



CERTIFIED HEALTHY OKLAHOMA VIRTUAL EVENT

June 20, 2024 • 10:00 a.m. - 4:00 p.m.

Join us for the **FREE** 2024 CHO Virtual Event. We have three keynotes followed by breakout sessions for each CHO sector. Don't delay, register today!

SCHEDULE

KEYNOTE

BREAKOUT

10:00 - 10:30 a.m.

Welcome by Chief Strategy & Business Performance Officer Buffy Heater and Assistant Deputy Commissioner Jackie Kanak

10:30 - 11:15 a.m.

Designing Healthy Eating Policies Inclusive of People Experiencing Food Insecurity

Dr. Rachel Liebe, Oklahoma State University

11:20 a.m. - 12:20 p.m.

Food Accessibility Panel

Meredith Scott, ONIE; Richard Comeau, Hunger Free Oklahoma; Katelynn Braswell, OSDH District 2; and Luran Larson, OSDH

12:20 - 1:00 p.m.

Lunch

1:00 - 2:00 p.m.

Tobacco Prevention

Leslie DeHart and Angelina Hooper, Oklahoma State Department of Health

2:00 - 2:10 p.m.

Break

2:10 - 3:00 p.m.

Breakout Session 1 Options

- Oklahoma Quality Rating and Improvement Systems (QRIS) - The Stars Program
- Addressing Arthritis Through Physical Activity
- Chronic Disease Programs and Resources
- Implementation of Health Education

3:00 - 3:10 p.m.

Break

3:10 - 4:00 p.m.

Breakout Session 2 Options

- Navigating the Oklahoma Registry Certificate of Achievement and Stipend and Wage Supplement Programs
- Mental Well-Being in the Workplace
- ODOT Resources for Communities
- Community Resources for Schools



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KEYNOTE OVERVIEW

Keynote 1 | 10:30 - 11:15 a.m.

Designing Healthy Eating Policies Inclusive of People Experiencing Food Insecurity

Dr. Rachel Liebe, Oklahoma State University

Dr. Liebe will define the term *food insecurity* and explore the relationship between food security and mental health. Dr. Liebe will also discuss the role of coping, and stigma related to food insecurity. The keynote will conclude with discussing and identifying actionable steps we can take to reduce the stigma of food insecurity.

[Join Session](#)

Keynote 2 | 11:20 a.m. - 12:20 p.m.

Food Accessibility Panel

Meredith Scott, ONIE; Richard Comeau, Hunger Free Oklahoma; Katelynn Braswell, OSDH District 2; and Lauran Larson, OSDH

This keynote panel will feature organizations working to increase food accessibility in Oklahoma. The speakers will not only share the work each of their organizations is focusing on, but also how these organizations are working together to increase outreach to all Oklahomans. You'll leave this session having learned about new opportunities for promotion and collaboration.

[Join Session](#)

Keynote 3 | 1:00 - 2:00 p.m.

Tobacco Prevention

Leslie DeHart and Angelina Hooper, Oklahoma State Department of Health

This session will include an overview of recommended language for tobacco prevention policies for all sectors based on legislative requirements and/or evidence-based practices. The OSDH Tobacco Team will also share an update on new tobacco prevention and cessation resources that are available for free.

[Join Session](#)



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BREAKOUT SESSION 1 | 2:10 - 3:00 p.m.

Oklahoma Quality Rating and Improvement System (QRIS) - The Stars Program

Misti Denton and Tiffany McPherson,
Oklahoma Department of Human Services

This session will provide an overview of the Oklahoma Quality Rating and Improvement System (QRIS). Participants will become familiar with QRIS - The Stars Program and the framework for improving the quality of child care in Oklahoma.

[Join Session](#)

Addressing Arthritis Through Physical Activity

Karin Leimbach and Madelyn Maxwell,
Oklahoma State Department of Health

Participants will hear about work being done to bring Walk with Ease and Tai Chi: Moving for Better Balance to Oklahoma communities through various partnerships, as well as how these programs can improve pain management and increase physical activity. Participants will be able to identify how they can promote and support these physical activity programs.

[Join Session](#)

Chronic Disease Programs and Resources

Jacob Guinan, Jennifer Gingerich
and Jennifer Like, Oklahoma State
Department of Health

Presenters will provide an overview of Chronic Disease Prevention Service Programs at the Oklahoma State Department of Health. Participants will learn about resources and materials to share within your worksites and faith organizations.

[Join Session](#)

Implementation of Health Education

Shana Classen, Oklahoma State
Department of Education

Attend this session and take away strategies for implementing health education instruction and explore resources to ensure integration is achievable and manageable.

[Join Session](#)



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BREAKOUT SESSION 2 | 3:10 - 4:00 p.m.

Navigating the Oklahoma Registry Certificate of Achievement and Stipend and Wage Supplement Programs

Tiara Sanders, Center for Early Childhood Professional Development

This session will provide an introduction to the Oklahoma Registry Certificate of Achievement and Stipend and Wage Supplement Programs. Attendees will become familiar with stipend eligibility requirements, wage eligibility requirements and come to understand the application process.

[Join Session](#)

Mental Well-Being in the Workplace

Whitney Gorsegner, Garver, and Lindsay Mitchell, University of Oklahoma

A Gallup 2023 poll found that nearly half of U.S. adults reported frequently feeling stress. Stress can take a toll on employees' mental health. This session will feature two employers that will share what mental health strategies they implement at their worksites.

[Join Session](#)

ODOT Resources for Communities

Olivia Hook and Matt VanAuken, Oklahoma Department of Transportation

Attend this session to learn more about the strategies and resources available from the Office of Mobility Management and Transportation Alternatives Program through the Oklahoma Department of Transportation.

[Join Session](#)

Community Resources for Schools

Kaitlan Weston, OSDH District 4; Kim Davis, Cotton County OSU Extension; and Cass Ring, Cooking for Kids

Speakers will share resources and strategies from their organizations that support schools in implementing health education and creating healthier learning environments.

[Join Session](#)