The Obesity and Disease Epidemic

David L. Katz, MD, MPH
The most promising of promises:
- there is lifestyle, and everything else…


The People in Potsdam-


- Or the UK:

- Or the US
Nurturing Nature: the leverage of living well-

- June 12, 2010
- A Decade Later, Genetic Map Yields Few New Cures
  - By NICHOLAS WADE


The Master Levers of Destiny-

- Feet
- Forks
- Fingers
Knowledge, alas, isn’t power…

The Road Not Taken

Robert Frost
Health. Weight Control. Happiness with Food!
Carlson SA, Guide R, Schmid T, Moore L, Barradas D, and Fulton J. Public support for street-scale urban design practices and policies to increase physical activity. *J of Physical Activity and Health, 2011, 8*(Suppl 1), S125-S134


An Ecological Model of Diet, Physical Activity, & Obesity

**Influences**

*Biological & Demographic*
Age, sex, race/ethnicity, SES, genes

*Psychological*
Beliefs, preferences, emotions, self-efficacy, intentions, pros, cons, behavior change skills, body image, motivation, knowledge

*Social/Cultural*
Social support, modeling, family factors, social norms, cultural beliefs, acculturation

*Organizational*
Practices, programs, norms, & policies in schools, worksite, Health care settings, businesses, community orgs

*Physical Environment*
Access to & quality of foods, recreational facilities, cars, sedentary entertainment, urban design, transportation infrastructure, information environment

*Policies/Incentives*
Cost of foods, physical activities, & sedentary behaviors: incentives for behaviors; regulation of environments

**Behaviors**

*Eating*
Dietary patterns, nutrient intake

*Sedentary Behaviors*
TV, computer use, driving

*Physical Activity*
Recreation, transportation, occupation, domestic

**Health Outcomes**

Energy Balance

Body Weight, Fat, & Distribution

Risk Factors, CVD, Diabetes, Cancers, Costs

NHLBI Workshop on Predictors of Obesity, Weight Gain, Diet and Physical Activity: August 2004, Bethesda MD
A sandbagger... and proud of it!
http://www.abeforfitness.com


National Exchange for Weight Loss Resistance

Understanding, Solidarity, Acceptance...

http://www.newlr.com/
Katz DL. Advancing the Health of Families: Who’s the BAWSS? *Childhood Obesity*. April 2011, 7(2): 73-75
PHINDER: Promising Health Interventions Inventoried by a Network of Diverse Experts for Regional Application

http://www.yalegriffinprc.org/Community-Connections/PHINDER.aspx
A sandbagger…

…minding his *business*
LOSE 10% in 10 weeks or it's FREE!

Start Losing Today!

http://www.rediclinic.com/weighforward/
Not just waiting on the world to change...
Introducing NuVal™
The Nutritional Scoring System
we live where good advice...

- “Eat food, not too much, mostly plants.”
  - Michael Pollan

...can be hard to swallow!
Mostly plants?  *Fuggedaboudit!*...


Even when clear where “there” is-

-it may seem...

- you can’t get there from here:


Jacobson MF. An important new way to rate the nutritional quality of foods. *Am J Health Promot*. 2009;24:144-5
Sandbags…

*on the assembly line:*

- [www.turnthetidefoundation.org](http://www.turnthetidefoundation.org)
Health, Weight Control, Happiness with Food!
The Blind Men and the Elephant

-John Godfrey Saxe


Thank you!

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President, Turn the Tide Foundation, Inc.

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