WEIGHING IN

The Public Health Impact & Promise of Science in Addressing Obesity

October 15 & 16, 2013

Eric P. Newman Education Center
Washington University Medical Campus
OCTOBER 15, 2013
The Public Health Impact of Obesity in the Local Community
presented by the Institute for Public Health

Noon  Check-in & Registration
1:00 pm  Welcome and Opening Remarks
Chancellor Mark Wrighton, Washington University
Larry Shapiro, Washington University

1:15 pm  Institute Update
William G. Powderly, Washington University

1:30 pm  Keynote Address
Translating Science to Practice to Improve Population Health
Graham A. Colditz, Washington University

2:15 pm  Break

2:30 pm  Challenge Session Panel & Discussion
What is being done to address the issue of obesity in the local community?
Graham A. Colditz (moderator)
Capt. Jose Belardo, Dept. Health & Human Services
Dolores J. Gunn, St. Louis County Department of Health
Debra Haire-Joshu, Washington University
Millie Mattfeldt-Beman, Saint Louis University
Cindy Mense, Trailnet
William A. Peck, Washington University

4:00 pm  Poster Session & Reception
OCTOBER 16, 2013
The Promise of Science in Addressing Obesity in the Community
presented by the Center for Health Policy

8:00 am  Coffee & Check-in
8:30 am  Welcome
William A. Peck, Washington University
8:40 am  Morning Address
Obesity Facts and Fantasies
Samuel Klein, Washington University
9:20 am  Session 1: Pathophysiology and Metabolic Issues in Obesity
Taking a Metagenomic View of Human Nutrition and Obesity
Peter Turnbaugh, Harvard University
Lipid Synthesis in the Pathogenesis of the Metabolic Syndrome
Clay Semenkovich, Washington University
10:10 am Morning Break
10:25 am  Session 1 Continued:
Pathophysiology and Metabolic Issues in Obesity
Obesity and Heart Failure
Linda Peterson, Washington University
Implications of Vitamin D and Obesity in Cardiovascular Health
Carlos Bernal-Mizrachi, Washington University
11:15 am  Session 1 Panel Discussion: Translating the Science
12:00 pm Lunch Break
(Please note that lunch is not provided. For a map and details about nearby food options please visit the registration desk.)
1:15 pm  Session 2: Challenges in Childhood Obesity
Obesity in Children: A Systemic Malady
Gautam K. Singh, Washington University
Obesity in Special Populations: Characterizing and Treating Obesity in the Mentally Ill
Ginger E. Nicol, Washington University
Prevention and Treatment of Childhood Obesity: Evidence, Challenges, and Future Directions
Denise Wilfley, Washington University
2:30 pm  Session 2 Panel Discussion: Challenges in Childhood Obesity
3:00 pm  Afternoon Address
A Systems Approach to Childhood Obesity
Terry T-K Huang, University of Nebraska
3:45 pm  Poster Session
Graham A. Colditz, MD, DrPH  
Washington University

In addition to serving as the Deputy Director of the Institute for Public Health, Dr. Colditz is the Neiss-Gain Professor in the School of Medicine, chief of the Division of Public Health Sciences in the Department of Surgery, program director of the Master of Population Health Sciences degree program, and the associate director of Prevention & Control at the Siteman Cancer Center. Dr. Colditz is the principal investigator for TREC@WUSTL, an NCI-funded transdisciplinary research center studying the associations between obesity and cancer causes, prevention, and survival. He is also the principal investigator of the Siteman Cancer Center's Program for the Elimination of Cancer Disparities (PECaD), a group that uses community-based partnerships to decrease disparities in cancer screening, treatment and survivorship in the region.

Dr. Colditz is an internationally-known epidemiologist and public health expert, and has a longstanding interest in the causes and prevention of chronic disease. His research has focused on the health effects of weight and weight gain, physical activity, diet, smoking, and medications. He has also worked to speed translation of research findings in effective prevention strategies. Dr. Colditz has played a national role in cancer prevention programs, working with the American Cancer Society and the Massachusetts Cancer Control Program. The website yourdiseaserisk.wustl.edu, developed by Dr. Colditz, has been a popular tool to assess individual risk and communicate tailored prevention messages to the public. He also leads a team writing the blog Cancer News in Context at cancernewsincontext.org.

Capt. Jose Belardo, JD, MSW  
US Department of Health & Human Services Region VII

Captain Jose Belardo is a Commissioned Officer in the US Public Health Service. Currently, as Regional Health Administrator for US Department of Health & Human Service’s Region VII, he is the Department’s principal federal public health leader for the states of Kansas, Missouri, Iowa, and Nebraska. Capt. Belardo has the overall responsibility for managing five programs: the Office of Minority Health, the Office on Women’s Health, the Office of Population Affairs, the Regional Resource Network for HIV/AIDS, and the Medical Reserve Corps.

Dolores J. Gunn, MD  
Saint Louis County Department of Health

Dr. Gunn has served as director of the Saint Louis County Department of Health since December of 2004, and oversees every aspect of the Department and its nearly 500 employees. Key accomplishments of the St. Louis County Health Department under Dr. Gunn’s supervision include successfully managing several communicable disease outbreaks or threats, handling public health emergencies caused by several substantial power outages in both summer heat and winter cold, implementing a new waste code that brought curbside recycling to every residence in Saint Louis County, and achieving re-accreditation with a record of 100% compliance.
Debra Haire-Joshu, PhD, MSEd  
Washington University

Dr. Haire-Joshu is the Joyce Wood Professor and Associate Dean for Research at the Brown School. She is a renowned scholar of health behavior who develops population-wide interventions to reduce obesity and prevent diabetes, particularly among underserved women and children. She holds a joint appointment in the School of Medicine, and directs both the Center for Obesity Prevention and Policy Research (COPPR) and the Washington University Center for Diabetes Translation Research (WU-CDTR). COPPR aims to discover and integrate new science into policies designed to prevent obesity. The WU-CDTR, funded by the National Institute of Diabetes and Digestive and Kidney Diseases, supports research to eliminate the root causes of obesity and disparities in Type 2 diabetes within diverse populations, and serves as a resource to academic and national organizations conducting translational research.

Mildred Mattfeldt-Beman, PhD, RD  
Saint Louis University

Dr. Mattfeldt-Beman is professor and chair of the Department of Nutrition and Dietetics at Saint Louis University. Currently, she serves as PI for a Missouri Foundation for Health grant, Healthy Eating with Local Produce (HELP), establishing a food processing and distribution center to get local food into school lunches. She is also PI for Start to Actively Recycle Today III (START III), a program to recycle solid food waste. The department she chairs has been operating Fresh Gatherings Café, a model for sustainable cuisine within an institutional environment, since September 2004. The menus are developed from local and seasonal produce and livestock and serves as a learning laboratory for the department’s culinary program.

Cindy Mense, MS, RD  
Trailnet

Cindy Mense is a registered dietitian with a master’s degree in community nutrition. She has directed nutrition services in community health centers and educated low wealth and racially diverse clientele for fifteen years. She also directed the undergraduate dietetics program at Saint Louis University teaching pediatric nutrition, community nutrition, and basic human nutrition. In 2004, Mense co-authored a textbook on nutrition for young children. Realizing that the obesity epidemic requires changes in the built environment and access to healthy lifestyles, she left traditional dietetics, and has been with Trailnet since 2007, where she directs the Community Services Department working to catalyze healthy and active communities.

William A. Peck, MD  
Washington University

Dr. Peck is the Wolff Distinguished Professor of Medicine and director of the Center for Health Policy at Washington University. The Center’s research is directed toward understanding the value of employer-sponsored employee wellness programs. He is an internationally recognized clinician, teacher, researcher and administrator and a member of the Institute of Medicine of the National Academy of Sciences. Between 1989 and 2003, he served as Dean of Washington University School of Medicine, Executive Vice Chancellor of the University for Medical Affairs and President of the Washington University Medical Center.
Samuel Klein, MD
Washington University

Dr. Klein is the William H. Danforth Professor of Medicine, director of the Center for Human Nutrition, director of the Center for Applied Research Sciences, chief of the Division of Geriatrics and Nutritional Sciences, and medical director of the Weight Management Program at Washington University School of Medicine. Dr. Klein has published more than 300 papers in nutrition, metabolism, and obesity. His research activities are focused on understanding the mechanisms responsible for metabolic dysfunction associated with weight gain and obesity, and the pathophysiology of nonalcoholic fatty liver disease.

Peter Turnbaugh, PhD
Harvard University

Dr. Turnbaugh is a Bauer Fellow in the FAS Center for Systems Biology at Harvard University. Since 2004, his research has focused on the trillions of microbes that colonize our adult bodies. This human ‘microbiome’ encodes diverse metabolic capacities that impact our health and predisposition to disease. Dr. Turnbaugh and his research group combine metagenomics and gnotobiotics (germ-free and intentionally-colonized mice) to study the impact of the gut microbiome on nutrition and drug metabolism.

Clay F. Semenkovich, MD
Washington University

Dr. Semenkovich is the Herbert S. Gasser Professor and Chief of the Division of Endocrinology, Metabolism, and Lipid Research at the Washington University School of Medicine. He studies diabetes, obesity, and their complications, and has translated basic observations into potential new therapies for patients. An active educator and clinician, he founded the Building Interdisciplinary Research Careers in Women’s Health program at Washington University, and founded the Washington University Diabetes Center at Barnes-Jewish Hospital to provide comprehensive care to people with diabetes in the St. Louis region.

Linda Peterson, MD
Washington University

Dr. Peterson is associate professor of medicine and radiology and director of the Cardiac Rehabilitation section at Washington University School of Medicine. Her research is focused on how obesity and diabetes contribute to the development of heart failure. Specifically, she is interested in how they affect the myocardium itself—apart from coronary artery disease—so that new treatments for obesity-related heart failure and diabetic cardiomyopathy may be developed. To this end, Dr. Peterson uses multiple different imaging and metabolic techniques to quantify the myocardial alterations seen in obesity/diabetes and heart failure. Chief among these techniques are positron emission tomography, echocardiography, magnetic resonance imaging, magnetic resonance spectroscopy, and whole body substrate kinetics.

Carlos Bernal-Mizrachi, MD
Washington University

Dr. Bernal-Mizrachi is assistant professor of medicine and of cell biology and physiology in the Washington University School of Medicine. His research focuses on Type 2 diabetes, obesity, hypertension, and coronary artery disease. The long-term goal of his laboratory is to determine the mechanisms by which vitamin D modulates innate immune cells and the inflammatory milieu that contributes to the development of cardiovascular disease in patients with obesity and diabetes. He has developed multiple genetically modified animal models evaluating the influence of vitamin D on the development of cardiovascular disease in obesity and diabetes, laying the ground for clinical trials.
Gautam K. Singh, MD  
Washington University

Dr. Singh is a professor of pediatrics at Washington University School of Medicine and director of preventive cardiology and cardiac imaging research at St. Louis Children’s Hospital. He is a clinical investigator involved in patient-oriented translational research that focus on the study of the effects of altered physiologic condition, cardiometabolic risk factors, and obesity on cardiac mechanics, structure, and function in children and adolescents.

Ginger E. Nicol, MD  
Washington University

Ginger E. Nicol, MD is assistant professor of psychiatry and is the co-director of the outpatient Child & Adolescent Psychiatry Clinic at the School of Medicine. Dr. Nicol has served as principal investigator on privately- and National Institute of Mental Health-funded clinical research projects focused on obesity and cardiovascular risk reduction in both adult and pediatric mentally ill populations. Her other areas of clinical research interest include disruptive and externalizing behavior disorders, pediatric onset mood and psychotic disorders, and related psychopharmacology.

Denise Wilfley, PhD  
Washington University

Dr. Wilfley is the Scott Rudolph University Professor of Psychiatry, Medicine, Pediatrics, and Psychology and director of the Weight Management and Eating Disorders Program at Washington University School of Medicine. She has developed treatments focused on early intervention and prevention in high-risk populations, and is a leader in translating these evidence-based interventions into the community. Of note related to the public health impact of addressing obesity, she documented the efficacy of family-based behavioral treatment for obesity, pioneering the use of social facilitation to improve sustainability of weight loss outcomes for families. She also co-developed StayingFit, an online, evidence-based intervention for building healthy habits by giving youth and families personalized tools within a community-centered health program, with potential for widespread scale-up and reach. Additionally, she established the clinical significance of binge eating disorder (BED) in overweight individuals and developed and established novel interventions for BED.

Terry T-K Huang, PhD  
University of Nebraska

Dr. Huang is professor and chair of the Department of Health Promotion at the University of Nebraska Medical Center College of Public Health, and co-founder and senior advisor of the National Collaborative on Childhood Obesity Research (NCCOR) which coordinates activities across the National Institutes of Health, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and the Robert Wood Johnson Foundation. Prior to returning to academia, Dr. Huang was Director of the Obesity Research Strategic Core at the Eunice Kennedy Shriver National Institute of Child Health and Human Development where he played a leading role in developing new national research directions and funding priorities. Dr. Huang is a global leader on creative solutions for obesity and chronic disease, systems-oriented prevention strategies targeting both the supply of and demand for health, cross-sectoral partnerships, and the translation of science to policy, and has published and lectured extensively on these topics.
CONFERENCE PLANNING COMMITTEE
We recognize the conference committee for their guidance:

Debra Haire-Joshu, Washington University
Rachel Hauck, Washington University
Jade James, St. Louis County Department of Health
Samuel Klein, Washington University
Lori Jones, St. Louis Department of Health
Amy Ostendorf, Washington University
William A. Peck, Washington University
Casey Sanli, Washington University
Denise Wilfley, Washington University

Institute team: William G. Powderly, Graham A. Colditz, Victoria Anwuri, Richelle S. Clark, Anna Mazzuca, Stephanie Herbers, Kimberly Singer, Kim Eberlein, Sarah Myers

PARTNERS
This conference is organized by Washington University’s Institute for Public Health and the Center for Health Policy, in collaboration with the Center for Human Nutrition, Center for Obesity Prevention and Policy Research (COPPR), Center for Diabetes Translation Research (CDTR), and Transdisciplinary Research on Energetics and Cancer (TREC) Center.

SPONSORS
Conference support generously provided by the Longer Life Foundation, the Fox Family Foundation, and Washington University’s School of Medicine and Center for Diabetes Translation Research at the Brown School.

GREEN EVENT
We strive to lessen the impact of our event on the environment. Strategies include:

• encouraging attendees to use alternate means of transportation
• investing in carbon offsets for our energy usage and travel
• recycling materials and composting food waste at the event venue
• arranging for earth-friendly catering
• requesting that attendees bring a reusable bottle for water and a business card for a nametag

We thank 3Degrees and St. Louis Earth Day for offering their assistance in support of our green event initiative.

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