of the American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD RESEARCH GRANT PROGRAM AWARD 2007

Arizona State University Promoting Healthy Lifestyles Conference

PROJECT DIRECTOR Barbara Ainsworth, Arizona State University

CATEGORY Applied Research Dissemination Grant

SUMMARY

The second annual Building Healthy Lifestyles Conference took place during February 2007 at Arizona State University in Mesa, Arizona. The conference theme "From Research to Practice" was specifically designed to bridge the link between physical activity, nutrition, and wellness, with the goal of disseminating quality research and practice into local community settings. This goal was achieved by bringing together key stakeholders such as researchers, policy makers, program planners, and individuals who work directly with the public.

Prominent leaders within the research community shared their knowledge and skill base with conference attendees. The keynote address, which focused on physical inactivity as a major public health problem, was given by Dr. Steven Blair from the University of South Carolina. Featured speakers with expertise in the areas of physical activity, nutrition, and wellness included Dr. Anna Schwartz from Arizona State University, Dr. Cynthia Thomson of the University of Arizona, and Dr. Carol Baldwin of Arizona State University. Grant funds were utilized to support these four speakers.

Over 200 people attended the conference, including individuals from universities and colleges in Arizona and neighboring states, health professionals from Arizona tribal nations and area health departments, and health employees from area hospitals, agencies, and communities. Additional collaborating organizations included the Arizona Alliance for Health, Physical Education, Recreation and Dance (AZAHPERD).

FURTHER INFORMATION

For information about the upcoming 2008 Building Healthy Lifestyles Conference, please visit: http://www.bhlconference.com