



Dr Scott Duncan

Obesity in Aotearoa – Is there a light at the end of the tunnel?

Over the last 20 years the prevalence of obesity has reached epidemic proportions in Aotearoa and around the world. Never before has the human race experienced such rapid and widespread changes in body size. However, the full ramifications of the explosion in obesity have yet to be felt. There is a generation of overweight children who face a lifetime of health complications unless drastic changes are made to the way we choose to live.

But is it all doom and gloom? Is there a light at the end of the tunnel? This presentation will address our current knowledge of obesity and its environmental origin, with particular emphasis placed on the impact on tangata whenua. Potential solutions to the problem will be presented and discussed with those in attendance.

Dr Scott Duncan (Kai Tahu) is the Associate Director of the Centre for Physical Activity and Nutrition Research on AUT University's Akoranga campus. Areas of expertise include the measurement and classification of physical activity, programme design and evaluation, and ethnic inequalities in health. He is particularly interested in finding preventative solutions for reducing the prevalence of obesity in children. Current research includes several lifestyle interventions in school, community, workplace, and primary care settings.