

**FEBRUARY 10 & 11, 2020 / SAN DIEGO, CA** 

# AGENDA

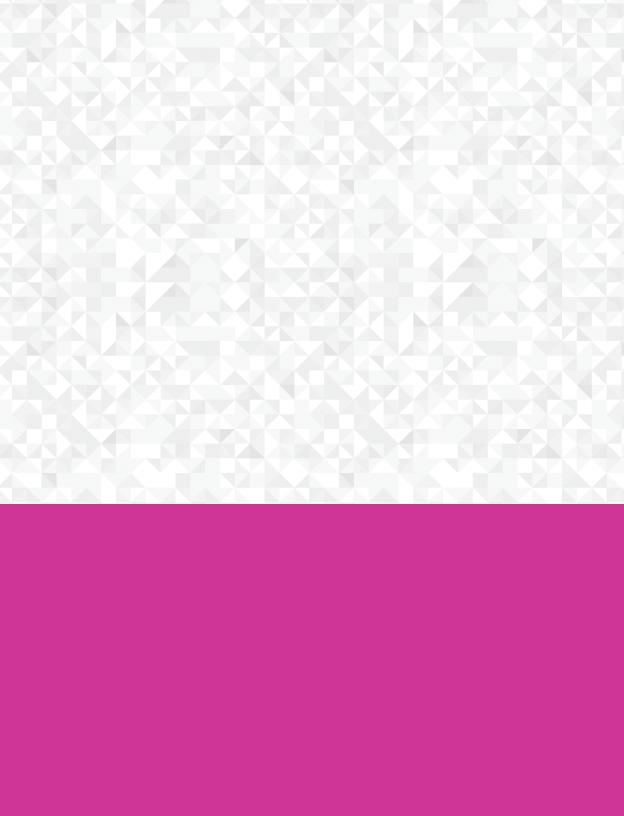


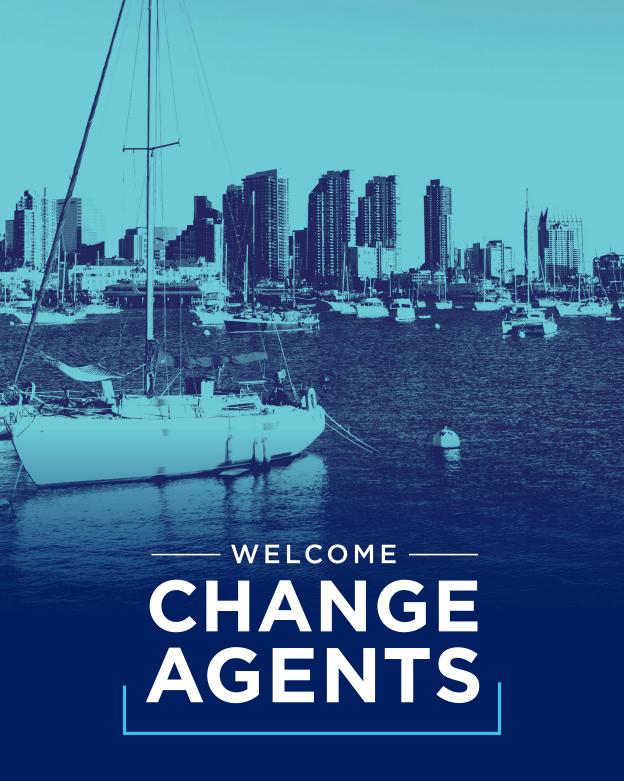
VISIONARY SPONSOR:



THE SCIENCE AND TECHNOLOGY OF BEHAVIOR CHANGE







#### WELCOME TO THE



Welcome to the Agents of Change Summit 2020!

We are so honored that you have joined us for our third biennial Summit as we kick off a new decade. Our goal for these Summits has been to unify and expand the community that is using marketing and technology to drive positive behavior change. Your attendance proves our collective progress so far.

Over the next two days, we will break down silos between behaviors, strategies, and funders, so that together, we can learn beyond a single health topic and discover ways to connect dots across different areas. We'll explore programs that consider the whole person and we'll look at how mental health connects to the physical health improvements we hope to realize.

Day One is focused on the Science of Change and we'll explore themes around empathy, equity, ACES, resilience and mindfulness. We'll speak to behavioral health experts. We'll learn about designing programs for and evaluating complex behaviors. And, we'll hear from multiple best-selling authors whose observations and ideas analyze our culture and reflect the state of our nation.

Day Two will shine a spotlight on the Technology of Change starting with updates from the world's leading tech platforms about how they view public health. We'll learn from CEOs who have designed businesses and technological tools to improve health outcomes. And, we'll learn about online strategies that nurture audience engagement and how governments and health systems can build around the customer's experience - an emerging area for public health.

This experience is designed to be unlike any other public health gathering. This is a Summit requiring your participation and energy. We urge you to share your experiences and challenges, engage in discussions with new colleagues, and think about how you can apply new ideas back home.

You being here is special. We have curated a group of true leaders and rebels who seek continuous improvement for our field. Being here is a sign that you are committed to groundbreaking, positive change; and that you are part of the solution.

Thank you for being an Agent of Change and we hope you enjoy the Summit.

Kristin Carroll
Conference Co-Chair
Chief Executive Officer

Kustin Wand

Rescue | The Behavior Change Agency

Jeffrey Jordan
Conference Co-Chair

President & Executive Creative Director Rescue | The Behavior Change Agency

## STEERING COMMITTEE

We would like to thank the following individuals for their contributions to the planning and execution of the 3rd Agents of Change Summit.

#### COMMITTEE CO-CHAIRS



Jeffrey Jordan President and Executive Creative Director Rescue Agency



Kristin Carroll Chief Executive Officer Rescue Agency



**Brooks Aukamp** Sales Manager Twitter



Danny McGoldrick Vice President Campaign for Tobacco-Free Kids



**David Sleet** Associate Director for Science (Ret) Division of Unintentional Injury **Centers for Disease Control** and Prevention



Dio Favonatas Managing Director of Marketing The Truth Initiative



Jeff French Chief Executive Officer **Strategic Social Marketing** 



Kyu Rhee Vice President and Chief Health Officer IBM Watson Health



Dr. Lipi Roy, MD, MPH Addiction Medicine Physician and Speaker NYU Langone Health



Melanie Bell-Mayada Partner and Managing Director IDEO



Meredith Horowski Senior Director, Brigade Network Code for America



Rain Henderson Advisor Clinton Foundation



Roy Daiany Head of Industry, Public Health, Military and Government Google



Tom Chapel Chief Evaluator Centers for Disease Control and Prevention



Tony Foleno Senior Vice President, Research Ad Council

## **PLANNING COMMITTEE**

#### Ana Bolaños

Chief, Nutrition Education & CalFresh Outreach Section
California Department of Social Services

#### Ben Birks Ang

National Youth Services Adviser

**Odyssey Trust** 

#### **Chris Matter**

Senior Health Improvement Project Manager Blue Cross and Blue Shield of Minnesota

#### **Doug Evans**

Professor of Prevention and Community Health

The George Washington University

#### Dr. Rowena Merritt

Head of Research

**National Social Marketing Centre** 

#### Gina Cohen

Vice President of Marketing, Communications and Publications

National Recreation and Parks Association

#### Malcolm Ahlo

Tobacco-Control Program Coordinator
Southern Nevada Health District

#### Marge White

Deputy Director

Virginia Foundation for Healthy Youth

#### Max Young

SNAP Education and Outreach Coordinator
Colorado Department of Human Services

#### Nick Macchionne

Director and Deputy Chief Administrative Officer

Department of Health and Human Services, County of San Diego

#### **Rachel Tyree**

Director of Communications

Los Angeles Department of Health

#### Rebecca Brookes

Chronic Disease Information Director Vermont Department of Health

#### Rebekah Russell-Bennett

Professor

**QUT Business School** 

#### **Sharon Briggers**

Director

SC Department of Health and Environmental Control

#### Sharyn Rundle-Thiele

Professor, Editor in Chief

Griffith University, Journal of Social Marketing

#### Susan D. Kirby

President

**Kirby Marketing Solutions** 

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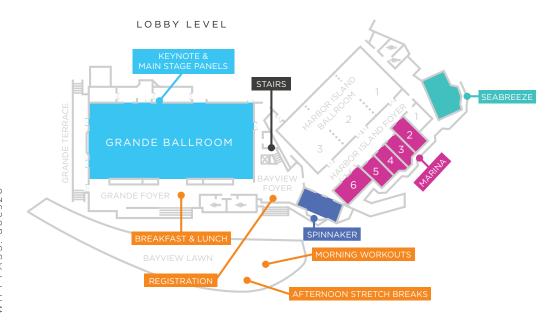
BREAKS & NETWORKING

■ NAUTILUS

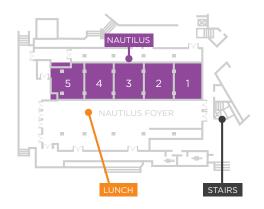
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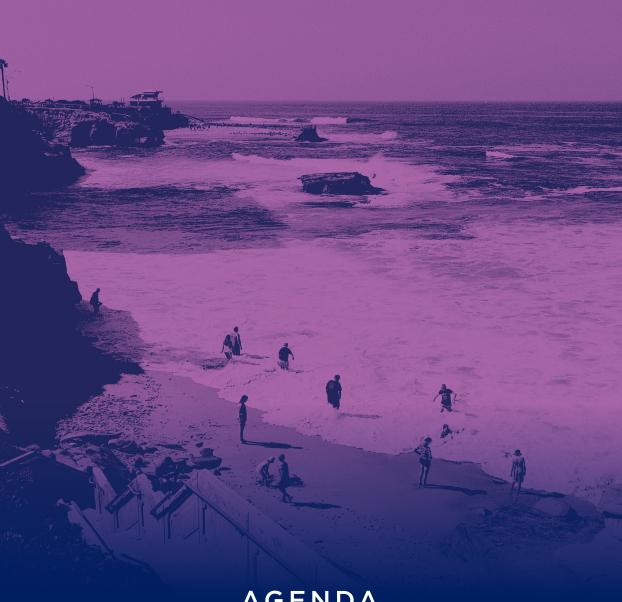
SPINNAKER

SEABREEZE



#### LOWER LEVEL





# DAY ONE

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

7:00AM	REGISTRATION OPENS	BAYVIEW FOYER
7:00AM	WORKOUT	BAYVIEW LAWN
	Check the app for more information	
7:30AM	GRAB & GO BREAKFAST	GRANDE FOYER
DAY 1 / 0	PPENING SESSION: THE SCIENCE OF BEHAV	OR CHANGE
8:30AM	WELCOME KEYNOTE APPLIED EMPATHY IN HEALTH BEHAVIOR CHANGE  Jeffrey Jordan M.A. President & Executive Creative Director Rescue Agency	MAIN STAGE GRANDE BALLROOM
9:10AM	KEYNOTE PUBLIC HEALTH 3.0: RESHAPING SOCIAL DETERMINANTS OF HEALTH  Wendy Ellis, DRPH, MPH Founding Director Center for Community Resilience, George Washington University	
9:30AM	KEYNOTE USING YOUR BRAIN TO BREAK BAD HABITS: KNOW YOURSELF AND CHANGE PUBLIC HEALTH AT SCALE  Dr. Jud Brewer, MD, PhD Director of Research and Innovation Brown University Mindfulness Center	

#### BREAKOUT / WORKSHOP LEGEND







PREVENTION



ALCOHOL, MARIJUANA & OTHER SUBSTANCES



OPIOID MISUSE & PREVENTION



BEHAVIOR CHANGE FUNDAMENTALS



MATERNAL HEALTH & EARLY CHILDHOOD DEVELEPMENT



SEXUAL HEALTH & FAMILY **PLANNING** 

#### **CONCURRENT BREAKOUT SESSIONS**

#### 10:05AM

#### WHY ARE TEENS VAPING? FUNDAMENTALS OF A CRISIS

THE VAPING TEENAGER: UNDERSTANDING THE PSYCHOGRAPHICS AND INTERESTS OF TEEN VAPE USERS TO INFORM EFFECTIVE PREVENTION CAMPAIGNS

Carolyn Stalgaitis Rescue Agency

THE IMPORTANCE OF SCHOOL NORMS AND THEIR RELATIONSHIP WITH E-CIGARETTE USE

Mario Navarro, PhD U.S. Food & Drug Administration

NAUTILUS 1



■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 10:05AM

#### CHANGING HOW WE PROMOTE NUTRITION: THE CALIFORNIA EXPERIENCE

CALIFORNIA SNAP-ED: DEVELOPING VALUES-BASED MESSAGING TO PROMOTE HEALTHY LIVING

Shiloh Beckerley, PhD Rescue Agency

Ingrid Cordon Alexander, PhD California Department of Public Health

RETHINK YOUR DRINK DAY: HEALTH PROMOTION THROUGH DIGITAL TECHNOLOGY

Asbury Jones, MPA California Department of Public Health

#### BEYOND URBAN CENTERS: COMPREHENSIVE YOUTH TOBACCO PREVENTION FOR RURAL/URBAN STATES

PEER CROWD ANALYSIS OF THE 2019 SOUTH CAROLINA YOUTH TOBACCO SURVEY: IDENTIFYING HIGHER RISK TEENS

Mayo Djakaria, MPH Rescue Agency

"DOWN AND DIRTY" - AN EVIDENCE-BASED CAMPAIGN TO REDUCE RURAL TEEN VAPING, CHEW, AND CIGARETTE USE

Krysten Issac Rescue Agency

#### AFTER LEGALIZATION: REDUCING THE RISKS OF MARIJUANA USE

MARIJUANA USE AMONG PREGNANT AND BREASTFEEDING WOMEN: USING SEGMENTATION TO CREATE TAILORED MARIJUANA PREVENTION MESSAGING

Priscilla Fernandez, PhD Rescue Agency

DRIVING WHILE HIGH: MOTIVATING BEHAVIOR CHANGE WITH A SKEPTICAL AUDIENCE

Regan Hill Ad Council

#### **BEYOND MESSAGING: INNOVATIVE STRATEGIES TO CHANGE EATING HABITS**

DIGITAL THERAPEUTICS TO HELP WITH HABIT CHANGE: TOOLS TO ADDRESS ANXIETY, SMOKING CESSATION AND HEALTHY EATING

Dr. Jud Brewer, MD, PhD Brown University Mindfulness Center

BRIGHTSIDE PRODUCE DISTRIBUTION TO STORES IN UNDERSERVED COMMUNITIES

Iana A. Castro, PhD San Diego State University

NAUTILUS 2



NAUTILUS 3



NAUTILUS 4



NAUTILUS 5





### **CHANGING BEHAVIORS SINCE 2001**

Rescue provides behavior change marketing services to non-profits, local and state health departments and federal agencies across North America. With over 180 change agents across six offices, Rescue can help you develop and implement behavior change programs to effectively reach youth and adults.

Don't miss these breakout sessions featuring Rescue's innovative behavior change programs.



#### **NAUTILUS 1 / 10:05AM**

Reducing At-Risk Teen Smoking: The Vaping Teenager: Understanding the Psychographics and Interests of Teen Vape Users to Inform Effective Prevention Campaigns



#### NAUTILUS 4 / 1:30PM

Addressing Multi-Substance Use Among Teens: Interventions from Vermont & Virginia



NAUTILUS 3 / 1:30PM

Innovative Strategies to Address Young Adult Tobacco Use

## MONDAY



#### **NAUTILUS 2 / 10:05AM**

California SNAP-Ed: Developing Values-Based Messaging to Promote Healthy Living



#### NAUTILUS 1 / 1:30PM

Outside the Mainstream: How to Addresses Disparities in Multicultural Youth Tobacco Use



#### SPINNAKER / 1:30PM

Reducing Stigma to Promote Treatment and Recovery With the People's Opioid Project



#### **NAUTILUS 3 / 10:05AM**

Beyond Urban Centers: Comprehensive Youth Tobacco Prevention for Rural/ Urban States



#### NAUTILUS 2 / 1:30PM

Be SAVI: How Specific, Acceptable, Viable, and Impactful Nutrition Messages Cut Through the Clutter

RESCUEAGENCY.COM



■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 10:05AM

#### UNDERSTANDING THE OPIOID MISUSE EPIDEMIC

REMOVE THE RISK: EMPOWERING INDIVIDUALS TO ADDRESS THE OPIOID CRISIS

Morgan Jerrick U.S. Food and Drug Administration

OPIOID MISUSE PREVENTION STRATEGIES: DELIVERING THE RIGHT MESSAGES TO CHANGE BEHAVIOR

Katie McCabe, MPH Rescue Agency

#### INNOVATIONS IN ALCOHOL USE REDUCTIONS AMONG YOUTH AND ADULTS

REDUCING TEEN ALCOHOL USE IN ORANGE COUNTY: "STRENGTH IN NUMBERS" AND "RAISING HEALTHY TEENS"

Marci Mednic St. Joseph Health

MINDFUL NOT MINDLESS ALCOHOL CONSUMPTION: UNDERPINNING POSITIVE BEHAVIOUR CHANGE ASSOCIATIONS

Josephine Previte, PhD UQ Business School, The University of Queensland

#### AUDIENCE ENGAGEMENT IN PROGRAM DESIGN AND EVALUATION

USING PARTICIPATORY DESIGN TO DEVELOP A HEALTH PROMOTION INTERVENTION

Yannick van Hierden Griffith University

TRACKING SURVEYS: LEVERAGING THEIR EXPLANATORY POWER WHILE AVOIDING POTENTIAL PITFALLS

Tony Foleno Ad Council

#### ADVANCED APPROACHES TO PREVENTING CHILDHOOD INJURIES AND ABUSE

USING MASS MEDIA TO SHIFT THE TIDE OF LAUNDRY DETERGENT **PACKET INJURIES** 

Tracy Mehan, MA Center for Injury Research and Policy at Nationwide Children's Hospital

CHANGING THE WAY WE PREVENT CHILD SEXUAL ABUSE - LESSONS FROM THE LARGEST ADULT PREVENTION EDUCATOR IN THE US

Gwendolyn S. Bouchie Darkness to Light

#### SPINNAKER



MARINA 2



MARINA 3



MARINA 4





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■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 10:05AM

#### TECHNOLOGICAL ADVANCEMENTS IN CESSATION **STRATEGIES**

FROM SANDPIT TO REALITY: INTERNATIONAL INNOVATION TO IMPROVE SMOKING CESSATION OUTCOMES AMONG INDIVIDUALS WITH DIABETES

Sydney Martinez, PhD, MPH University of Oklahoma Health

**EXAMINING GRAPHIC HEALTH WARNINGS ON TOBACCO PRODUCTS:** AN EXPOSURE EXPERIMENT

Anna Kitunen Griffith University

#### MASCULINITY IN PREVENTATIVE HEALTH

"HE'S TOO MUCH OF A MAN TO DO THAT": MASCULINE IDENTITIES IN MEN'S HELP-SEEKING PREVENTATIVE HEALTH

Jacquie McGraw, MBus Queensland University of Technology

MILLENIAL MACHISMO AND HEALTH SERVICE USE: CONFORMITY TO MASCULINE NORMS FOR YOUNGER GENERATIONS OF **VULNERABLE MALE CONSUMERS** 

Jacquie McGraw, MBus Queensland University of Technology

#### YOUTH ENGAGEMENT IN PROMOTING SEXUAL HEALTH

CHANGING THE TEEN HEALTH SCENE WITH POSITIVE YOUTH DEVELOPMENT PROGRAMMING: THE TRAIL RESEARCH PROJECT

Melanie Grafals Cabarrus Health Alliance

**BUILDING A YOUTH-CENTERED SOCIAL MEDIA CAMPAIGN WITH** CO-CREATION METHODOLOGY: A CASE STUDY

Stephanie McInnis, MA RTI International

#### MARINA 5



MARINA 6



SEABREEZE



11:00AM

MORNING NETWORKING BREAK

#### **GENERAL SESSION**

11:20AM

PANEL 1 / PERSPECTIVES ON THE CONNECTION BETWEEN MENTAL AND PHYSICAL HEALTH

PANELIST 1 BEHAVIORAL HEALTH SUPPORT WHERE AND WHEN PEOPLE NEED IT MOST



Reena Pande, MD, MSc Chief Medical Officer

MAIN STAGE GRANDE BALLROOM

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

MAIN STAGE

GRANDE BALLROOM

#### **GENERAL SESSION CONTINUED**

11:30AM

PANELIST 2 CREATING AN ECOSYSTEM FOR PREVENTION, TREATMENT, AND RECOVERY IN MENTAL HEALTH



Tyler Norris, MDiv Chief Executive Officer Well Being Trust

11:40AM

ELIST 3 AN INTEGRATED APPROACH TO HEALTH CARE FOR THE WHOLE PERSON



Dr. Cary Shames Chief Medical Officer Sharp Health Plan

11:50AM

**PANEL DISCUSSION** 



**MODERATOR** 

Leah Rosenberg Assistant Editor, Healthcare and Science Forhes

12:05PM

**KEYNOTE** THE OPIOID EPIDEMIC AS A FORCE FOR CHANGE



Sam Quinones Former LA Times Reporter & Author of Dreamland: The True Tale of America's Opiate Epidemic

12:30PM

INTERACTIVE NETWORKING LUNCH

#### CONCURRENT BREAKOUT SESSIONS

1:30PM

TOBACCO PREVENTION STRATEGIES FOR A NEW **GENERATION OF YOUTH** 

OUTSIDE THE MAINSTREAM: HOW TO ADDRESS DISPARITIES IN MULTICULTURAL YOUTH TOBACCO USE

Brandon Tate and Dana Wagner Rescue Agency

THE CHANGING GEN Z AUDIENCE: EVOLVING OUR APPROACH TO CHANGING MEDIA TRENDS AND TOBACCO LANDSCAPE

Tia Taffer Truth Initiative

ADVANCED APPROACHES TO NUTRITION EDUCATION

BE SAVI: HOW SPECIFIC, ACCEPTABLE, VIABLE, AND IMPACTFUL NUTRITION MESSAGE CUT THROUGH THE CLUTTER

Dina Weldin Rescue Agency

REACHING CALIFORNIA LATINOS USING SEGMENTED AND TRANS ADAPTED CREATIVE MATERIALS

Ignacio Romero California Department of Public Health (NEOPB)

NAUTILUS 1



NAUTILUS 2



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# AGENDA / DAY 1

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### CONCURRENT BREAKOUT SESSIONS CONTINUED

#### 1:30PM

#### INNOVATIVE STRATEGIES TO ADDRESS YOUNG ADULT TOBACCO USE

"JOIN THE COMMUNE": AN ARTIST AND MUSICIAN-DRIVEN INTERVENTION TO REDUCE HIPSTER SMOKING

Jeffrey Jordan Rescue Agency

THIS FREE LIFE CAMPAIGN: INVESTIGATING CAMPAIGN ENGAGEMENT AND INTENTIONS TO QUIT AMONG LGBTQ+ ADULT, YOUNG ADULT, AND NONDAILY SMOKERS IN MINNEAPOLIS

Shiloh Beckerley, PhD Rescue Agency Chris Matters Blue Cross Blue Shield Minnesota

#### BREAKING THE YOUTH SUBSTANCE USE SILOS: ADDRESSING ALL SUBSTANCES FOR GREATER IMPACT

ADDRESSING MULTI-SUBSTANCE USE AMONG TEENS: INTERVENTIONS FROM VERMONT AND VIRGINIA

Pamela Buchwald Rescue Agency

POWERED BY THE PEOPLE: HOW A GOVERNMENT AGENCY HARNESSES THE POWER OF COMMUNITY ENGAGEMENT TO AFFECT YOUTH SUBSTANCE USE BEHAVIORS

Brian D. Marquis National Institutes of Health/National Institute on Drug Abuse (NIDA)

#### GOING BEYOND EDUCATION TO IMPROVE NUTRITION

COMMUNITY AS MEDICINE: THE OPEN SOURCE WELLNESS "BEHAVIORAL PHARMACY" MODEL

Elizabeth Markle, PhD Open Source Wellness

IMPACT OF THE "LIVED EXPERIENCE": SOCIAL DETERMINANTS OF HEALTH

Brisa Hernandez Atrium Health

#### MORE THAN WARNINGS: PROMOTING TREATMENT

REDUCING STIGMA TO PROMOTE TREATMENT AND RECOVERY WITH THE PEOPLE'S OPIOID PROJECT

Michelle Bellon, Rescue Agency

PUSHING BEYOND GENERAL AWARENESS RAISING: PRIORITIZING CONSUMER DEMAND FOR OPIOID USE DISORDER TREATMENT IN MEDIA CAMPAIGNS

Amarachi Anakaraonye RTI International

#### NAUTILUS 3



NAUTILUS 4



NAUTILUS 5



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■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 1:30PM

#### INNOVATIONS IN YOUTH SUBSTANCE USE PREVENTION

ADDRESSING ADOLESCENT SUBSTANCE USE: USING PEER CROWD SEGMENTATION TO IDENTIFY AUDIENCES FOR TAILORED INTERVENTION

Carolyn Stalgaitis, MPH Rescue Agency

**BUILDING EMPATHY THROUGH IMMERSIVE EXPERIENCES** 

Ben Birks Ang Odyssey and New Zealand Drug Foundation

#### HERDING STAKEHOLDER CATS

#### CREATING COLLECTIVE SOLUTIONS

Sharyn Rundle-Thiele Griffith University

IMPACT AFTER INTERVENTION: THE POWER OF A CROSS-SECTOR CONVENING FOR INTERPRETING RESULTS

Allison Goldberg, PhD AB InBEV Foundation

#### REDUCING PREVENTABLE INJURIES AMONG **CHILDREN AND FAMILIES**

END FAMILY FIRE: BRADY, AD COUNCIL AND GUN SAFE STORAGE BEHAVIOR CHANGE CAMPAIGN

Brady Plan Brady Campaign

IMPACT OF A MOBILE TECHNOLOGY-BASED HEALTH BEHAVIOR CHANGE INTERVENTION-MAKE SAFE HAPPEN® APP

Lara McKenzie, PhD. MA. FAAHB Nationwide Children's Hospital

#### **ENGAGING YOUTH IN CAMPAIGN DEVELOPMENT**

EMPOWERING YOUNG PEOPLE THROUGH A PEER-LED E-CIGARETTE PREVENTION PROGRAM

Melinda Ickes University of Kentucky

**ENGAGING YOUTH TO DEVELOP CANNABIS PREVENTION MESSAGING** 

Rachel A. Tyree, MPH LA County Department of Health

#### IMPROVING SEXUAL HEALTH AMONG TEENS AND YOUNG ADULTS

CRAFTING AN ENGAGING MESSAGE: FORMATIVE RESEARCH TO UNDERSTAND SEXUAL HEALTH MESSAGING FOR TEENS AND YOUNG PARENTS

Priscilla Fernandez, PhD Rescue Agency

FACTORS DETERMINING CONDOM USE, STI TESTING AND PILL MISATTRIBUTION FOR QUEENSLAND ADOLESCENTS AND YOUNG ADULTS

George Zdanowicz Griffith University

#### MARINA 2



MARINA 3





MARINA 4



MARINA 5





MARINA 6



■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 1:30PM

#### TECHNOLOGICAL INSIGHTS FOR STD PREVENTION AND TREATMENT

UNDERSTANDING HOW HEALTH CARE PROVIDERS ARE USING A MOBILE APPLICATION FOR STD TREATMENT

Steve L. Evener, MPH Oak Ridge Institute for Science and Education

CUSTOMER JOURNEYS TO BEHAVIOR CHANGE: NEUROSCIENCE INSIGHTS INTO SEARCHING BEHAVIORS

Helen Bocking Queensland University of Technology

#### SEABREEZE



#### **GENERAL SESSION**

#### 2:35PM

#### **KEYNOTE** HOW CAN PARKS AND RECREATION BE YOUR PARTNER TO HELP SOLVE GLOBAL PUBLIC HEALTH CHALLENGES



**Kristine Stratton** Chief Executive Officer **National Recreation and Parks Association** 



Neelay Bhatt Board Member **National Recreation and** Parks Association

**KEYNOTE IT'S COMPLICATED. DEALING WITH COMPLEX ENVIRONMENTS AND HOW EVALUATION CAN HELP** 



Tom Chapel Chief Evaluator Centers for Disease Control and Prevention

MAIN STAGE GRANDE BALLROOM

#### 3:20PM AFTERNOON NETWORKING BREAK

#### 3:50PM

#### PANEL 2 / COMMUNICATING ABOUT COMPLEX BEHAVIORS

**PANELIST 1 SEGMENTING ADULTS TO CHANGE NUTRITION BEHAVIORS** 



Shiloh Beckerley, Ph.D. Senior Research Scientist Rescue Agency

#### 4:00PM

PANELIST 2 HOW CLINICAL BEHAVIOR CHANGE EFFORTS HAVE CONTRIBUTED TO OPIOIDS COMMUNICATION STRATEGIES



LeShaundra Cordier, MPH, CHES Associate Director for Communications Centers for Disease Control and Prevention **Division of Overdose Prevention** 

MAIN STAGE GRANDE BALLROOM

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING **GENERAL SESSION CONTINUED** 

4:10 PM PANELIST 3 THE CASE FOR GLOBAL HEALTH IN SKEPTICAL TIMES MAIN STAGE GRANDE BALLROOM Sebastian Majewski Head of Creative and Brand Strategy Bill and Melinda Gates Foundation PANEL DISCUSSION 4:20PM **MODERATOR** Jenny Gold Senior Correspondent Kaiser Health News 4:30PM KEYNOTE UPSTREAM: THE QUEST TO SOLVE PROBLEMS BEFORE THEY HAPPEN Dan Heath Author, Four-Time NY Times Best Seller: "Switch," "Made to Stick," "Decisive," and "The Power of Moments" 5:00PM **KEYNOTE** WRAPPING UP DAY 1 - THE SCIENCE OF BEHAVIOR CHANGE Jeffrey Jordan President and Executive Creative Director Rescue Agency 5:15PM **DAY 1 CONCLUDES** 7:00PM **CHANGE AGENT CELEBRATION DINNER** MAIN STAGE GRANDE Ticket required BALLROOM

# INTRODUCING READY-MADE

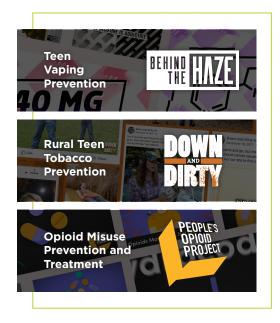
# READY-MADE MEDIA CAMPAIGNS



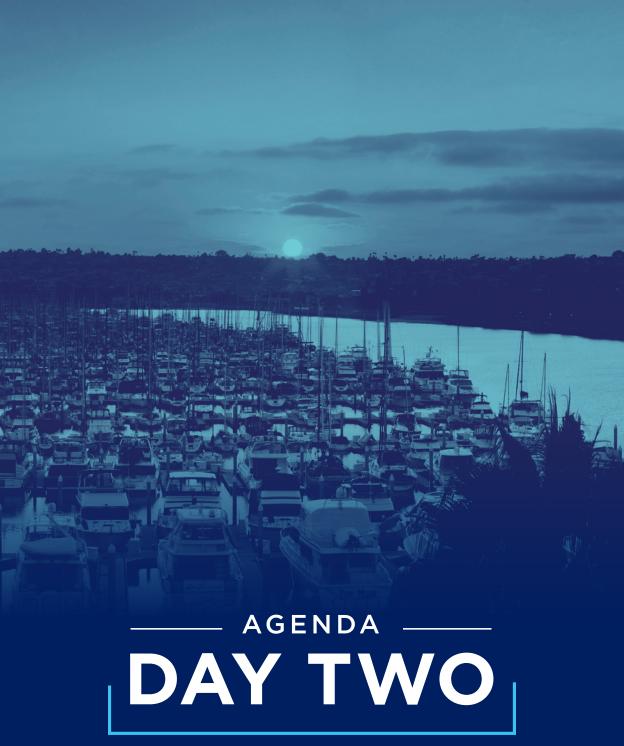


Developing a new public health campaign can take over 6 months and can cost more than \$100,000. This long and expensive process can be full of obstacles as campaigns work through formative research, stakeholder input, strategy development, message testing, creative development, and internal approvals. Organizations don't have to endure this risky process.

Rescue's Ready-Made Media Campaigns allow government agencies, healthcare companies, and other public health organizations to skip campaign development by licensing and adapting evidence-based and audience-tested media campaigns that can be implemented in as little as four weeks for a fraction of the cost of developing a campaign from scratch. Each campaign is based on formative research, uses best practices, and comes field-tested.







■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

GEN	ERAL SESSIONS BREAKOUT SESSIONS BREAKS & NE	IWORKING
TIME		LOCATION
7:00AM	REGISTRATION OPENS	BAYVIEW FOYER
7:00AM	MORNING FITNESS	BAYVIEW LAWN
7:30AM	GRAB & GO BREAKFAST	GRANDE FOYER
DAY 2 / G	ENERAL SESSION	
8:30AM	OPENING KEYNOTE BREAKING DOWN SILOS TO BUILD COMMUNITY HEALTH  Kristin Carroll Chief Executive Officer Rescue Agency	MAIN STAGE GRANDE BALLROOM
9:00AM	KEYNOTE HOW TECH CAN THOUGHTFULLY SUPPORT AND INNOVATE PUBLIC HEALTH  Dr. Roni Zeiger  Head of Health Strategy Facebook	
9:15AM	KEYNOTE LEVERAGING TWITTER FOR SOCIAL GOOD  Lauren Culbertson Public Policy Twitter	
9:30AM	KEYNOTE CONTENT TO TRANSFORM CONVERSATIONS WITH TEENS  Adam Yates Brand Partnerships Snapchat	
CONCUR	RENT BREAKOUT SESSIONS	
10:00AM	ADVANCEMENTS IN SMOKING CESSATION STRATEGIES	NAUTILUS 1
	LEVERAGING VALUES AND MOTIVATIONS TO QUIT TOBACCO: A PSYCHOGRAPHIC SEGMENTATION APPROACH Mayo Djakaria, MPH and Krysten Isaac Rescue Agency	<b>-</b> 7 <sub>7</sub>
	SMOKE-FREE KP: KAISER PERMANENTE SOUTHERN CALIFORNIA'S TEXT MESSAGING PROGRAM FOR SMOKING CESSATION	

Yasmina Mohan Kaiser Permanente Southern California

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 10:00AM

#### IMPROVING NUTRITION AMONG LOW INCOME **POPULATIONS**

THE "ONE CALFRESH" BRANDING INITIATIVE - DRIVING CHANGE ACROSS GOVERNMENT AGENCIES TO IMPROVE PROGRAM OUTCOMES

Kristin Carroll Rescue Agency

FOOD FOR LIFE: INCREASING ACCESS TO HEALTHY. AFFORDABLE FOOD

Pamela Schwartz Kaiser Permanente

#### POLICY CHANGE IN TOBACCO CONTROL

TOBACCO CONTROL POLICY: WE KNOW WHAT WORKS

Michael Tynan Centers for Disease Control and Prevention

WHEN YOUTH TALK, ADULTS LISTEN: ENGAGING YOUTH IN TOBACCO CONTROL POLICY

Tabatha Magobet and Carlye Hausback Rescue Agency

#### INNOVATIVE STRATEGIES TO ADDRESS SUBSTANCE USE

YOUNG ADULT SUBSTANCE USE: CRAFTING RELEVANT MESSAGES FOR HIGH-RISK YOUNG ADULTS IN VERMONT

Hadley Scharer **Megan Trutor** 

Rescue Agency Vermont Department of Health, Division of Alcohol and Drug Abuse Programs

IT'S LEGAL, NOW WHAT?! - MARIJUANA LEGAL COMMUNICATIONS

Katie Weber Rescue Agency

#### IMPROVING OBESITY PREVENTION STRATGIES

SIMPLE MESSAGES STICK: BRINGING FOCUS TO COMPLEX **HEALTH COMMUNICATIONS** 

Nick Sugai, MBA Ad Council

EAT SMART TO PLAY HARD: A SOCIAL MARKETING OBESITY PREVENTION CAMPAIGN FOR 8-10 YEAR OLD STUDENTS AND THEIR FAMILIES

Jennifer A. Johnston University of New Mexico, Prevention Research Center

#### THE PEOPLE'S OPIOID PROJECT

A COMPREHENSIVE APPROACH FOR OPIOID MISUSE PREVENTION, PROMOTING TREATMENT, AND REDUCING STIGMA

Michelle Bellon Rescue Agency

#### NAUTILUS 2



NAUTILUS 3



NAUTILUS 4



NAUTILUS 5



SPINNAKER



■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### **CONCURRENT BREAKOUT SESSIONS CONTINUED**

#### 10:00AM

#### **CUTTING EDGE STRATEGIES IN SUBSTANCE USE** PREVENTION

USING NEUROMARKETING TO EVALUATE ANTI-DRINK DRIVING **ADVERTISEMENTS** 

Alexander Scodellaro Griffith University

BEAUTIFUL BOY: FILMS AND THE POWER OF LONG-FORM STORYTELLING IN PUBLIC HEALTH EDUCATION

Rain Henderson Elemental Advisors

#### LEVERAGING COALITIONS AND PROVIDERS IN OPIOID MISUSE PREVENTION

DRIVING HOPE: SOCIAL MARKETING IN THE SHADOW OF A NATIONAL CRISIS

Mallory Peak, PhD We Are DH

**HUMANITY 9-1-1: THE URGENT NEED FOR HARM REDUCTION** IMPLEMENTATION

Dr. Lipi Roy, MD, MPH NYU Langone Health

#### EFFECTIVELY DELIVERING INTERVENTIONS

NUTRITION, PHYSICAL ACTIVITY, AND SCREEN TIME-RELATED ATTITUDES AND PERCEIVED BARRIERS OF FAMILY CHILDCARE **PROVIDERS** 

Qianxia Jiang, MA University of Connecticut

JUST-IN-TIME INTERVENTION: WHY CONTEXT MATTERS

Kat Houghton ILumivu

#### USING AUDIENCE FEEDBACK TO INFORM ANTI-TOBACCO CAMPAIGNS

GENERATION FREE: CREATING A YOUTH INSPIRED E-CIGARETTE PREVENTION CAMPAIGN

Edward Moak The Partnership for a Healthy Mississippi

USING COMMUNITY MANAGEMENT TO CHANGE SENTIMENT

Greta Anglin VI Marketing and Branding

#### NEXT LEVEL THINKING IN BEHAVIOR CHANGE

**OUTSIDE-IN THINKING: SOURCES OF INSPIRATION FOR** BEHAVIOR CHANGE

Rebekah Russell-Bennett Queensland University of Technology

MARINA 2



MARINA 3



MARINA 4



MARINA 5



MARINA 6





### **CHANGING BEHAVIORS SINCE 2001**

Rescue provides behavior change marketing services to non-profits, local and state health departments and federal agencies across North America. With over 180 change agents across six offices, Rescue can help you develop and implement behavior change programs to effectively reach youth and adults.

Don't miss these breakout sessions featuring Rescue's innovative behavior change programs.

## **TUESDAY**



#### NAUTILUS 1 / 10:00AM

Leveraging Values & Motivations To Quit Tobacco: A Psychographic Segmentation Approach



#### **NAUTILUS 2 / 10:00AM**

The "One CalFresh" Branding Initiative -Driving Change Across Government Agencies to Improve Program Outcomes



#### **NAUTILUS 3 / 10:00AM**

When Youth Talk, Adults Listen: Engaging Youth in Tobacco Control Policy



#### NAUTILUS 4 / 10:00AM

Young Adult Substance Use: Crafting Relevant Messages for High-Risk Young Adults in Vermont



#### NAUTILUS 4 / 10:00AM

It's Legal, Now What?! Marijuana Legal Communications



#### SPINNAKER / 10:00AM

A comprehensive Approach for Opioid Misuse Prevention, Promoting Treatment, and Reducing Stigma



#### NAUTILUS 1 / 2:20PM

Understanding & Tackling the Youth Vaping Epidemic

RESCUEAGENCY.COM

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

#### CONCURRENT BREAKOUT SESSIONS CONTINUED

10:00AM

#### IMPROVING STRATEGIES FOR HIV AND STD PREVENTION

PUMP-MPOWERING YOUNG GAY/BISEXUAL MEN OF COLOR TO REDUCE THEIR RISK OF HIV-INFECTION

Rebecca Zipfel, MSs San Ysidro Health

DOES THE USE OF HELATH COMMUNICATION + DIGITAL PLATFORMS = BEHAVIORAL CONVERSIONS AND RETURN ON INVESTMENT (ROI)?

Dr. Leigh A. Willis, PhD, MPH Centers for Disease Control and Prevention

SEABREEZE



10:50AM

MORNING NETWORKING BREAK

#### DAY 2 / GENERAL SESSION

11:15AM

KEYNOTE TRANSFORMING CITY WIDE WELLNESS THROUGH PARTNERSHIPS

Kristin Groos Richmond Chief Executive Officer and Chairman Revolution Foods

MAIN STAGE GRANDE BALLROOM

### PANEL 3 / HOW ONLINE TOOLS CAN IMPROVE OFFLINE

11:35AM

PANELIST 1 A PRODUCT DESIGNED TO SUPPORT WELL BEING IN YOUNG PEOPLE DURING CHALLENGING CANCER TREATMENTS



**Margaret Laws** President and Chief Executive Officer Hopelab

11:45AM

PANELIST 2 HOW A VIRTUAL INTERVENTION GIVES YOUTH CONFIDENCE, GRIT, AND GROWTH MINDSET SKILLS TO TACKLE LIFE



Pamela Buchwald Senior Director of Strategy Rescue Agency

11:55AM

PANELIST 3 USING TECH TO ANSWER AWKWARD QUESTIONS ABOUT SEXUAL HEALTH, RELATIONSHIPS AND GROWING UP



Nicole Levitz Director of Digital Products Planned Parenthood Federation of America

12:05PM

**PANEL DISCUSSION** 



**MODERATOR** Eric Nee Editor in Chief Stanford Social Innovation Review

■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

TIME SESSION LOCATION

12:25PM INTERACTIVE NETWORKING LUNCH
Meet our Speakers and Committee Members. Check the app for room locations.

\*\*NAUTILUS FOYER\*\*
\*\*GRANDE FOYER\*\*

#### **GENERAL SESSION CONTINUED**

1:25PM

KEYNOTE THE HEALTH TIPPING POINT: BE THERE, BE RELATABLE, BE NIMBLE

Christina Uribe
Partner Lead - Health and Government

1:45PM

KEYNOTE THE YOUTH VAPING EPIDEMIC, WHERE DO WE GO FROM HERE?



Kathy Crosby
Director
Office of Health Communication and Education,
U.S. Food and Drug Administration's Center for Tobacco Products



**CONCURRENT POWER SESSIONS** 

2:20PM

UNDERSTANDING AND TACKLING THE YOUTH VAPING EPIDEMIC

Michael Tynan Centers for Disease Control and Prevention

Jeffrey Jordan Rescue Agency

YOUR ROADMAP TO CHANGE: CONNECTING STRATEGY
TO GETTING AND EVALUATING IMPACT

Tom Chapel Centers for Disease Control and Prevention

MAIN STAGE

GRANDE BALLROOM



FIRESIDE CHAT: EXPLORING STATE-WIDE STRATEGIES TO NAVIGATE THE OPIOID CRISIS

LeShaundra Cordier Centers for Disease Control and Prevention

Katie Hokanson Indiana State Department of Health

José Esquibel, Colorado Consortium for Prescription Drug Abuse Pre

José Esquibel Colorado Consortium for Prescription Drug Abuse Prevention Dr. Lipi Roy, MD, MPH NYU Langone Health

NAUTILUS 3



FIRESIDE CHAT: EXPLORING STATE-WIDE STRATEGIES TO NAVIGATE THE OPIOID CRISIS

Kunal Khanna Google

WE NEED TO TALK: ENCOURAGING CONVERSATIONS AMONG YOUNG PEOPLE WHEN THE TOPIC IS TRICKY

Julia Blumenstyk and Catherine Chao Ad Council

NAUTILUS 4



SPINNAKER



■ GENERAL SESSIONS ■ BREAKOUT SESSIONS ■ BREAKS & NETWORKING

**CONCURRENT POWER SESSIONS CONTINUED** NAUTILUS 4 2:20PM **FUSING SCIENCE AND DESIGN TO CREATE EFFECTIVE BEHAVIOR CHANGE PRODUCTS** Denise Ho, Fred Dillon, Arianna Taboada, & Patricia Merino Price Hopelab MARINA 3 ACT LOCALLY! NEW RESEARCH IN POLICY CHANGE **PROCESSES** Jill Thompson Hutson Rede Group MARINA 4 THE PLANNED PARENTHOOD DIGITAL ECOSYSTEM IN ACTION Hannah Pyper Planned Parenthood SEABREEZE BRINGING WIC INTO THE 21ST CENTURY: USING TECHNOLOGY TO RETAIN, RE-ENGAGE, AND RECRUIT FAMILIES Susan Sabatier California Department of Public Health, WIC Division Kiran Saluia PHFE WIC Program Andrea Weiss Community Medical Centers, Inc WIC Karen Farley California WIC Association

#### 3:10PM AFTERNOON NETWORKING BREAK **GENERAL SESSION** MAIN STAGE PANEL 4 / NURTURING CUSTOMER EXPERIENCE TO GRANDE **DRIVE BEHAVIOR CHANGE** BALLROOM 3:35PM PANELIST 1 MEASURING ENGAGEMENT IN THE CHANGING DIGITAL WORLD Dr. Sherry Emery Social Data Collaboratory, NORC at the University of Chicago 3:45PM LIST 2 INCORPORATING CUSTOMER EXPERIENCE TO IMPROVE OUTCOMES Elizabeth ErkenBrack, PhD Linguistic Anthropologist and Senior Scientist Qualtrics XM 3:55PM PANELIST 3 UI/UX TO IMPROVE PEOPLE'S LIVES AT SCALE Lou Moore Chief Technology Officer Code for America





# CONNECT & COLLABORATE

# GROWING THE MOVEMENT OF CHANGE AGENTS

We've structured AOCS20 to provide plenty of opportunities to network and collaborate with fellow change agents. In each session - whether mainstage, breakout, or meals - we encourage you to introduce yourself and share your story. We know that the sessions themselves will be incredible learning experiences, but we've also seen first-hand the immense value of peer-to-peer knowledge sharing.

Join a morning workout, a lunch conversation or meet us on the dance floor of the Change Agents Celebration Dinner.

Here are some of the ways we encourage you to meet your fellow Change Agents:

#### **MORNING WORKOUT**

Join one of our morning workouts on the Bayview Lawn on Monday and Tuesday from 7-7:30am. Nothing connects people like sweating together.

#### LUNCH TABLE DISCUSSIONS

Many of our Speakers and Committee Members will be hosting conversation tables during lunch. Seek out a favorite keyote or partner organization and exchange ideas in an informal setting. Look for a topic area on the tables in any of the Nautilus Breakout Rooms.

#### **DECORATE YOUR BADGE**

Use stickers to tell everyone more about your background. We've noted AOCS alumni, health interest groups, and speaker call-outs so you can spark a discussion with ease.

#### PHOTO STATION

Snap a photo in front of our photo wall in the Grande Foyer. Share your story with the AOCS Social Media Team so we can feature you in Monday's Change Agents Dinner Celebration Instagram Story.

# Praised as one of our most fun and engaging events, after a packed day, attendees come to enjoy dinner, live music and the company of other fellow change agents in celebrating the success of behavior change programs and campaigns. Join us Monday night at 7 pm in the Grande Ballroom. Party attire welcome. Tickets required. Interested in purchasing tickets? Visit registration.

## WHO WILL I MEET AT **AGENTS OF CHANGE?**

AARP

AB InBev Foundation

Abigail Wexner Research Institute at Nationwide Children's Hospital

ACCESS

Ad Council

African American Tobacco Control Leadership Council Center for Community

Alaska Native Tribal Health Resilience Consortium

Aleutian Pribilof Islands Association, Inc.

AltaMed Health Services

Alteristic

American Lung Association

American Samoa Dept. of

Health

Americorps Amplify

ANTHO

Arizona Department of Health Services

Arizona Department of Health Services

Association for

Nonsmokers-Minnesota Atrium Health

Augustine

Best Work People LLC

Bismarck Burleigh Public

Health

BJC HealthCare

Blue Cross and Blue Shield

of Minnesota

Brigham Young University-

Idaho

Cabarrus Health Alliance Cal Poly San Luis Obisno

California Consortium for Urban Indian Health

California Department of Public Health

Canadian Cancer Society

Catamount Institute

Center for Injury Research and Policy at Nationwide

Children's Hospital Centers for Disease Control and Prevention

Chickasaw Nation

Chronic Disease Prevention Council

City of New Olreans

ClearWay Minnesota Code for America

Columbus Public Health

Commonwealth Healthcare

Corporation

Community Advocates.

County of Los Angeles Dept of Public Health

County of San Diego Health & Human Services

Agency

Cowlitz County Health Department

CT Department of Public

Curative

Day One

Del Norte Health and

**Human Services** 

Denver Health

Dexcom

DH Communications

Do. Co. Health Dept.

Downers Grove South High

School

Drug Free Highlands Elemental Advisors

Enhance Research

Entercom Communications

FTR

Exvav

Eye to Eye National

Fargo Cass Public Health

FHI 360

First 5 Del Norte

Flavors For Life

Fulton County Health Department

Geelo Wellness

Google

Grand Forks Public Health Griffith University

GSK Consumer Healthcare

Hawaii Department of

Health Health & Human Services

Agency

Health Quality Partners

Heartland Rural Health

Network

Higher Education Center for Alcohol and Drug

Misuse Prevention and Recovery

Hopelab

ICF Next

Idaho Dept of Health and Welfare

Idaho Office of Drug Policy

IDEO

ilumivu

Inter Tribal Council of

Arizona

Inter-Tribal Council of MI

IQ Solutions

JLABS

Johnson County

Department of Health and Environment

Kaiser Permanente

Kansas Department of Health and Environment

Kentucky Department for

Public Health

Kentucky Tobacco

Prevention and Cessation

Program

Lincoln-Lancaster County

Health Department

Louisiana Cancer Prevention

Louisiana Department of

Health

Lower Sioux Indian

Community

Macoupin County Maple

Street Clinic FQHC

Macquarie University

Mason County Public

Health Mayo Clinic

MCDPH

Michigan Emergency

Department Improvement Collaborative

Minnesota Department of Palladian Partners Sharp HealthPlan UC Merced Health Penn State Extension Shasta County Health and UCLA Center for Cancer MOBE **Human Services** Prevention and Control Pennsylvania Department Modoc County Office of of Health SHL Group Medical UCLA/Wise Entertainment Education Pennyrile Children's Snapchat United General District 304 National Center for Missing Advocacy Center Social Marketing @ Griffith United Indian Health & Exploited Children Planned Parenthood SouthEast Alaska Regional Services Inc. National Recreation and Federation of America Health Consortium United Way Metropolitan Park Association Power to Decide Dallas Southern Nevada Health NC Tobacco Prevention Prevention First District United Way of Mat-Su and Control Branch Prevention Insights Southern Plains Tribal University of Arizona Nevada County Health Board Project Harmony Child University of California, Superintendent of Schools Advocacy Center Spokane Regional Health New Mexico Allied Council District Qualtrics University of Connecticut on Tobacco / Keres Stand to Protect Queensland University of University of Kansas New York University Technology Stanford Social Innovation University of Oklahoma College of Dentistry Review QuiO Health Sciences Center New Zealand Drug Stanislaus County Office Foundation R&R Partners University of Puerto Rico of Education University of Southern North Central District Rede Group Stanislaus County Sheriff California Health Department RTI International Stanislaus County Tobacco NYU College of Global Univision Communications Runvon Saltzman, Inc. Prevention Program Public Health Sacramento Native Strategic Social Marketing Uplift Family Services NYU Dentistry Global American Health Center Summit County Public Outreach Vermont Department of Safe Routes Partnership Health NYU Langone Health Health San Diego American Indian Summit County Public NZ Drug Foundation VI Marketing and Branding Health Center Health **ODMHSAS** Virginia Foundation for San Diego Housing Tahoe Forest Hospital Healthy Youth Odyssey and New Zealand Commission Texas Department of State VIVA Social Impact Partners Drug Foundation San Diego State University **Health Services** Odyssey Trust Wamberg Genomic Advisors San Diego Unified School The George Washington District Well Being Trust **OH Partners** University Wells House Inc Omni Youth Programs San Ysidro Health The Social Changery Santa Barbara County Your Social Marketer, Inc. Open Door Community The University of Public Health Department Health Cebnter Queensland Open Source Wellness Sauk County Health Dept Truth Initiative Orutsararmiut Native Twitter Council Qasgiq Sedgwick County Health U.S. Food & Drug PA Department of Health Department Administration Center for \* Organizations registered Pact Coalition SEIU 775 Benefits Group Tobacco Products at the time of print.

# IN MEMORIAM Susan D. Kirby



On December 27, 2019, the social marketing and public health community lost a trailblazing leader, patient teacher, and dear friend. Susan D. Kirby, Dr.PH, MPH. Susan was a founding committee member of the first Agents of Change Summit in 2016 and contributed greatly to the planning of this year's Summit.

The Agents of Change committees and the Rescue Agency team extend our deepest sympathy to the family, friends, and colleagues of Susan Kirby, a trailblazer and leader within the health communications and social marketing communities.

Susan's leadership and vision will be greatly missed.





If your work addresses the Four Ps of marketing, submit a manuscript and you may benefit from the **Four Ps of SMO**:

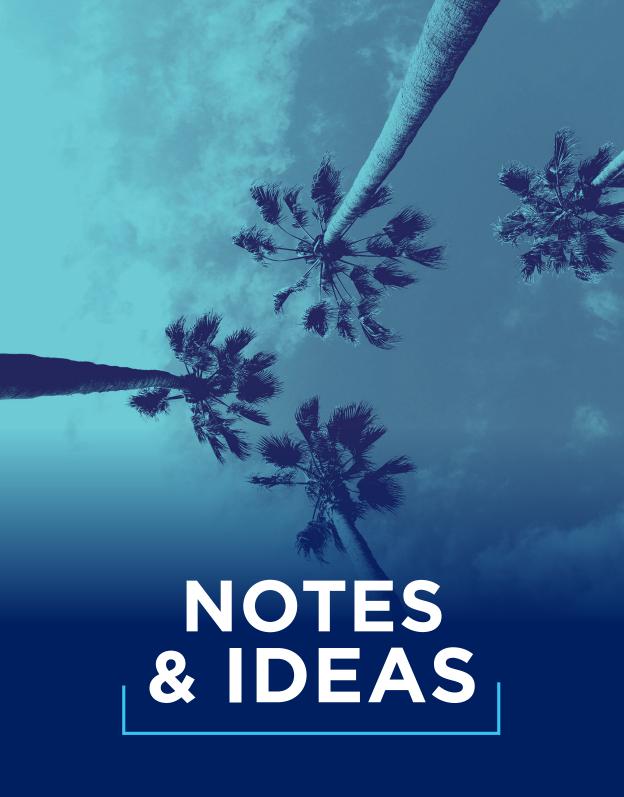
• **Proven** – Founded in 1994, SMQ is the longest-running journal focused

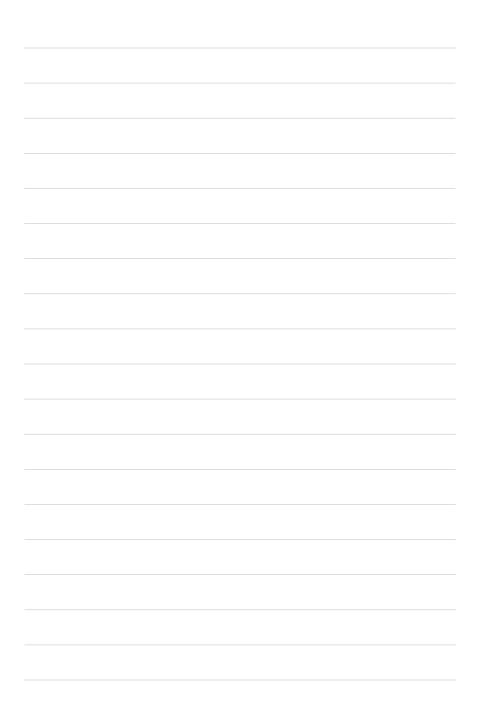
exclusively on social marketing.

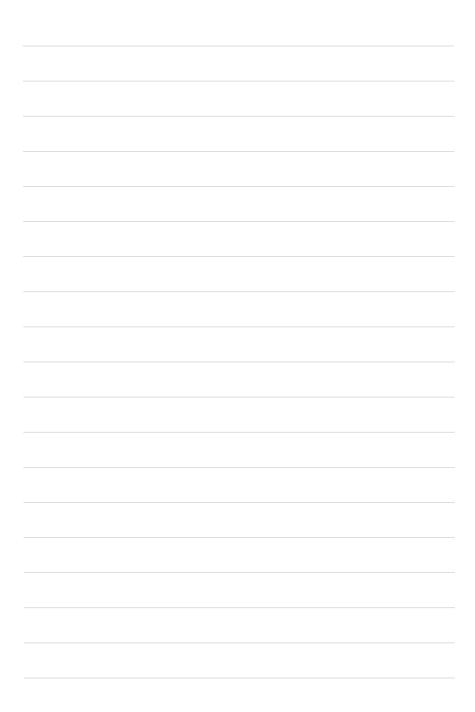
- **Popular** SMQ reaches more than 8,000 institutions in more than 80 countries.
- Prompt Publishing SMQ accepts submissions on a rolling deadline and publishes promptly through OnlineFirst.

Now accepting **Case Study** and **Research & Evaluation** sumissions from the Agents of Change Summit.

journals.sagepub.com/home/smg









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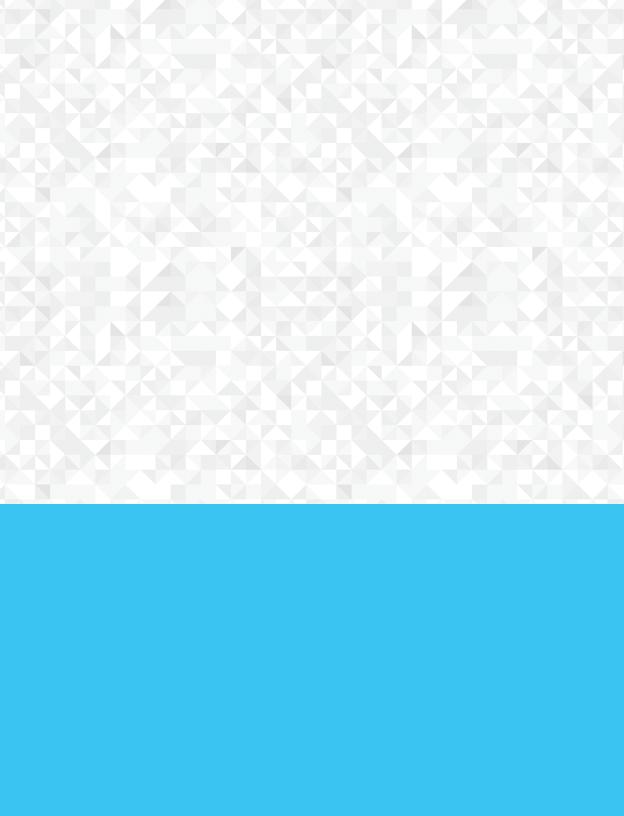
#### **TOMMY GOMEZ**

Breakout Session Concierge
Tommy@AgentsOfChangeSummit.org









# WHAT IS CHANGE?

CHANGE CAN BE SMALL.

CHANGE CAN BE BIG.

CHANGE CAN PREVENT PAIN.

CHANGE CAN INCREASE HAPPINESS.

CHANGE CAN EXTEND A LIFE.

CHANGING BEHAVIOR IS FUNDAMENTAL TO OUR HEALTH.

THIS GUIDE BELONGS TO

