Dr. Blair’s Itinerary:

Wednesday September 17.

• 9:15 – 10:45 am: Short presentation “Future opportunities/careers for those qualified in kinesiology and/or public health,” followed by a “town hall” type conversation. MU Lecture Bowl. (This session is primarily for faculty and students)

• 1:30 – 3:00 pm: Presentation: “We Will Never Manage the Obesity Epidemic until We Have a Better Understanding of Energy Balance”. At Altru Hospital’s Meeting Rooms A-D (located on the lower level) (This presentation is for Healthy Choices Greater Grand Forks coalition members, health professionals, and health professionals in training)

Thursday September 18.

• 12:00 – 1:00 pm: Presentation: “Physical Inactivity: The Biggest Public Health Problem of the 21st Century.” at the Reed Keller Auditorium, School of Medicine and Health Sciences, at UND. (This session is primarily for UND faculty, staff, and students, but members of the community are welcome)

Special Thanks

Dr. Blair’s visit is possible because of the sponsorship and the assistance of the following people and groups:

■ Joshua Wynne, MD., Dean of the UND School of Medicine and Health Sciences.
■ Laurie Betting, Ph.D., Assistant Vice President for Wellness at UND.
■ James Whitehead, Ed.D., Professor of Kinesiology and Public Health Education at UND.

(For more information contact Dr. Jim Whitehead at 701-777-4347 or james.whitehead@email.und.edu)
Biographical Notes

Dr. Steven Blair is currently a professor in the exercise science program at the Arnold School of Public Health at the University of South Carolina. After 26 years as Director of Epidemiology and Research, and as CEO of the Cooper Institute for Aerobics Research in Dallas, Steve returned to USC and rejoined former colleagues Drs. Russ Pate and Larry Durstine—who like Steve, are former presidents of the American College of Sports Medicine (ACSM). Thus, USC may qualify as one of the world’s “hotbeds” of exercise science research.

Dr. Blair has many accomplishments, and has received many honors:

- Benjamin Meaker Fellow at the University of Bristol, England
- Fellow in the American College of Epidemiology
- Fellow in the Society for Behavioral Medicine
- Fellow in the American College of Sports Medicine
- Fellow in the American Heart Association
- Fellow in the American Academy of Kinesiology
- Elected member of the American Epidemiological Society
- Past-president of the National Coalition for Promoting Physical Activity, and the National Academy of Kinesiology
- Recipient of an honorary Doctor Honoris Causa degree from the Free University of Brussels, Belgium
- Recipient of an honorary Doctor of Health Science degree from Lander University, U.S.
- Recipient of an honorary Doctor of Science Honoris Causa, University of Bristol, UK.
- MERIT Awards from the NIH, ACSM Honor Award, Population Science Award and Robert Levy Lecture Award from the American Heart Association
- One of the few persons outside the U.S. Public Health Service to be awarded the Surgeon General's Medallion.

Dr. Blair has lectured to medical, scientific, and lay groups in 48 states and 50+ countries. His research focuses on the associations between lifestyle and health, with a specific emphasis on exercise, physical fitness, body composition, and chronic disease.

He has authorship on over 650 papers and chapters in the scientific literature, and his work has received over 40,000 citations by other investigators. He was the senior scientific editor for the U.S. Surgeon General's Report on Physical Activity and Health. He has also authored, or edited several books, including Fitness After 50, Active Living Every Day, and Physical Activity and Health.

Highlights of Dr. Blair’s Research

Dr. Blair has done extensive research using the Aerobics Center Longitudinal Study (ACLS) which examines the impact of diet, physical activity and other lifestyle factors on mortality. The ACLS database, one of the largest of its kind, is based on objective measures of fitness collected on more than 80,000 patients at the Cooper Institute since 1970. Blair’s research represents a major portion of the science that underpins the official U.S. Physical Activity Guidelines that were released in 2008 by the DHHS—and are the first in the U.S. The Physical Activity Guidelines helped form the foundation for the development of a National Physical Activity Plan, which was released in 2010 and is being used to help Americans become more physically active. See the plan at www.physicalactivityplan.org

Perhaps the significance of Dr. Blair’s work in this area can be summed up with a quote. Blair commented that: “Physical inactivity is one of the biggest public health problems we have. Inactivity and low fitness are powerful predictors of morbidity and mortality for millions of Americans.”

Blair’s current major research enterprise is the Energy Balance Study—a project that aims to collect accurate data on energy expenditure and energy intake in free-living individuals and use these variables to evaluate their influence on changes in body weight and body composition. Dr. Blair has noted that most of the attention, in both the popular media and scientific reports, is given to diet as a cause of the obesity epidemic. However, according to Dr. Blair it is not that simple, and most people will probably be surprised to hear that there are no compelling data showing that American adults are eating any more today than they did 30 or 40 years ago. What has changed? Of course there have been declines in energy expenditure on the job, at home, and during leisure time for most of us. The Energy Balance Study will provide comprehensive data to help address these obesity issues.

(More information on Dr. Blair’s work can be found at: http://www.sph.sc.edu/facultystaffpages/facstaffdetails.php?ID=333)