



Inaugural Pathway Program

June 11-13, 2024

San Diego Convention Center





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Program Champions



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Program Overview



Panel Discussions

Dynamic panel discussions with diverse healthcare professionals that shared their career paths, challenges, and opportunities in treating obesity. The discussions covered obesity treatment strategies, STEM career paths, and insights on improving community healthcare, providing students with a comprehensive understanding and ways to make a meaningful impact.



Networking

Students engaged in dynamic networking opportunities with healthcare leaders during breakfast, lunch, and Q&A sessions. They shared experiences, discussed challenges, and explored opportunities to make a meaningful impact in the field of obesity treatment and community healthcare.



Skills Lab

Students engaged in hands-on experiences in the exhibit hall with industry partners. They explored cutting-edge obesity treatment strategies and had the opportunity to participate in hands-on demonstrations.



Accessibility

Time

Cost

Culture

Education

Heredity

Taste

Lack of empathy (stigma)

Social Media

Role Models (Beauty standards)

Sticky notes on whiteboard:

- Accessibility: Better access to healthcare, Cheaper food delivery and cheaper food, Build more grocery stores, Homeless population and more pathways
- Time: Better access to healthcare, Cheaper food delivery and cheaper food, Build more grocery stores, Homeless population and more pathways
- Cost: Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Culture: Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Education: Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Heredity: Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Taste: Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Lack of empathy (stigma): Hold yourself accountable for your health (if you can't get help) Community, family or professional, Support Groups for race or ethnicity, Education
- Social Media: Better school education, Improved school curriculum, Hold influencers accountable for information they put out
- Role Models (Beauty standards): Better school education, Improved school curriculum, Hold influencers accountable for information they put out



CHALLENGES



Accessibility

Time

Cost

Culture

Education

Heredity

Taste

Lack of empathy (stigma)

Social Media

Role Models (Beauty standards)

Better access to healthcare

Cheaper food delivery and cheaper food

Build more grocery stores

Homeless population and more pathways

Hold yourself accountable for your health (if you can't get help) Community, family or professional

Support Groups for race or ethnicity

Education

Healthy add-ons or alternatives

Better school education

Improved school curriculum

Hold influencers accountable for information they put out



CHALLENGES



- Walkability in San Diego suburbs
- School lunches are not super nutritious
- Accessibility to purchase nutritious food at a reasonable price
- Access to quality of product/food
- Social media trends/influence (chamoy pickle, swedish candy, etc)
- Screenagers (staying inside, using our phones instead of going outside)
- Fast food is very accessible
- Food delivery services (Uber Eats, Post Mates, GrubHub)
- Lack of work-life balance
- Access to the gym

Minimizing the portions on unhealthy food

Only selling fruit that is in season

Social Media regulations

Add more healthy food places for users to choose

Normalizing spending time outdoors

Creating incentives for businesses to give workers more breaks & times to exercise throughout the day

Limit availability on screen devices

Adding more app usage restrictions



CHALLENGES



- Body Image
- Inflation & Economy price for healthy food
- Little to no motivation to be healthier
- Fast food locations & numerous unhealthy food --- healthier locations
- Long distance to healthy locations
- Polluted Air (stay in = reduced sun)
- Time from work
- Childcare
- Lack of nutritional information/ how to live healthier
- Eating until food is gone/norm
- societal pressures/outside perspectives
- Misconception of health
- Lack of knowing - resources/food centers
- Disability awareness
- sustainability
- Food volume

Healthy incentives to people

Restriction of advertisement

Air changes

Get kids used to eating healthy options

Eliminating marketing specifically

Program to deliver to elderly & disabled

Bring food trucks from food centers

Educating family members on why implementing healthier options are important





CHALLENGES



No Sidewalks

- not living in a walkable city
- public transport is bad

Design areas that are more for people and not cars. This would encourage more walking and outdoor activities that are healthy for us

Some schools not having PE

Lack of Access to healthy food

General accessibility

Gym membership pricing

Educational barriers

- Nutrition not being taught in schools

Fast Food: Being cheaper vs Healthier Alternatives

Cultural Barriers

Social Media

- Models
- Influencers
- Body Dysmorphia
- Beauty Surgery and eating disorders

Internet - Devices like game consoles/computers

Food Advertisements: Drive thru & restaurant

Change in lesson plans for PE classes to include education on nutrition and diets
Pass/fail based on participation



Create low income discounts or make it free for students (middle school, high school & college)

More accessibility to healthier foods

- raise price for junk food
- Ad's for more home cooked meals instead of fast food



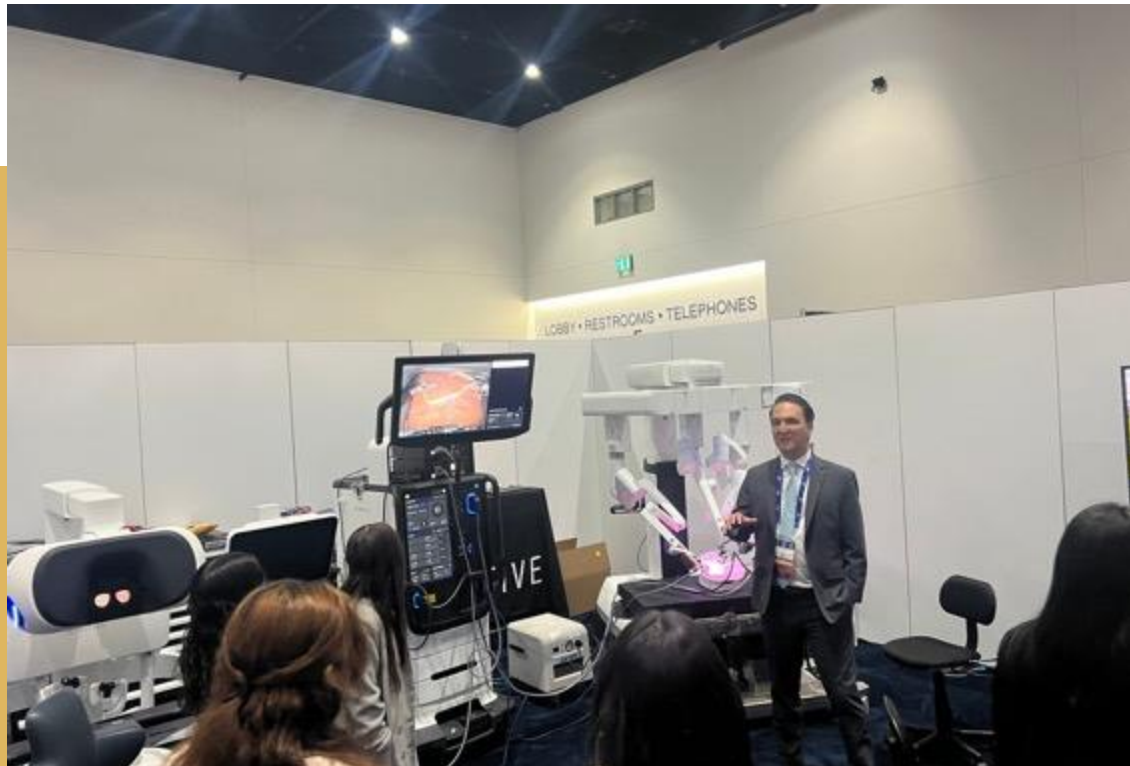
Thank You to Our Industry
Partners for Donating Their
Time to the Technology
Exposure Workshops



ETHICON

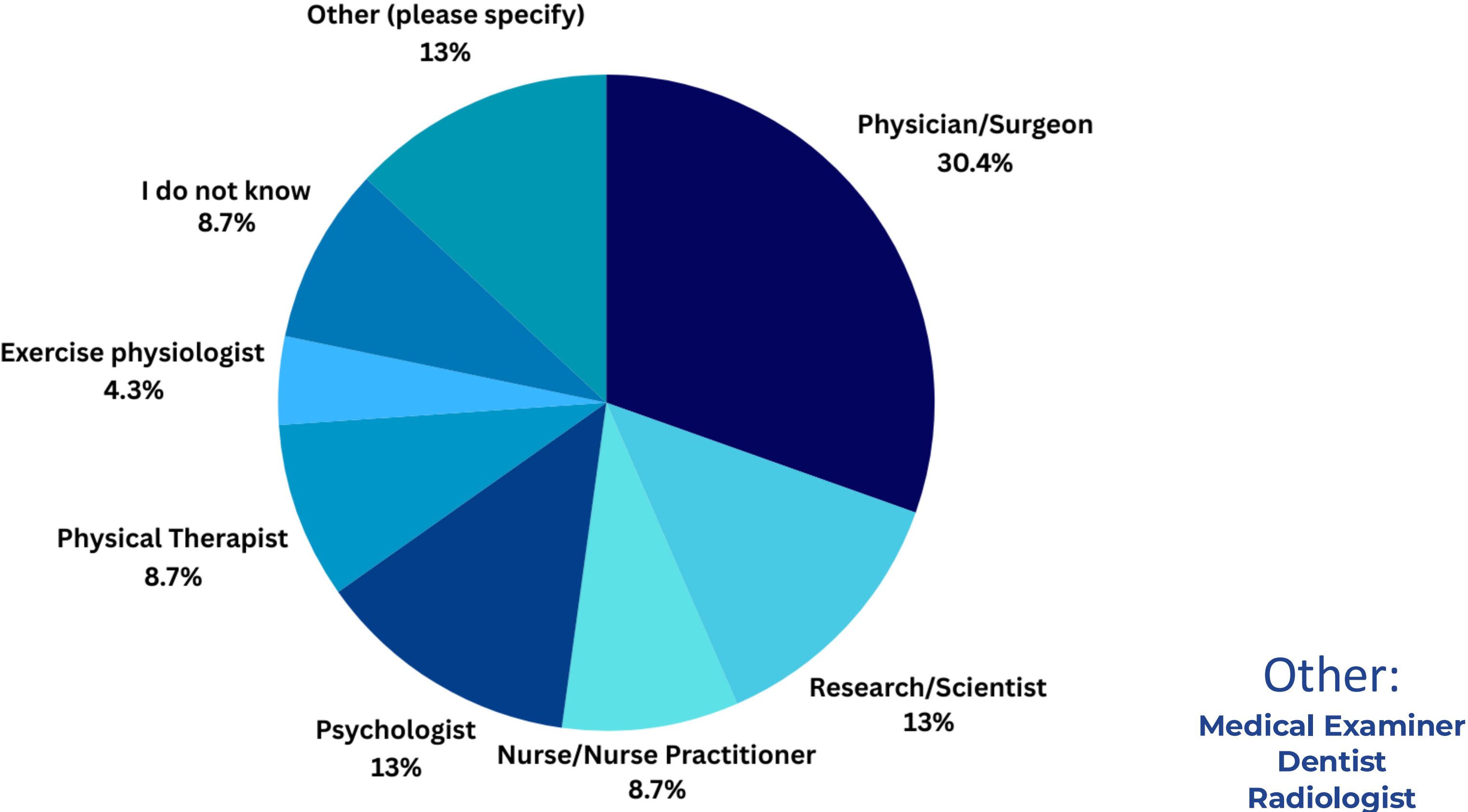
INTUITIVE

Medtronic 75 years



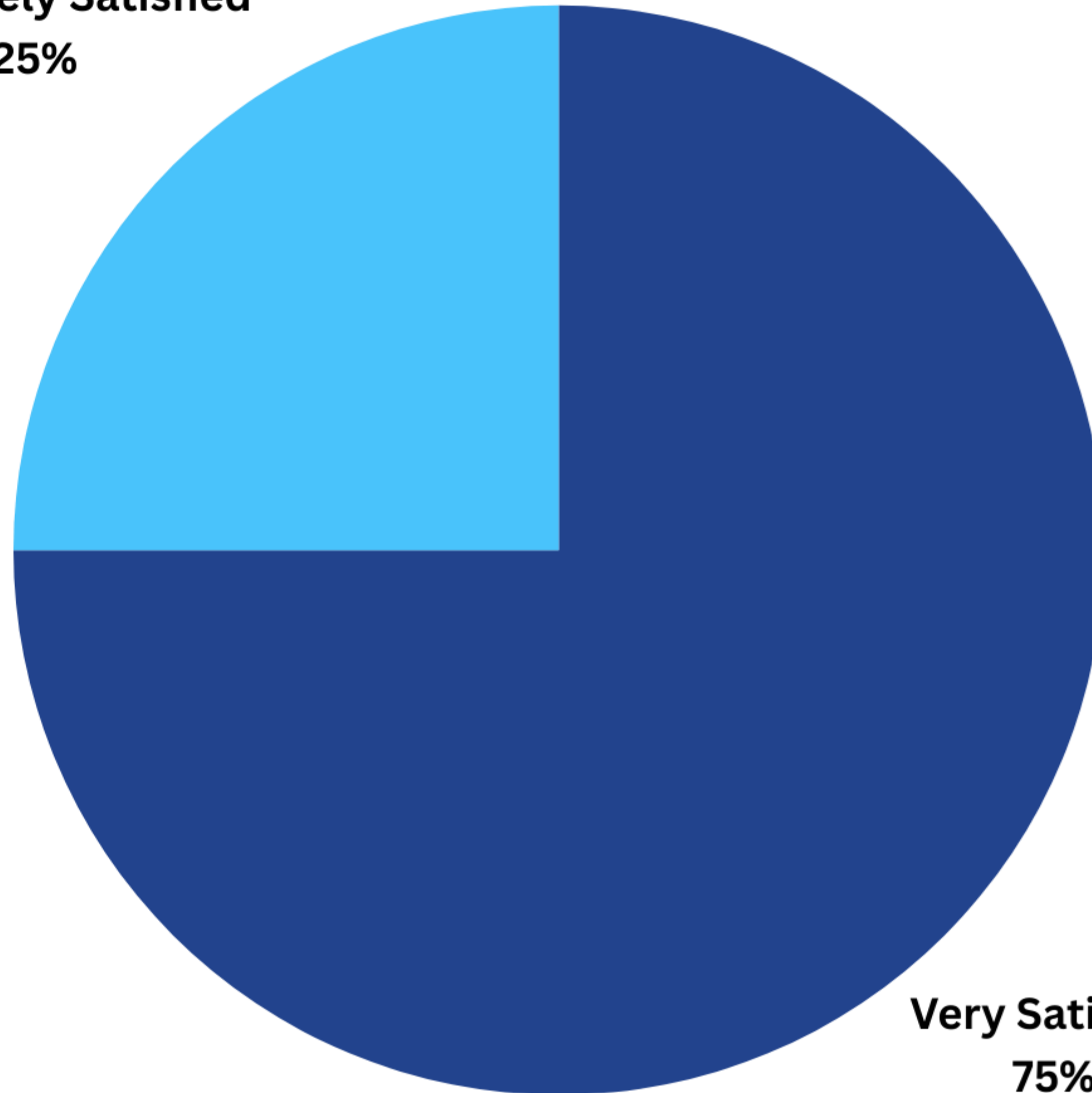
What STEM career do you think you might be interested in?

Check all that apply.



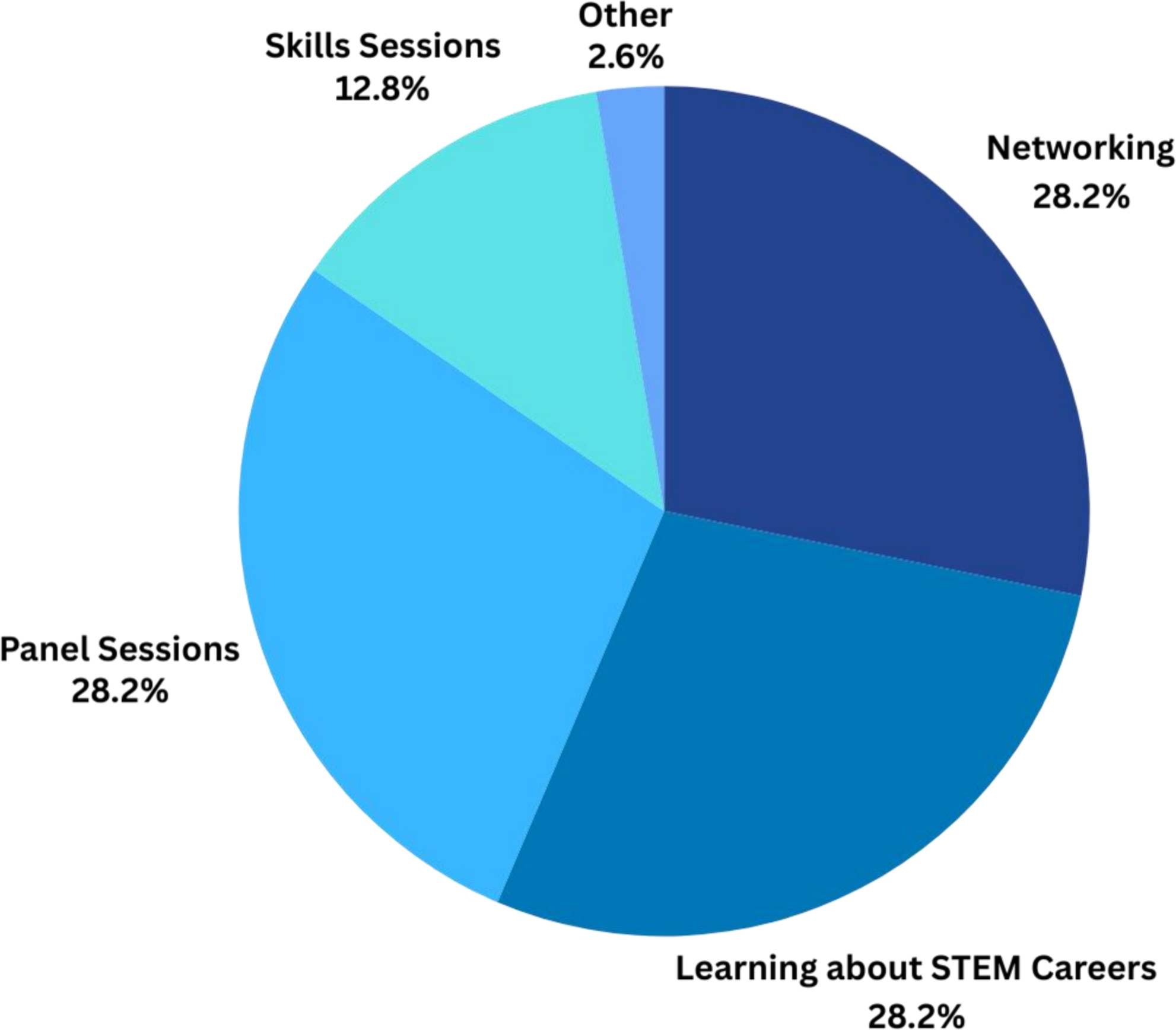
How would you rate your experience with this program?

Moderately Satisfied
25%



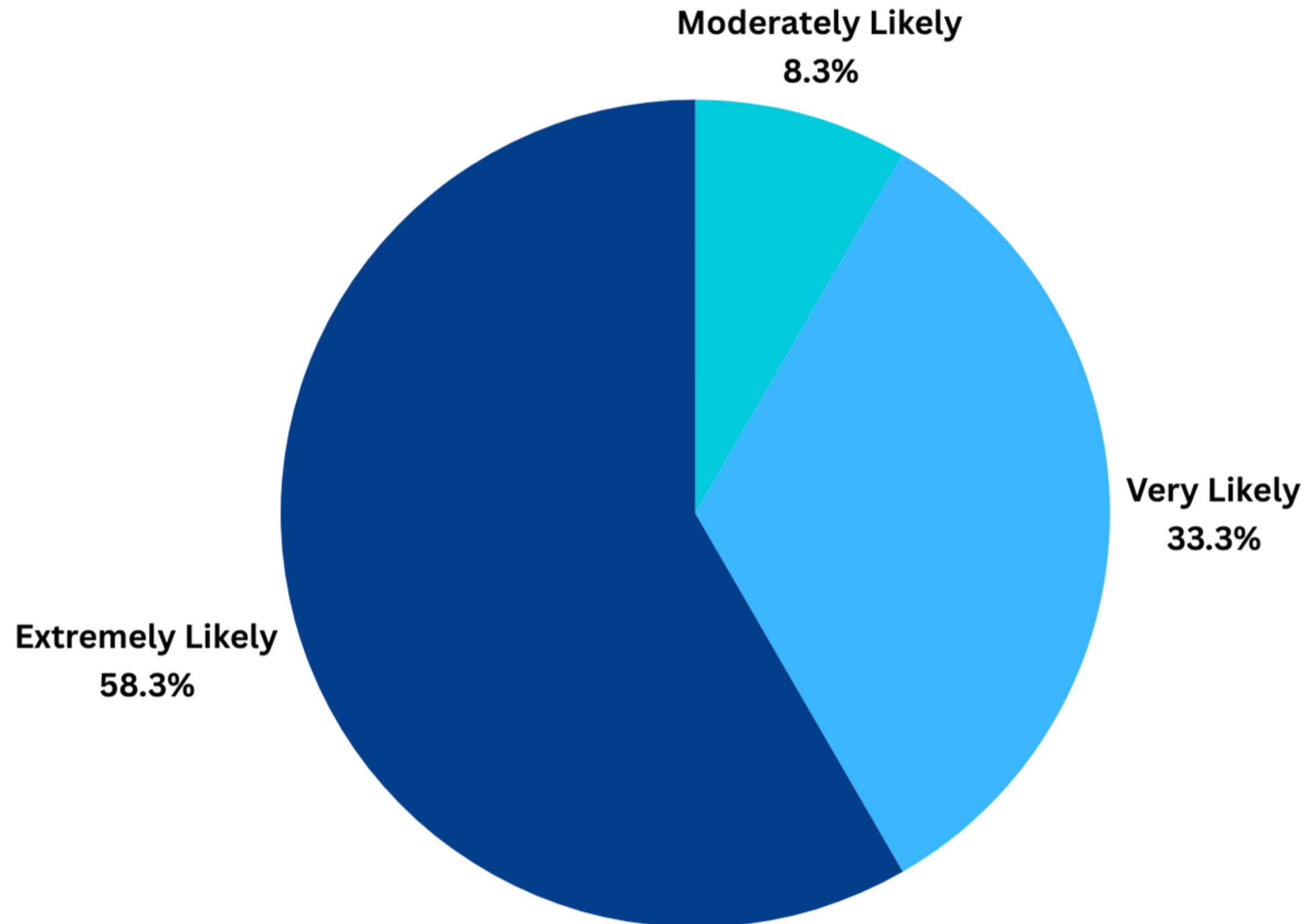
Very Satisfied
75%

What aspects of the program did you find **MOST** beneficial?
Select all that apply.



Other:
Hands-on experience

How likely are you to recommend this program to other students?



What resources/opportunities would be most helpful to you following this program? Select all that apply.

