

How Nutrition and Health Change Over a Person's Life Course: Opening Remarks

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Nutrition and health involve complex systems

NUTRITION REVIEWS



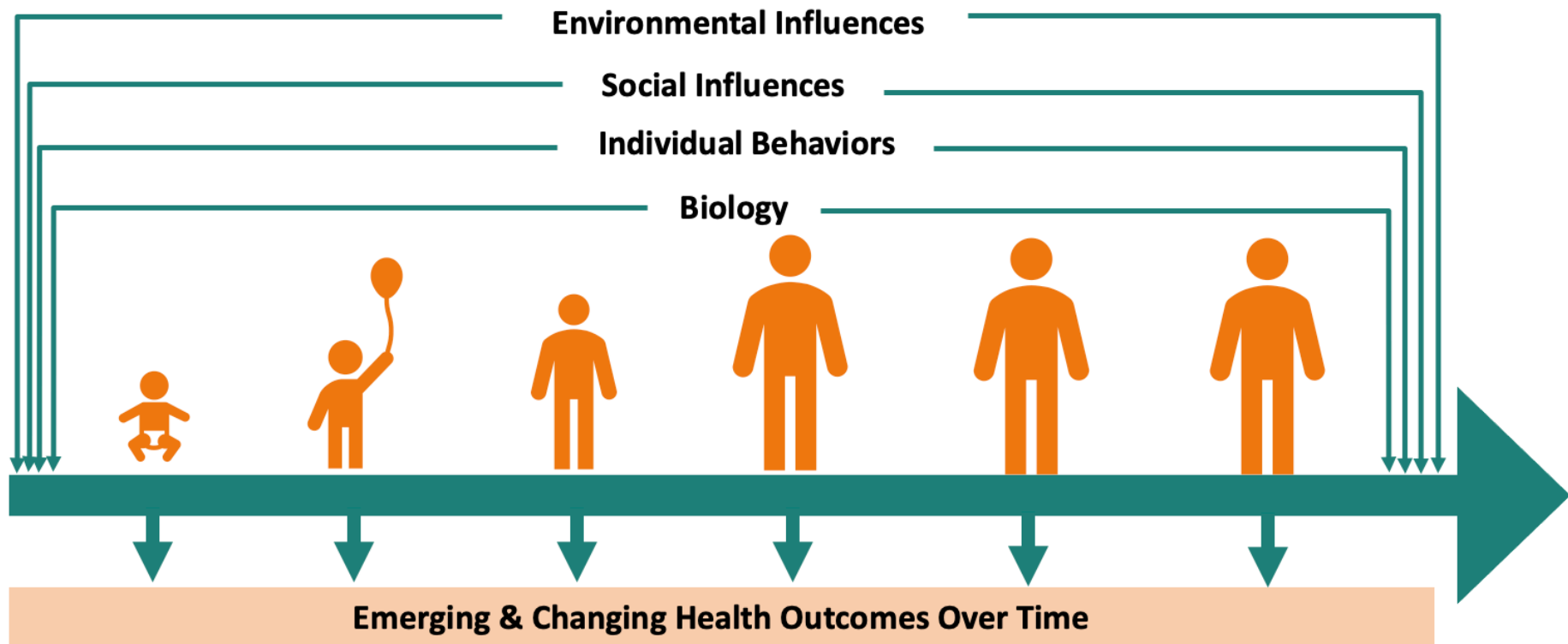
A systems approach to obesity

Bruce Y. Lee, Sarah M. Bartsch, Yeeli Mui, Leila A. Haidari, Marie L. Spiker, and Joel Gittelsohn

Obesity has become a truly global epidemic, affecting all age groups, all populations, and countries of all income levels. To date, existing policies and interventions have not reversed these trends, suggesting that innovative approaches are needed to transform obesity prevention and control. There are a number of indications that the obesity epidemic is a systems problem, as opposed to a simple problem with a linear cause-and-effect relationship. What may be needed to successfully address obesity is an approach that considers the entire system when making any important decision, observation, or change. A systems approach to obesity prevention and control has many benefits, including the potential to further understand indirect effects or to test policies virtually before implementing them in the real world. Discussed here are 5 key efforts to implement a systems approach for obesity prevention: 1) utilize more global approaches; 2) bring new experts from disciplines that do not traditionally work with obesity to share experiences and ideas with obesity experts; 3) utilize systems methods, such as systems mapping and modeling; 4) modify and combine traditional approaches to achieve a stronger systems orientation; and 5) bridge existing gaps between research, education, policy,



These complex systems change over time



Opening remarks & methods to study health

12:05–12:20pm Opening remarks from Standing Committee

Sponsors:

Pamela Starke-Reed, USDA, Agricultural Research Service

Christopher Lynch, NIH Office of the Director

12:20-12:30pm Introduction:

Nicholas Schork, The Translational Genomics Research Institute

12:30-1:45pm SESSION 1 Methods to Study Health:

Moderator: Linda Van Horn, Northwestern University

Panelists:

- John B. Wong, Tufts Medical Center
- Johan Auwerx, École Polytechnique Fédérale de Lausanne
- Emily Oken, Harvard T.H. Chan School of Public Health

Impact of various factors across the lifespan

1:45-3pm SESSION 2: Impact of Various Factors across the Lifespan

Moderator: Ron Kleinman, Massachusetts General Hospital for Children

Panelists:

- Matt W. Gillman, National Institutes of Health
- Susan Carnell, Johns Hopkins University School of Medicine
- Allison Aiello, Columbia University Mailman School of Public Health
- Thomas W. Valente, University of Southern California

3-3:15pm BREAK

Integrating across life stages

3:15-4:30pm SESSION 3: Integrating Across Life Stages

Moderator: Susan Scrimshaw, Former President Russel Sage College, Former Dean, UIC School of Public Health

Panelists:

- Jack P. Shonkoff, Harvard T.H. Chan School of Public Health
- Sara Benjamin-Neelon, Johns Hopkins Bloomberg School of Public Health
- David R. Jacobs, University of Minnesota
- Thomas Perls, Boston University