

the 10th Annual



SUMMER BOOT CAMP

JULY 18–26, 2015

Delta Lodge at Kananaskis, Kananaskis Village, Alberta, Canada



UNIVERSITY OF
ALBERTA



CIHR IRSC



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THE OBESITY BOOT CAMP HAS BEEN MADE POSSIBLE THE CANADIAN OBESITY NETWORK'S SUPPORTERS.

We are extremely grateful for their help in making the boot camp possible!

Alberta-Saxony Obesity Research & Training Alliance
Canadian Beverage Association
Canadian Institutes of Health Research
Coca Cola
Craving Change
Dairy Farmers of Canada
Ethicon
Integrated Research and Treatment Center (IFB) Adiposity Diseases
Natural Factors
Nestle Health Science
Novo Nordisk
TOPS Club Inc. (Take Pounds Off Sensibly)

LEARNING OBJECTIVES

The overall objective of the Boot Camp is to provide participants with a sound outline of the scientific and methodological issues around obesity research. The camp aims to cover all aspects of obesity ranging from epidemiology and public health to cell biology, energy regulation, clinical management and health policy.

The Canadian Obesity Network – Réseau canadien en obésité (CON-RCO) is a broad network of over 10,000 organizations and individuals from many sectors and disciplines who are committed to stemming the tide of obesity in Canada and to reducing the mental, physical and economic burden of obesity on Canadians. The mission of CON-RCO is to act as a catalyst for addressing obesity in Canada and to foster knowledge translation, capacity building, and partnerships among stakeholders so that researchers, health professionals, policy makers and other stakeholders may develop effective solutions to treat, and to prevent obesity.

CON-RCO's three strategic goals are to:

- 1) Address the Social Stigma Associated with Obesity;
- 2) Change the Way Professionals Think about Obesity and Interact with Obese Individuals;
- 3) Improve Access to Obesity Prevention, Treatment and Management.

Since 2006, CON-RCO has trained over 8,000 health professionals, students, policy makers and industry stakeholders on issues relevant to obesity prevention and management, launched two widely used literature alerting services, published an award-winning magazine (CONDUIT), organized Canada's only recurring scientific conference dedicated to obesity, and much more. CON-RCO is a non-profit organization hosted by the University of Alberta and Alberta Health Services in Edmonton, Alberta. Find out more at www.obesitynetwork.ca.

The **University of Alberta** is one of Canada's leading research-intensive universities, increasingly being recognized as a leader in the area of obesity. Currently, over 50 individuals from a variety of faculties are conducting research relevant to obesity. Dr Arya Sharma, CON-RCO's Scientific Director and CEO and holds a Research Chair in Obesity Management and Research at the University of Alberta.

MESSAGE FROM THE HOST



Arya M. Sharma

Welcome to the 10th Summer Obesity Boot Camp! You are part of an elite group of hand-picked trainees, some of the best and brightest student and new professionals from around the world, who will significantly influence how this generation deals with its one of the greatest global health problems of our time. The formal presentations and excellent science encompass over 70 hours of course work. Thank you to all of our co-faculty for taking the time to share their knowledge and wisdom.

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

Dr. Arya Sharma

Scientific Director and CEO, FRCPC
Canadian Obesity Network

GENERAL INFORMATION

Registration

Delegates will receive a registration package when they check in to the hotel and CON's education director will meet scheduled shuttles as they arrive from the airport to answer any questions.

Certificate of Attendance: Upon having attended the 10th Annual CON-RCO Obesity Summer Boot Camp delegates will receive a certificate of attendance. Certificates can be picked up at the end of the conference.

Venue

Nestled in the majestic Canadian Rockies at an elevation of 1,522 meters (5,000ft), the Delta Lodge at Kananaskis offers a true combination of world-class, year round activities with distinguished comfort and hospitality. Adjacent to Nakiska Ski hill, the Resort is home to 412 guest rooms and suites, multiple dining and entertaining options, a full conference facility, and is home to the Summit Spa and Fitness Centre. Located 1.5 hours from Calgary International Airport, the Delta Lodge is also known for its miles of hiking, mountain biking, snowshoeing, and cross country skiing trails. In the heart of Kananaskis Country, The Delta Lodge at Kananaskis is not only the meeting and events destination of the Rockies, but is also a sought after destination for couples young and old, outdoor enthusiasts, and travelers eager to explore the Canadian Rockies!

Hotel information: Delta Lodge at Kananaskis

1 Centennial Drive

Kananaskis Village, Alberta, Canada T0L 2H0

Toll Free: 1(866) 432-4322

Tel: (403) 591-7711, Fax: (403) 591-7770

Check-in: 4:00 pm **Check-out:** 11:00 am

Getting there/Getting home: The closest airport to the Delta Lodge at Kananaskis is Calgary International Airport (YYC). It takes approximately 1.5 hours to get to the hotel from the airport. Private and public coaches have been booked for the Boot Camp Arrivals. A private Boot Camp Departure coach will leave at 10:00 am (local time) on Sunday July 26th, 2015. Please check with CON-RCO if you have questions or concerns about transfers to/from the airport.

Parking:

Heated underground parking

Self Parking: \$14.00 per car, per night, plus tax, **Valet Parking:** \$20.00 per car, per night, plus tax.

Complimentary outdoor parking also available.

Wellness:

The Delta Lodge at Kananaskis offers guests an indoor/outdoor hot tub as well as indoor heated swimming pool. The accessible, paved Village Rim Trail surrounds the Delta Lodge, giving guests breathtaking views of the Rocky Mountains. Mountain bike, canoe and kayak rentals are also available on site.

DAILY SCHEDULE

SATURDAY, JULY 18, 2015

Various times **One of your hosts will meet arrival shuttles** (Hotel Lobby)
18:00 – 19:30 **Welcome and Introduction of Attendees** (Rockies)
Canadian Obesity Network: Dr. Arya Sharma
19:30 **Welcome Dinner** (Rockies)

SUNDAY, JULY 19, 2015

07:30 – 08:30 **Breakfast** (Wildflower)
08:30 – 10:30 **Concurrent 1** (Mount Kidd)
Ian Janssen: Obesity Definition – Prevalence Costs
Mary Forhan: Weight Bias: Clinical & Research Perspectives
Valerie Taylor: Behavioural Determinants of Obesity: the Role of Stress and Mental Illness
10:30 – 10:45 **Break**
10:45 – 12:15 **Trainee Presentations (3)** (Mount Kidd)
Reem Al Khalifah: *Bariatric Surgery versus Intensive Medical Therapy for Diabetes – 3-Year Outcomes* (Sharma)
Rakefet Arieli: *Blame, Shame, and Lack of Support A Multilevel Study on Obesity Management* (Forhan)
Marc Bomhof: *Improved memory function 12 weeks after bariatric surgery* (Taylor)
12:15 – 13:15 **Lunch** (Wildflower)
13:15 – 15:15 **Concurrent 2** (Mount Kidd)
Valerie Taylor: Behavioural Determinants of Obesity: the Role of Stress and Mental Illness
Mary Forhan: Weight Bias: Clinical & Research Perspectives
Ian Janssen: Obesity Definition – Prevalence Costs
15:15 – 15:30 **Break**
15:30 – 16:30 **Trainee Presentations (3)** (Mount Kidd)
Lisa Chu: *Lifetime Direct Medical Costs of Childhood Obesity* (Janssen)
Anastasia Dikareva: *Motivating or stigmatizing? Public perceptions of weight-related language used by health providers* (Forhan)
Kristine Godziuk: *Effect of weight loss, exercise, or both on cognition and quality of life in obese older adults* (Taylor)
17:00 – 18:30 **Free Time**
18:30 – 20:00 **Conference Dinner** (Wildflower)
20:00 **Social Activity** (Meet in Mount Kidd)

DAILY SCHEDULE

MONDAY, JULY 20, 2015

07:30 – 08:15

Breakfast (Wildflower) *Note wear T-shirt & hat to breakfast & bring bag with items for rafting. We will have a group photo followed by immediate departure

08:15 – 13:00

Group Team Building - Bow River Horseshoe Canyon Whitewater Rafting Team Building

The Bow River Horseshoe Canyon section has spectacular scenery, big waves and grade 3 to 4 whitewater. The thrill of a hole ride or surfing a wave will enhance any whitewater experience. Located in the front ranges of the Rockies, the river offers some of the best scenery in the area. The river gives a sense of remoteness, complete with shale canyons, birds of prey and great mountain views. 2 hours on the river.

All your river gear and professional river guides, beverages and fun provided. REMEMBER TO BRING: Your swimsuit, towel, a warm sweater or polar fleece (not cotton) you don't mind getting wet (optional) and a SMILE!

13:00 – 13:45

Lunch (Wildflower)

13:45 – 15:45

Concurrent 3 (Mount Kidd)

Ian Janssen: Obesity Definition - Prevalence Costs

Mary Forhan: Weight Bias: Clinical & Research Perspectives

Valerie Taylor: Behavioural Determinants of Obesity: the Role of Stress and Mental Illness

15:45 – 16:00

Break

16:00 – 17:00

Trainee Presentations (3) (Mount Kidd)

Laetitia Guillemette: *Integration of NPY, AGRP, and Melancortin Signals in the Hypothalamic Paraventricular Nucleus: Evidence of a Cellular Basis for the Adipostat* (Colmers)

Diana Herbert: *Diffusing obesity myths* (Forhan)

Luzia Jaeger Hintze: *Changes in the Obesity Phenotype Within Canadian Children and Adults, 1981 to 2007–2009* (Janssen)

17:00 – 18:00

Free Time

18:00 – 20:00

Dinner (Wildflower)

20:00

Social activity (Meet in Mount Kidd)

DAILY SCHEDULE

TUESDAY, JULY 21, 2015

07:30 – 08:30

Breakfast (Wildflower)

08:30 – 10:30

Concurrent 4 (Mount Kidd)

Eric Doucet: Energy Balance Regulation

William Colmers: Neurobiology of Ingestive Behaviour

Angelo Tremblay: Treatment-Diet Exercise Behaviour

10:30 – 10:45

Break

10:45 – 11:45

Trainee Presentations (3) (Mount Kidd)

Alana Ireland: *Changes in Adipose Tissue Depots and Metabolic Markers Following a 1-Year Diet and Exercise Intervention in Overweight and Obese Patients With Type 2 Diabetes* (Imbeault)

Lamis Jomaa: *Weight loss, weight maintenance, and adaptive thermogenesis* (Doucet)

Jacqueline Kruger: *Energetic Adaptations Persist After Bariatric Surgery in Severely Obese Adolescents* (Tremblay)

11:45 – 13:15

Lunch (Wildflower)

13:15 – 15:15

Concurrent 5 (Mount Kidd)

Eric Doucet: Energy Balance Regulation

Angelo Tremblay: Treatment-Diet Exercise Behaviour

William Colmers: Neurobiology of Ingestive Behaviour

15:15 – 15:30

Break

15:30 – 16:30

Trainee Presentations (3) (Mount Kidd)

Sarah Liva: *Effects of a 2-Year Behavioral Weight Loss Intervention on Sleep and Mood in Obese Individuals Treated in Primary Care Practice* (Tremblay)

Taruwona Manyanga: *Destruction of a neural circuit for hunger* (Colmers)

Maysm Nezar Mohamad: *Resting metabolic rate is associated with hunger, self-determined meal size, and daily energy intake and may represent a marker for appetite* (Doucet)

16:30 – 18:30

Free Time

18:30 – 20:00

Dinner (Wildflower)

20:00

Social activity (Meet in Mount Kidd)

DAILY SCHEDULE

WEDNESDAY, JULY 22, 2015

07:30 – 08:30	Breakfast (Wildflower)
08:30 – 10:30	Concurrent 6 (Mount Kidd) Eric Doucet: Energy Balance Regulation William Colmers: Neurobiology of Ingestive Behaviour Pascal Imbeault: Insulin Resistance and Adipose Tissue Biology
10:30 – 10:45	Break
10:45 – 11:45	Trainee Presentations (3) (Mount Kidd) Hilary Price: <i>Downregulation of Adipose Tissue Fatty Acid Trafficking in Obesity: A Driver for Ectopic Fat Deposition?</i> (Imbeault) Ximena Ramos Salas: <i>Changes in Body Composition Over 8 Years in a Randomized Trial of a Lifestyle Intervention: The Look AHEAD Study</i> (Tremblay) Ryan Reid: <i>Low physical activity levels of modern Homo sapiens among free-ranging mammals</i> (Doucet)
11:45 – 13:15	Lunch (Wildflower)
13:15 – 15:15	Concurrent 7 (Mount Kidd) Pascal Imbeault: Insulin Resistance and Adipose Tissue Biology Gordon Zello: Nutritional and Environmental Determinants Angelo Tremblay: Treatment-Diet Exercise Behaviour
15:15 – 15:30	Break
15:30 – 16:30	Trainee Presentations (3) (Mount Kidd) Beatriz Maroto Sanchez: <i>Storage of Circulating Free Fatty Acid in Adipose Tissue of Postabsorptive Humans: Quantitative Measures and Implications for Body Fat Distribution</i> (Imbeault) Lucas Scheffler: <i>Cardiovascular Effects of Intensive Lifestyle Intervention in Type 2 Diabetes</i> (Sharma) Marianne Toll: <i>Double burden of undernutrition and overnutrition in Vietnam in 2011: results of the SEANUTS study in 0.5–11-year-old children</i> (Zello)
16:30 – 18:30	Free Time
18:30 – 20:00	Dinner (Wildflower)
20:00	Social Activity (Meet in Mount Kidd)

DAILY SCHEDULE

THURSDAY, JULY 23, 2015

07:30 – 08:30	Breakfast (Wildflower)
08:30 – 10:30	Concurrent 8 (Mount Kidd) Pascal Imbeault: Insulin Resistance and Adipose Tissue Biology Jean-Pierre Chanoine: Prevention and Management of Child and Adolescent Unhealthy Body Weight Gordon Zello: Nutritional and Environmental Determinants
10:30 – 10:45	Break
10:45 – 11:45	Trainee Presentations (3) (Mount Kidd) Nicholas Spence: <i>Using the Edmonton obesity staging system to predict mortality in a population-representative cohort of people with overweight and obesity</i> (Sharma) Tasuku Terada: <i>Crossing Growth Percentiles in Infancy and Risk of Obesity in Childhood</i> (Chanoine) Maria Luisa Alvarez Male: <i>Examining behavioural susceptibility to obesity among Canadian pre-school children: The role of eating behaviours</i> (Spence)
11:45 – 13:15	Lunch (Wildflower)
13:15 – 15:15	Concurrent 9 (Mount Kidd) Gordon Zello: Nutritional and Environmental Determinants John Spence: Population Interventions Arya Sharma: Assessment and Management of Adult Obesity
15:15 – 15:30	Break
15:30 – 16:30	Trainee Presentations (3) (Mount Kidd) Jacqueline Torti: <i>A Trial of Sugar-free or Sugar-Sweetened Beverages and Body Weight in Children</i> (Chanoine) Arjun Trivedi: <i>Restricting marketing to children: Consensus on policy interventions to address obesity</i> (Spence) Roman Vangoitsenhoven: <i>Nutrition transition in a middle-income country: 22-year trends in the Seychelles</i> (Zello)
16:30 – 18:30	Free Time
18:30 – 20:00	Dinner (Wildflower)
20:00	Social Activity (Meet in Mount Kidd)

DAILY SCHEDULE

FRIDAY, JULY 24, 2015

07:30 – 08:30

Breakfast (Wildflower)

08:30 – 10:30

Concurrent 10 (Mount Kidd)

Arya Sharma: Assessment and Management of Adult Obesity

Jean-Pierre Chanoine: Prevention and Management of Child and Adolescent Unhealthy Body Weight

John Spence: Population Interventions

10:30 – 10:45

Break

10:45 – 11:45

Trainee Presentations (3) (Mount Kidd)

Maria Belen Pastor Villaescusa: *Uptake and effectiveness of the Children's Fitness Tax Credit in Canada: the rich get richer* (Spence)

Avi Shariv: *Effects of Promoting Longer-term and Exclusive Breastfeeding on Adiposity and Insulin-like Growth Factor-1 at Age 11.5 Years: A Randomized Trial* (Chanoine)

Michael Borghese: *Child obesity and fitness levels among Kenyan and Canadian children from urban and rural environments: A KIDS-CAN Research Alliance Study* (Zello)

11:45 – 12:45

Lunch (Wildflower)

12:45 – 14:45

Concurrent 11 (Mount Kidd)

Jean-Pierre Chanoine: Prevention and Management of Child and Adolescent Unhealthy Body Weight

John Spence: Population Interventions

Arya Sharma: Assessment and Management of Adult Obesity

14:45 – 15:00

Break

15:00 – 16:30

Michael Orsini: *How Does It Feel? Complex Moral Emotions and the Affective Politics of Obesity*

Arya Sharma: Career Development

CON-SNP Representatives: Getting Involved in CON-SNP

16:30 – 18:30

Free Time

18:30 – 20:00

Dinner (Wildflower)

20:00

Presentation followed by Social Activity (Meet in Mount Kidd)

SATURDAY, JULY 25, 2015

07:30 – 08:30

Breakfast (Wildflower)

08:30 – 18:30

Informal Networking Field Trip

18:30 – 20:00

Dinner in Banff

20:00

Final Social Activity (Meet in Mount Kidd)

SUNDAY, JULY 26, 2015

Departure

SPEAKERS



PREVENTION AND MANAGEMENT OF CHILD AND ADOLESCENT UNHEALTHY BODY WEIGHT

JEAN-PIERRE CHANOINE

Clinical Professor
Endocrinology and Diabetes Unit
British Columbia's Children's Hospital and University of British Columbia, Vancouver

Learning Objectives:

1. To understand how to assess body weight in children and adolescents
2. To review the data supporting the existing recommendations for the prevention of unhealthy body weight in youth
3. To discuss the role of dietary recommendations, decreased inactivity and behavior changes in weight loss interventions in youth

Dr. Chanoine is a Pediatrician who graduated from Belgium in 1982. He joined the University of British Columbia in 1998 as Clinical Professor and Head of the Endocrinology and Diabetes Unit at British Columbia's Children's Hospital. Dr Chanoine is also Director of the subspecialty research component attached to the Centre for Healthy Weights Shapedown BC at BC's Children's Hospital and Secretary General of Global Pediatric Endocrinology and Diabetes (www.globalpedendo.org), a new international organization that aims at promoting Pediatric Endocrine care in low income countries. His previous experience includes a fellowship at the University of Massachusetts Medical Center in Worcester, USA; Pediatric Endocrinologist at Hôpital des Enfants Reine Fabiola in Brussels; and Medical Director for Novo Nordisk Belgium. Dr Chanoine's research is focusing on the role of hormonal and nutritional factors in the development of childhood overweight. The main line of research includes clinical projects on the role of appetite-regulating hormones in the development and treatment of childhood and adolescent overweight. Dr Chanoine is also principal investigator of "Healthy Buddies", a peer-led curriculum aiming at preventing the development of overweight in elementary school children and of the LiGHT project (Living Green, Healthy and Thrifty), a web-based program that emphasizes the beneficial effects of weight management on health, global environment and personal finances. He is active in Global Health projects in the field of Pediatric Endocrinology in Ghana and Kenya.

SPEAKERS



NEUROSCIENCE OF INGESTIVE BEHAVIOUR

WILLIAM F. COLMERS

Professor & AHFMR Medical Scientist
School of Neuroscience
Professor, Centre for Neuroscience, University of Alberta

Learning Objectives:

1. To understand that the brain regulates nearly every aspect of energy balance, from ingestive behavior (including overeating) to liver metabolism
2. To understand that chemical messengers in areas of the hypothalamus are key in regulating energy balance
3. To understand that the different chemical messengers can have a wide variety of actions in different brain regions, resulting in coordinated responses.

The Colmers laboratory studies the biological role which Neuropeptide Y (NPY), and related signals play in different brain regions. Our laboratory uses electrophysiological and imaging approaches in brain slices from rats and mice to study the actions of NPY and melanocortin peptides such as α -MSH, ghrelin and leptin in the hypothalamus in relation to the regulation of energy balance, including obesity and cachexia, and with Corticotropin Releasing Factor (CRF) in the basolateral amygdala in relation to anxiety. We are funded by the Canadian Institutes of Health Research (CIHR) and the US National Institutes of Health (NIH).



ENERGY BALANCE REGULATION: WEIGHT SET POINT THEORY

ERIC DOUCET

Professor
School of Human Kinetics, University of Ottawa

Learning Objectives:

1. To be able to provide a general overview of the factors that govern energy expenditure as well as its main components;
2. To be able to provide a general overview of the factors that regulate energy intake;
3. To understand the interplay between energy expenditure and energy intake in overall body weight regulation;
4. To understand how changes in body energy impact the regulation of energy intake and expenditure;
5. To appreciate the complexities of weight maintenance after weight loss from an energy balance regulation standpoint.

Eric Doucet is an expert in the study and treatment of obesity and its associated complications. He is full professor at the School of Human Kinetics at the University of Ottawa. He obtained his Ph.D. in Physiology and Endocrinology at Université Laval in Québec City in 2001. His undergraduate and masters training focused on nutrition and physical activity. His current research program focuses specifically on understanding the contribution of certain physiological and endocrine factors to obesity. He is also interested in the effects of nutrition, eating behaviour and physical activity on energy balance. He has published articles in refereed journals, such as the International Journal of Obesity, Obesity Research, Journal of Clinical Endocrinology and Metabolism, and nutrition journals, such as the British Journal of Nutrition and European Journal of Clinical Nutrition.

SPEAKERS



WEIGHT BIAS: CLINICAL & RESEARCH PERSPECTIVES

MARY FORHAN

Assistant Professor

Department of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta

Learning Objectives:

1. Be able to recognize antecedents to weight bias in research and clinical settings.
2. Become more aware of their own attitudes toward and beliefs about persons with obesity.
3. Learn about the impact of weight bias on health and well-being.
4. Be able to identify an apply strategies to reduce weight bias in research and clinical settings.
5. Learn about methods and approached to measuring weight bias.

Dr. Forhan is an occupational therapist by training with clinical experience in the areas of eating disorders, obesity treatment and management. Dr. Forhan has a PhD in rehabilitation science and completed a post-doctoral research fellowship in the Department of Family Medicine at McMaster University and a post-doctoral research fellowship in the Cardiac Rehabilitation and Secondary Prevention Program, University Health Network-Toronto Rehabilitation Institute. She leads a program of research focused on improving the quality of care and rehabilitation for patients with severe obesity. This multidisciplinary research program is known as the Bariatric Care and Rehabilitation Research Group. Dr. Forhan is a member of the Canadian Obesity Network. She is an active member of the Canadian Association of Occupational Therapists and currently holds research grants from Alberta Innovates Health Solutions and the Mazankowski Alberta Heart Institute in partnership with the University Hospital Foundation.

INSULIN RESISTANCE AND ADIPOSE TISSUE BIOLOGY



PASCAL IMBEAULT

Associate Professor

School of Human Kinetics, University of Ottawa

Learning objectives:

1. Identify the biological functions of white adipose tissue;
2. Describe what is insulin resistance;
3. Understand the key cellular mechanisms leading to white adipose tissue expansion (or plasticity);
4. Understand how white adipose tissue responds to nutrient deprivation and excess;
5. Defend how a limited plasticity of white adipose tissue may lead to insulin resistance

Pascal Imbeault is a Professor at the School of Human Kinetics of the University of Ottawa since 2002. He completed his PhD in kinesiology at Laval University in 2000 and did a postdoctoral fellowship training in cellular biology at The University of Queensland (Brisbane, Australia) from 2000 to 2002. The long-term objective of his research program is to understand the regulation of human adipose tissue growth and secretory function using an integrative approach from the molecular and cellular levels to the whole individuals. His research interests focus on the impact of different stimuli (i.e., caloric restriction, exercise, hypoxia, environmental pollutants, etc.) on adipose tissue metabolism. This field of research will hopefully elucidate our understanding of adipose tissue's functions in the whole body in the hope of improving obesity and its related metabolic disorders.

SPEAKERS

OBESITY DEFINITION – PREVALENCE COSTS



IAN JANSSEN

Professor, CRC Chair in Physical Activity and Obesity
Associate Professor Dept of Community Health & Epidemiology, Faculty of Health Sciences

Learning Objectives:

1. To provide an overview of the classification systems that are used to define overweight and obesity in children and adults. The strengths and limitations of these systems will be discussed.
2. To provide an overview on the extent of the obesity problem within Canada and Germany. This section will include information on the secular changes in obesity as well as comparisons between population groups and across different countries other countries.
3. To discuss the public health burden of obesity, with a special emphasis placed on the health care system.

Dr. Janssen received his PhD in Exercise Physiology from Queen's University in 2002 at which time he was awarded the Governor General's Academic Gold Medal for his thesis research. Dr. Janssen completed his postdoctoral training in epidemiology at Tufts University and Queen's University. In 2004, Dr. Janssen was hired as a faculty member under the Queen's National Scholars program. He is currently a Professor and the Canada Research Chair in Physical Activity and Obesity in the Kinesiology and Public Health departments. His research program focuses on the surveillance, causes, and health consequences of physical inactivity and obesity. He has published more than 200 scientific papers in these topic areas. Dr. Janssen is a member of the Canadian Obesity Network where he serves as the Chair of the Science Committee. He is also an active member of the Canadian Society for Exercise Physiology and was the society's Young Investigator Award recipient in 2007. Dr. Janssen is a past recipient of a CHIR New Investigator Award and an Early Researcher Award from the province of Ontario. In 2014 he was named a Thomas Reuters highly-cited researcher, an honour which identifies researchers who published the most top 1% cited articles in their subject field.

HOW DOES IT FEEL? COMPLEX MORAL EMOTIONS AND THE AFFECTIVE POLITICS OF OBESITY



MICHAEL ORSINI

Professor, School of Political Studies
Director, Institute of Feminist and Gender Studies, University of Ottawa

Obesity Policy discourses are steeped in complex moral emotions such as shame, guilt, fear and disgust. Governments communicate their priorities through the use of emotional cues, and activists mobilize would-be sympathizers to become involved through direct emotional appeals. But what can we say about the intended targets of policy? Since public policy is concerned with how we define and delimit categories of people for intervention, the process through which this occurs is of central importance (Stone in Schneider and Ingram 2005, ix). What impact do the ways in which these groups are framed have on the emotional contours and content of policy discourses? Despite recognition that emotions matter in politics (Valpy 2010), little effort has concentrated on the role that emotions such as hope, fear and disgust play in obesity policy-making. Thinking about how emotions are mobilized and how they affect the ways in which policy problems are constructed is theoretically and empirically valuable because it challenges us to rethink key concepts that underpin policy analysis, such as rationality, evidence, and power.

SPEAKERS

ASSESSMENT AND MANAGEMENT OF ADULT OBESITY



ARYA M. SHARMA

Professor of Medicine,
Obesity Research & Management Chair, University of Alberta
Scientific Director, Canadian Obesity Network

Learning Objectives:

1. Understand the approach to clinical assessment of obesity
2. Evaluating the etiology of weight gain
3. Developing a treatment plan for obesity management

Arya M. Sharma is Professor and Chair of Obesity Research and Management at the University of Alberta. He is also the Medical Director of the Edmonton Regional Weight Wise Program, the Scientific Director of the federally-funded Canadian Obesity Network and currently President of the Canadian Association of Bariatric Physicians and Surgeons. His research focuses on the aetiology and an evidence-based approach to managing obese patients. Dr. Sharma is on the editorial boards of several international journals and has authored or coauthored more than 250 scientific articles. He has also lectured widely on the aetiology and management of hypertension, obesity, and related cardiovascular disorders. Dr. Sharma maintains a widely-read blog where he regularly posts his ideas and thoughts on obesity prevention and management: <http://www.drsharma.ca>.

POPULATION INTERVENTIONS



JOHN C. SPENCE

Professor and Associate Dean (Research)
University of Alberta

Learning Objectives:

- Understand the following:
1. High risk vs. population approach
 2. Efficacy vs. effectiveness
 3. Mediators & moderators
 4. Evaluating population impact of interventions
 5. Challenges for interventions

Dr. John C. Spence spends most of his time relaxing in the Sedentary Living Laboratory in the Faculty of Physical Education and Recreation at the University of Alberta where he is a Professor and Associate Dean (Research). He has expertise in the area of behavioural medicine and research methods. His research focuses on both the benefits and determinants of physical activity and how physical inactivity and sedentary behaviour are related to obesity. Dr. Spence has studied the broad social determinants (e.g., SES) and population physical activity patterns. More recently, he has focused on (a) the physical environment and how it may influence physical activity choices and risk for obesity among both children and adults (e.g., urban form, location of food establishments); and (b) the role of policy initiatives such as tax credits for promoting physical activity. Dr. Spence has a strong background in physical activity measurement, meta-analysis, and ecological models of behaviour and health. His work is funded by the Canadian Institutes of Health Research

SPEAKERS

(CIHR), Heart & Stroke Foundation of Canada (HSFC), Social Sciences and Humanities Research Council (SSHRC), and the Alberta Heritage Foundation for Medical Research (AHFMR). He has served as a member of grant review panels for the Canadian Diabetes Association (Committee 3), CIHR (PB2), HSFC (Committee 7), and the National Institutes of Health (NIH). Dr. Spence is also a Senior Research Associate with the Alberta Centre for Active Living (ACAL), an Adjunct Researcher with the Canadian Fitness and Lifestyle Research Institute (CFLRI), and serves as chair of the research advisory group of ParticipACTION.

BEHAVIOURAL DETERMINANTS OF OBESITY: THE ROLE OF STRESS AND MENTAL ILLNESS



VALERIE TAYLOR

Psychiatrist-in-Chief, Women's College Hospital
Academic Lead, Division of Women's Mental Health, University of Toronto
Scientist, Women's College Research Institute
Associate Professor, Department of Psychiatry, University of Toronto

Learning Objectives:

1. Understand the behavioral and neurobiological principles of weight gain in patients with mental illness
2. Be familiar with the potential impact mental health can have on obesity research
3. Generate potential ways in which your research could be impacted by mental health factors

Dr. Valerie Taylor is the psychiatrist-in-chief in the department of medicine at Women's College Hospital and a scientist at Women's College Research Institute. Dr. Taylor's academic focus is on obesity, metabolic syndrome and mental health in both adults and children. She is interested in the developmental origins and common pathophysiology of obesity, diabetes and depression, the concept of food addiction and the impact of pharmacotherapy on weight and behaviour. She also has an interest in women's mental health and has written and researched on the overlap between mental illness in women and medical outcomes. By examining the complex relationships between mental health, obesity and chronic disease, Dr. Taylor's research seeks to understand why people with mental illness are likely to die 15 years younger than the average lifespan. With this information, she is committed to creating more evidence-based tools that help people to manage their weight effectively, and in a way that is safe and healthy for their minds and bodies. Dr. Taylor is the recipient of numerous grants and research awards and fellowships. She completed her FRCPC training in psychiatry at McMaster University in 2004, followed by a two-year post-doctoral research fellowship in mood disorders with the Faculty of Psychiatry and Behavioral Neuroscience in 2006, a clinical Investigator four-year fellowship in 2007 and a PhD in medical science in 2008. In addition to leading and co-authoring numerous peer-reviewed publications and book chapters, Dr. Taylor is the author of *The Cognitive Behavioral Workbook for Weight Management: A Step by Step Program for Real People*.

SPEAKERS

TREATMENT – DIET EXERCISE BEHAVIOUR



ANGELO TREMBLAY

Professor of Social and Preventative Medicine
Laval University

Learning Objectives:

1. Identify and describe environmental factors that have the potential to promote and increase body fatness.
2. Describe the modalities under which diet and physical activity are susceptible to spontaneously induce a negative energy balance.
3. Describe weight loss-induced biological changes that favour a progressive resistance to further lose fat.

Professor Angelo Tremblay obtained his PhD in Physiology in Laval University, Quebec City, and is currently a professor in the Department of Kinesiology in this university. His investigations are mostly oriented towards the study of factors influencing energy balance in humans with the intent to improve obesity management. Recently, his research has been focused on the study of non-traditional determinants of obesity such as short sleep duration, low calcium/dairy intake, insufficient vitamin intake, suboptimal feeding behaviors, demanding cognitive effort and persistent organic pollutants. He has published over 600 scientific papers and was the recipient of awards, including the Distinguished Lecturer Award offered by the Canadian Obesity Network in 2011. He is holder of the Canada Research Chair in Environment and Energy Balance.

NUTRITIONAL AND ENVIRONMENTAL DETERMINANTS



GORDON ZELLO

Professor of Nutrition in the College of Pharmacy and Nutrition
Head of the Division of Nutrition and Dietetics at the University of Saskatchewan

Learning Objectives:

1. To understand the nutrition factors that cause both malnutrition and obesity.
2. To comprehend the health concerns associated with under and over nutrition.
3. To appreciate the similarities and differences in the “double burden” that exists in Canada and emerging and developing countries as they relate to environmental factors impacting on nutrition.
4. To develop nutrition, environmental and social strategies combat the problem of malnutrition and obesity in differing local and national settings.

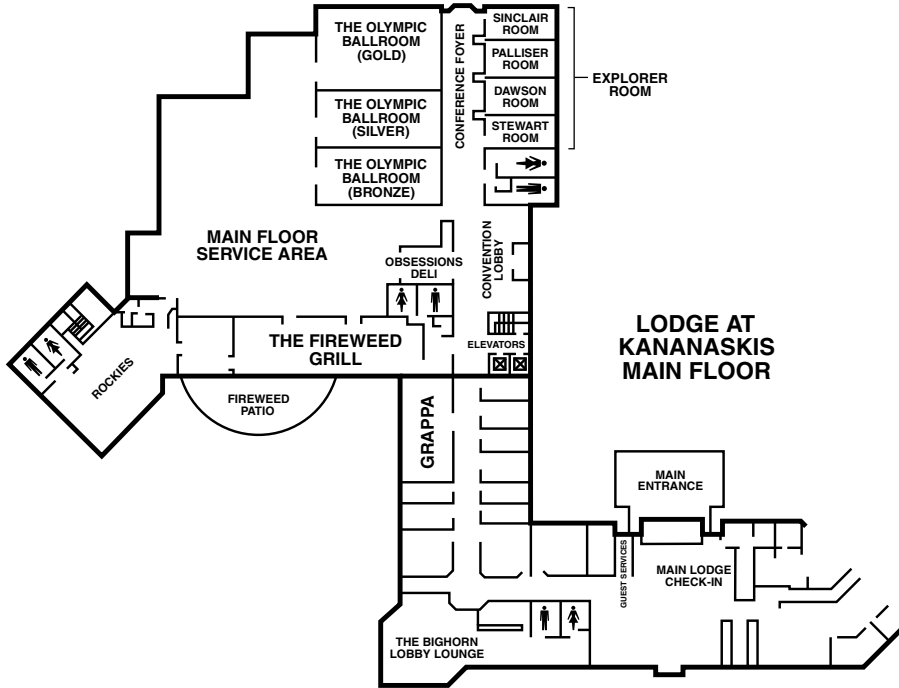
Gordon Zello arrived in Saskatoon in 1992 after completing graduate studies determining the dietary amino acid and protein needs of young adults at the University of Toronto and The Hospital for Sick Children. Dr. Zello teaches courses in “Protein, Fat, Carbohydrate and Energy Metabolism”, “Nutritional Assessment” and “Research Methods” and has an active graduate and research program in both basic and applied nutrition. His fields of specialization are intermediary metabolism and nutritional assessment. His research interests include the measurement of body composition, energy expenditure, and nutrient requirements in both healthy and clinical populations, as well as studying the integration and regulation. Dr. Zello is a member of the University’s Obesity Research Group and the Saskatchewan Natural Products Network. He has published over 70 scientific articles and review papers, and has given over 90 conference presentations. of metabolism in differing nutritional states.

HOTEL FLOOR PLAN

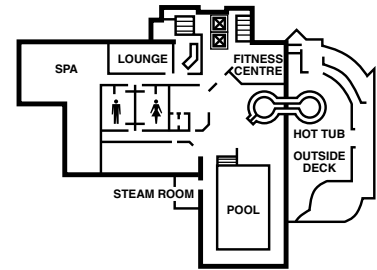


DELTA

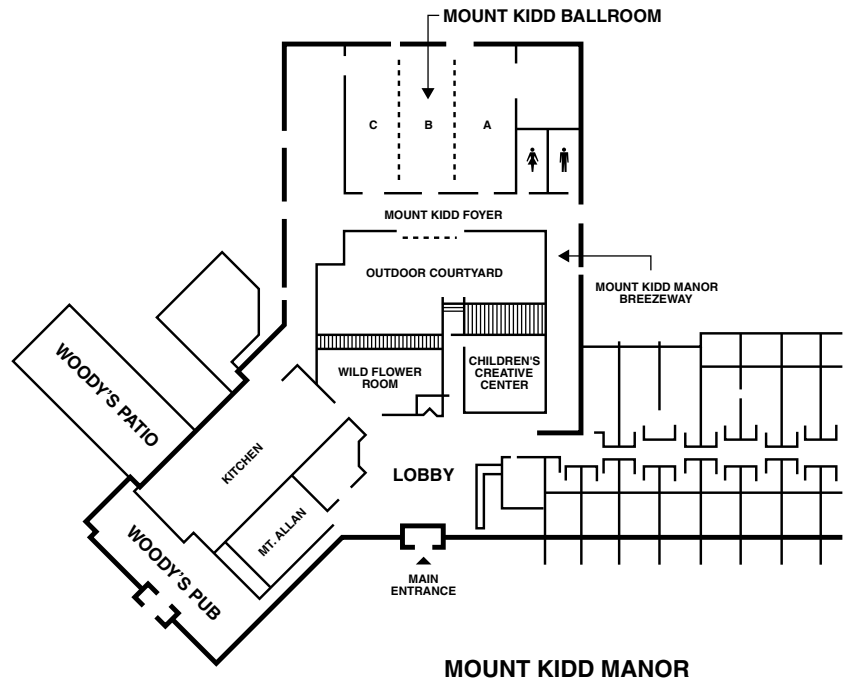
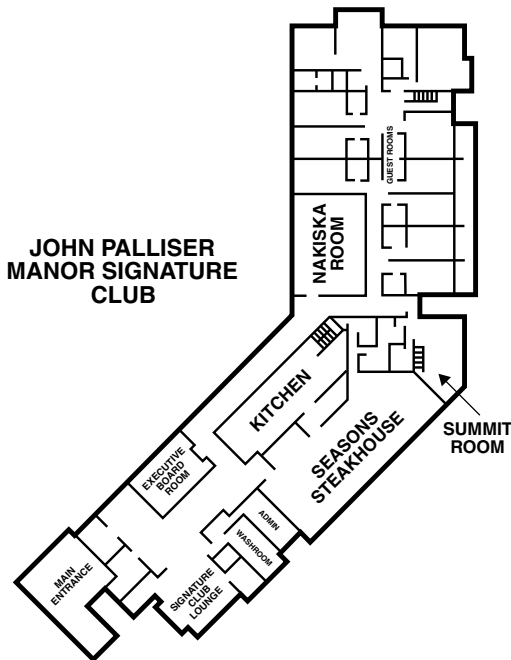
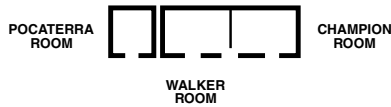
LODGE AT KANANASKIS



SUMMIT SPA AND FITNESS CENTRE COMPLEX LODGE LOWER LEVEL



LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS



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