

FHS Seminar Series
Wednesday March 10, 2010
Blusson Hall 9660
Start time: 3:30 – 5:30 PM

Dr. Jay Wortman & Dr. Rick Mathias

**“My Big Fat Diet – the Changing Science on Dietary
Macronutrients”**

Dr. Mathias will present the epidemic of obesity we are currently experiencing around the world. By the end of this seminar, a specific approach to this issue will be proposed with a timeline for implementation that will result in better health for the SFU population. This epidemic, while described as obesity is better characterized as metabolic syndrome as newly defined by WHO and others. The epidemiology of metabolic syndrome can lead to several associations but very few are candidates as a causal association. A discussion of the measures to be taken to assist university students, faculty and staff in resisting this epidemic and in managing metabolic syndrome in those who have already succumbed will be discussed as the lessons learned in controlling tobacco use can be used again to reduce metabolic syndrome. The roles of diet and exercise will be discussed in the context of a public health evidence based approach to obesity and metabolic syndrome.

Dr. Wortman will discuss the relationship between dietary macronutrients and the related epidemics of obesity, d type 2 diabetes. He will present evidence that challenges the conventional wisdom that dietary fat is the cause of these problems and that a simple caloric equation explains the globally rising rates of obesity. He will present an alternate model that explains why people gain weight and why they find it so hard to lose weight through exercise and calorie-reduction.