



Eating less and exercising more has long been a common, if ineffective, advice for the treatment of obesity. We now understand that obesity is a complex disease with multiple factors contributing to excess weight and posing challenges to sustained weight loss. This session will focus on role of occupational drivers of weight gain and obesity. Occupational challenges associated with fewer high physical activity jobs and changes in work schedules contribute to physiologic responses that promote weight gain. Participants will gain a better understanding of how occupational challenges impact weight and apply practical strategies to address occupation related weight gain.

- Describe changes in occupation-related energy expenditure
- Discuss impact of night shift work on sleep quality, metabolism, unhealthy behaviors, and weight
- Develop strategies to address occupation-related weight gain