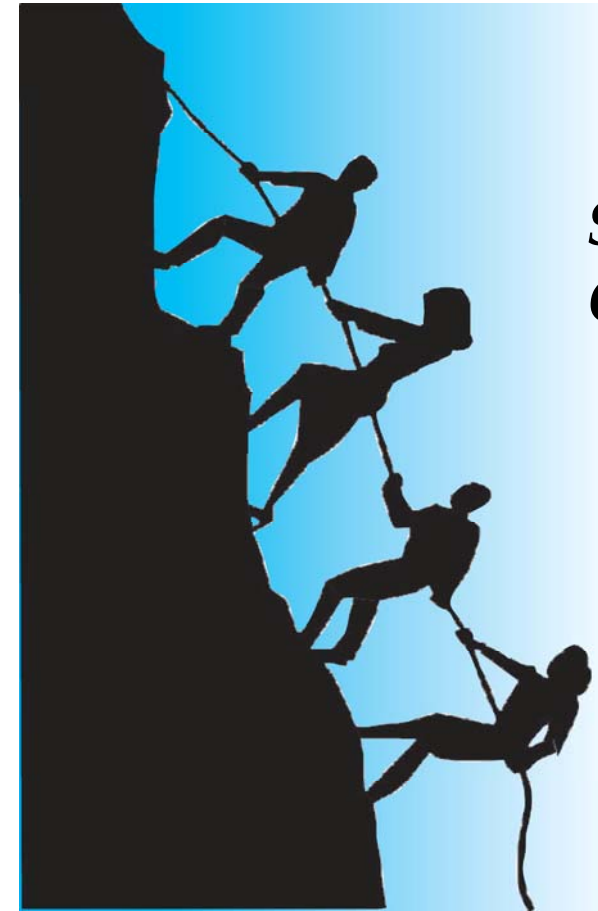


# Notes

# A Summit for the Health of Our Children

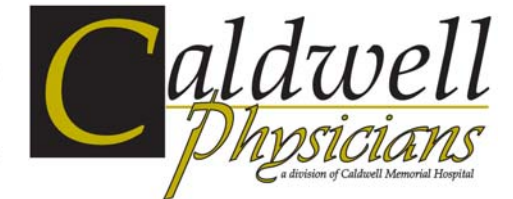


*Saturday,  
October 18, 2008*

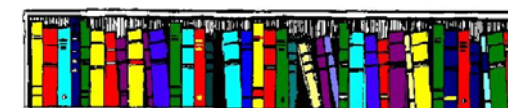
*J. E. Broyhill  
Civic Center*

*Lenoir, NC*

*Sponsored by*



Caldwell County Schools



THE EDUCATION FOUNDATION, INC.  
of  
CALDWELL COUNTY



An Agency of the Caldwell County United Way

**PTA/PTOs of  
Caldwell County  
Schools**

Special thanks is due to the people whose months of hard work made this event possible: Allison Charles, Quest4Life Wellness Center; Crystal Dula, Davenport PTA; Dacia Hudson, Caldwell County Health Department; David Horn, Caldwell Memorial Hospital; Debbie Eller, Communities in Schools (CIS); Deborah Ashley, Caldwell County Chamber of Commerce; Deborah Murray, News-Topic; Denise Michaud, Caldwell County Health Department; Dottie Darsie, Caldwell County School Board; Ervil Anderson, Caldwell County Schools; Grey Scheer, Blue Ridge Electric Membership Corporation; Jan Pritchard, Healthy Caldwellians; Jessica Carter, Caldwell County Health Department; Kimberly Edmisten; Caldwell Memorial Hospital; Laura Easton, Caldwell Memorial Hospital; Libby Brown, Caldwell County Schools; Linda Cowart, Caldwell County Schools; Lori Starnes, Quest4Life Wellness Center; Mary Kidder, Caldwell County Schools; Pam Barber, Caldwell County Health Department & Caldwell County Schools (School Nurses); Pat Triplett, The Education Foundation; and September Stallings, William Lenoir Middle School PTA.

*The Leonard G. Herring Family Foundation*

# Agenda

- 8:30 Registration, Healthy Snacks, Visit Exhibitor Booths
- 9:15 **Welcome: Mission and objectives of the Summit**  
*Laura Easton, President and CEO, Caldwell Memorial Hospital*
- 9:20 **Keynote: “On Track for a Healthier Community”**  
*Paula Collins, MDHL, R.H.Ed*
- 10:15 **"The Childhood Obesity Epidemic: How we got here, what it means for you child's health, and how your family can stop it."**  
*Sarah Armstrong, MD, FAAP*
- 11:00 **“The Importance of Being Active”**  
*Susan Tumbleston, RN, BSN, MBA*
- 11:20 Healthy Snack Break and Visit with Exhibitors
- 11:45 **“The Importance of Being Active Part 2, the Partnership”**  
*Susan Tumbleston*
- 12:00 **“Best Practices for a Healthier School”**  
*Chris Lineberry, MSA*
- 12:50 **Where Do We Go From Here? Approaching Community Consensus**  
*A facilitated exercise in measuring participant input.*
- 1:15 **Next Steps:**  
*Laura Easton*
- 1:25 **Door Prizes & Adjourn**

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## Online Resources

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
[www.beactivenc.org](http://www.beactivenc.org)  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)  
[www.HealthyChildSummit.com](http://www.HealthyChildSummit.com)  
[www.impactchildhoodobesity.org](http://www.impactchildhoodobesity.org)

[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.ncactionforhealthykids.org](http://www.ncactionforhealthykids.org)  
[www.nchealthyschools.org](http://www.nchealthyschools.org)  
[www.nichq.org](http://www.nichq.org)

## Summit Faculty



Paula Hudson Collins, MHDL, R.H.Ed  
Senior Policy Advisor, Healthy Responsible Students  
NC State Board of Education

Paula is an Instructor at East Carolina University in the Department of Health Education and Promotion. She is currently President of N2 Health, Inc., her health promotion company located in Wake Forest, NC. Paula served as the Sr. Advisor for Healthy Schools in the NC Department of Public Instruction and worked closely with the NC Department of Health and Human Services and the Centers for Disease Control and Prevention. She has been a health teacher, a health administrator and curriculum advisor and the Charter Executive of the Poe Center for Health Education in Raleigh. In August 2006, Governor Mike Easley conferred Paula into the Order of the Long Leaf Pine. She encourages everyone she meets to “be a liver of life and not just a gallbladder?”



Sarah C. Armstrong, MD, FAAP  
Director, Healthy Lifestyles Program  
Duke University Medical Center

Dr. Armstrong is a pediatrician in the Division of Primary Care Pediatrics at Duke University and an Instructor in the medical college. She is currently the Project Leader for the National Association of Children’s Hospitals and Related Institutions Task Force on Obesity, Duke University Chapter, and Co-chair of the National Institute for Children’s Healthcare Quality, Childhood Obesity Action Network. She is a graduate of Wellesley College, Wellesley, Massachusetts, and earned her Medical Doctorate at the University of Virginia School of Medicine, Charlottesville. Her residency was served at Children’s Hospital of Philadelphia Pediatric Residency Training Program. She is a member of the Duke Global Health Institute and the Eat Smart, Move More University Collaboration as well as the NAASO, The Obesity Society. She has served as the Medical Director of Fit for Summer, Fit for Life summer programs through Johns Hopkins to incorporate wellness guidelines into summer learning.



Susan Lawrence Tumbleston, RN, BSN, MBA  
Program Manager, Be Active North Carolina-Appalachian Partnership  
Appalachian State University

Susan has worked in health care for more than 30 years as a nurse and administrator. Since she became Director of the Be Active-Appalachian Partnership in July 2005 when it was launched, she has established collaborative relationships with over 60 local agencies in 25 western counties to promote physical activity and healthy lifestyles for the citizens in the region. She assists with program planning and design, assessment/evaluation activities and data management, provision of materials and supplies, development and distribution of promotional materials, as well as serving as a trainer for Be Active Kids, Healthy Active Children/Energizers, and worksite wellness programming. She is a frequent presenter in the region regarding the benefits of physical activity and the obesity epidemic. Susan has also integrated the Partnership into the university system at Appalachian State, where the Partnership is housed. She serves as a preceptor for Health Promotions students each semester and serves as a guest lecturer in elementary methods, Health Promotions, and Coordinated School Health classes at ASU. She has also served as the coordinator for several faculty research projects relating to physical activity.



Christopher Lineberry, MSA  
Principal, Jack Harmon Elementary School  
J.O. Combs Unified School District—Queen Creek, Arizona

An educator for 11 years, Chris Lineberry received his undergraduate and master’s degrees from the University of North Carolina at Charlotte, where currently he is pursuing his doctorate in educational leadership. Chris has been an assistant principal in a middle school in an urban setting with 80% of students at or below the poverty level, an administrator in a magnet school of the arts in a large metropolitan district for grade levels 6 – 12, and a principal in a Pre-K through 8<sup>th</sup> grade school in Stanly County, North Carolina. He currently serves as Principal at Jack Harmon Elementary School in Queen Creek, Arizona. Chris is co-author of the 2005 *Promoting a Successful Transition to Middle School* by Akos, Queen, & Lineberry. During two school years at Richfield Elementary School in Stanly County, he incorporated 60 minutes of physical activity into the school day, integrated healthful living into the curriculum on a daily basis, reduced Body Mass Index and obesity rates while raising achievement scores and decreasing staff absences. Chris will discuss the implications of this program, the successes the school has achieved, as well as the importance of reversing national trends in obesity.