

Michael Pratt

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Michael Pratt, MD, MPH, MSPE is a Professor and the Director of the Institute for Public Health and the MPH program at the University of California San Diego. He is a specialist in public health and preventive medicine and a Fellow in the American College of Sports Medicine. He has been engaged in research on physical activity and public health for 30 years. He also worked for many years on global health at the U.S. Centers for Disease Control and Prevention. Formerly a

runner, he now walks, swims, cycles, occasionally gets to the gym, and tries to keep up with his five-year old triplets.

My Topics for the 19th International Teaching Week:

- 1) The Evolution of Science and Policy on Physical Activity and Public Health
- 2) Is Vigorous Physical Activity Important for (Public) Health?