

NIH Health & Wellness Expo Expert Panel

Wednesday
September 7
10am–11:30am

Building 45
Natcher Conference Center
Balcony A

“TAKING OUR OWN BEST ADVICE”

Free & Open to All of NIH

Overweight and Obesity – Public and Scientific Challenges and Perspectives

SPEAKERS

Van S. Hubbard, MD, PhD
Director, NIH Division of Nutrition Research Coordination and Associate Director for Nutritional Sciences, NIDDK

Dr. Hubbard will provide an overview of the challenges posed by overweight/obesity in the United States. He will discuss recent trends, considerations in the development and management of overweight/obesity, and implications of current research and research needs.

Janet de Jesus, MS, RD
Nutrition Education Specialist, NHLBI

Ms. de Jesus will discuss strategies and resources from the WE CAN® (Ways to Enhance Children's Activity & Nutrition) program that aims to help families eat healthy and become more active to prevent overweight.

Amber Courville, PhD, RD
Metabolic Research Dietitian, NIH Clinical Center

Dr. Courville will provide a brief overview of the metabolic research center and what they study. She will share lessons learned for adults hoping to maintain or lose weight as well as useful/successful strategies for weight management.

Karen Miller-Kovach, MBA, MS, RD
Weight Watchers

She Loses, He Loses: The Truth about Men, Women and Weight Loss. Ms. Miller-Kovach educates us on why and how men and women lose weight differently and on the negative health effects that excess weight has on men and women. Ms. Miller-Kovach will also identify the different motivators that men and women employ to support their weight loss.



For more information about the Expert Panel, visit
<http://dats.ors.od.nih.gov/wellness/expo2011.html>

This event will be Videocast live and archived <http://videocast.nih.gov>.
For reasonable accommodations including sign language interpreters,
contact Chris Gaines, Division of Amenities and Transportation Services at
301-451-3631 and/or the Federal Relay (1-800-877-8339).

