Monday 19th September

09.00 – 10.30  Registration and Coffee  Main Foyer

10.30 – 10.45  Welcome address from ASO Chair  Main Auditorium

10.45 – 11.30  Plenary Lecture 1  Main Auditorium

Chair: Professor Ian Macdonald

A critical (but constructive) view of scientific progress and the challenges ahead
Professor Sara Kirk, Dalhousie University, Canada

11.30 – 12.00  ASO Citizens’ Council  Main Auditorium

Chair: Dr Judy Swift and Professor Pinki Sahota

Perspectives from citizens’ council
Mr Ken Clare, EASO Patient Council & founder of WLSinfo

12.00 – 13.30  ASO Symposium 1 – Should we be adopting a less weight-centred approach?  Main Auditorium

Chair: Dr Judy Swift, University of Nottingham

Aim: To examine the scientific and ethical value of non-anthropometric measurements and outcomes in clinical practice and obesity research.

12.00  Opening remarks: The challenge to weight-centric practice
Dr Judy Swift, University of Nottingham

12.15  The importance of weighing both as an outcome and as a behaviour change tool
Professor Paul Aveyard, University of Oxford

12.30  The risks of weighing children – and adults
Dr Rachel Pryke, Royal College of General Practitioners

12.45  Innovations in measurements: Quality of life and economic evaluations
Yemi Oluboyede, Newcastle University

13.00  Panel Discussion
Ken Clare, Sara Kirk, Paul Aveyard, Rachel Pryke, Yemi Oluboyede
12.00 – 13.30 Member-led Symposium 1 Room A29

The workplace as a setting to facilitate dietary change and weight management

Chair: Dr Moira Taylor, University of Nottingham

12.00  **Calorie labelling: Can it affect a change in sales patterns in the retail setting?**
Dr Catherine Hankey, University of Glasgow

12.30  **Obesity weight management and health in public sector work places: A scoping study**
Dr Wilma Leslie, University of Glasgow

13.00  **Supporting healthier working lives through dietitian-led wellness initiatives.**
Dr Fiona McCullough, University of Nottingham on behalf of the British Dietetic Association.

12.00 – 13.30 Oral Abstracts Session 1 – Obesity Practice Room B01

Chair: Dr Adrienne Cullum, National Institute for Health and Clinical Excellence

12.00  **The development of an intervention to support Children's Centres to promote parent engagement with an obesity prevention programme**
Wendy Burton, University of Leeds.

12.15  **The West Midlands ActiVe lifestyle and healthy Eating in School children (WAVES) study: a cluster-randomised controlled trial testing the clinical and cost-effectiveness of a multifaceted obesity prevention intervention programme targeted at children aged six to seven years**
Professor Peymane Adab, University of Birmingham.

12.30  **Feasibility study of a child weight management programme, adapted for an ethnically and culturally diverse population: the CHANGE study**
Dr Miranda Pallan, University of Birmingham.

12.45  **Obesity and Quality of Life in National Exercise Referral Scheme participants**
Hannah Spacey, University of South Wales.

13.00  **Mechanisms of Action in Group-based Interventions (MAGI) study: Developing a conceptual framework of group processes that can help support weight loss**
Dr Aleksandra Borek, University of Exeter.

13.15  **Mum - "He's going because he needs to lose weight", child - "I'm going because Mum is making me": Do parent and child expectations of weight management align?**
James Nobles, Leeds Beckett University.

13.30 – 15.00 Lunch, Exhibition and Posters The Barn

15.00 – 15.45 Plenary Lecture 2 Main Auditorium

Chair: Dr Catherine Hankey, University of Glasgow

**The role of genetics and epigenetics in obesity**
Professor Cecilia Lindgren, University of Oxford

15.45 – 17.15 ASO Symposium 2 – Obesity and the Environment Room A29

Chair: Dr Alison Tedstone, Public Health England
The role of Local Authorities in tackling obesity
Carol Weir, MoreLife UK

Environmental and policy interventions for active living
Dr David Ogilvie, University of Cambridge

Tackling obesity through planning and development
Michael Chang, Town and Country Planning Association

15.45 – 17.15  Slimming World Symposium   Main Auditorium

Research and Reach: Practical Solutions in an Overweight World

Outline
The purpose of this symposium is to discuss the role of partnership working in creating solutions which are based on understanding the needs of people who are overweight. The symposium will explore the value of multi-disciplinary, multi-agency, evidence-based and outcome driven approaches in the development and delivery of effective and scalable weight management approaches.

Main aim
To understand how academics, health professionals and industry partners can work together successfully, to develop and deliver effective, wide-reaching behaviour change programmes for the individual.

Session Plan
- **Scaling up an individualised approach: considering physiological and behavioural needs for weight loss alongside emotional burdens of weight** (Amanda Avery): The importance of developing a good understanding of the individual to develop effective and sustainable weight management solutions, considering physiological and behavioural needs for weight loss alongside emotional burdens of weight. Using person-centred research to continually enhance practical support for weight control
- **Partnership working to facilitate physical activity among people who are overweight or obese** (Professor Ken Fox): Examples of how academic research can assist in the development of models and strategies for delivery in commercial and public settings
- **Weight management in a digital world: personalising digital as a scalable solution** (Dr Paul Sacher): The development of digitally delivered behaviour change interventions to provide scalable weight management solutions in today’s world. A practical overview of how the needs of the individual, research and technology are being used in developing innovative, real world digital weight management interventions

Speakers
- Amanda Avery, RD, Consultant Dietitian in Weight Management and Assistant Professor in Nutrition and Dietetics at the University of Nottingham. Amanda is a registered Dietitian with over 20 years of experience working as a community Dietitian in the NHS before moving into academia. For the past 7 years Amanda has worked at the University of Nottingham as part of the core team delivering the Masters of Nutrition and Dietetics programme. Amanda has also worked as a consultant dietitian for Slimming World for the past 16 years.
- Professor Ken Fox, Emeritus Professor of Exercise and Health Sciences, University of Bristol. Ken is Emeritus Professor of Exercise and Health Sciences at the University of Bristol. His career has focussed on the promotion of physical activity and public health with particular interest in the social psychology of behaviour change and the effect of physical activity on mental well-being and weight management
- Paul Sacher PhD, RD, Chief Research and Development Officer, Slimming World. Dr Paul Sacher is Chief Research and Development Officer for Slimming World and Research Director for MEND internationally. Over the last 21 years he has been developing, evaluating and disseminating evidence-based lifestyle weight management and digital health interventions globally. He is also Honorary Senior Research Associate at University College London and previously worked in the NHS for 11 years.

15.45 – 17.15  Oral Abstracts Session 2 – Clinical Research   Room B01

Chair: Dr Barbara McGowan, Guy’s and St Thomas’ Hospital London

15.45  Systematic Review and Meta-analysis to identify the Prevalence of Obesity-associated Co-morbidities/Co-morbidity Indicators in Children and Adolescents (aged 5-18)
16.00 **Effects of Weight Loss Interventions for Adult Obesity on Mortality, Cardiovascular and Cancer Outcomes - A systematic review and meta-analysis of long-term randomised controlled trials**  
Chenhan Ma, University of Aberdeen.

16.15 **Calorie labelling in a hospital café outlet- does it affect customer purchasing behaviour and influence sales?**  
Dr Catherine Hankey, University of Glasgow.

16.30 **Weight loss and associated improvements in cardiometabolic risk factors with liraglutide 3.0 mg in the SCALE Obesity and Prediabetes randomised, double-blind, placebo-controlled 3-year trial**  
Professor Mike Lean, University of Glasgow.

16.45 **Continuous quality improvement in a Tier 3 weight management service**  
Dr Carly Hughes, University of East Anglia.

17.00 **Effects of maternal anthropometrics and change in anthropometrics during pregnancy on short and long term pregnancy outcomes in South Asian women: A systematic review**  
Emma Slack, Newcastle University.

17.15 – 17.45 Coffee Break      Main Foyer

17.45 – 19.00 **Roundtable discussion: How can researchers, practitioners and policy makers influence and best work with industry?**      Main Auditorium

*Chair: Professor Simon Langley-Evans, University of Nottingham*

**Participants**  
Mr Christopher Snowden (Spectator & Institute for Economic Affairs), Prof Ian Macdonald, (University of Nottingham), Professor Susan Jebb, (University of Oxford), Paul Gately, (Leeds Beckett University), Amanda Avery, (Slimming World)

**Topic**  
How can researchers, practitioners and policy-makers influence and best work with industry?

**Format**  
Welcome and introductions (Chair). Panellists to explain how their work brings them into contact with industry.  
Chair will ask Susan Jebb to start proceedings with a short warts-and-all summary of her experiences of working with industry. Discussion will follow on involving all participants.

Follow up questions from the Chair to encourage discussion:

- Where do the boundaries need to be between research activity in a University that is funded by industry and industrial priorities? What pitfalls do researchers need to be aware of? (IM and SJ)
- Is greater reliance on industrial funding distorting the work that researchers are doing, and are we seeing significant funder bias in the literature
- PG and AA are both involved with the commercial weight management sector. Are there any conflicts of interest between maintaining evidence-based practice and research and the need to ensure commercial success?
- Learned societies are important influencers of policy- is there a conflict in accepting sponsorship for conferences and workshops?
- Does engagement with industry undermine public confidence in ‘experts’?
- To what extent should industry be welcome at the table when we as researchers or practitioners sit down with policy-makers?
- Do we have good examples of where engagement with industry has had a positive effect on their behaviour and consumer health?
Tuesday 20th September

08.30 – 09.15  Plenary Lecture 3  Main Auditorium

Chair: Professor Mike Lean, University of Glasgow

Obesity and non-alcoholic fatty liver disease
Professor Ian Macdonald, University of Nottingham

09.15 – 09.45  Abstract Awards  Main Auditorium

Chair: Dr Maria Bryant, University of Leeds

Best Abstract Award

09.15  Emotional over- and under-eating in early childhood are learned not inherited
Moritz Herle, University College London

Good Practice Award

09.30  Weigh forward specialist weight management service
Dr Helen Moffat, Aberdeen Royal Infirmary

09.45 – 10.15  Coffee Break  Main Foyer

10.15 – 11.45  ASO Symposium 3  Room B01

Basic science – clinical partnership – obesity and fatty acid handling

Chair: Dr Dilys Freeman, University of Glasgow

10.15  Adipose tissue depot functionality
Professor Fredrik Karpe, University of Oxford

10.45  Human liver fatty acid metabolism
Professor Leanne Hodson, University of Oxford

11.15  Adipose tissue expandability, lipotoxicity and the Metabolic Syndrome
Dr Vanessa Pellegrinelli, University of Cambridge

10.15 – 11.45  Infant & Toddler Forum Symposium  Main Auditorium

The Obesity Challenge: Prevention is Action

Child and maternal obesity are on the rise in Britain. Prevention is key to protecting future generations from obesity and diet-related ill-health. New evidence is now clearly linking larger portion sizes to excess weight gain in children. The Infant & Toddler Forum supports health and childcare professionals with practical advice to help them support the families they work with. Simple guidance on portion sizes could be key in curbing the obesity crisis. The ITF together with partners encourages the implementation of effective tools to help change behaviours and creating an environment that encourages informed, healthy choices and personal responsibility on eating habits.

Chair: Peymane Adab, Professor of Chronic Disease Epidemiology and Public Health, University of Birmingham
Judy More, Paediatric Dietitian and member of the Infant & Toddler Forum - *Nutritional guidance in early life should be a key public health prevention strategy if we are to improve the health of the next generation*

Judy More will cover calls for a shift in focus to prevention through the understanding of the ideal - what we should be promoting and encouraging.

Dr Clare Llewellyn, Lecturer in Behavioural Obesity Research, University College London - *Why is portion size so important in the fight against obesity*

Dr Clare Llewellyn will cover portion size and relation to appetite and weight gain.

Melanie Pilcher, Policy and Standards Manager, Pre-school Learning Alliance - *Practical implementation of best practice guidance in early years settings – case study*

Melanie Pilcher will cover a practical approach of best practices in early years settings based on real life examples.

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

Supported by an unrestricted educational grant from Danone Nutricia Early Life Nutrition

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<th>Time</th>
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<tr>
<td>10.15 – 11.45</td>
<td>Member Led Symposium 2</td>
<td>Room A29</td>
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<td></td>
<td><em>The role of local level data in an applied approach to whole systems obesity: A multisector co-production featuring the ESRC Strategic Network for Obesity and PHE Whole Systems Approach to Obesity Programme</em></td>
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<td><strong>Chair: Dr Alison Tedstone, Public Health England</strong></td>
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<td><strong>Overview (objectives and outputs) of the ESRC Network for Obesity</strong></td>
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<td>Dr Michelle Morris, University of Leeds</td>
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<td>10.25</td>
<td><strong>Overview (objectives and outputs) of the Whole System Approach to Obesity</strong></td>
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<td>Professor Paul Gately, Leeds Beckett University</td>
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<td>10.35</td>
<td><strong>Putting public perspectives at the heart of Whole Systems Approaches to Obesity:</strong></td>
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<td><em>Ways to engage and to reduce weight stigma</em></td>
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<td>Dr Emily Henderson, Durham University</td>
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<td>10.45</td>
<td><strong>Examples of the mutually beneficial partnership between academics and the local</strong></td>
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<td><em>government. This presentation will share best practice and lessons learnt and highlight</em></td>
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<td><em>data assets within LG that are underutilised</em></td>
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<td>Dr Claire Griffiths, Leeds Beckett University</td>
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<td>10.55</td>
<td><strong>Experiences from LA members / those working in public health</strong></td>
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<td>11.15</td>
<td><strong>Benefits from LA and PH in working with academics looking towards the future</strong></td>
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<td>Representative from PHE</td>
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<td>11.25</td>
<td><strong>Questions / discussion from the audience</strong></td>
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<td>11.45 – 12.30</td>
<td><strong>ASO Annual General Meeting</strong></td>
<td>Main Auditorium</td>
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<td>12.00 – 13.15</td>
<td><strong>Lunch, Exhibition and Posters</strong></td>
<td>The Barn</td>
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<td>13.15 – 14.45</td>
<td><strong>SCOPE Accredited Clinical Symposium sponsored by Cambridge Weight Plan</strong></td>
<td>Main Auditorium</td>
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<td><strong>Chair: Dr Carly Hughes and Dr Louise Thompson</strong></td>
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<td><strong>Very brief GP opportunistc interventions for weight loss: What GPs say and how patients</strong></td>
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<td><strong>react. Findings from the BWeL trial.</strong></td>
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<td>Professor Paul Aveyard, Nuffield Department of Primary Care Health Sciences, University of Oxford.</td>
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Update on the role of pharmacotherapy and bariatric surgery in people with T2D and obesity.
Dr Barbara McGowan, Consultant and honorary senior lecturer in diabetes and endocrinology at Guy’s and St Thomas hospitals.

Shared Care Models for post-bariatric follow up: Clinical reference group recommendations.
Dr Helen Parretti and Dr Carly Anna Hughes.

What model of long term post-bariatric surgery care will be the most effective?
Dr Barbara McGowan, Dr Carly Hughes, Dr Helen Parretti

### Member Led Symposium 3 Room A29

A critical perspective on the use of BMI to determine maternal obesity risks and interventions

*Chair: Prof Judith Rankin, Newcastle University*

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<th>Time</th>
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<tr>
<td>13.15</td>
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<td>Introduction to the symposium – Introducing the symposium aims, speakers, structure, and setting the scene of maternal obesity research</td>
<td>Professor Judith Rankin, Newcastle University</td>
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<td>13.20</td>
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<td>Maternal obesity and risk of maternal and perinatal morbidity and mortality: An epidemiological perspective</td>
<td>Professor Marian Knight, University of Oxford</td>
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<td>13.35</td>
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<td>The effectiveness of antenatal behaviour change interventions among obese populations: An individual risk perspective</td>
<td>Dr Nicola Heslehurst, Newcastle University</td>
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<td>13.50</td>
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<td>Maternal obesity and adverse pregnancy outcomes: Potential mechanisms</td>
<td>Mr Peter Tennant, University of Leeds</td>
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<td>14.05</td>
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<td>The role of anthropometric measures for maternal obesity epidemiology and intervention: A critical perspective of the use of BMI and alternative measures in pregnancy</td>
<td>Dr Louise Hayes, Newcastle University</td>
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<td>14.20</td>
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<td>Summary of the key messages and symposium discussion</td>
<td>Professor Judith Rankin, Newcastle University</td>
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### Oral Abstracts Session 3 – Basic Science Room B01

*Chair: Dr Dilys Freeman, University of Glasgow*

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<td>13.15</td>
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<td>The association between the 'Fat Mass and Obesity Associated Gene (FTO)' and Obesity-Linked Eating Behaviours in Adults and Children: a Systematic Review</td>
<td>Joanna Brecher, University of Manchester</td>
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<td>13.30</td>
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<td>Linking obesity and biological ageing: A study of life course adiposity and leukocyte telomere length in a nationally representative population</td>
<td>Wahyu Wulaningsih, King’s College London</td>
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<td>13.45</td>
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<td>Ginkgo biloba extract reduced fatty acid uptake and adipocyte volume of obese rats, independently of food/energy reduction</td>
<td>Bruna Hirata, Universidade Federal de São Paulo, Brazil</td>
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<td>14.00</td>
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<td>Examining passive overconsumption and hedonic preference for fat in physically active and inactive individuals</td>
<td>Kristine Beaulieu, University of Leeds</td>
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<td>14.15</td>
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<td>Does perceived savouriness of a familiar food relate to its perceived or actual protein content?</td>
<td>Charlotte Buckley, University of Bristol</td>
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14.30  **Randomised controlled trial of continuous versus intermittent energy restriction during adjuvant chemotherapy (The B-AHEAD 2 Trial)**  
Mary Pegington, University of Manchester

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<th>Time</th>
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| 14.45 – 15.30 | **Plenary Lecture 4**  
Chair: Dr Carly Hughes, Fakenham Medical Practice, Norfolk  
**Supporting weight loss in primary care**  
Professor Susan Jebb, University of Oxford | Main Auditorium |
| 15.30 – 15.45 | **Poster prize announcement and closing remarks**  
Main Auditorium |
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<td>13.15 – 13.45</td>
<td>Registration and lunch</td>
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<td>13.45 – 14.00</td>
<td>Welcome - ASO and Early Career Researcher Network</td>
<td>Dr Maria Bryant, Leeds Institute of Clinical Trials Research, University of Leeds.</td>
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<td>14.00 – 15.00</td>
<td>Research impact</td>
<td>Dr Nicola Heslehurst, Institute of Health and Society, University of Newcastle.</td>
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<td>15.00 – 16.00</td>
<td>Big Data and Obesity</td>
<td>Dr Michelle Morris, Leeds Institute for Data analytics, University of Leeds. Dr Claire Griffiths, School of Sport, Leeds Beckett University.</td>
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<td>16.00 – 16.20</td>
<td>Break</td>
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<td>16.20 – 17.30</td>
<td>Developing public health research</td>
<td>Professor Peymane Adab, Institute of Applied Health Research, University of Birmingham.</td>
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<td>17.30 – 17.45</td>
<td>Discussion and Close – All speakers</td>
<td>Questions and wider discussion of the role of the Early Career Researcher Network in ASO.</td>
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<td>17.45</td>
<td>ECRN Social Event</td>
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