SCHOOL OF PUBLIC HEALTH RESEARCH SEMINAR SERIES

Moving Beyond Blame: Addressing Parental Stigma and Self-Regulation to Help Parents Address Childhood Obesity

Friday, October 25, 2019
11:45 AM – 12:45 PM
PSU Parsons Gallery—Urban Center Room 212

Katherine Bauer, PhD
Assistant Professor, Nutritional Sciences
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While there is substantial research regarding what parents can do to help prevent or treat childhood obesity, we have largely failed in persuading parents to do these things. What is often forgotten is that the best intentions do not always lead to ideal behavior; there are many factors that get in the way of parents parenting in ways that promote children's healthy weight. In this talk, Dr. Katherine Bauer, a behavioral epidemiologist, will present her research on two such factors: poor parental self-regulation and parent-targeted weight stigma. She will also propose novel intervention strategies that may make effective parenting for childhood obesity prevention and treatment easier.

Lunch will be provided

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