



HEROForum22

September 19-23, 2022 | Amelia Island, Florida

How the Choices We Have Influence the Choices We Make: Diversity, Inclusion, and the Integration of Lifestyle Medicine and Population Health Promotion.

An enduring reality that has sustained the preventive medicine movement is that over fifty percent of early death and disability can be attributed to lifestyle. While innovative efforts to support positive behavior change have resulted in countless success stories in tobacco control, disease management, and fitness, it remains that negative trends in obesity and chronic conditions have been as inexorable as the aging of the nation. To be sure, aging and health decline are interrelated, but that doesn't reconcile the untoward disparities in lifespans and disease rates between the rich and poor or between whites and people of color.

Lifestyle medicine holds that behavior change intervention approaches are every bit as utilitarian and powerful in preventing or reversing disease as are pharmacological or medical solutions. But aren't lifestyles something for the rich and famous? And doesn't another form of "medicine" send us downstream when we're finally building momentum for upstream cultural and environmental solutions? What's more, does changing one's lifestyle infer that access to meaningful work, healthy foods, open spaces, and sick care is equally distributed? Forum22 is designed to confront these tensions between individual and social responsibility for health.

By juxtaposing lifestyle medicine and population health principles, we hope to assess the role of all of the determinants of health: lifestyle, social issues, race and racism, class, and environment. Our thesis is that lifestyle medicine and population health are occurring in siloes, but a more intentional integration of these approaches, one that puts diversity and inclusion at the forefront, will be the best way to solve for health inequities and reverse intractable disease trends. If the health choices we make are indeed a major determinant of health and well-being, this conference is dedicated to advancing transformative ideas for improving the health choices we have.

Abstract Submissions for HEROForum22

HERO welcomes presentation submissions from all organizational sectors. Our conference attendees are primarily experienced human resources professionals and formally trained health promotion program providers. Accordingly, we favor presentations to go beyond "show and tell" about what programs and initiatives you are offering and, instead, go deeper into barriers you've encountered, novel strategies you're testing, and evaluation results that are shaping your future plans. We also favor those who value sharing their stories in highly interactive and energetic learning sessions. We are less interested in "motivational speakers" and more interested in *human resources/workplace professionals* that have innovative employee health and well-being initiatives to share, and *researchers or subject matter experts* presenting on topics of expertise through recent publications, research, or work. *Health promotion experts who provide wellness products and services* to companies are welcome to submit abstracts with a required employer co-presenter.

Presentation Tracks for HEROForum22

- 1. Lifestyle Medicine 101: Proven Ways to Prevent and Reverse Chronic Health Conditions.**
These breakout sessions feature cases, studies, and exemplary organizations that have implemented interventions, sustained over a long period, with results to share about participant health improvements.
- 2. Disease Management 401: Equity Inspired New Approaches to Reversing Health Decline.**
Disease management programs have affected positive improvement in healthcare utilization and in population level health practices, but have they been tailored to meet the needs of disadvantaged populations? These breakouts describe disease management initiatives designed to be accessible and successful in diverse populations.
- 3. Climate Change, Food, and Obesity: The Employer's Role in Environmental Policy and Practice.**
It's one thing to offer weight management programs and offer healthier lunchroom choices. It's another to play a role in reducing global warming and activating others to save the planet while improving health. These breakouts will feature climate change innovators.
- 4. Measures that Matter in Inclusive Worksite Health Promotion**
Every year HERO features the role of metrics in worksite wellness. This year we challenge researchers and practitioners to share how organizational data and evaluations can be used to advance great diversity, equity, and inclusion in health promotion.
- 5. Technology and Well-Being: Breakthrough Tools that Solve Intractable Problems.**
Yes, we know, you have an app for that! But apps and social media seem as apt to disconnect us and ruin our spirits as they are to motivate us toward something good. These breakouts await tech ideas and proven approaches with measurable benefits for users.
- 6. Faith and Spiritual Well-Being: Removing Boundaries for Organizational Success**
Organizations are increasingly open to creating dialogue space for bringing ourselves to work, such as our racial and cultural traditions. So why are our faith traditions, especially our religious beliefs, still taboo topics? These breakouts await those with the audacity to make a business case for bringing our faith to work.

Abstract Submission Guidelines

The outline below describes what is required for each section of the Forum22 abstract. Please complete each task as thoroughly as possible. **All submissions from health promotion providers, vendors, or consultants will need an employer co-presenter to be considered.** Also, please read and complete the Presenter Checklist in step 4; it contains further information on the commercialism ban in Forum presentations.

HERO FORUM22 TASK LIST

* = Required

1. Speakers (complete for each speaker)

First Name*
Middle Initial
Last Name*
Email*
Office Phone*
Cell Phone
Address (Line 1, 2, 3)
City
State
Zip

Country

Title*

Organization*

Credentials*

Bio*

Paragraph that includes full name, credentials, current job title and current company affiliation. (150 words or less)

Role: *

- Primary Presenter
- Co-Presenter
- Moderator

Please check whether your company is a vendor, employer or if you are university affiliated. *
Select which best describes your organization/affiliation.

- Vendor/Provider
- Employer/Customer
- Researcher/Academic

Please include a color, high-resolution photo of each speaker (.jpg or .png format). By uploading a photo, you certify that you have the right to distribute the image and you release it for use on the program materials for the event.

Support Person: To be copied on all submission emails

- Name
- Telephone
- Email

2. Title and Abstract

Title*

A descriptive and engaging title for your presentation. (100 characters/10 words or less)

Track*

Select a Track

- **Lifestyle Medicine 101: Proven Ways to Prevent and Reverse Chronic Health Conditions.**
- **Disease Management 401: Equity Inspired New Approaches to Reversing Health Decline.**
- **Climate Change, Food, and Obesity: The Employer's Role in Environmental Policy and Practice.**
- **Measures that Matter in Inclusive Worksite Health Promotion**
- **Technology and Well-Being: Breakthrough Tools that Solve Intractable Problems.**
- **Faith and Spiritual Well-Being: Removing Boundaries for Organizational Success**

Affirmation*

For vendor/provider companies: Affirm that the employer co-presenter(s) will present at least 50% of the session (and all presenters have attached the signed non-commercialism pledge to the submission).

- Yes
- No
- N/A

Abstract*

A description of the proposed presentation (150 words or less)

How will the session represent the research or evidence that exists? *

What specific strategies will be used to make the session interactive? *

Supporting Agencies

Include any organizations providing financial support for the presenters.

References

Include any citations for the presentation (optional).

3. Learning Objectives

Provide 3 learning objectives that are clear, measurable, and achievable. **NOTE:** Participants are eager for specific takeaways that can be applied immediately upon their return to work.

Learning Objective 1*

Complete the sentence: After completing this session, participants will be able to ... Use action words to begin this learning objective, such as list, describe, define, demonstrate, conduct, etc. (30 words or less)

Learning Objective 2*

Complete the sentence: After completing this session, participants will be able to ... Use action words to begin this learning objective, such as list, describe, define, demonstrate, conduct, etc. (30 words or less)

Learning Objective 3*

Complete the sentence: After completing this session, participants will be able to ... Use action words to begin this learning objective, such as list, describe, define, demonstrate, conduct, etc. (30 words or less)

4. HERO Non-commercialism Pledge and Presenter Checklist

Download, complete the form, and upload it in the slot below. Please complete one checklist for each speaker.

5. Supplementary Files

Add Supplementary Files to your submission (optional)