



**Fall 2009 - Spring 2010 COAST Seminar Series**  
**UCSF Laurel Heights Campus, Conference Room 474, 12-1:30pm**

*\*Please bring lunch, light refreshments will be provided\**

*This year, the COAST seminars at Laurel Heights are focused on supporting the development of novel and translational obesity research, particularly on the theme of SES, stress, and food behaviors, through a discussion oriented setting.*

- September 18<sup>th</sup>**      **The Vagus Nerve, Obesity and Vagotomy**  
**Rob Lustig, MD**  
Professor of Clinical Pediatrics, Division of Endocrinology  
Director of the Weight Assessment for Teen and Child Health Program  
University California at San Francisco
- October 9<sup>th</sup>**  
*\*\*please note special date\*\**      **Weight and Mortality: The Population Perspective and issues of Interpretation**  
**Katherine M. Flegal, PhD**  
Senior Research Scientist/Distinguished Consultant  
National Center for Health Statistics  
Centers for Disease Control and Prevention
- November 20<sup>th</sup>**      **Mindfulness-Based Approaches to Stress Reduction During Pregnancy: Potential Implications for Perinatal Obesity Interventions**  
**Cassandra Vieten, PhD**  
Associate Scientist, California Pacific Medical Center Research Institute  
Director of Research, Institute of Noetic Sciences
- December 18<sup>th</sup>**      **No Seminar - Happy Holidays**
- January 15<sup>th</sup>**      **Battle of the Weight Loss Diet: Is Anyone Winning at Losing?**  
**Christopher Gardner, PhD**  
Director of Nutrition Studies at Stanford Prevention Research Center  
Associate Professor of Medicine at Stanford University
- February 19<sup>th</sup>**      **2010 Mary Dallman Symposium**



University of California  
San Francisco



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**March 19<sup>th</sup>**

**Title - TBA**

**Marc Hellerstein, MD, PhD**

Professor of Human Nutrition (Calloway Chair)

University of California at Berkeley

Professor of Endocrinology, Metabolism and Nutrition

University of California at San Francisco

Co-Founder and Chief of SAB, KineMed, Inc

**April 23<sup>rd</sup>**

*\*\*please note special date\*\**

**Promoting Healthy Weight with 'Stability First'**

**Michaela Kiernan, PhD**

Senior Research Scientist

Stanford Prevention Research Center

Stanford University School of Medicine

**May 21<sup>st</sup>**

**Title - TBA**

**Judith Stern, ScD**

Distinguished Professor of Nutrition

University of California at Davis

**UCSF COAST Mission** The mission of UCSF's Center for Obesity Assessment, Study and Treatment (COAST) is to reduce the prevalence and adverse consequences of obesity. We seek to advance knowledge and understanding of the mechanisms by which stress influences obesity, and to develop effective interventions.

*Working in interdisciplinary teams, we investigate the influence of psychosocial stressors on metabolism, eating behavior and nutrition, physical activity, fat distribution, and weight gain trajectories throughout the life course of diverse populations. We test translational research concepts spanning basic science, epidemiologic, and intervention studies, which include measurement and analysis of food and physical activity environments.*

*COAST researchers are developing and implementing innovative strategies for achieving optimal weight status. We also provide technical expertise in the measurements of dietary intake, eating behaviors, and multiple dimensions of stress (environmental, socioeconomic, psychosocial, and physiological).*



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San Francisco

For updated seminar information, visit the COAST website: <http://chc.ucsf.edu/coast/>  
To receive Seminar Announcements, send request to: [COAST@chc.ucsf.edu](mailto:COAST@chc.ucsf.edu)