Public Health and Healthy Lifestyles in Women

Presented by Professor Helena Teede, Professor of Women’s Health and Monash Site Director – School of Public Health and Preventive Medicine, Monash University

When: 11.00 am – 12.00 pm, Monday 23rd April 2012
Where: Room 302, Level 3, 207 Bouverie Street, Carlton

Unhealthy weight is the primary cause of chronic disease in the developed world, underpinned by inadequate physical activity and excess dietary intake. The impact of adverse lifestyle extends beyond metabolic consequences in women to include significant reproductive and psychological impacts that are often neglected. Sequelae include early menarche, polycystic ovary syndrome (PCOS), infertility, gestational diabetes (GDM), pregnancy complications, prediabetes, diabetes and cardiovascular disease. Risk is further elevated among high-risk ethnic groups including Indigenous, Asian and Pacific Islander women and in disadvantaged groups. In women a life stage approach is useful with increased weight gain commonly occurring after puberty, in pregnancy and at menopause. Greater awareness of the biopsychosocial impact of unhealthy weight in women is needed and therapeutic approaches need to focus strongly on prevention. Large scale public health approaches are needed addressing environmental, social, psychological and biological drivers at the policy, community, health professional and individual levels. If left untreated the burden of disease related to unhealthy excess weight is likely to extend beyond current health care system capacity.

Professor Helena Teede is Professor of Women’s Health and the Monash Site Director – School of Public Health and Preventive Medicine, Monash University. She is also Head of the Diabetes and Vascular Medicine Unit, Southern Health and is an NHMRC Fellow. Professor Teede has a highly competitive clinical and public health research and translation track record for which she has been internationally recognized. She has published widely and is the current Chair of the NHMRC National Academy for Research Translation.

No RSVP required. For further information please contact:

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