

# Lifestyle Medicine: Focus on Diabetesity®

*Offered by the Carilion Clinic Family Medicine Residency Program  
and the Carilion Clinic Department of Psychiatry and Behavioral Medicine*

Obesity rates continue to climb at an alarming rate in the U.S. and many other developed countries. Rates of related medical conditions such as type 2 diabetes, metabolic syndrome, sleep apnea, hypertension and osteoarthritis are also on the rise.

These public educational presentations, supported by the American College of Lifestyle Medicine, will focus on ways to create effective and lasting impacts on these types of health problems through the science and practice of lifestyle medicine.

## **Keynote presenters:**

***"Shape up America!" Nov. 4, 7 p.m. – Barbara J. Moore, Ph.D.,** is president and chief executive officer of Shape Up America!, a national campaign founded in 1994 by former U.S. Surgeon General, C. Everett Koop, to raise awareness of obesity as a health issue. Dr. Moore brings her experience in previous work with Weight Watchers International, the Institute of Medicine, and the NIH, as she advocates for ways to promote the achievement and maintenance of healthy weight for life.*

***"A New Approach to Diet and Diabetes," Nov. 5, 7 p.m. – Neal Barnard, M.D.,** is a clinical researcher, author and health advocate. He has led investigations on dietary interventions in diabetes and has published books on ways to treat and prevent diabetes and obesity through lifestyle change. As founder and president of the Physicians Committee for Responsible Medicine (PCRM), Dr. Barnard has been instrumental in efforts to reform federal dietary guidelines.*

Event Location:

**Roanoke College**  
221 College Lane  
Salem, VA 24153  
540-375-2500

For more information,  
please call 800-422-8482.



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