



UNIVERSITY OF MINNESOTA

TUCKER CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT

presents

THE 2010 FALL DISTINGUISHED LECTURE

“Reducing Obesity Among Minority Females: The Critical Role of Physical Activity”

Wednesday, October 20 • 7:00-9:00pm
Hubert H. Humphrey Center, West Bank

About the Lecture: Over the past three decades, the prevalence of obesity has dramatically increased in adults and children, with the highest increases among minority females. Negative consequences stemming from being dangerously overweight—diabetes, high blood pressure, high cholesterol, and some cancers—are an enormous public health concern. These negative outcomes are particularly problematic for minority females. Nearly half of African American (46%) and Latina (42%) girls aged 12-19 are overweight or obese, compared to less than 30% of White girls. To address this national epidemic, a trio of prominent University of Minnesota scholars will discuss the latest research on the critical role physical activity plays in obesity prevention/intervention strategies and policies. They will also examine evidence-based, culturally appropriate approaches toward increasing physical activity among women and girls of color.

About the Panelists:



Beth Lewis, Ph.D., is an Assistant Professor in the School of Kinesiology and an Adjunct Assistant Professor of Psychiatry and Human Behavior at Brown University Medical School. She is also a licensed psychologist. Professor Lewis received her Ph.D. in Clinical Psychology and completed postdoctoral training in behavioral interventions for exercise. Her groundbreaking research focuses on how to motivate sedentary adults, especially women, to become more physically active. Professor Lewis has authored several articles in top-tier academic journals and serves as the Principal Investigator on grants funded by the National Institutes of Health. Currently, she is the Principal Investigator on a study examining the effect of exercise on preventing postpartum depression.



Daheia Barr-Anderson, Ph.D., M.P.H., is an Assistant Professor in the School of Kinesiology and is trained in epidemiology. Her research examines physical activity, sedentary behaviors, and obesity prevention in children and adolescents—particularly interventions that incorporate physical activity and nutrition to achieve healthy outcomes and to decrease racial/ethnic health inequalities. Professor Barr-Anderson has received grants from General Mills Foundation and the Robert Wood Johnson Foundation for her research on the environmental influences of physical activity and obesity among adolescent girls. She was recently named a Scholar at the Deborah E. Powell Center for Women’s Health.



Dianne Neumark-Sztainer, Ph.D., M.P.H., R.D., is a Professor in the Division of Epidemiology and Community Health, School of Public Health, and an Adjunct Professor in the Department of Pediatrics. Her award-winning research focuses on adolescent nutrition and the prevention of weight-related problems including eating disorders, body dissatisfaction, and obesity. Professor Neumark-Sztainer has published over 250 articles in peer-reviewed scientific journals and has served as Principal Investigator on several federally funded grants. She has received numerous honors for her innovative work including prestigious awards from the National Eating Disorders Association, the International Academy for Eating Disorders, and the Eating Disorders Coalition.

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