

## Topics will include:

Prevalence and Risk Factors for Obesity in Children with Autism Spectrum Disorder and Developmental Disabilities

Eating Behaviors and Parent Feeding Practices in Children with ASD

Physical Activity Participation among Youth with ASD: What We Know

Interventions Promoting Physical Activity and Weight Loss in Adolescents with Developmental Disabilities

Supporting Physical Activity and Recreation in the Community (SPARC):

A Community-based Participatory Research Feasibility Study for Increasing Physical Activity with Adolescents with ASD

### To register and for more information:

<https://www.surveymonkey.com/r/hwrnsymposium>

Registration closes May 1, 2016

**Wednesday, May 11, 2016, 1–4 p.m.**

**Hilton Baltimore**

401 Pratt Street  
Baltimore, MD 21201



### The Healthy Weight Research Network for Children with Autism Spectrum Disorder and Developmental Disabilities (HWRN)

was established in July 2013 with funding from the Maternal Child Health Bureau's (MCHB) Division of Research (UA3MC25735) and is coordinated by the Eunice Kennedy Shriver Center at UMass Medical School in collaboration with Tufts University School of Medicine.

#### Symposium Co-Directors:

Linda Bandini, PhD, RD  
Carol Curtin, PhD  
Aviva Must, PhD

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Visit us on the web at [www.hwrn.org](http://www.hwrn.org)



**Healthy Weight  
Research Network**

Children with  
Autism Spectrum Disorder  
& Developmental Disabilities

Promoting healthy weight in children and youth with Autism Spectrum Disorder/ Developmental Disabilities:  
**Current Research and Future Directions**

**A FREE SYMPOSIUM**

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& Developmental Disabilities

## Speakers and Topics

### **Aviva Must, Ph.D.**

Morton A. Madoff Professor and  
Chair of Public Health and Community Medicine;  
Dean, Public Health and Professional Degree  
Programs, Tufts University School of Medicine

### ***Prevalence and Risk Factors for Obesity in Children with Autism Spectrum Disorder and Developmental Disabilities***

This talk will share the most recent estimates of obesity prevalence derived from national and international studies with an emphasis on data from representative samples. The talk also aims to review current knowledge on fixed and modifiable risk factors and risk indicators in typically developing children to set the stage for the talks that follow.

### **Tanja Kral, Ph.D.**

Associate Professor of Nursing,  
Department of Biobehavioral Health Sciences,  
University of Pennsylvania School of Nursing and  
Perelman School of Medicine

### ***Eating Behaviors and Parent Feeding Practices in Children with ASD***

This talk aims to provide an overview of the current state of knowledge on feeding difficulties in children with ASD. Topics that will be addressed include food selectivity, sensory sensitivity, and eating behaviors, and their possible contributions to the development of obesity in children with ASD. The talk will conclude with a discussion of feeding practices that parents use to address feeding difficulties in their children.

### **Heidi Stanish, Ph.D.**

Associate Professor,  
Department of Exercise and Health Sciences,  
University of Massachusetts–Boston

### ***Physical Activity Among Youth with ASD: What We Know***

The current literature will be reviewed on physical activity participation among youth with ASD. Factors known to be associated with physical activity in this group will be reviewed, with a focus on our previous study comparing youth with ASD to typically developing peers.

### **Lauren T. Ptomey, Ph.D., RD, LD**

Assistant Research Professor,  
Cardiovascular Research Institute,  
KU Medical Center,  
The University of Kansas

### ***Interventions Promoting Physical Activity and Weight Loss in Adolescents with Developmental Disabilities***

Two interventions promoting healthy lifestyles in adolescents with developmental disabilities, including ASD, will be reviewed. The first study will review a weight loss intervention comparing two different diets and utilizing technology. The second study will review a physical activity only intervention utilizing group exercise lessons delivered remotely.

### **Richard Fleming, Ph.D.**

Professor and Graduate Program Director,  
Department of Exercise and Health Sciences,  
University of Massachusetts–Boston

### ***Supporting Physical Activity and Recreation in the Community (SPARC): A Community-Based Participatory Research (CBPR) Feasibility Study for Increasing Physical Activity for Adolescents with ASD***

The application of CBPR principles to develop, implement and evaluate a YMCA-based program designed to increase physical activity in adolescents with ASD will be described. The components of the SPARC program are described and illustrated with data presented on changes in moderate-to-vigorous physical activity over time. Implications for next steps in research and dissemination are discussed.

***Closing Remarks and Additional Comments or Questions – Co-Directors: Linda Bandini, Carol Curtin, Aviva Must***