

# OBESITY CANADA PUBLIC WORKSHOP

**SATURDAY APRIL 27, 2019**

10:00 a.m. – 4:00 p.m.  
*(light refreshments and lunch included)*

**Governor General Ballroom**  
THE WESTIN OTTAWA, 11 COLONEL BY DRIVE  
OTTAWA ONTARIO K1N 9H4

**SATURDAY, APRIL 27, 2019**

9:00am	<b>Registration</b>
10:00am	<b>Welcome</b> <i>Lisa Schaffer, Chair PEC</i>
10:15am	<b>Stop being a yo-yo</b> <i>Arya Sharma, MD/PhD, FRCPC, Scientific Director Obesity Canada</i>
10:45am	<b>Evidence-Based Practices That Will Make You Happier Today</b> <i>Gillian Mandich PhD</i>
11:15am	Health Break
11:30pm	<b>Can food be addictive?</b> <i>Sandra Elia, Certified Food Addiction Councillor</i>
12:00pm	<b>Appetite and Weight: What Control Do We Have?</b> <i>Jennifer Brown, RD, MSc.</i>
12:30pm	Lunch and Exhibitor Viewing
1:30pm	<b>Speak Up! Finding hope in seeking the care and understanding you deserve</b> <i>Ian Patton PhD, Director of Advocacy and Public Engagement, Obesity Canada</i>
2:00pm	<b>Weight Bias</b> <i>Mary Forhan PhD OT Reg(AB), Ximena Ramos Salas PhD, Angela Alberga PhD, Brenndon Goodman</i>
3:00pm	<b>Have your say! Discussing priorities and experiences</b>
3:45pm	<b>Closing remarks</b> <i>Lisa Schaffer, Chair PEC</i>

# Welcome Message

**Hello and Welcome to Obesity Canada's Public Workshop — we are thrilled to have you in the room today!**

Obesity Canada (OC) is dedicated to improving the lives of Canadians affected by obesity and today is the first of what we hope will be many opportunities to connect with Canadian's just like you.

Today's event is the result of the vision and passion of OC staff and our amazing Public Engagement Committee (PEC). PEC acts as the voice of individuals affected by obesity within OC. We have first hand experiences of living with obesity and we strive to elevate the voice of those affected by obesity in Canada. Our mission is to build a vibrant community to empower people with obesity by educating credibly, advocating passionately and inspiring consistently.

Our hope for today is that you find a sense of community, gain new insights on the complex disease of obesity, feel empowered and informed about the reality of living with obesity, and are inspired to take action and join us in changing the conversation about obesity.

Thank you for being here today and for joining us to push for much needed change in Canada.

Let's do this!



**Lisa Schaffer**  
PEC Chair

A handwritten signature in black ink, appearing to read 'Lisa Schaffer'.



**Arya M. Sharma, MD/  
PhD, FRCPC**

*Professor of Medicine  
University of Alberta  
Scientific Director, Obesity  
Canada*

A handwritten signature in black ink, appearing to read 'Arya M. Sharma'.

*Never doubt that a small group of thoughtful, committed citizens  
can change the world; indeed, it's the only thing that ever has.*

*- Margaret Mead*

**Thank you to our Sponsors!**



**Medtronic**

# OBESITY CANADA PUBLIC WORKSHOP

## KEYNOTE SPEAKERS



### **Angela Alberga, PhD**

Assistant Professor, Concordia University, Member of the EveryBODY Matters collective, a team of Canadian Weight Bias and Discrimination experts

Born and raised in Montreal, Dr. Alberga completed her BSc (Major Exercise Science, Minor Psychology) at Concordia University. She then completed her MSc and PhD in the School of Human Kinetics, specializing in exercise physiology at the University of Ottawa. Her doctoral research examined how exercise improves the cardiometabolic health of adolescents living with obesity. It is through these experiences that she learned how prevalent and harmful weight-based stigma is and has since been devoted to research, teaching and knowledge translation efforts to reduce weight discrimination in society. Dr. Alberga was awarded an Eyes High Postdoctoral Fellowship and a Banting CIHR Postdoctoral Fellowship at the University of Calgary supporting her research on weight stigma reduction in education, healthcare and public policy. Dr. Alberga's current research program at Concordia University focuses on better understanding how (i) societal, and (ii) school and other institutional factors, influence weight-related issues including obesity, eating disorders, physical inactivity and weight stigma. Alongside her interdisciplinary research program in health promotion and disease prevention, she has over 15 years of experience working with children, youth and adults as a camp counselor, educator, mentor, coach, instructor, personal trainer and clinical exercise physiologist in academic and community settings across Canada.



### **Jennifer Brown, RD, MSc.**

Registered Dietitian and expert in bariatric nutrition and weight regain

Jennifer Brown is a registered dietitian with the Ottawa Hospital Bariatric Centre of Excellence and is the provincial lead for the eConsult Champlain LHIN in bariatric nutrition. She is currently a steering committee member on the 2018-19 Canadian Clinical Practice Guidelines for the Treatment of Adults with Obesity. An expert member of the Academy of Nutrition and Dietetics Evidence Analysis working group on Bariatric Surgery, co-chair of the Ontario Bariatric Network Dietitian Working Group and an executive member of the bariatric surgery subgroup for the Dietitians of Canada – DOC network. Jennifer has a passion for bariatric care and obesity research providing peer reviews and consultations for Canadian and international journals, agencies and organizations. She and has been invited to speak at conferences/scientific meetings across North American, including ObesityWeek (TOS/ASMBS), the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), Canadian Association of Bariatric Physicians and Surgeons (CABPS), Obesity Canada (OC), Dietitians of Canada (DC), Association of Family Health Teams of Ontario (AFHTO) and the College of Family Physicians of Canada (CFPC). Jennifer received a BSc. from St. Francis Xavier University in Human Nutrition and a MSc. from the University of Ottawa in Human Kinetics exploring appetite-related measures and peripheral hormone changes in weight regain after Roux-en-Y gastric bypass surgery. She is recognized as an expert in obesity management and hopes to standardize bariatric nutrition care and collaborate on bariatric-specific research, education and program development across Canada and internationally.



### **Sandra Elia**

Sandra Eila is one of the World's First Certified Food Addiction Counselors, Sandra is a true pioneer in the field of recovery from compulsive overeating and addictive eating. Sandra and her team are striving to educate healthcare providers and offer appropriate assistance to those who suffer from addictive eating. On her radio show, "Your Daily Diet, A Spiritual Guide to a Healthy Body Size," on VIBE 105.5FM, Sandra has helped create a community of seekers, open to finding a solution beyond the traditional dieting model, aimed at healing the mind, body, and spirit. The content on her show is solution-oriented, offering practical steps and tools, opening new ways of thinking and communicating about nutrition, health and body image. The show broadcasts to a base residential audience of over 1.6 million. Sandra is a Coaches Training Institute (CTI) Certified Professional Coach, and the Vice Chair for the Obesity Canada (Toronto Chapter). Obesity Canada is an authoritative voice on evidence-based approaches for obesity prevention, treatment, and policy. Sandra runs Ontario's only 8-week outpatient Food Addiction Recovery Program, has co-created Canada's first 28-day residential treatment program for Food Addiction, and runs retreats where clients can reclaim their health and lives. Sandra has overcome obesity herself losing over a 100 pounds 13 years ago.

# OBESITY CANADA PUBLIC WORKSHOP

## KEYNOTE SPEAKERS



### **Mary Forhan, PhD OT Reg(AB)**

Associate Professor at University of Alberta, Faculty of Rehabilitation Medicine, Member of the EveryBODY Matters collective, a team of Canadian Weight Bias and Discrimination experts

Dr. Mary Forhan is an occupational therapist and researcher. She is an associate professor, Department of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta. Dr. Forhan's research is focused on improving quality of care and rehabilitation outcomes of patients with bariatric care needs. Her research areas of interest focus on reducing physical, social and environmental factors that reduce access to quality health care for patients living with obesity who have bariatric care needs. Dr. Forhan and her team address issues in acute care, home care and community settings. TV and print media and maintains a widely-read blog at <http://www.drsharma.ca>



### **Gillian Mandich, PhD**

Expert in health promotion and happiness featured on The Social and Breakfast Television

Dr. Gillian Mandich has a PhD from Western University in Health Science, specializing in Health Promotion. Dr. Mandich's primary areas of research are happiness and health, and her personal mission is to educate people about evidence-based health information so that they can lead a happy, healthy life. Dr. Mandich appears regularly as the resident Happiness Expert on two of Canada's most popular TV shows: The Social and Breakfast Television. She gave a TEDx talk in Toronto, "The Surprising Truth About Happiness"; appears as an expert on QVC and HSN in the United States; sits on the Advisory Board at Examine.com; and writes for numerous print and online media.



### **Arya Sharma, MD/PhD, FRCPC**

Professor of Medicine, University of Alberta, Scientific Director, Obesity Canada

Arya M. Sharma is a Professor of Medicine at the University of Alberta. He is also the Clinical Co-Chair of the Alberta Health Services Obesity Program. Dr. Sharma is founder and Scientific Director of Obesity Canada, a network of over 15,000 researchers, health professionals and other stakeholders. He is also the Past-President of the Canadian Association of Bariatric Physicians and Surgeons. His past appointments include positions as a Professor of Medicine and Canada Research Chair (Tier 1) at McMaster University (2002–2007), Professor of Medicine at the Franz-Volhard Klinik-Charite, Humboldt University Berlin (2000–2002) and the Free University of Berlin (1994–2000). His research focuses on evidence-based prevention and management of obesity and its complications. Dr. Sharma is the leading voice in obesity science and medicine, has authored and co-authored more than 400 scientific articles, and has lectured widely on the etiology and management of hypertension, obesity, and related cardiovascular disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media and maintains a widely-read blog at <http://www.drsharma.ca>



### **Ximena Ramos Salas, PhD**

Member of the EveryBODY Matters collective, a team of Canadian Weight Bias and Discrimination experts

Ximena Ramos Salas has a PhD in Health Promotion and Socio-behavioural Sciences from the School of Public Health at the University of Alberta. She is Managing Director of Obesity Canada and technical consultant with the World Health Organization Regional Office for Europe. As a population health researcher, she is exploring the unintended consequences of obesity prevention policies for people with obesity. Her research goal is to spark solutions that will prevent the perpetuation of weight bias and obesity stigma and create more effective population health approaches.



### **Ian Patton, PhD**

Director of Advocacy and Public Engagement

Ian is the Director of Advocacy and Public Engagement for Obesity Canada. He has a PhD in Kinesiology focusing on obesity and activity and has been involved in Obesity Canada as a volunteer and trainee for over a decade. Ian teaches in the department of Kinesiology at York University. He is a post-bariatric surgery patient who has become an active patient advocate both nationally and internationally. He is passionate about the elimination of weight bias and discrimination as well as improving access to care. Ian is an active member of a number of support groups and believes that peer support is vital to breaking down barriers, improving body positivity, and developing an empowered community.

# OBESITY CANADA PUBLIC WORKSHOP

## KEYNOTE SPEAKERS – PUBLIC ENGAGEMENT COMMITTEE



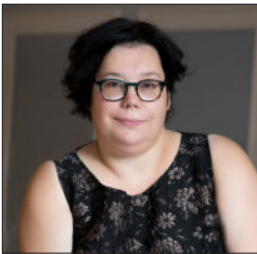
**Doug Earle**

I am 68 and have always been heavy. I retired 10 years ago from a senior management position in the Public Service. Diagnosed with hypertension in 1990, I joined a fitness program; going from 285 to 220 pounds. After a move and new high-stress job, and back to old habits; I weighed 400 pounds by 2006. In 2011, I joined a weight loss program, but started re-gaining weight. I repeated that program in 2013 and 2015. I changed my eating habits and continue to go to group exercise classes 4 times a week; ranging from 270 to 280 pounds for more than 4 years. The challenge to maintain is more and more difficult. In 2015, I began to talk about living with obesity as a panel member speaking to first year medical students at Dalhousie University. One of the other panel members nominated me for the Public Engagement Committee. I have been a member since the summer of 2017



**Brenndon Goodman**

Brenndon is a student at York university looking forward to a career in politics or law. He has been a lifelong advocate for people living with obesity. He went to many pediatric weight loss programs across Toronto in his youth until finding the most success with the STOMP program at Sick Kids. Through the STOMP program Brenndon had weight loss surgery at age 17, losing over 120 pounds. Now through his work with Obesity Canada as both a member of their public engagement committee and student and new professionals committee, He hopes to use his lived experience to help others living with obesity and educate the public in an effort to better those living with weight stigma and find effective solutions to living healthier lifestyles.



**Pascale Jenkins**

Pascale believes that people with obesity should be able to thrive for happiness, fitness, physical and mental health. She considers weight stigma as both a social justice issue and a priority for public health. She hopes to contribute to a change of mentality.



**Kelly Moen**

My name is Kelly Moen, I have spent the last 8 years studying the Psychology of obesity during my undergrad and graduate degree. I focused on how obesity affects individuals, families, and communities through understanding weight bias and the mental health effects that the discriminatory social attitudes towards people with obesity suffer. I am a Registered Clinical Counsellor who works in the domain of Bariatrics, Eating disorders, Disordered eating, Self-Regulation, Motivation and Identity. I am also an original founding member of the Public Engagement Committee (PEC) and currently sit as the Vice Chair position.

# OBESITY CANADA PUBLIC WORKSHOP

## KEYNOTE SPEAKERS – PUBLIC ENGAGEMENT COMMITTEE



**Lisa Schaffer**

Chair of the Obesity Canada Public Engagement Committee

My name is Lisa Schaffer and I am the Chair of Obesity Canada's Public Engagement Committee. I've had the opportunity to work with Obesity Canada's amazing staff, volunteers, and funding partners as a member of the PEC team for the last two years. I live in Vancouver, and have built a successful 25-year career developing genuine human relationships while growing some of the most recognized brands in North America. Obesity is a disease that has impacted generations of my family and is something I now understand I will always live with. Two years ago I attended an Obesity Canada information session and heard Dr. Arya Sharma speak about obesity in a way I had never heard before. It was an empowering and informational session. I immediately knew that I wanted to know more and to support the mission to improve the lives of Canadians affected by obesity. I am a passionate patient advocate and driven to help build a vibrant community of empowered individuals.



**Candace Vilhan**

Patient Advocate Member for Obesity Canada Public Engagement Committee

Candace believes it is very important to honour the voice of those living with obesity; to stand up for those who may feel they have lost their voice or never knew how much their voice matters. As a mental health provider specializing in the field of bariatrics for nearly 20 years, she is dedicated to helping support others impacted by obesity and helping reduce weight bias and weight stigma that surrounds obesity. She joined the Ottawa Chapter of Obesity Canada and became a Member of the Public Engagement Committee to lend her voice to help create change. She is a mother to two wonderful teenage daughters who inspire and motivate her daily, enjoys travelling, animals, yoga and is passionate about making a positive difference in the lives of those living with the chronic disease of obesity.