

Biomedical and Health Informatics Series

Tuesday, May 1st, Room T-739, 12:00-12:50

Dimitri Christakis, M.D., M.P.H.

Director of [Child Health Institute](#), Seattle, WA

Associate Professor, Pediatrics, Adjunct Associate Professor, Health Services,
University of Washington, Seattle, WA

"Using information technology to motivate health behavior change: examples from the field"

This talk will present results from a recently completed randomized controlled trial involving 1800 patients. The primary aim of the study was to improve the provision of preventive care in pediatric practices by using the internet to help motivate behavior change in both parents and physicians. The talk will focus on the result of the study as well as future directions related to motivating health behavior change and improving outcomes through the use of information technology.

Dimitri Christakis MD, MPH, is a pediatrician and epidemiologist at the University of Washington School of Medicine. He is a graduate of Yale University and the University of Pennsylvania School of Medicine. He is a Professor of Pediatrics, Director of the Child Health Institute at the University of Washington, and Associate Editor of the *Archives of Pediatrics and Adolescent Medicine*. The author of over 100 peer reviewed publications and one textbook of pediatrics, Christakis is currently researching the effect of media usage on young children's cognitive, emotional, behavioral, and social development. Funding for his research has come from a number of federal agencies as well as foundations. His most recent studies in this area have found an association between television and video viewing before the age of three years and attentional and cognitive problems at age seven. He is currently piloting interventions designed to both reduce, modify, and optimize television viewing in preschool children as well as provide constructive and developmentally appropriate alternatives to screen time for children. His book, *The Elephant in the Living Room: How to make Television work for your Family* was recently published by Rodale (www.maketvwork.com). His work has been featured on the Today show, CNN, NBC, ABC, CBS, as well as all major print magazine and newspapers.

The Biomedical and Health Informatics lecture series covers current topics and developments in Biomedical and Health Informatics. Presenters include faculty, students, researchers and developers from the University of Washington, other academic institutions, government, and industry (locally and nationally). The intended audience is the broader University of Washington and Seattle area community with an interest in BHI as well as BHI faculty and students.
Series Website: <http://courses.washington.edu/mebi590/>