

Invited Speaker Seminar



Title: The Effect of Sleep Duration on Body Weight in Adolescents:
Evidence from a Natural Experiment

Speaker: Young Kyung Do, MD, PhD

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Seoul National University College of Medicine, Seoul, Korea

Host: Prof David Matchar, MD

Professor and Director
Program in Health Services & Systems Research (HSSR)

DATE	VENUE	TIME
22 Jan 2014 (Wed)	Duke-NUS Amphitheatre Level 2	9.30am – 10.30am
About the Lecture: Despite a large number of observational studies consistently reporting the association between shorter sleep duration and higher body weight, causality has yet to be established at a population level. This talk will present evidence on the causal effect of sleep duration on adolescent body weight, using an instrumental variable approach that exploits a unique natural experiment in South Korea. In March 2011, amid growing concerns over the negative consequences of late-night tuition at private tutoring institutes (<i>hagwon</i>), authorities in 3 of the 16 administrative regions in South Korea decreed shortening the operating hours of <i>hagwon</i> by two hours. This 2-hour shift in <i>hagwon</i> curfew caused a substantial and plausibly exogenous variation in the sleep duration of the “marginal student,” whose sleep duration is most likely to be affected by the policy. This talk will be presented using a non-technical and intuitive approach, and should be of interest to anyone who is interested in either the substantive areas of sleep and obesity or methods for causal inference in public health research.		
About the Speaker: Young Kyung Do received his M.D. and Master of Public Health degrees from Seoul National University (SNU). He earned his Ph.D. in Health Policy from the University of North Carolina at Chapel Hill and received postdoctoral training at Stanford University. Prior to his current position at SNU, he was an assistant professor at Duke-NUS (HSSR). His research interests include aging and long-term care, health behavior, and health/education/labor interplay.		
<p>All are welcome Duke-NUS Graduate Medical School Singapore 8, College Road, Singapore 169857 www.duke-nus.edu.sg For more information, please contact: Angela Peh, 6601-1108, angela.peh@duke-nus.edu.sg</p>		