

D&I RURAL HEALTH SYMPOSIUM

E-Connecting for Healthy Eating and Exercising in Rural Communities

SCHEDULE OF EVENTS

When: Friday, October 14th, 2022. 9:30 AM – 3:00 PM

Where: Aspen Room, Innsbrook Resort
596 Aspen Way Dr., Innsbrook, MO 63390

9:00 – 9:30 AM	Registration
9:30 – 9:40 AM	<i>Welcome and Introduction</i> Jing Li, Associate Professor, Washington University
9:40 – 10:00 AM	<i>A Story from the Field</i> <u>Speaker:</u> Dixie Duncan, Project Director, Mississippi County Health Department
10:00 – 11:00 AM	<i>Keynote</i> Using Implementation Science to Increase Impact and Equitable Access to Evidence-Based Health Behavior Interventions <u>Speaker:</u> Paul Estabrooks, Professor and Associate Dean of Community Engagement, University of Utah
11:00 – 11:15 AM	<i>Coffee Break</i>
11:15 AM – 12:00	<i>Panel Discussion</i> Digital health: designing and sustaining impactful and equitable health behavior interventions in rural communities <u>Moderator:</u> Jane McElroy, Professor, Co-Director Rural Health Research Center, University of Missouri in Columbia <u>Panelists:</u> Paul Estabrooks, Professor and Associate Dean of Community Engagement, University of Utah Andrea Cullers, Associate Professor, Missouri Southern State University Co-Chair, The Missouri Council for Activity and Nutrition (MOCAN) Tim Nikolai, Sr. Rural Health Director, Midwest, American Heart Association (AHA) Debbie Bennett, County Engagement Specialist, MU Extension NW in Missouri <u>Discussant:</u> Kevin Everett, Associate Professor, Co-Director Rural Health Research Center, University of Missouri in Columbia
12:00 – 12:45 PM	<i>Lunch and Networking</i>

<p>12:45 – 2:00 PM</p>	<p><i>Presentations</i> <i>Designing digital solutions to meet the needs of rural communities</i> <u>Speaker:</u> Maura Kepper, Assistant Professor, Washington University</p> <p><i>CommitFit mHealth app and EHR visualization to help facilitate positive health behaviors in adolescents</i> <u>Speaker:</u> Amy Braddock, Assistant Professor, University of Missouri in Columbia</p> <p><i>How telehealth can worsen health disparities and what can we do to mitigate that</i> <u>Speaker:</u> Dima Dandachi, Assistant Professor, University of Missouri in Columbia</p> <p><i>Promoting Access to Physical Activity and Healthy Foods in Rural Missouri</i> <u>Speaker:</u> Patricia Miller, CEO, Missouri State Alliance of YMCAs</p>
<p>2:00 – 2:05 PM</p>	<p><i>Introduction of Break-out Sessions</i></p>
<p>2:05 – 2:35 PM</p>	<p><i>Break-out/Networking Sessions</i></p>
<p>2:35 – 2:50 PM</p>	<p><i>Group Report-out</i></p>
<p>2:50 – 3:00 PM</p>	<p><i>Closing Remarks</i> Kevin Everett, Associate Professor, Co-Director Rural Health Research Center, University of Missouri in Columbia</p>