Health and well-being are top issues of concern among Utah citizens and leaders, but finding reliable perspectives on these key issues can be challenging. As the state's only land-grant institution, Utah State University has a mandate and responsibility to share data-driven discoveries with the general public. At Blue Plate Research you'll receive tools and insights are real and usable. For more information, see Blue Plate Research.

On Wednesday, January 13, 2021, the department of Kinesiology and Health Sciences' own Dr. Maya Miyairi Steel, Dr. Dale Wagner, and Dr. Gabriele Ciciurkaite presented a virtual Blue Plate Research event entitled Understanding Obesity: New insights into body fat measurement, disordered eating, and external factors.

Blue Plate Research is an event series from Utah State University that focuses on sharing easy-to-understand well-being research with Utah health advocates, statewide stakeholders and the public. The events are hosted virtually, with a presentation on YouTube that features our presenters sharing their research and how it's applicable to the everyday lives of people in Utah, followed by a live question and answer session with those presenters hosted on Zoom.
Blue Plate Research Presentations -

**Dr. Gabriele Ciciurkaite**
Assistant Professor of Sociology
Department of Sociology, Ethnic, Black, and Anthropology

"Blacks are spread in socially and geographically throughout the United States. However, the trend in crime and violence in the United States is concentrated in socially and geographically spread areas. The majority of African Americans live in the inner city areas, which are the most affected by crime and violence. The concentration of African Americans in these areas is due to the concentration of the lack of economic opportunities and other social issues. The concentration of African Americans in these areas also has an impact on the overall health status of the community. In addition, the lack of opportunities for employment and education has a negative impact on the overall health status of the community."

**Dr. Maya Miyairi Steel**
Associate Professor of Kinesiology & Health Sciences
Kinesiology and Health Science Department

"The definition of health and wellness is a complex one that is constantly evolving. It is defined by the World Health Organization as a state of complete physical, mental, and social well-being. This definition is broad and encompasses a wide range of factors that contribute to an individual's overall health and wellness. The definition of health and wellness is not static and is constantly changing to reflect the changing needs of society. The definition of health and wellness is important because it provides a framework for understanding and improving health and wellness in individuals and communities."

View the rest of the Blue Plate Handbook, for more information.