### Event Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 a.m.</td>
<td>Welcome/Opening Remarks</td>
<td>Lisa Berreau, USU Vice President for Research</td>
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<tr>
<td>11:37 a.m.</td>
<td>Remarks</td>
<td>Jim Swayze, President, Regence BlueCross BlueShield of Utah</td>
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<tr>
<td>11:42 a.m.</td>
<td>Main Presentation</td>
<td>Gabriele Ciciurkaité, Maya Miyairi Steel, Dale Wagner</td>
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<td></td>
<td>“New insights into body fat measurement, disordered eating, and external factors”</td>
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<tr>
<td>12:07 p.m.</td>
<td>Open Discussion and Live Q&amp;A</td>
<td>Gabriele Ciciurkaité, Maya Miyairi Steel, Dale Wagner</td>
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<tr>
<td>12:40 p.m.</td>
<td>Closing Remarks</td>
<td>Lisa Berreau, USU Vice President for Research</td>
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<td>12:45 p.m.</td>
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Play the [Blue Plate Research game](#) before the event begins to win free swag.
Fast Facts

Where We Are

30 MILLION people in the United States have an eating disorder

Obesity is linked to over 60 CHRONIC DISEASES

40% of adults between 40 and 59 are obese

58% of school aged boys & 63% of school aged girls experience daily bullying, teasing, or rejection because of their size

Children as young as 3 YEARS OLD can be victims of negative comments about their weight

From 1999 through 2018, the prevalence of obesity increased from 30.5% to 42.4%

Eating Recovery Center

Campaign to End Obesity

CDC

Obesity Action Coalition

Obesity Action Coalition
Dr. Dale Wagner

Professor of Exercise and Physiology,
Kinesiology and Health Science Department

Dale Wagner is a professor in the Kinesiology and Health Science Department at Utah State University. He also oversees the Body Composition and Exercise Physiology laboratories within the department. Dr. Wagner’s research aims to find better, more accurate readings of body composition for practitioners such as personal trainers or school nurses. Along with his work at USU labs, Dr. Wagner also studies the effects of strenuous exercise on athletes as well as exercise within extreme environments, such as high altitudes and polluted environments.

Learn more about Dr. Wagner’s research on USU’s Office of Research podcast Instead at bit.ly/WagnerInstead.

PRESENTATION HIGHLIGHTS

“Some people get frustrated when they exercise and they don’t see a change in their scale weight. They could be losing fat at the same time that they’re gaining muscle mass and so they might not see that much of a change in their weight. And in some cases, they might actually see their weight increase. But yet they’re a healthier person because they have more muscle mass.”

“We have a lot of different methods for measuring body composition. Every method has a pro and a con or strengths and limitations to them.”

“With some of these devices you could get daily information if you want it, although your body composition isn’t going to change dramatically in one day.”
Dr. Gabriele Ciciurkaite

Assistant Professor of Sociology,
Department of Sociology, Social Work and Anthropology

Gabriele Ciciurkaite is medical sociologist in the Department of Sociology at Utah State University who believes that the most common misconception about obesity is that it is a moral failure. Instead, she argues that the trends we see across the United States suggest there are other factors at play. Gabriele’s research covers two topics: (1) The role of social context in creating and sustaining inequalities in health and (2) chronic illness prevention and management among vulnerable populations. Dr. Ciciurkaite’s research indicates that food security serves as a chronic stressor that can impact mental health, physical health, and self esteem.

Learn more about Dr. Ciciurkaite’s research on USU’s Office of Research podcast Instead at bit.ly/CiciurkaiteInstead.

PRESENTATION HIGHLIGHTS

“Obesity is not just an individual’s responsibility. Choices that we make every day and our decisions matter, but our ability to make the right choices depends on the access to resources that allow us to do that.”

“The only interventions or prevention efforts that work have to target broader social factors and the environments that individuals live in that would make it easier for them to make healthy life choices and to be physically active and to choose the right foods.”

“Individual responsibility can only take its full effect when people have access to resources to live a healthy lifestyle.”
Dr. Maya Miyairi Steel is an associate professor in the Kinesiology and Health Science Department at Utah State University. Dr. Steel focuses her work on encouraging healthy relationships with food by promoting mindful eating for students and teachers everywhere. She reminds us to pay attention to what goes in our mouths (intuitive, mindful eating), slips off our tongue (the conversations we have with/about others), and bounces around in our brain (self-talk.) Dr. Steel has also served as faculty sponsor for a student group called SPEAK (Students Promoting Eating-disorder Awareness and Knowledge).

Learn more about Dr. Steel's research on USU's Office of Research podcast instead at bit.ly/SteelInstead.

PRESENTATION HIGHLIGHTS

“The definition of obesity is a simple ratio between weight and height. We can not really assess anyone’s health or well-being on that simple equation.”

“What we need to focus on is our health habits, how we live, and then how we enjoy our life.”

“‘Health at every size’ teaches us to be kind to ourselves as well as others.”

”Life enhancement movement is engaging in joyful movement, regardless of level of the movement. Like eating for well-being, we don’t need to stick with physical activities or exercise routines.”
Recommended Reading from the Presenters

PICKS FROM DR. WAGNER

- *ACSM’s Body Composition Assessment*, Timothy Lohman and Laurie Milliken
- *Applied Body Composition Assessment*, Vivian Heyward and Dale Wagner
- *The Obesity Myth*, Paul Campos
- *What’s Wrong with Fat?*, Abigail Saguy
- *Health at Every Size*, Lindo Bacon, PhD.
- *Intuitive Eating*, Evelyn Tribole and Elyse Resch

PICKS FROM DR. CICIURKAITE

- *What’s Wrong with FAT?*, Abigail Saguy

PICKS FROM DR. STEEL

- *Health at Every Size*, Lindo Bacon, PhD.
- *Intuitive Eating*, Evelyn Tribole and Elyse Resch

BOOK LINKS

- *ACSM’s Body Composition Assessment*, Timothy Lohman and Laurie Milliken
- *Applied Body Composition Assessment*, Vivian Heyward and Dale Wagner
- *The Obesity Myth*, Paul Campos
- *What’s Wrong with Fat?*, Abigail Saguy
- *Health at Every Size*, Lindo Bacon, PhD.
- *Intuitive Eating*, Evelyn Tribole and Elyse Resch
Recommended Online Resources

Size Diversity & Health at Every Size
https://www.nationaleatingdisorders.org/size-diversity-health-every-size

Intuitive Eating
https://www.intuitiveeating.org/resources/articles/

UCONN Rudd Center for Food Policy & Obesity
http://www.uconnruddcenter.org/

USU Extension Food, Health & Wellness
https://extension.usu.edu/food-health-and-wellness/index

Training Program: Health for Every Body
https://salveopartners.com/products-services/health-for-every-body/

Living Well Chronic Conditions Program
https://medicaid.utah.gov/living-well-chronic-conditions-program/

Living Well Utah
https://livingwell.utah.gov/

World Health Organization's (WHO) Web Page on Obesity
https://www.who.int/health-topics/obesity#tab=tab_1

American College of Sports Medicine (ACSM)
https://www.acsm.org/

International Society for the Advancement of Kinanthropometry (ISAK)
https://www.isak.global/