

## OBESITY RESOURCE LIST

**Nevada's Legislative Committee on Health Care Subcommittee to Study  
Medical and Societal Costs and Impacts of Obesity  
Chairwoman Valerie Wiener**

PROGRAM	CONTACT	CONTACT INFORMATION	COMMENTS
<b>AARP</b>	Larry Spitler Associate State Director for Advocacy  Bettye Thomas Lead Volunteer for Health Care Issues	5820 Eastern Ave., Ste. 190 Las Vegas, NV 89119 Telephone: (702) 938-3236	The AARP Internet Web site: <a href="http://www.aarp.org">www.aarp.org</a> features health tips, the importance of checkups and prevention, eating well, managing stress, and staying active.
<b>American Cancer Society (ACS)</b>	Buffy Gail Martin Government Relations Director	Northern Nevada Office 6490 S. McCarran Blvd., Ste. 40 Reno, NV 89509 Telephone: (775) 825-0409	The ACS Web site ( <a href="http://www.cancer.org">www.cancer.org</a> ) offers numerous resources on food and fitness.
	Susan Robinson Regional Vice President	Telephone: (775) 329-0609	The ACS also has the following programs:
	Victor Espinoza Program Manager	Southern Nevada Office 1325 E. Harmon Ave. Las Vegas, NV 89119 Telephone: (702) 798-6877	Active for Life - A 10-week program to encourage employees to be more active on a regular basis by setting individual goals and forming teams for motivation and support.  <u>Meeting Well</u> - A program that provides tools, including a guidebook that makes it easy to choose healthy food and activities for work events and meetings.

EXHIBIT K Committee Name **OBESITY** Document consists of **13 Pages**  
☒ Entire document provided.  
☐ Due to size limitations, pages \_\_\_\_\_ provided. A copy of the complete document is available through the Research Library (775/684-6827) or e-mail [library@lcb.state.nv.us](mailto:library@lcb.state.nv.us). Meeting Date: **3-22-04**

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<b>ACS (continued)</b>			<u>Generation Fit</u> - A program for students, ages 11 to 18, who take part in community service projects that promote more physical activity and healthier eating. The ACS will train coaches, counselors, and youth group leaders to run the program. More information is available by calling (800) ACS-2345.
<b>American Heart Association (AHA) of Nevada</b>	Robin Camacho Director of Advocacy and Communication	6370 W. Flamingo Rd., Ste. 1 Las Vegas, NV 89103 Telephone: (702) 367-1366 Fax: (702) 367-1975	The AHA's Web site provides information on its "Healthy Lifestyle" link at <a href="http://www.americanheart.org">www.americanheart.org</a>
<b>Arthritis Foundation of Nevada</b>	Sloane Arnold Executive Director	2450 Chandler Ave., Ste. 17 Las Vegas, NV 89120 Telephone: (702) 367-1626 Fax: (702) 367-6381	<p>The Foundation offers exercise classes, support and education groups, self-help courses, physician referrals, informational brochures, and patient/physician education workshops.</p> <p>Also, the Foundation works in partnership with the Health Division, Department of Human Resources (DHR), and has established a state plan on arthritis to decrease the burden of arthritis in the state.</p> <p>More information about the disease is available at <a href="http://www.arthritis.org">www.arthritis.org</a> and <a href="http://health2k.state.nv.us/arthritis">http://health2k.state.nv.us/arthritis</a>.</p>

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<b>Center for Science in the Public Interest (CSPI)</b>	Margo G. Wootan, D.Sc. Director Nutrition Policy	1875 Connecticut Ave., NW Washington, D.C. 20009 Telephone: (202) 332-9110	The CSPI is a nutrition advocacy organization. Many resources are available at <a href="http://www.cspinet.org">www.cspinet.org</a> .
<b>Center for Nutrition and Metabolic Disorders (CNMD)</b>	Sachiko T. St. Jeor, Ph.D., R.D. Director Professor and Chief Division of Medical Nutrition	Department of Internal Medicine University of Nevada School of Medicine (UNSOM) 153 Redfield Bldg., Rm. 249/MS 153 Reno, NV 89557 Telephone: (775) 784-4474, Ext. 15 Fax: (775) 784-4468	The CNMD offers “state of the art” evaluation and treatment options and conducts research related to obesity issues.
	Raymond Plodkowski, M.D. Co-Chief, Division of Medical Nutrition, and Chief of Endocrinology and Metabolism, Reno Veterans Affairs Medical Center Sub-specialty, Board Certified in Endocrinology, Diabetes, and Metabolism	Department of Internal Medicine UNSOM - Reno 1000 Locust St., MS 111 Reno, NV 89502 Telephone: (775) 328-1894 Fax: (775) 201-1581	Dr. Plodkowski performs obesity research and teaches medical residents and medical students.
	<u>Other Physicians at the Center for Nutrition and Metabolic Disorders:</u> Doina Kulick, M.D. (Board Certified in General Internal Medicine) Diane Chau, M.D. (Board Certified in Geriatrics) <u>Registered Dietitians Involved in the Program:</u> Barbara Scott, M.P.H., R.D. (Pediatrics and Family Medicine) Jessica Krenkel, M.S., R.D. (Certified in Nutrition Support, Geriatrics, General Medicine) Vicki Bovee, M.S., R.D. (Clinic Administrator, Certificate in Adult Weight Management)		

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<b>CNMD (continued)</b>	Jolyn Wirshing, R.D. (Clinical dietitian and counselor) Holly Herzog, M.S., R.D. (General Medicine, Supplements) Miriam Een, M.S., R.D. (Family Medicine, Las Vegas) <u>Behavioral Scientists:</u> Tracy Veach, Ed.D., M.F.T. (Professor of Psychiatry & Behavioral Sciences, Internal Medicine, Stress Management) Sachiko T. St. Jeor, Ph.D., R.D. (Obesity, Weight Management); Fellow in the Society of Behavioral Medicine		
<b>Clark County Health District (CCHD)</b>	Jeanne Palmer Health Education Manager  Rayleen Earney Chronic Disease Health Educator	P.O. Box 3902 Las Vegas, NV 89127 Telephone: (702) 759-1271 Fax: (702) 759-1416	The CCHD is Clark County's public health agency.  More information about the District's programs is available at <a href="http://www.cchd.org">www.cchd.org</a> .
<b>Dairy Council of Utah/Nevada</b>	Barbara Paulsen Program Director	Southern Nevada Office 5836 S. Pecos Rd. Las Vegas, NV 89120 Telephone: (702) 315-0520	The Dairy Council is a resource to obtain nutrition education materials and kits. The Council offers the following programs:  <u>Action for Healthy Kids</u> - An integrated, national-state effort to address overweight, undernourished, and sedentary youth by focusing on change in the school environment.  <u>LIFESTEPS®</u> - A behaviorally-based weight management program.

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<b>Health Division, DHR</b>	Bradford Lee, M.D., J.D., M.B.A. State Health Officer	505 E. King St., Rm. 201 Carson City, NV 89701 Telephone: (775) 684-4200 Fax: (775) 687-3859	The Health Division promotes and protects the health of Nevadans and visitors to the state through its leadership in public health and enforcement of laws and regulations pertaining to public health. More information about the Division's programs and initiatives is available at <a href="http://health2k.state.nv.us">http://health2k.state.nv.us</a> .
	Richard Whitley Chief Bureau of Community Health	505 E. King St., Rm. 103 Carson City, NV 89701 Telephone: (775) 684-5996 Fax: (775) 684-5998	The Bureau offers numerous programs designed to prevent, control, and eradicate communicable and chronic disease in Nevada. Relevant programs are: (1) Tobacco Control; (2) Breast and Cervical Cancer Prevention and Control; (3) Cancer Registry; (4) Diabetes Control; and (5) Arthritis Prevention and Control.
	Charlene Herst Manager Chronic Disease Prevention Programs Bureau of Community Health	Telephone: (775) 684-5914	The Nevada Alliance for Chronic Disease Prevention includes the following work groups: (1) data users; (2) policy; (3) behavioral risk factors; (4) environmental risk factors; and (5) psychosocial and genetic.

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<b>Kaufman, Dr. Francine</b>	Dr. Francine Kaufman Professor of Pediatrics Head Division of Endocrinology Department of Pediatrics	Children's Hospital University of Southern California 4650 Sunset Blvd., MS 61 Los Angeles, CA 90027 Telephone: (323) 669-4606 Fax: (310) 701-2780	Dr. Kaufman recently served on a White House Summit on Healthy Schools/Healthy Students, and, as the chair of a Task Force created by the Los Angeles County Board of Supervisors, was instrumental in banning soda vending machines on many public school campuses, including the second largest school district in the country - the Los Angeles Unified School District, which is currently in the process of phasing out soda vending machines. She has been the recipient of National Institutes of Health (NIH) funding since 1980, and more recently chaired the NIH study on the Prevention and Treatment of Type 2 Diabetes in Children and Youth.
<b>Kraft Foods North America, Inc.</b>	Kathleen Spear Vice President Deputy General Counsel	Three Lakes Drive Northfield, IL 60093 Telephone: (847) 646-2517 Fax: (847) 646-4431	The company launched its Obesity Initiative on July 1, 2003, with the formation of a Worldwide Health & Wellness Advisory Council.  More information about the initiative is available at <a href="http://kraft.com">http://kraft.com</a> .
<b>Las Vegas Athletic Clubs (LVAC)</b>	Bret Fitzgerald Vice President of Corporate Communication Editor and Publisher <i>LVAC Magazine</i>	2655 S. Maryland Pkwy. Las Vegas, NV 89109 Telephone: (702) 591-7441	More information about programs and services offered by LVAC is available at <a href="http://www.lvac.com">www.lvac.com</a> .

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<b>Lummis Elementary School PTA</b>	Terri Janison Parent/Team Nutrition Leader	9000 Hillpoint Las Vegas, NV 89134 Telephone: (702) 373-3683	An elementary school program to increase the health and fitness of the students and staff of the school. The program includes: (1) recess before lunch; (2) Lummis Laser Fitness Team; (3) conversion of lunch room to “serve up” lunches; and (4) switching from snack bar to Fun Friday’s. More information is available at <a href="http://www.lummispta.com">www.lummispta.com</a>
<b>National Center for Chronic Disease Prevention and Health Promotion</b>	Howell Wechsler, Ed.D., M.P.H., Chief Research Application Branch Division of Adolescent and School Health	Centers for Disease Control and Prevention 4770 Buford Highway Atlanta, GA 30341 Telephone: (770) 488-6197	Obesity and juvenile fitness and nutrition resources are available at <a href="http://www.cdc.gov">www.cdc.gov</a> .
<b>Nevada Association for Health, Physical Education, Recreation, and Dance (NAHPERD)</b>	Dr. R.R. Apache President-Elect	Department of Educational Leadership University of Nevada, Las Vegas 4505 Maryland Pkwy., Box 453002 Las Vegas, NV 89154 Telephone: (702) 895-4629 Fax: (702) 895-3492	According to information on the Association’s Web site, the mission of the NAHPERD is: <ul style="list-style-type: none"><li>• To encourage quality elementary, secondary, and college physical education programs based upon needs, interests, and inherent capacities of the individual for his optimum development;</li></ul>

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<b>NAHPERD</b> <b>(continued)</b>			<ul style="list-style-type: none"> <li>• To contribute to the individual's understanding of his role as a democratic citizen in Nevada, the United States, and at large;</li> <li>• To provide the leadership essential to the continual development and improvement of programs in health, physical education, recreation, and dance;</li> <li>• To awaken and stimulate intelligent and comprehensive interest in health, physical education, recreation and dance;</li> <li>• To assist in research and experimentation and to disseminate accurate information in programs of health, physical education, recreation, and dance; and</li> <li>• To promote sound community relationships leading to adequate support for health, physical education, recreation, and dance.</li> </ul> <p>More information about the group is available at <a href="http://www.nahperd.0catch.com">www.nahperd.0catch.com</a>.</p>



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<b>Nevada Diabetes Association for Children and Adults (NDACA)</b>	Mylan Hawkins Executive Director	Northern Nevada Office 1005 Terminal Way, Ste. 104 Reno, NV 89502 Telephone: (775) 856-3839 Fax: (775) 348-7591  Southern Nevada Office 6239 Island Palm Avenue Las Vegas, NV 89119 Telephone: (800) 379-3839	The NDACA is the only organization in Nevada that provides direct services to children and support for families dealing with diabetes.  More information about the NDACA is available at <a href="http://diabetesnv.org">http://diabetesnv.org</a> .
<b>Nevada Dietetic Association (NDA)</b>	Michele Cowee President	13 Canyon Dr. Carson City, NV 89703	Dietetic professionals (dietitians and dietetic technicians) provide expertise in foods and nutrition to state agencies as they formulate programs. The NDA has access to 300 members in Nevada who are available for treating persons who are overweight or obese. Many of the organization's dietitians and dietetic technicians are involved in programs for weight management throughout the state.
	Barb Scott President-Elect	1840 Brenda Way Carson City, NV 89704	
	Debbie Klein Legislative Chair	4843 Elkcreek Trail Reno, NV 89509	
	Kay Oring Nevada Delegate to ADA	2390 Overlook Ct. Reno, NV 89509	
<b>Nevada PTA</b>	DJ Stutz President	6134 W. Charleston Blvd. Las Vegas, NV 89146 Telephone: (800) 782-7201 Telephone: (702) 258-7885 Fax: (702) 258-7836	The Committee on Health and Welfare of the Nevada PTA promotes school initiatives on nutrition and healthy choices.  More information is available at <a href="http://www.nevadapta.org">www.nevadapta.org</a> .

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<b>Nevada State Association of School Nurses</b>	Virginia Smith, R.N., M.S., M.S.N. Director		Information about the role of school nursing is available at <a href="http://www.nasn.org">www.nasn.org</a> .
<b>Sierra Health Services, Inc.</b>	Jack Kim, Director Legislative Programs Government Affairs & Special Projects  Jennifer Martinsen, M.S.E., C.H.E.S. Director Health Education and Wellness  Colleen Corey, R.D., C.D.E. Health Educator Health Education and Wellness	2724 N. Tenaya Way Las Vegas, NV 89128 Telephone: (702) 240-8890 Fax: (702) 242-7931	Sierra Health Services, Inc. offers: <ul style="list-style-type: none"> <li>• 15 programs to address a wide variety of medical conditions.</li> <li>• Two programs to address childhood obesity, nutrition, and fitness: Camp LEAN and KidFit.</li> <li>• Three programs to address adult obesity, nutrition, and fitness: (1) Lean On Me; (2) the Employee Wellness Program; and (3) the Fit-For-Life Club.</li> </ul>
<b>University of Nevada, Las Vegas</b>	Susan L. Meacham, Ph.D., R.D. Chair Department of Nutrition Sciences Director Didactic Program in Dietetics School of Health and Human Sciences Department of Nutrition Sciences Division of Health Sciences	4505 S. Maryland Pkwy. Box 453026 Las Vegas, NV 89154 Telephone: (702) 895-1169 Fax: (702) 895-2616	Dr. Meacham provides community education and community assessment. She may also assist with obesity prevention programs.
	Monica Lounsbery, Ph.D. Associate Professor/Coordinator of the Sports Education and Leadership Program Department of Educational Leadership	4505 Maryland Pkwy., Box 453002 Las Vegas, NV 89154 Telephone: (702) 895-4629 Fax: (702) 895-3492	The Planned Approach To Healthier Schools (PATHS) program is a school-based health intervention program. Services include program development, implementation, and evaluation.

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<b>University of Nevada, Reno (UNR)</b>	Dr. Jamie Benedict Associate Professor Department of Nutrition	Mail Stop 142 Reno, NV 89523 Telephone: (775) 784-6445	<p>Instructional programs at UNR concerning nutrition include:  (1) an undergraduate degree in nutrition; (2) a dietetic internship; (3) nutrition courses that support other health-related majors; and (4) a graduate program in Nutritional Science.</p> <p>Dr. Benedict also conducted the Washoe County School District Food and Beverage Study, which assessed food and beverages sold in district schools.</p>
<b>UNR Cooperative Extension</b>	Madeleine Sigman-Grant, Ph.D., R.D. Area Extension Specialist	2345 Red Rock St., Ste. 100 Las Vegas, NV 89146 Telephone: (702) 222-3130 Fax: (702) 932-1280	The Cooperative Extension provides programs for children, including: (1) Child Obesity Prevention in Nevada, or COPIN; (2) Tummy Talks; (3) child care provider training; (4) collaboration with Women, Infants and Children Special Supplemental Nutrition Program; (5) breastfeeding promotion and support; (6) the Expanded Food and Nutrition Education Program (EFNEP); (7) Chefs for Kids; and (8) team nutrition education.

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<b>UNR Cooperative Extension (continued)</b>			<p>The Cooperative Extension provides programs for adolescents, including: (1) Calcium - It's Not Just Milk; and (2) Nurturing Partners.</p> <p>The Cooperative Extension provides programs for adults, including: (1) An Ounce of Prevention (Diabetes); (2) Healthy Hearts; (3) EFNEP; and (4) Seniors Can.</p>
<b>UNR Southern Nevada Area Health Education Center (SNAHEC)</b>	Rose M. Yuhos Executive Director	School of Medicine 1094 E. Sahara Ave. Las Vegas, NV 89104 Telephone: (702) 318-8452 Fax: (702) 318-8463	<p>The SNAHEC has:</p> <ul style="list-style-type: none"> <li>• A Youth and Family Services Department that works with area schools and directly with parents of teenaged and pre-teen children;</li> <li>• Student development programs designed to interest students (elementary through high school) in health careers. These programs can be expanded to include units on nutrition and exercise;</li> <li>• Adolescent family life programs that promote “positive choices for positive futures” through an outreach program for families with teenaged and pre-teen</li> </ul>

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<b>SNAHEC (continued)</b>			<p>children with a focus on improving communication and understanding; and</p> <ul style="list-style-type: none"> <li>• A continuing education program to assist professionals in the fields of education and medicine to achieve national, state, and professional standards.</li> </ul>
<b>Washoe County District Health Department</b>	<p>Barbara Hunt District Health Officer</p> <p>Debra Brus, D.V.M. Epidemiologist</p>	<p>P.O. Box 11130 Reno, NV 89520 Telephone: (775) 328-2416 Fax: (775) 328-2279</p>	<p>The Department is the county's public health agency.</p> <p>More information about its programs is available at <a href="http://www.co.washoe.nv.us/health">www.co.washoe.nv.us/health</a>.</p>
<b>Washoe County School District</b>	<p>Aaron M. Hardy, M.S. Wellness Coordinator Risk Management</p>	<p>School-Based Wellness Program 425 Ninth St. Reno, NV 89520 Telephone: (775) 333-5054 Fax: (775) 348-0280</p>	<p>The Wellness Program was created in 1994. The program's mission is to establish environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for district personnel and retirees.</p> <p>More information about the program is available at <a href="http://www.washoe.k12.nv.us/wellness">www.washoe.k12.nv.us/wellness</a>.</p>

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