

# The Potential Role of Sleep in Obesity Prevention and Management: A Virtual Workshop (Webinar)



February 17, 2017  
12-2 PM ET

Register here: [bit.ly/SleepObesityWebinar](http://bit.ly/SleepObesityWebinar)

**Purpose:** Review the emerging scientific evidence about sleep and obesity risk and its possible implications for policy and practice.

**Goals:** Explore the current understanding of sleep physiology and sleep disorders, existing experimental and epidemiological evidence about sleep and obesity risk, and the current recommendations for sleep as they relate to the prevention and management of obesity in children and adults.

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| 12:00 PM | <b>Introduction</b><br>Scott I. Kahan, MD, MPH, Johns Hopkins University  |
| 12:05 PM | <b>Overview of Epidemiology of Sleep and Obesity Risk</b><br>Sanjay R. Patel, MD, MS, University of Pittsburgh              |
| 12:25 PM | <b>Sleep and Obesity Risk in Children</b><br>Elsie M. Taveras, MD, MPH, Harvard University                                  |
| 12:45 PM | <b>Sleep and Obesity Risk in Adults</b><br>Michael A. Grandner, PhD, MTR, CBSM, University of Arizona                       |
| 1:05 PM  | <b>Disparities in Disordered Sleep and Obesity Prevalence</b><br>Chandra L. Jackson, PhD, MS, National Institutes of Health |
| 1:25 PM  | <b>Closing Remarks</b><br>Scott I. Kahan, MD, MPH, Johns Hopkins University   |
| 1:30 PM  | <b>Moderated Q&amp;A</b><br>Scott I. Kahan, MD, MPH, Johns Hopkins University   |
| 2:00 PM  | <b>Webinar Concludes</b>  |