



September 13th, 2022

17:00-18:00 hrs - AMC, Lecture Hall 4

SPINOZA LECTURE, open to all

Chronic Disease:

Prevention & Management:

Implications of the fact that people spend 8,760 hours a year outside clinical settings.

Prof. Edwin B. Fisher

Edwin B. Fisher, Ph.D. is Professor in the Department of Health Behavior in the Gillings School of Global Public Health at the University of North Carolina at Chapel Hill, USA. In addition to leading Peers for Progress, he is the senior editor of *Principles of Behavioral Medicine* (Springer, 2018).

From the 8,766 hours in a year (365.25 X 24), spending six receiving clinical care leaves us on our own for 8,760 hours to do all the things healthy living requires. This is why we need resources, opportunities (e.g., healthy food), and support to take care and *keep taking care* of our health. Without these, psychology teaches that behavior degrades. Trends to address the 8,760 hours include community based primary care, community health promotion, guidelines for ongoing support, and channels such as web resources and peer support. *Weltanschauungen* – individualism/solipsism (Spinoza) and reductionism, versus community and complexity – will frame thoughts about future directions

The Organization Committee of the SPINOZA CHAIR, set up by the Amsterdam University Association on behalf of the Faculty of Medicine of the University of Amsterdam, has awarded the SPINOZA CHAIR to Prof Ed Fisher, September 12 -15, 2022.

Spinoza
LECTURE

Additional events

For extra information or to register: s.abedali@amsterdamumc.nl

September 12th 10.00 – 12.00 hrs. VUmc: Room de Waver, ZH -1 118.17. Masterclass: Health behaviors, peer support and community health: Implications for Practice and Research. Meeting open to researchers and students from the Health Behavior and Chronic Disease (HBCD) program of the APH research institute.

September 15th 14.00 – 16.00 hrs. VUmc: Willem van Tilburzaal, Oldenaller 1 (Psychiatrie/GGZinGeest). Cardio-metabolic disease and Mental Health. The complexities of co-morbidity. Meeting open to researchers and students and students of the Mental Health program of the APH research Institute.

Hosts: Prof. F.J Snoek, Prof K. Stronks, Dr J. Harting, Dr F Lamers and Dr H. van der Ploeg