

Dimitri Christakis, M.D., M.P.H.

Dimitri Christakis, M.D., M.P.H., is a pediatrician and epidemiologist at the University of Washington School of Medicine. He is a graduate of Yale University and the University of Pennsylvania School of Medicine. He is an associate professor of pediatrics, director of the Child Health Institute at the University of Washington, and associate editor of the *Archives of Pediatrics and Adolescent Medicine*. The author of more than 100 peer-reviewed publications, Christakis is currently researching the effect of media usage on young children's cognitive, emotional, behavioral, and social development. His most recent studies in this area have found an association between television and video viewing before the age of three years and attentional and cognitive problems at age seven. He is currently piloting interventions designed to reduce, modify, and optimize television viewing in preschool children. His book, *The Elephant in the Living Room: How to make Television work for your Family* will be published by Rodale this Fall.