



## **Western MCH Nutrition Leadership Network**

**April 11th and April 12th, 2024**

**The Oakland Marriott City Center, Oakland, CA**

### ***Revitalizing MCH Populations: Leading from the Gut***

#### **Agenda**

**Wednesday, April 10<sup>th</sup>: Guest Arrival**

**Thursday, April 11th, 2024**

**8:00 AM – 8:30 AM**            **Continental Breakfast, Registration & Trainee Poster Viewing**

**8:30 AM – 8:45 AM**            **Welcome and Introductions**

**8:45 AM – 10:15 AM**        ***Mental Health and the Microbiome***

**Speaker: Emeran Mayer, PhD**

**Facilitator: Sandy van Calcar**

**Reading/Viewing Pre-work: The Maternal Microbiome Promotes Placental Development in Mice**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9948959/>

**10:15 AM- 10:30 AM**        **Break & Trainee Poster Viewing**

**10:30 AM – 12:00 PM**        ***Food as Medicine: Understanding the Biden Strategy on Hunger, Nutrition and Health – Focus on Pillars 1, 2, 3, & 4***

**Speakers:**

**Pillar 4: Support Physical Activity for All. Liao, Yue MPH, PhD, CPH Assistant Professor, Public Health Program, Department of Kinesiology, UT Arlington, VA.**

**Pillar 2: Integrate Nutrition and Health. Hillary Seligman, MD, MAS; UCSF Center for Vulnerable Populations, General Internal Medicine UCSF Health, General Internal Medicine**

**Pillar 1, 3: Improve Food Access and Affordability, Empower All Consumers to Make and Have Access to Healthy Choices. Carmen Byker Shanks, PhD RDN, Principal Research Scientist, , Gretchen Swanson Center for Nutrition**

**Facilitator: Barbara Laraia**

**Reading/Viewing Pre-work:** Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health

<https://www.whitehouse.gov/wp-content/uploads/2022/09/White-House-National-Strategy-on-Hunger-Nutrition-and-Health-FINAL.pdf>

**12:00 AM – 1:00 PM**

**Lunch & Networking**

**1:00 PM – 2:00 PM**

*What does Food as Medicine Look Like in Your State? - Sharing your Implementation Efforts with a Brief Overview of USDA's Western Regional Office Efforts.*

**Speaker: Tamara Gardner Periconi, MPH, RDN, Nutritionist, Western Regional Office, Food and Nutrition Service**

**Large Group Discussion: NLN Participants**

**Facilitators: Barbara Laraia and Megan Mueller**

**2:00 – 2:15 PM**

*ASPHN Updates - Incorporating the Food Sufficiency PM in your State Plans.*

**Speaker: Sandy Perkins, ASPHN**

**Reading/Viewing Pre-work:**

- AMCHP Food Security Resources: <https://amchp.org/food-security-nutrition-services/>
- ASPHN Food Security Primer: <https://asphn.org/food-and-nutrition-security-primer/>

**2:15 PM – 3:45 PM**

**Free Time & Trainee Poster Viewing**

**3:45 PM - 6:30 PM**

*Western MCH Nutrition Leadership Network Networking Session*  
(Refreshments provided)

**6:30 PM**

**Free evening to explore...**

**Friday, April 12th, 2024**

**8:30 AM - 4:00 PM                      Leadership Workshop**

*Nonviolent Communication*

**Presenter: Aya Caspi, MPH**

Based in Northern California, Aya Caspi brings her unique blend of vision, practical clarity, and deep commitment to the transformative power of Nonviolent Communication to settings as varied as schools, parenting, couples counseling, mediation, nonprofit organizations, social change communities, and media.

Aya has served as an educational consultant on several preschool series, creating original curricula and advising on show development and scripting. Her client list includes Warner Bros., Discovery Media, 9 Story Media Group, Cartoon Saloon, Field Day Entertainment, the Cartoon Network, and Max. "Lu & The Bally Bunch."

**Reading/Viewing Pre-work:**

- Caspi A, Hector P. "From Protection to Collaboration: What to Do and Say to Empower Ourselves When Hearing a Difficult Message - Caring for the Ages."
- Check out the YouTube Playlist, "The Spirituality of NVC: In Conversation with Aya Caspi."

**7:30 AM – 8:00 AM                      Continental Breakfast & Trainee Poster Viewing**

**8:00 AM – 4:00 PM**

**8:00-8:30                      Welcome**

**9:30-9:45                      BREAK**

**12:15-1:15                      LUNCH**

**2:45-3:00                      BREAK**

**3:45-4:00                      Closing**  
Next Steps  
Additional Resources  
Evaluation

**4:00 PM                      Conference adjourns**