

"Can Your Neighborhood Help You Lose Weight? How We Can Re-design Our Communities, Worksites, and Schools to Increase Activity"

David Pauer, M.N.O.
Wednesday, November 11, 2009
Noon to 1 p.m.
TT-Bunts Auditorium

This activity has been approved for *AMA PRA Category 1 Credit*™.

Abstract: According to the National Health and Nutrition Examination Survey, fewer than 5 percent of adults in the U.S. meet the minimum guidelines of 30 minutes per day of physical activity. Physical inactivity is a major contributing factor to an increase in cardiovascular disease, certain types of cancer, type 2 diabetes, healthcare costs, and the obesity epidemic.

During the past three decades, the obesity rate for children and adults has increased significantly. Regular physical activity can reduce the risk for obesity and help people lead longer, healthier lives.

Specific design elements of cities and neighborhoods have been shown to increase the number of people that are physically active. These communities are often called walkable neighborhoods because residents can easily walk to nearby destinations like shops and schools, as well as for recreation and fitness.

Bio: **David Pauer, M.N.O.** has dedicated his career to nonprofit health organizations. He previously was the director of development for HealthSpace Cleveland, the executive director of the Ronald McDonald House of Cleveland, executive director of the Herb Society of America, and the assistant executive vice president of the American Diabetes Association, Ohio Affiliate.



David earned a Master of Nonprofit Organizations degree from Case Western Reserve University, and a Bachelor of Science in Community Health Education from The Ohio State University. David is fluent in Spanish and spent a year studying Spanish language, culture, and public health in Madrid, Spain in a program through Bowling Green State University.

David serves as a volunteer on the board of advisors for Clevelanders in Motion, Live Well Lakewood and the Lakewood Hospital Community Advisory Board. David also is the founder and volunteer director of Active Living Ohio, Inc., a nonprofit dedicated to improving the walkability and livability of Ohio communities.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer.