

**School of Education Interdisciplinary Speaker Series**

*Presents*

**“Obesity and America’s Youth: Responding to a National Epidemic”**

**March 31<sup>st</sup>; 4:30-6:30pm**

**MUC’s Hickory/Hackberry Rooms**

**“A National Crisis: The Obesity Epidemic in the U.S.”**

An overview of the obesity epidemic in the United States, including information regarding the various physical and psychological risks associated with obesity, prevalence rates, etiology, and a brief review of traditional treatments.

**Presenter:** Dr. Laura Pawlow

**Laura Pawlow** is an Associate Professor in the Department of Psychology at Southern Illinois University Edwardsville. Dr. Pawlow has worked with weight management patients at the Medical University of South Carolina and at Washington University in St. Louis, and her related works have been published in *Obesity Research*, *The International Journal of Obesity*, and *Surgery for Obesity and Related Disorders*.

**“Addressing the Crisis: Addressing Obesity at Home and in the Classroom”**

Practical information regarding proper nutrition and exercise for children and teachers at home and in the classroom.

**Presenter:** Dr. Erik Kirk

**Erik Kirk** is an Assistant Professor in the Department of Kinesiology and Health Education at Southern Illinois University Edwardsville. Dr. Kirk is an exercise physiologist with research and clinical experience in the areas of exercise, nutrition, and obesity. He is the founder and director of the Southern Illinois University Edwardsville Weight Management Clinic. Dr. Kirk has worked with patients in weight management at the University of Kansas, Washington University in St. Louis School of Medicine, and Southern Illinois University Edwardsville.

**“Adolescent Obesity: Interventions to Improve Health”**

Practical information on our current understanding of the structure and delivery of effective healthy lifestyle programs for adolescents.

**Presenter:** Dr. Jeffrey E. Herrick

**Jeffrey E. Herrick** is an assistant professor in the Department of Kinesiology and Health Education at Southern Illinois University Edwardsville. Dr. Herrick is an exercise physiologist with research and clinical experience working with adolescents and adults in the areas of weight loss, cardiopulmonary response to exercise, and obesity. He is both the director of the Exercise Science program and co-investigator in the Weight Management Clinic at Southern Illinois University Edwardsville.

**“Early Intervention: Impacting Obesity at the Start”**

Information about a unique collaboration with Head Start, including the strategies used in the preschool classroom, its impact on early learning, and teacher feedback about this program.

**Presenter:** Dr. Stacie M. Kirk

**Stacie M. Kirk** is an Assistant Professor in the Department of Special Education and Communication Disorders at Southern Illinois University Edwardsville. Dr. Kirk is an early childhood special education faculty member with research and field experience in the areas of early intervention, early childhood education, and childhood obesity. Dr. Kirk is currently collaborating with Head Start teachers to implement a physical activity program across the preschool curriculum as a method to prevent childhood obesity.