



Faculty of Dentistry, McGill University

2014 Faculty of Dentistry Advanced Research Seminar and Workshop

“Three perspectives on health, overweight, and physical activity”

Dr. Khady Kâ

Post-doctoral fellow at the University of Montreal
Hospital Research Centre (CRCHUM)

Sharon Parry

Director of the Pointe-Saint-Charles YMCA.

Paula Bush

Post-doctoral fellow with
Participatory Research at McGill (PRAM).

Brief summary: Over the past 25 years, the prevalence of overweight and obesity has almost tripled among Canadian youth. Unhealthy body weight in children and adolescents triggers a cascade of metabolic abnormalities and may evolve in an increased morbidity and mortality. In addition, obesity and its vascular and metabolic consequences have been linked to oral health outcomes. Although there are many factors involved in the aetiology of obesity, the imbalance between energy intake and energy expenditure is considered to be the major cause of this condition. To date, a healthy diet and involvement in regular physical exercises represent the two leading treatments for obesity. In this workshop, we will present 3 perspectives on obesity, health, and physical activity among children. Khady Kâ will first describe potential links between obesity and oral health. Then, Sharon Parry will explain how community groups can develop physical activities for children and promote healthy body weight. Finally, Paula Bush will show how researchers can partner with community groups in promoting healthy practices and activities.

Friday April 4, 9-12 noon, followed by a light lunch.

**Rm. M48, Strathcona Anatomy & Dentistry Building, 3640 University Street,
Montreal, Quebec**

Moderator: Dr. Richard Hovey, PhD, Associate Professor,
Oral Health and Society, Faculty of Dentistry, McGill University.

All are welcome.

Hosts: Dr. Christophe Bedos at (christophe.bedos@mcgill.ca) and
Dr. Belinda Nicolau at (belinda.nicolau@mcgill.ca)