



Longwood
SEMINARS

Weighing the Facts Of Obesity

May 9, 2018

Obesity among children and adults dramatically increases the risk of chronic illnesses such as heart disease and type 2 diabetes. What are the contributing factors that lead to being overweight? In this seminar, Harvard Medical School doctors and researchers will address the stigma that surrounds obesity and discuss concrete methods, including changes to sleep and diet, that could help scale back this growing problem.

#HMSSMiniMed



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About the Speakers

Fatima Cody Stanford, MD, MPH, MPA

Dr. Stanford is a Harvard Medical School instructor in medicine and an obesity medicine physician at Massachusetts General Hospital. She has served as a health communications fellow at the Centers for Disease Control and Prevention and as a behavioral sciences intern at the American Cancer Society. Upon completion of her master's in public health, she received the Gold Congressional Award, the highest honor that the U.S. Congress bestows upon America's youth. Among other awards, The American College of Physicians (ACP) selected her as the 2013 recipient of the Joseph E. Johnson Leadership Award and the Massachusetts chapter of the ACP selected her for the Young Leadership Award in 2015. She is the recipient of the Harvard Medical School 2017 Harold Amos Faculty Diversity Award and the Massachusetts Medical Society 2017 Women's Health Award.

Frank A.J.L. Scheer, PhD

Dr. Scheer is a Harvard Medical School associate professor of medicine and director of the Medical Chronobiology Program at Brigham and Women's Hospital. Dr. Scheer's lab studies the influence of the endogenous circadian system (the 24-hour biological clock) and the effects of its disruption on cardiovascular, immune, and metabolic regulation and disease states such as hypertension, obesity and diabetes. This work focuses both on physiological mechanisms and therapeutic strategies, including the use of light, melatonin and meal timing to improve health. Since 2005, Dr. Scheer has been funded continuously as a principal investigator by the National Institutes of Health. Additionally, he has received numerous scientific awards and international speaker invitations.

Dr. Christos Mantzoros, MD

Dr. Mantzoros is a Harvard Medical School professor of medicine and director of the Human Nutrition Unit in the Division of Endocrinology, Diabetes and Metabolism at Beth Israel Deaconess Medical Center and Joslin Diabetes Center. His research seeks to answer important questions regarding obesity, insulin resistance and their consequences which include diabetes, cardiovascular disease and malignancies. Among numerous honors and awards, Dr. Mantzoros most recently became the first scientist to document the role of the hormone leptin in regulating the body's response to hunger. He received the Endocrine Society's Outstanding Clinical Investigator Award for 2018.



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Supplemental Reading

Articles

Expert advice for reducing obesity: Take the blame out of it

The Harvard Gazette

<https://news.harvard.edu/gazette/story/2018/03/harvard-obesity-expert-says-blame-shame-make-problem-worse/>

Plate Shifts

Harvard Medicine Magazine

<http://magazine.hms.harvard.edu/food-issue-diet-and-health/plate-shifts>

Setting the Circadian Clock

Harvard Medical School

<https://hms.harvard.edu/news/setting-circadian-clock>

Mediterranean diet: small changes, big benefits

Harvard Medical School

<https://hms.harvard.edu/news/mediterranean-diet-small-changes-big-benefits-11-5-13>

Why people become overweight

Harvard Health Publishing

<https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>

Further information can be found at **Harvard Health Publications** (<https://www.health.harvard.edu/>).

Sign up for **Harvard Medicine News** (<https://hms.harvard.edu/news/sign-email-communications>) to receive weekly updates on scientific research, medical education and community news from Harvard Medical School.

Sign up to receive future issues of **Harvard Medicine** (<https://hms.harvard.edu/news/sign-email-communications>). The magazine of Harvard Medical School presents topics ranging from space-based medical research to climate change and human health. The magazine captures the work of the HMS faculty, students, and alumni and illuminates their contributions to human health.

