Understanding Alaska:
ISER Lunchtime Talks

Please join us for a joint presentation of the Institute of Social and Economic Research and the Department of Health Sciences at the University of Alaska Anchorage. Everyone is welcome to attend.

Early Life Lasts a Lifetime

STEPHEN BEZRUCHKA
School of Public Health, University of Washington

Stephen Bezruchka of the University of Washington’s School of Public Health will talk about how early life affects our health as adults—and why changes in health policies for the youngest Americans could make us healthier as we age.

Research on the developmental origins of health and disease demonstrates that a substantial portion of our health as adults is programmed in the first thousand days after conception. Evidence suggests we make trade-offs in early life in order to survive to reproduce—and that we pay the price with chronic diseases later in life. Medical care in the U.S. mostly relies on maintenance medicines to manage symptoms of non-communicable diseases. As we increasingly neglect the first part of life with our hectic and stressful adult life, we face limitations later. Health in the U.S. is that of a middle-income country, even though U.S. spending for health care amounts to almost half the world's medical bill. Dr. Bezruchka argues that changes in policies regarding early life are the primordial “medicines” we need.

Stephen Bezruchka is a graduate of Harvard, Johns Hopkins, and Stanford universities. He teaches courses in population health in the Department of Global Health in the School of Public Health at the University of Washington, where he also directs the Population Health Forum. He received the 2002 Outstanding Teacher Award and the 2008 Faculty Community Service Award in the School of Public Health. He also practiced as an emergency physician for 30 years. Join us to hear his discussion of why early life lasts a lifetime.

When: Tuesday, January 24, 12 to 1

Where: ISER Conference Room, Fifth Floor, Diplomacy Building

The Diplomacy Building is at 4500 Diplomacy Drive, at the corner of Tudor Road and Tudor Centre Drive. Free Parking. Call 786-7710 if you need directions.