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Weighing in on sleep – How sleep affects our weight

Did you ever wonder how your sleep patterns affect health, and even weight? “Weighing In on Sleep – How Sleep Affects Our Weight” is the topic of the next seminar sponsored by the Sarasota County Wellness Coalition. The presentation, led by local expert Dr. Peter Fort, medical director for Sarasota’s SleepCare Diagnostics, will take place on Friday, March 20 from 9 to 10:30 a.m. at the Laurel/Nokomis School Cafetorium, 1900 East Laurel Road in Nokomis. Dr. Fort will address how the lack of sleep affects weight. He will also discuss how we commonly eat when energy reserves are depleted when what they really need is sleep as well as practical tips for health care professionals to share with their patients.

As more people are becoming ill or dying prematurely from chronic diseases, the Centers for Disease Control and Prevention (CDC) has devoted more interest to the role of sleep. Experts do know that a lack of sleep has been linked to the development and management of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression.

Join us to learn more about what your community is doing to prevent obesity and ways you can get involved. The Sarasota County Wellness Coalition is working through partnerships to create a healthier community. The Coalition sponsors free and low-cost education sessions on a range of obesity prevention topics. Member organizations of the coalition include: Sarasota County Health Department, Sarasota County Parks and Recreation, Sarasota County Extension Family Nutrition Program, Venice Regional Medical Center, Sarasota County Schools, Gulfcoast South Area Health Education Center, and South County Family YMCA.

The Gulfcoast South Area Health Education Center (AHEC) has applied for continuing education credit for licensed nurses, and mental health professionals who attend the seminar. They also have applied for credits through the Commission of Dietetic Registration.

For more information or to register for the seminar, contact Jarah Kollar at 941-361-6602 or via e-mail at jkollar@health.usf.edu. Visit The Sarasota County Wellness Coalition’s web site at www.sarasotawellness.org.

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