# INFORMS Roundtable

**Theme: Personal Health**

**October 18-19, 2015**

Mayo Clinic Healthy Living Program  
Dan Abraham Healthy Living Center  
Mayo Clinic  
Rochester, Minnesota Campus

**Sunday, October 18, 2015**

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<tr>
<th>Time and Location</th>
<th>Session and Description</th>
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| **2:20** | **Roundtable Network Outing – Mayowood Mansion Tour**  
Dr. Charles Mayo, co-founder of Mayo Clinic, lived at Mayowood with his family from 1911 to 1939. The 38-room mansion and its grounds and gardens have been maintained as they were when last occupied by the Mayo family.  
- Meet in Kahler Grand Hotel Lobby for transportation to Mayo Mansion. |
| **3:00 - 4:00** |  
- Mayowood Mansion and Garden Tour  
- Return to Kahler Grand Hotel |
| **4:30** |  |
5:30 - 5:45
Lobby
6th Floor
**Mayo Clinic Healthy Living Program**
Meet in the Mayo Clinic Healthy Living Program 6th floor lobby. Check in at the front desk for meeting materials and your Rejuvenate spa voucher. Gather in the Dining Room for welcoming remarks from INFORMS Roundtable and Mayo Clinic leaders.

5:45 - 6:30
6th, 5th, 4th, and 7th Floors
**Mayo Clinic Healthy Living Program Tour**
Orientation, focusing on program cornerstones including assessment, nutrition, physical activity, resiliency and coaching.

6:30 - 8:30
Lounge
7th Floor
**Sunday Evening Kick-Off Event**
Enjoy wine bar, appetizers, dinner and one another's company in the beautiful top floor lounge and outdoor patio, with featured speaker Dick Weinshilboum, M.D. delivering a keynote session on Individualized Medicine.

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**Education:** Massachusetts General Hospital - Senior Resident, Internal Medicine; PRAT, NIMH, National Institutes of Health – Fellow; Massachusetts General Hospital - Assistant Resident, Internal Medicine; Massachusetts General Hospital - Internship, Internal Medicine; University of Kansas Medical School – MD; Tuebingen University, Tuebingen, Germany - Fellow, Exchange Fellowship; University of Kansas - BA, Chemistry and Zoology

**Primary Appointment/Department:** Pharmacology and Hypertension

**Academic Rank:** Professor of Medicine; Professor of Pharmacology
Monday, October 19, 2015

7:00 - 7:30  
Mind Body Studio  
6th Floor  
**Morning Meditation**  
Guided meditation session to start the day with intentional stillness and non-doing in order to strengthen attention for the day ahead.

7:30 - 8:00  
Dining Hall  
6th Floor  
**Healthy Breakfast**  
Network and socialize with your colleagues while enjoying our buffet of healthy breakfast choices to provide fuel for the morning.

8:00 – 8:15  
Dining Hall  
6th Floor  
**Roundtable Welcome & Introductions**  
Kathy Lange, President  
Bill Browning, Meeting Owner

8:15 - 8:45  
Dining Hall  
6th Floor  
**Healthy Living Pillars**  
Deb Rhodes, M.D. speaks to the importance of lifestyle to health, the pillars of the Mayo Clinic Healthy Living Program approach – nutrition, physical activity, and resiliency – and the keys to sustainable behavior change.

**Education:** Fellow - Robert Wood Johnson Clinical Scholars Program The Johns Hopkins Hospital/School of Public Health; Resident - Internal Medicine The Johns Hopkins Hospital; Internship - Internal Medicine The Johns Hopkins Hospital; MD Cornell University Medical College; BA - History and Literature cum laude Harvard College

**Primary Appointment/Department:** Preventive Medicine

**Academic Rank:** Associate Professor of Medicine
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<tr>
<td>8:45 - 9:30</td>
<td><strong>Lifestyle and Behavior Change Outcomes</strong>&lt;br&gt;Matt Clark, Ph.D. speaks to outcomes measurement in lifestyle and behavior change, tying our healthy living setting and personal health theme to data and analysis.</td>
<td>Dining Hall 6th Floor</td>
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<tr>
<td>9:30 - 9:45</td>
<td><strong>Break</strong>&lt;br&gt;Use the Business Center. Grab a beverage and snack. Head to the NEAT Studio for the next session.</td>
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<td>9:45 - 10:30</td>
<td><strong>NEAT Experience – Sit Less, Move More</strong>&lt;br&gt;Mayo Clinic Exercise Specialist presentation on “sitting disease” and interactive session on NEAT (Non Exercise Activity Thermogenesis) practices for work, travel, home, and play.</td>
<td>NEAT Studio 4th Floor</td>
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<td>10:30 - 10:45</td>
<td><strong>Break</strong>&lt;br&gt;Use the Business Center. Grab a beverage. Discuss take-aways from the NEAT session on your way back to the Dining Hall for the next session.</td>
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**Education:** Fellow Division of Behavioral Medicine, Brown University Medical School; PhD - Clinical Psychology Fordham University; Internship - Clinical Psychology Syracuse VA Medical Center; MA - Clinical Psychology Fordham University; AB - Psychology College of Arts and Sciences, Cornell University, New York

**Primary Appointment/Department:** Psychology

**Academic Rank:** Professor of Psychology
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| 10:45 - 11:15 | **Activity Trackers Data Analysis**  
Devices such as Fitbit, Garmin, Jawbone, Withings and others are growing in popularity. Mayo Clinic Healthy Living Program physical activity experts lead discussion on the benefit of these devices, what the data is telling us, and where these devices are going. | Dining Hall  
6th Floor |
| 11:15 - 11:45 | **Postural Assessment**  
Mayo Clinic Physical Therapists lead an interactive group assessment including providing focus exercises to stretch and strengthen muscles and help improve your postural alignment. | Dining Hall  
6th Floor |
| 11:45 - 12:00 | **Break**  
Use the Business Center. Grab a beverage and snack. Head to the NEAT Studio for the next session. | |
12:00 - 1:15
Participation Kitchen
6th floor

**Healthy Cooking Participation Session**
Mayo Clinic Executive Wellness Chef and Registered Dietician Nutritionist will lead your team in preparing and enjoying a healthy lunch while sharing practical nutrition tips.

1:15 - 2:15
Dining Hall
6th Floor

**How Data/Analytics is Changing Healthcare**
Dr. Kalyan Pasupathy shares systems engineering and operations research from Mayo Clinic’s Clinical Engineering Learning Lab.

Education: Virginia Polytechnic Institute & State University, Blacksburg, Virginia - PhD, Concentration: Management Systems; Virginia Polytechnic Institute & State University, Blacksburg, Virginia - MS, Concentration: Operations Research; Harvard Business School, Boston, Massachusetts - Value Measurement for Health Care; Bharathiar University, Coimbatore, India - BE, Concentration: Operations Management

Primary Appointment/Department: Health Sciences Research

Academic Rank: Senior Associate Consultant I-Research - Division of Health Care Policy & Research, Department of Health Sciences Research; Associate Professor of Health Care Systems Eng.

2:15 - 2:30

**Break**
Use the Business Center. Grab a beverage. Discuss take-aways from the NEAT session on your way back to the Dining Hall for the next session.
2:30 - 3:10
Dining Hall
6th Floor

**Sleep – the Data May Surprise You**
Phil Hagen, M.D., shares interesting data on the importance of sleep to your health and performance.

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3:10 - 3:50
Dining Hall
6th Floor

**Mayo Clinic Healthy Living Take-Aways**
Don Hensrud, M.D., provides closing comments and answers any questions from the group.

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3:50 - 4:00
Dining Hall
6th Floor

**INFORMS Roundtable Closing Comments**
Kathy Lange, President
Bill Browning, Meeting Owner
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<td>4:00 - 7:00</td>
<td><strong>Rejuvenate Spa Options</strong></td>
<td>Retreat participants each receive a $50 spa voucher upon arrival for use on massage, facial, body wrap, manicure, pedicure and acupuncture options. Schedule your appointment prior to arriving by calling us at 507-293-2966.</td>
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<td>4:00 - 5:00</td>
<td><strong>Mayo Clinic Walking Tour Option</strong></td>
<td>Learn more about the origins of Mayo Clinic on this walking tour through the Plummer, Mayo, and Gonda buildings. 150 years of history and innovation.</td>
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<td>6:00 - 7:00</td>
<td><strong>Dinner Buffet</strong></td>
<td>Still in town? Close out your Mayo Clinic Healthy Living program experience with healthy buffet dinner options with INFORMS Roundtable colleagues in the Dining Hall.</td>
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**Important Telephone Numbers**

- Kahler Grand Hotel: (507) 280-6200
- Kathy Lange, Roundtable President: (919) 624-9563 (cell)
- Bill Browning, Meeting Owner: (860) 235-5843 (cell)
- Mike Casey, Mayo Clinic Healthy Living Program: (507) 284-9537