

**Improving Diabetes Outcomes in the Appalachian Region  
2010 Diabetes Conference  
May 19, 2010**

**PROGRAM**

9:00 a.m. – 9:30 a.m.	Registration and Continental Breakfast
9:30 a.m. – 9:45 a.m.	<i>Welcome and Introductions</i>
9:45 a.m. – 10:30 a.m.	<i>Diabetes 101: What's Wrong and What's Right in Appalachia?</i> Frank Schwartz, MD, Professor, OU College of Osteopathic Medicine
10:30 a.m. – 11:15 a.m.	<i>Improving Medical Management of Diabetes</i> Jay Schubrook, MD, Associate Professor, OU College of Osteopathic Medicine
11:15 a.m. – 12:00 noon.	<i>Eating Healthy: Tips for Families and Communities</i> Darlene Berryman, PhD, Ohio University, CHHS
12:15 p.m. – 1:00 p.m.	Lunch, Exhibits and Vendors
1:00 pm. – 1:45 p.m.	<i>Behavior Change: Implications for Diabetes Education</i> Ann Rathbun, PhD, Morehead State University, Department HPES
1:45 p.m. – 2:45	<i>Getting Families Active in Rural Communities</i> Ruth Dudding, Mary Beth Blankenship, Margaret Manoogian, Kathy Trace Sharon Denham, Moderator
2:45 p.m. – 3:00 p.m.	Break, Exhibits and Vendors
3:00 p.m. – 3:45 p.m.	<i>Dissemination of the Diabetes: A Family Matter Program &amp; Toolkit</i> Sharon Denham, DSN, Ohio University, CHHS, School of Nursing
3:45 p.m. – 4:00 p.m.	<i>Complete Conference Evaluations and Adjournment</i>

**CONFERENCE PRESENTERS**

**Darlene Berryman, PhD** Dr. Berryman is a registered dietitian with a doctoral degree in nutritional sciences from Cornell University. Since graduate school, she has taught nutrition at Ithaca College in upstate New York and worked as an independent contract lecturer giving nutrition seminars to health care professionals around the nation. Currently, she is an associate professor in Nutrition at Ohio University and the director of the Diabetes Research Initiative. Her current research interests focus on the diet and endocrine control of obesity.

**Mary Beth Blankenship, MSN, FNP:** I received my education from Ohio University and Marshall University. I am Board Certified as a Family Nurse Practitioner in Advanced Practice and am Board Certified as a Generalist in Gerontology. I have a Bachelor's Degree in Sociology and focus on issues in Appalachia. I am an Assistant

Professor for Ohio University Southern Campus and Main Campus in Athens where I teach nursing and am clinical faculty for Nurse Practitioner students

**Sharon A. Denham, DSN, RN:** Professor of nursing at Ohio University with a nursing doctorate from the University of Alabama at Birmingham. Professional roles include offices in the Family and Health Section of the National Council on Family Relations, the Appalachian Studies Association, service on the Board of Commissioner for the National League of Nursing Accreditation Commission, and present-elect to the International Family Nurses Association.. She serves as Director of OU's Appalachian Rural Health Institute. She has numerous publications including a book entitled *Family Health: A Framework for Nursing* and is recognized for Appalachian culture and family nursing expertise.

**Ruth Dudding, BS, CHES:** Ruth is a Certified Health Education Specialist at the Athens City-County Health Department. Her work focuses on creating healthier communities through environmental design, policy development and system changes. Ruth chairs a Healthy Community Coalition which includes members of the health care, worksite, school and community settings in Athens County. The Healthy Community Coalition addresses the issues of improving nutrition, increasing physical activity and eliminating tobacco use. Ruth received her Bachelor's of Science degree in Community Health from Ohio University.

**Margaret Manoogian, PhD:** Dr. Manoogian is an Associate professor in Ohio University's School of Human and Consumer Science. She has her doctorate in human development and family studies with minors in adult development, aging, and women's studies. She has refereed publications in the area of family studies that include poverty, intergenerational issues, and concerns of rural families and has given several presentations on these topics. She has been involved with the diabetes research for this project and assisted with expert input on the toolkit development.

**Ann Rathbun, PhD:** Ann is a graduate of Texas Woman's University in Denton, TX and Associate Professor of Health Promotion at Morehead State University, KY. She has worked with people for more than ten years in the field of behavioral change to improve health outcomes. She is a trained Cooper-Clayton facilitator for smoking cessation. Her scholarly interests pertain to health literacy and communication, bereavement, and community health. She is widely sought after as a speaker and has given many presentations to nurses and healthcare practitioners.

**Frank Schwartz, MD, F.A.C.E.,** professor of endocrinology in the Department of Specialty Medicine in Ohio University's College of Osteopathic Medicine. He was recently appointed James O. Watson Endowed Diabetes Research Chair. He serves as the director of the Appalachian Rural Health Institute Diabetes Center in the Cornwell Center at O'Bleness Hospital. He is involved in clinical and bench research about diabetes, has many published articles, and is frequently a presenter at regional, state, and national conferences.

**Jay Shubrook, DO:** Jay is a Family Physician and Diabetologist at the Diabetes/Endocrine Center at the Cornwell Center in O'Bleness Hospital. He also serves as the Director of the Diabetes Fellowship and the Director of Clinical Research at Ohio University College of Osteopathic Medicine. His research focus is on quality of care and outcome performance improvement in at risk populations. He enjoys time with his family and running and biking on his time off.

**Kathy Trace, RN, BSN, MHA:** Kathy has been a nurse for over 32 years and has Master's Degree in Health Care Administration. Her nursing education started at Mount Carmel School of Nursing in Columbus, Ohio, she has a Bachelor of Science in Nursing and a Master's Degree from Ohio University. Kathy has a varied background which includes hospital, outpatient clinic, administration and community health. She is currently the Director for the Area Health Education Center and Community Health Services Programs at Ohio University College of Osteopathic Medicine.