

The Potential Role of Sleep in Obesity Prevention and Management: A Virtual Workshop (Webinar)



February 17, 2017
12-2 PM ET

Register here: bit.ly/SleepObesityWebinar

Purpose: Review the emerging scientific evidence about sleep and obesity risk and its possible implications for policy and practice.

Goals: Explore the current understanding of sleep physiology and sleep disorders, existing experimental and epidemiological evidence about sleep and obesity risk, and the current recommendations for sleep as they relate to the prevention and management of obesity in children and adults.

12:00 PM	Introduction Scott I. Kahan, MD, MPH, Johns Hopkins University
12:05 PM	Overview of Epidemiology of Sleep and Obesity Risk Sanjay R. Patel, MD, MS, University of Pittsburgh
12:25 PM	Sleep and Obesity Risk in Children Elsie M. Taveras, MD, MPH, Harvard University
12:45 PM	Sleep and Obesity Risk in Adults Michael A. Grandner, PhD, MTR, CBSM, University of Arizona
1:05 PM	Disparities in Disordered Sleep and Obesity Prevalence Chandra L. Jackson, PhD, MS, National Institutes of Health
1:25 PM	Closing Remarks Scott I. Kahan, MD, MPH, Johns Hopkins University
1:30 PM	Moderated Q&A Scott I. Kahan, MD, MPH, Johns Hopkins University
2:00 PM	Webinar Concludes