



Conference Invitation

The Illinois Department of Public Health's Office of Women's Health (OWH), the Illinois Public Health Association (IPHA) and the 2012 Advisory Committee would like to extend an invitation to you to consider being a sponsor, exhibitor or attendee at one of the most prestigious conferences about women's health held in Illinois.

Reaching Illinois women is at the core of every activity conducted by the OWH. The office was established in 1997 and is now one of the largest state offices of its kind in the country. The OWH serves the women and girls of Illinois in several capacities by offering:

Illinois Breast and Cervical Cancer Program – A statewide program which offers free breast and cervical cancer screenings for women between the ages of 35 and 64 who have low incomes and no health insurance. Women diagnosed with breast or cervical cancer while enrolled in the program can receive treatment benefits through the Illinois Department of Healthcare and Family Services.

WISEWOMAN Program - The WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) program is funded by the U.S. Centers for Disease Control and Prevention (CDC). The Illinois WISEWOMAN program (IWP) aims to lower heart disease and other chronic disease risk factors through screening and lifestyle classes. The four weekly lifestyle classes teach women how to eat healthy, increase physical activity, problem solve, set goals, and also teaches them about the importance of a support system.

Women's Health Initiative Grant Programs – The OWH funds a variety of education programs offered through local health departments, not-forprofit community agencies and schools. The programs include multi-week curricula and/or health promotion activities that address cardiovascular disease, osteoporosis, menopause and other health-related issues. The goal is to help women and young girls to change behaviors that can lead to healthier lifestyles.

Carolyn Adams Ticket for the Cure – Funding for this grant program is provided through the Illinois State Lottery scratch-off ticket, which funds community grant programs as well as breast cancer research grants.

In addition to our attendees being health care professionals, many are recipients of the above programs and are eager to learn about new products, medical technology and devices, pharmaceuticals, nutrition, and the latest therapies and industry advancements that may help them enhance their programs or educate their clientele. We cordially invite you to join these dynamic, influential health professionals as an exhibitor or a sponsor on December 5-6, 2012, at the Illinois Women's Health Conference.

Don't miss this opportunity to network with health care professionals attending the conference. We look forward to seeing you in December.

Registration is now open. Register today!

Conference Location

Hilton Springfield Hotel 700 E. Adams St., Springfield, III. 62701

A special hotel room rate of \$70 is available for conference attendees, exhibitors and sponsors. The conference room block cut-off date is November 13, 2012. Mention that you are with the Illinois Women's Conference when making your reservation.

Phone: 217-789-1530 or 800-HILTONS E-mail: http://www.springfieldil.hilton.com

2012 personalized Hilton web page: http://www.hilton.com/en/hi/groups/ personalized/SPFSHHF-WOM-20101206/index.jhtml?WT.mc_id=POG

2012 Advisory Committee

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Illinois Organization of Nurse Leaders

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U.S. Department of Health and Human Services – Region V Office of the Regional Health Administrator

Cynthia Flayton, R.N., M.S.
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Illinois Department of Public Health

Sharon Green, M.H.A.

Institute for Women's Health Research Northwestern University

Michelle Hoersch, M.S.

U.S. Department of Health and Human Services Office on Women's Health – Region V

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Southern Illinois University School of Medicine

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American Nurses Association – Illinois/ Illinois Nurses Foundation

Kris Zimmermann, M.P.H.

University of Illinois at Chicago

Event Chair:

Brenda Blasko

Illinois Department of Public Health

Event Co-chair:

Sarah O'Connor-Bennett, M.S., ED.

Illinois Department of Public Health

Exhibits:

Maureen Pennell Jennings

Illinois Department of Public Health

Conference Logistics and Continuing Education:

Angie Wanger

Illinois Public Health Association

Audio Visual:

Mark Hayes

Illinois Department of Public Health

Program Purpose

To provide participants with information, effective strategies and practical tools regarding health promotion, disease prevention and treatment that they can use to enhance their programs and educate women and their families.

Target Audience

This program is designed for those interested in women's issues and health professionals who are interested in educating themselves about diseases and the effects on women's health, including:

- · Public health personnel and staff
- College and university students
- · Public and private sector health professionals
- Nurses
- · Health educators
- · Licensed social workers/Licensed clinical social workers
- Professional counselors/Licensed clinical counselors
- Dietitians
- · Certified health education specialists

Continuing Education

Registered Nurses

This activity has been submitted to WNA CEAP for approval to award contact hours. Wisconsin Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers/Counselors/Dietitians

Continuing education credits are available from Oakton Community College, Alliance for Lifelong Learning, Continuing Education for Health Professionals (OCC/ALL/CEHP) for licensed social workers/licensed clinical social workers, counselors, and dietitians.

Universal

Oakton Community College, Alliance for Lifelong Learning, Continuing Education for Health Professionals (OCC/ALL/CEHP) also is providing universal CE for other professionals. One universal training hour (UTH) from Oakton Community College is equal to one 60-minute clock hour.

Certified Health Education Specialists (CHES)

IPHA is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is a designated event for CHES to receive Category I CECH in health education.

2012 Conference Agenda

Wednesday, December 5, 2012

7:30 a.m. – 3 p.m. Registration and Conference Walking Challenge Registration

Due to the huge success of the walking program at the 2011 Illinois Women's Health Conference, we are again conducting the "Conference Walk Your Way to Health Challenge." Participants are encouraged to sign up and receive a pedometer to track their steps while in attendance at the conference. There will be a "one-day challenge" and a "two-day challenge." Prizes will be awarded at the end of each day!

7:30 a.m. - 8:30 a.m. Deluxe Continental Breakfast

7:30 a.m. - 3:45 p.m. Exhibits Open

7:45 a.m. – 8:45 a.m. Pre-conference Workshops

Pre-conference Workshop I - Behavioral Risk Surveillance System Report

Bruce Steiner, Illinois Department of Public Health, Springfield

As all levels of funding continue to shrink, it is more important than ever before to document the need for programs and when funding is obtained, show how people really benefit from the services provided. Strengthening grant applications can be achieved by using data from sources like the Behavioral Risk Factor Surveillance System to show, in terms readily understood, why programs are needed and how people benefit.

Pre-conference Workshop II - Prescription Drug Abuse - What Health Professionals Can Do To Help

Lisa Misevicz, U.S. Food and Drug Administration, Chicago

Deaths from prescription painkillers have reached epidemic levels in the past decade. The number of overdose deaths from prescription pain killers is now greater than those of deaths from heroin and cocaine combined. Learn how to communicate risks to patients, and how national initiatives are working to combat this growing epidemic.

9 a.m. – 9:30 a.m. Welcome and Statement of Objectives

LaMar Hasbrouck, M.D., M.P.H., Director of Public Health and Brenda Jones, D.HSc, M.S.N., R.N., WHNP-BC, Deputy Director of Women's Health

9:30 a.m. - 10:30 a.m.

Opening Session

The Affordable Care Act: What It Means for Women – Is Our Healthcare Changing?

Kenneth Munson, J.D., Regional Director, U.S. Department of Health and Human Services - Region V, Chicago

Appointed in October 2011, Kenneth Munson represents the Secretary of the U.S. Department of Health and Human Services (DHHS) in official dealings with state, local and tribal government organizations, and other external partners in Illinois Region V. Prior to joining DHHS, Munson held positions as deputy secretary of the Wisconsin Department of Health Services, president and CEO of Children's Service Society of Wisconsin, and several executive positions in the city of Milwaukee government.

Munson will discuss the Affordable Care Act and how it is putting women back in control of their health care.

10:30 a.m. - 11 a.m. Health Information Break - Visit Exhibits

11 a.m. - Noon Concurrent Workshops - Session A

Workshop 1 The Female Condom: What We Need to Know Jessica Terlikowski, AIDS Foundation of Chicago

Workshop 2 From Menarche to Menopause: Depression Across the Female Lifespan

Sittanur Shoush, M.D., Chicago

Workshop 3 Women and Diabetes: The Affects of Our Unique Characteristics

Denise Wilson, Ph.D., APN, CNP, Mennonite College of Nursing, Illinois State University, Normal

Noon - 1:15 p.m.



Luncheon and Cooking Demonstration With Golda

Golda Ewalt is a chef and registered dietitian and director of the Dietetic Internship Program at OSF Saint Francis Medical Center in Peoria. Ewalt has been teaching healthy eating classes for more than 22 years and frequently appears on television to promote delicious and healthy food ideas. She was a key advocate for getting local farmers markets to accept the Illinois LINK cards.

1:15 p.m. – 2:15 p.m. Concurrent Workshops - Session B

Workshop 4 **Health Disparities and Cardiovascular Disease**

Jeannine Turner, M.D., Northwestern University, Chicago

Workshop 5 **Post-Menstrual Bone Loss**

Casey Younkin, M.D., CCD, Southern Illinois University School of Medicine, Springfield

Workshop 6 Positive Authentic Leadership Skills for Women During Difficult Times

Cynthia Hartwig, R.N., B.S.N., M.S., Northwest Community Hospital, Arlington Heights

Health Information Break - Exhibit Room 2:15 p.m. – 2:45 p.m.

2:45 p.m. - 3:45 p.m. Concurrent Workshops - Session C

Workshop 7 Headaches and Women: So Many Types and So Many Causes

Yvonne Curran, M.D., Feinberg School of Medicine at Northwestern University, Chicago Workshop 8

Chiropractic and Acupuncture Treatments: Options Available and Helpful to Women

Windi McKay, D.C., Springfield Clinic, Springfield

Women's Health and the Use and Over-use of Drugs Workshop 9

Dianne L. Clemens, M.S.N., R.N., Mennonite College of Nursing, Illinois State University, Normal

Walking Challenge - Day One Winner Announcement 3:45 p.m. - 3:50 p.m.

3:50 p.m. - 4:50 p.m.



General Session I

Women on the Move – Five Great Walking and Physical Activity Programs for Reducing Weight, Stress, Diabetes, Cancer and Heart Disease Risk, and Women's Aging

Robert Sweetgall, President, Creative Walking Inc., McCall, Id.

Robert Sweetgall has walked across America seven times, walked 11,208 miles through all 50 states in one year; authored and co-authored 17 books on walking, wellness and active living and has helped more than 5,000 schools, corporations, hospitals and communities to implement wellness programs of all types. Sweetgall has appeared on NBC's "Today Show"; CBS "Evening News", "Regis and Kathie Lee Live", and has been featured in USA Today, The Wall Street Journal and People Magazine. In his former life, Sweetgall was a high school valedictorian, overweight Brooklyn boy nicknamed "Butterball," a varsity athlete on the math and bowling teams, junk-food fanatic, chemical engineering graduate, a DuPont Chemical Engineer, a marathoner, ultra marathoner and tri-athlete. Sweetgall now presents all over the United States working to encourage a healthier lifestyle for a healthier future.

4:50 p.m. – 5:10 p.m. **Author Book Signing**

5:30 p.m. Nordic Walking 101: Building Muscle, Burning Fat With the Ultimate Total-Body Walking Workout

> Learn state-of-the-art Nordic walking techniques to strengthen your core, and tone and flatten your abdomen while burning 40 percent more calories than "plain vanilla" walking. Also, improve cardiovascular endurance while taking tons of pressure off your feet, ankles, knees and hips. These Nordic walking techniques are extremely valuable for people with weight and body-balance support issues; diabetes and blood sugar control issues; and, knee, hip and low-back problems. All equipment provided. Just bring comfortable walking shoes. **Note:** This is a true hands-on participatory clinic; however, the physical activity is low-impact and certainly not extreme by any means.

Illinois Breast and Cervical Cancer Dinner Meeting (invitation only) 5:30 p.m. – 6:45 p.m.

2012 Conference Agenda

Thursday, December 6, 2012

7:30 a.m. - 8:30 a.m. **Deluxe Breakfast Buffet**

7:30 a.m. - 9 a.m. Registration

8 a.m. - 9 a.m.



Breakfast Session Cancer 101 for Women

Karen Kim, M.D., University of Chicago, Chicago

Dr. Karen Kim is a professor of medicine at the University of Chicago and serves as the director of the Office of Community Engagement and Cancer Disparities at the University of Chicago Comprehensive Cancer Center, and an affiliate faculty in the University's Center for the Study of Race, Politics and Culture, and the Center for Gender Studies. Kim serves as the chair of the Department of Medicine's Women's Committee and the co-chair of the Women in Medicine committee for the Division of Biological Sciences. Her leadership in women's health, work-life balance and, mentorship has been widely recognized. Her educational interests include health disparities, cultural competency, patient-centered communication, cancer prevention and women's health. Kim has received numerous educational awards including best teaching faculty among medical students and gastroenterology fellows, and was chosen a fellow in the Academy of Distinguished Medical Educators at the University of Chicago.

9:15 a.m. - 10:15 a.m.





James M. Galloway, M.D., FACP, FACC, FAHA, Chair, Federal Executive Committee, Chicago, Assistant U.S. Surgeon General, USPHS, Regional Health Administrator, U.S. Department of Health and Human Services - Region V

Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes over five years. Million Hearts™ brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

Break and Hotel Checkout 10:15 a.m. - 10:30 a.m.

10:30 a.m. - 11:30 a.m. Concurrent Workshops - Session D

Workshop 10 Sex and Sexual Dysfunction: Issues Women Face After the Oh So Many Gynecologic Procedures

Suzanne Trupin, M.D., Normal

Complementary, Alternative Medicines, Vitamins and Supplements: So Many Questions -Workshop 11

What is the Evidence? What Is/Is Not Regulated.

Pre-conception Health: A Way to Promote General Women's Wellness Workshop 12

Carrie Klima Ph.D., CNM, University of Illinois at Chicago College of Nursing Department of Women,

Children and Family Health Sciences, Chicago

11:40 a.m. - 12:40 p.m.



Closing Luncheon Session Start Losing Belly Fat, Right Now!

Julia Pewitt Kinder, D.O.

Julia Pewitt Kinder is a practicing physician, busy mom of three (one of which has Down syndrome), author, and national speaker. She is board certified in family practice and maintains a part-time private practice in Jackson, Mo., in addition to serving as staff physician for Tri-County Hospice in Dexter, Mo. Kinder has established herself as an authority on a variety of topics including corporate and employee wellness, fitness, early childhood education, and Down syndrome. Since 2007, she has lectured to more than 40 audiences across the country. She has established an online presence through her website (www.juliakinder.com), blog and social media (www.facebook.com/juliakinder and https://twitteer.com/#!/ juliakinder) and, has developed several fitness and early childhood education products.

1 p.m. – 2 p.m. Illinois WISEWOMAN Meeting (invitation only)

Exhibitor Information

Conference attendees will have ample opportunity to visit the exhibit hall throughout the day on Wednesday, December 5. In addition, extended morning and afternoon breaks have been included in the schedule to give exhibitors maximum exposure to conference attendees. Exhibit space is limited, so register early. Space will be assigned on a first-come, first-served basis.

Exhibitor Benefits

- Ability to network with health professionals throughout the Midwest
- Recognition in conference program
- One complimentary conference registration included in exhibitor fee
- Two additional registrations available for exhibiting organization at a reduced rate of \$75 each
- Conference signage
- · Recognition on Office of Women's Health website

Exhibit Fee – For-profit Organizations

One, 6-foot skirted table with two chairs\$150

Note: \$25 discount if contract and payment is received by November 14, 2012.

Exhibit Fee – Not-for-profit Organizations

One, 6-foot skirted table with two chairs\$125

Note: \$25 discount if contract and payment is received by November 14, 2012.

Table Assignment

Space is assigned based on receipt of contract and payment. All contracts received with payment will be confirmed with table number on a space available basis. The Office of Women's Health reserves the right to make assignments or reassignments as necessary.

Registration

Exhibitors will be required to register and wear name badges.

Exhibit Schedule

 Exhibit Setup
 Wed., Dec. 5
 7:30 a.m. - 8:30 a.m.

 Exhibits Open
 Wed., Dec. 5
 8:30 a.m. - 3 p.m.

 Dismantling
 Wed., Dec. 5
 3 p.m.

Exhibit Shipping, Electricity and Other Items

Any additional equipment will be contracted and paid for directly through the Hilton Springfield Hotel. Contact information and forms will be provided with your conference exhibitor packet, which will be mailed to you on November 15, 2012. Shipping and storage information also will be outlined in the exhibitor packet. If electricity is required for your exhibit, please check the appropriate box on the contract and include the extra charge with your payment.

Sponsorship Information

Additional opportunities are available to showcase your service or organization through sponsorships. Contact Brenda Blasko at 217-524-1844 if you would like to sponsor an event or item not listed below.

Sponsorship Benefits

- One free exhibit table
- Complimentary conference registration based on sponsorship amount (Gold–4, Silver–3 and Bronze–2)
- · Conference signage
- · Recognition in the conference program
- Pre- and post-conference recognition
- · One set of pre-registered attendee mailing labels upon request
- Recognition on OWH website

Sponsorships Available

Gold	\$5,000 and up
	\$3,000 – \$4,999
	\$1,000 - \$2,999

Additional Sponsorships

1 1	
Continental Breakfasts	\$1,750
Lunch or Reception	\$3,500
Keynote and General Session	
Health Information Break	
Education Sessions	Call 217-524-1844

(Additional sponsorship benefits include recognition on the event sign and the opportunity to introduce the speaker at sessions/workshops.)

Thanks to our 2012 Sponsors and Contributors!

Sponsors

American Cancer Society
Illinois Department of Public Health
Illinois Public Health Association

Contributors

American Heart Association

American Nurses Association - Illinois/Illinois Nurses Foundation

Chambers and Associates, LLC Eastern Illinois University

Illinois Dietetic Association

Illinois Organization of Nurse Leaders

Illinois Public Health Institute

Institute for Women's Health Research at Northwestern University

Jewel-Osco/Super Valu
Oakton Community College

Southern Illinois University School of Medicine

U.S. Department of Health and Human Services -Office of the Regional Health Administrator

U.S. Department of Health and Human Services –

Office of Women's Health – Region V
U.S. Department of Health and Human Services –

HIV/AIDS Regional Resource Network Program – Region V University of Illinois at Chicago – Center of Excellence

Hilton Springfield Hotel Reservation Line: 217-789-1530 or 800-HILTONS • Online: www.springfieldil.hilton.com
To receive the conference rate, state your reservation is for the Illinois Women's Conference room block.

Contract for Exhibit Space, Sponsorship and Advertising

2012 Illinois Women's Health Conference

Please print all information clearly. Each attending exhibitor MUST complete a registration form as well as the information listed below. The Illinois Public Health Association (IPHA) and the Office of Women's Health (OWH) are not responsible for errors made due to illegible writing.

	Check the appropriate box	xes below:	
Company Name (As it should be presented in all materials) Contact Person (Every exhibitor must identify a main contact.	Exhibit Space – For-profit organization One, 6-foot skirted table with chairs		
The main contact will receive all conference information.)	(or proof of payment) is received by		
	Exhibit Space – Not-for-profit organization One, 6-foot skirted table with chairs		
Signature of Contact Person	Note: Early bird discount of \$25 if coordinates (or proof of payment) is received by		
Mailing Address	Sponsorships	14, 2012.	
City	Gold	\$5,000 and ur	
StateZIP Code	Silver	•	
Phone Fax	Bronze		
E-mail	Additional Sponsorships		
	Continental Breakfasts	\$1,750	
Exhibitor attending conference, if different from main contact	Lunch or Reception		
Name	☐ Keynote and General Session		
Company	Refreshments Break	\$1,500	
Address	Payment Information		
City	Exhibit Fee (For-profit organization)	\$	
StateZIP Code	Exhibit Fee (Not-for-profit organization)	\$	
Phone Fax	Additional Exhibitor Registrant	\$	
E-mail	Electrical Hook-up (\$50)	\$	
	Sponsorship	\$	
Additional exhibitor registrant (See registration form for fees. Requires additional registration payment and registration form.)	Enclosed is a check for	\$	
Name	Online registration and paymer visiting the IPHA website at v		
Company	Conference exhibitors and spon-	sors who register	
Address	online may choose to make the Visa or MasterCard. For addition		
	call IPHA at 217-522-5687, or v		
City StateZIP Code	IPHA Tax ID # 36-610	08790	
Phone Fax	Questions? Please call		
E-mail	Angie Wanger at 217-522-5687 (IPHA) a Brenda Blasko at 217-524-1844 (OWH) b		
Brief description of your organization to be included in the 2012 program booklet:	The information contained in this part of this contract. Payment must accompany contract form in order process to be completed. Please recontract for your records and records.	t or proof of payment der for the registration etain a copy of this	
	Illinois Public Health As	sociation	
	223 S. Third St. • Springfield,		
	Fax: 217-522-568	שט	

Conference Registration Form

2012 Illinois Women's Health Conference

Please note the following instructions for completing your registration form:

- 1. **TYPE or PRINT CLEARLY** the following information (as it should appear on your name badge). This form must be completed in its entirety in order for your registration to be processed. One completed registration form is required for each additional person from your organization attending the conference.
- 2. This registration form and payment or voucher must be received by **November 14, 2012**, to ensure the early registration rate of \$115. The rate of \$125 will be in effect from **November 15, 2012 December 5, 2012**. On-site registrations will be charged the \$125 rate with payment due at the time of registration.
- 3. Cancellation of registration must be received in writing by November 26, 2012. Cancellations must be faxed to IPHA at 217-522-5689. No refunds will be made for cancellations received after November 26, 2012. However, a registration may be transferred to another attendee from the same organization. Registrants who do not submit a written cancellation to IPHA by the stated date and do not attend the conference will still be responsible for payment of the registration fee.

Fire	st Name		_ M.I	Last Name	
Org	ganization				
Org	ganization Mailing Address				
Cit	y			State	ZIP Code
	siness Telephone				
Bu	siness E-mail				
the AD	ere will be a "program participant list" available appropriate box with regard to use of your national DRESS USED ON THIS REGISTRATION FOR You may include my name and BUSINE I do not wish to have my name and additional INFO	ame. DRM. ESS A Iress	IF NEITI ADDRESS included	HER BOX IS CHECKED, YOU S as it appears on this registrat in the program participant list.	R NAME WILL BE INCLUDED WITH THI
	\$115 – Early registration		\$125 – L	ate registration and/or on-site	registration (after November 14, 2012)
	\$75 - One-day (1st day) registration		\$75 – St	udent registration (for both day	rs)
	\$50 – One-day (2nd day) registration		•		you must be a current, full-time student im and present appropriate identification.
	eck ALL dates you plan to attend: I will attend Wednesday, December 5 I will attend Thursday, December 6			Workshop I – Behavioral Risk Workshop II – Prescription Dru	e choose one workshop to attend): Factor Surveillance System ug Abuse – What We Can Do To Help lart Phones as a Healthy Resource
	Special needs (diet, access, other)				

TOTAL PAYMENT ENCLOSED:

(Make checks payable to Illinois Public Health Association)

IPHA Tax ID # 36-6108790

Online registration and payment is available by visiting the Illinois Public Health Association (IPHA) website at www.ipha.com. Conference participants who register online may choose to make their payment with Visa or Mastercard. For additional information, call IPHA at 217-522-5687, or visit the website.

Completed registration form with payment should be mailed to:

Illinois Public Health Association • 223 S. Third St. • Springfield, IL 62701-1144

Three ways to register:

(1.) Register by mail (2.) Register by faxing registration to 217-522-5689 (3.) Register online at www.ipha.com

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