

# **DHMOSH Public Health Conversation Series #2**

## **"Is Too Much Sitting Bad For Your Health?"**

### **with Dr. Keith Diaz**



**Dr. Keith Diaz is an Assistant Professor of Behavioral Medicine at Columbia University Medical Center. As an exercise physiologist and Director of the Exercise Testing Laboratory at Columbia University, his work in the field of exercise science has made fundamental contributions to our understanding of sedentary behavior as a contributor to chronic disease risk. Notably, his work elucidating the most hazardous patterns of sedentary behavior was among the top 100 most discussed scientific articles in the world in 2017 and 2019 and was featured by the New York Times and CNN among many other media outlets. Recognizing his contributions to the field, Dr. Diaz was awarded the Early Career Investigator Award from the American College of Sports Medicine. He is currently conducting several federally funded research studies designed to determine optimal guidelines for reducing prolonged sitting.**