



Talk: Understanding Physical Activity Patterns in India: Implications for Interventions

Speaker:

Dr. Mario Vaz, Professor, St. John's Medical College, Bangalore

Date / Time:

February 18, 2014 - 1:30pm - 3:30pm

Venue:

Room 410, Pixel B, Azim Premji University

Abstract:

The present talk will focus on the physical activity patterns of school children, placed in the context of the nutrition transition (under to over) and the epidemiological transition (infectious disease to non-communicable disease). The talk will summarize what we know and will in the process highlight what we do not, but should. Mario will discuss the principles of possible interventions based on current knowledge.

A Note on the Speaker:

Mario Vaz is Professor of Physiology, St. John's Medical College and Head of the Division of Health and Humanities, St. John's Research Institute. After completing his graduation, he worked for three years in a leprosy project in Andhra Pradesh, specialized In Human Physiology and then went on a 2 ½ year Fellowship to the Baker Heart Institute in Melbourne, Australia. His interests are in investigating the functional consequences of altered nutrition across the nutritional spectrum. His work on physical activity patterns is part of a larger effort aimed at understanding the epidemiology of chronic diseases in India.