Sleep Health Disparities: Opportunities to Improve the Health of the Community

Monday, May 14th 2012
Rotunda Room, Joseph B. Martin Conference Center, 3rd Floor
7:30am – 2:30pm

7:30am – 8:00am  Registration, 3rd Floor Mezzanine

8:00am - 8:15am  Introduction and Welcome
Michelle A. Williams, ScD (HSPH), Stephen B. Kay Family Professor of Public Health, and Susan Redline, MD, MPH (BWH), Peter C. Farrell Professor of Sleep Medicine

8:15am – 8:30am  Michael Twery, PhD (National Center on Sleep Disorders Research, NHLBI, NIH), Director and Branch Chief
Sleep Disparities Research: A NIH Perspective

8:30am – 9:45am  Session 1: Overview: Health Disparities and Chronic Diseases: A Mediating Role for Sleep Health Disparities?

TBD
Overview of Health Disparities and Chronic Diseases

Lauren Hale, PhD (SUNY Stony Brook), Associate Professor of Preventive Medicine
Differences in Sleep Disorders/Sleep Traits and Shift Work across the Population: Links to Chronic Diseases

Elsie Taveras, MD (CHB), Associate Professor of Population Medicine
Differences in Sleep Traits across Pediatric Populations: Disparities in Obesity, Diabetes, and Academic Performance

Moderator: Michelle A. Williams, ScD (HSPH), Stephen B. Kay Family Professor of Public Health

9:45am - 11:00am  Session 2: Mediators and Mechanisms Linking Sleep Disorders to Chronic Health Conditions

David Williams, PhD (HSPH), Florence Sprague Norman and Laura Smart Norman Professor of Public Health
Role of Stress in Mediating Health Disparities in Chronic Diseases

Frank A.J.L. Scheer, PhD (BWH), Assistant Professor of Medicine
Cardio-metabolic Responses to Shiftwork
Orfeu Buxton, PhD (BWH), Associate Neuroscientist, Assistant Professor of Medicine
*Environmental and Biological Mechanisms Impacting Sleep and Health*

Moderator: Frank Hu, MD, PhD (HSPH), Professor of Nutrition and Epidemiology

11:00am - 11:15am  Break & Refreshments, outside Rotunda Room

11:15am - 12:30pm  Session 3: Barriers to Clinical Recognition and Treatment of Sleep Deficiency and Sleep Disorders in Disadvantaged Populations

Nancy Kressin, PhD (BU), Professor of Medicine
*Reducing Disparities in Sleep-related Care and Outcomes in the Clinical Setting: What Do We Know and What Do We Need to Know?*

LeRoi Hicks, MD, MPH (UMass), Associate Professor of Medicine
*Challenges Faced by the Primary Care Practitioner in Addressing Sleep Disorders*

Girardin Jean-Louis, PhD (SUNY Downstate), Professor of Medicine and Psychiatry
*Novel Approaches for Improving the Recognition and Treatment of Sleep Disorders in Community-based Settings*

Moderator: Susan Redline, MD, MPH (BWH), Peter C. Farrell Professor of Sleep Medicine

12:30pm – 12:40pm  *Call to Action*: Consider emerging questions, methodological challenges, and important next steps to move forward the field of sleep health disparities

John Ayanian, MD, MPP (HMS), Professor of Medicine and Health Care Policy

*Pick up tote lunches and report to breakout rooms*

12:45pm – 1:45pm  Idea Generation & Brainstorming about Important Next Steps

Breakout Room 1 – Session 1 Discussion, Rotunda Room
Breakout Room 2 – Session 2 Discussion, Room 214
Breakout Room 3 – Session 3 Discussion, Room 217

1:45pm – 2:15pm  Report Back from Breakout Groups

2:15pm – 2:30pm  Closing Remarks
Sanjay Patel, MD (BWH), Lecturer in Medicine