



Rethinking Obesity

The Implications of a Global Health Crisis

Presented by: Dr. Fima Lifshitz

One Tuesday: October 3
9:30 a.m. – 12 noon

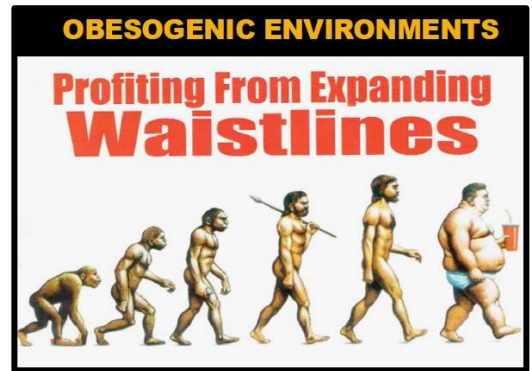
Valle Verde Social Room
900 Calle De Los Amigos, Santa Barbara

805-967-6030
vistas@vistaslifelonglearning.org

OBESITY results from genetic, nutritional, and physical activity alterations; structural environmental changes also drive obesity, though these alterations are not usually addressed. For the previous 300 years there were common minimal weight variations among people and few obese individuals. However, since the 1980s a transition to overeating and underactivity has occurred. For the first time in history, the number of individuals who are obese exceeds the number who are malnourished! Currently, *two billion* people (27% of the world population) are obese. Americans constitute 48% of the obese world population. It is expected that 51% of the global population—about four billion people—will be obese within the next 10 years. Unfortunately, most people are unable to sustain long-term weight loss by reducing calorie intake or increasing physical activity; significant improvement requires more than willpower, popular diets, gym memberships, or drug treatments.

Excess weight leads to chronic diseases such as cardiovascular disease, heart failure, stroke, hypertension, diabetes, osteoarthritis, and 13 types of cancer — and individuals’ quality of life and lifespan also are weighted down! At least 2.8 million adults die each year as a result of obesity. Nonetheless, politicians, government, and industry have not dealt with the structural environmental changes of our time that are root causes of obesity.

Suggested reading: F. Lifshitz and J. Lifshitz, “The root causes of the epidemic of obesity,” *J. Pediatric Endocrinology Reviews*, Vol. 12, No. 1, September 2014.



PLEASE REVIEW THE STATEMENT ON THE OTHER SIDE OF THIS FLYER REGARDING VACCINATION REQUIREMENTS.

Preferred registration deadline*: September 26, 2023

*Early enrollment helps us with our planning; also, those who register by the preferred deadline will be given priority in case of over-enrollment.

Enrollment form: **Rethinking Obesity**

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VISTAS members \$20; non-members \$30

➤ **EITHER pay online** on our website by secure credit card through PayPal:
<https://www.vistaslifelonglearning.org/current-courses>

➤ **OR mail this form** and your check to: VISTAS Lifelong Learning, Inc.
P.O. Box 23228, Santa Barbara CA 93121

Number of persons _____ \$ _____ Check # _____

Name(s): _____

Phone: _____ Email: _____

It is understood that attendance is limited to those who are fully vaccinated against Covid-19.



Fima Lifshitz, MD, retired in 2017, and he and his wife Jere joined Casa Dorinda as residents in April, 2018. Previously he served the Santa Barbara community for 16 years as a Pediatric Endocrinologist; Chairman of Pediatrics, Senior Nutrition Scientist, and Board Member of Sansum Diabetes Research Institute; and Physician at Cottage Hospital. He is a diplomat of the American Board of Pediatrics and the American Board of Pediatric Endocrinology. He was a member of the Committee on Nutrition of the American Academy of Pediatrics and currently holds an appointment as Professor of Pediatrics Emeritus, State University of New York, Brooklyn. He is a member of the Dean’s Council at the University of California, Santa Barbara.

Formerly he served as Chairman of Pediatrics and Professor of Pediatrics at Cornell University Medical College in NY, and Chief Medical Officer and Senior Vice-President of Medical Affairs at Miami Children’s Hospital. He is the author or editor of 20 published books and over 350 scientific papers and has served as the Editor-in-Chief of three medical journals, including the *American Journal of the College of Nutrition*. Dr. Lifshitz has been honored widely, being particularly proud of a Research Center at the Escola da Medicina da Universidade Federal da Bahia, in Salvador, Bahia, Brazil, named for him. Additionally, he has been awarded an Honorary Professorship at the University of Buenos Aires, Argentina and the Insignia de Oro from the University of Santiago de Compostela, Spain.

IMPORTANT COVID-19 POLICY

The health and safety of our attendees and their families are of utmost importance to us. **Accordingly, we are limiting attendance to those who are fully vaccinated.** Proof of vaccinations and boosters (digital Covid-19 Vaccination Card or a photo of your printed card) must be sent to our business manager via email (vistas@vistaslifelonglearning.org) or text (805-967-6030). Participants may also be asked to show vaccination status on the first day of each course in case our records are incomplete. This needs to be done only once—your proof of vaccination will remain valid for all VISTAS events. We appreciate your understanding and cooperation.

VISTAS Fall 2023 Calendar

SUBJECT TO CHANGE; for up-to-date information, visit our website (VistasLifelongLearning.org) frequently!

Course / Event	Date(s)	Time	Venue
Annual Fall Picnic	Saturday, September 9	12:30 pm	Tucker’s Grove
Fiction Book Club / Sharon Alvarado	3rd Thursday monthly	10:00 am	Bethany Congreg. Church
Monday Nonfiction Book Club / Dawn McGrew	4th Monday monthly	1:30 pm	Via Zoom
Flight—Ups and Downs of Aviation / Bruce Phillips	Mon. Sep. 11 and 18	1:00 pm	Bethany Congreg. Church
Impact of Railroads on Am. Music / Norm Cohen	Wed. Sep. 13, 20, 27, Oct. 4	9:30 am	Bethany Congreg. Church
Legendary Foods of France and Italy / Larry Canepa	Fri. Sep. 15 and 22	10:00 am	Via Zoom
Women behind Walls / Bee Bloeser	Thur. Sep. 28	9:30 am	Bethany Congreg. Church
Rethinking Obesity / Dr. Fima Lifshitz	Tues. Oct. 3	9:30 am	Valle Verde
Money in America’s Political System / Ted Anagnoson	Mon. Oct. 16, 23, 30	9:30 am	Bethany Congreg. Church
The Nature of Time / Jim Hemmer	Wed. Oct. 18	9:30 am	Bethany Congreg. Church
Pirates! / Peter Beuret	Thur. Oct. 26	9:30 am	Bethany Congreg. Church
History and Development of the Bible / Norm Cohen	Fri. Oct. 27, Nov. 3, 10, 17	9:30 am	Venue TBD
The US in the World: A Top-10 Summary / D. Stowell	Tues. Oct. 31	10:00 am	Via Zoom
Thirty-Six Years in the CIA / Heidi August	Mon. Nov. 6	9:30 am	Bethany Congreg. Church
<i>Sitting Bull: In His Own Words</i> / J. Ferry & G. DeSoto	Wed. Nov. 8	9:30 am	Valle Verde Theater
Church Music in the 16th Century / Henry Michaels	Mon. Nov. 13, 20, 27	10:00 am	Via Zoom
“The Opulent Summer” Mural / C. Garfinkle	Wed. Nov. 15	9:30 am	Bethany Congreg. Church
Combating Human Trafficking / Florrie Burke	Fri. Dec. 1	9:30 am	Bethany Congreg. Church
Women Architects of S.B. / Rose Thomas	Mon. Dec. 4, 11	1:00 pm	Bethany Congreg. Church
Science Behind the Botanic Garden / S. Windhager	Wed. Dec. 6	1:00 pm	Santa Barbara Botanic Garden