



Georgia Center for
Diabetes Translation Research



Emory Global
Diabetes Research
Center

The Hubert Department of Global Health

The Evidence for and Barriers to Promoting Healthier Lifestyles

Presented by:

Mohammed K. Ali, MD, MSc, MBA

*Associate Professor, Hubert Department of Global Health and
Department of Epidemiology
Associate Director of the Georgia Center for Diabetes Translation
Research*

Rollins School of Public Health
Emory University

Wednesday February 15, 2017
at 12:00 noon

Claudia Nance Rollins Building
1518 Clifton Road
Room 1000

Dr. Mohammed Ali is a physician scientist, Associate Professor in the departments of Global Health and Epidemiology at Emory, and also consults for the Division of Diabetes at the CDC. He is also Associate Director of the newly-funded Georgia Center for Diabetes Translation Research. His main interests are in evaluating models and policies to better prevent and control diabetes and he is co-scientific advisor for the National Diabetes Prevention Program.

Using the case of diabetes as an example, this talk summarizes the evidence regarding healthy lifestyle change. Data from large randomized trials show that lifestyle changes in high-risk individuals were associated with delayed onset of diabetes and reductions in diabetes co-morbidities. However, several barriers impede wider adoption of lifestyle change programs and the potential reductions in morbidity, mortality, and health care costs they offer. This talk will discuss these individual and system level barriers, and calls for innovative ways to overcome them.



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