

# Workshops in Focus

6<sup>th</sup> Canadian  
Obesity  
Summit

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April 23–26  
OTTAWA, ONTARIO



*Prevention, Treatment, and Rehabilitation > Prevention of Obesity and Health  
Promotion Interventions*

**Friday, April 26, 2019**  
**14:00 – 16:00**

## **How to Assess the Multiple Improvements Promoted by an Interdisciplinary Treatment Approach: The NEMO's Criteria of Success**

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People living with obesity have their lives impacted in several ways. Consequently, when they seek a program to treat obesity, they have varied concerns and goals. As there is no consensus about treatment goals, much study is needed to identify alternatives. We have applied an approach to assess multiple health-related parameters, and propose several indicators for success. We consider several improvements observed when people with obesity or overweight adopt a more active and healthy way of living based on orientation received during a program offered by our group twice a year since 2005.

Our program includes nutritionists, kinesiologists and psychologists as a core team whose aim is to promote consistent lifestyle changes toward improved health status. Based on our 13+ years of experience, we will share success indicators to help professionals working in obesity to assess how progress is achieved and the variety of ways patients respond to treatment. The details of the work used to guide this workshop can be found in our recent, **Building a response criterion for pediatric multidisciplinary obesity intervention success based on combined benefits** (*Eur J Pediatr*, 2018). Data from our adult population will be included in the workshop.