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EveryBODY Matters

3rd Canadian Weight Bias Summit:

Moving beyond raising awareness to creating change!



May 26-27, 2016 | Edmonton, Alberta

obesitynetwork.ca



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BACKGROUND

Despite decades of research demonstrating the negative impact of weight bias on individuals' health and social wellbeing, only a few efforts to reduce it have been identified. Furthermore, consensus on key messages and strategies to reduce weight bias is lacking, making it difficult to evaluate the impact of weight bias reduction interventions as a whole. Building on the 1st Canadian Weight Bias Summit (2011) and the 2nd Weight Bias Summit (2015), which focus on raising awareness about weight bias and identifying research gaps respectively, the 3rd summit will use a more practical approach in order to create opportunities for future action.

OBJECTIVE

The objective of the 3rd Weight Bias Summit is to share best practices and move towards consensus on key messages and strategies to reduce weight bias in order to better evaluate the impact of these efforts locally, provincially and nationally through research, education and action.

PARTICIPANTS

This two-day summit will bring together individuals living with obesity, researchers studying weight bias, health professionals and knowledge translation experts.

METHOD

Using a reflexive dialogue method, the summit will explore the following questions:

1. **How? (Explanation):** How is weight bias experienced, addressed and contested by individuals living with obesity, health professionals and other obesity stakeholders?
2. **What? (Description):** What are some weight bias reduction interventions and resources available in Canada?
3. **So What? (Synthesis):** What are some common messages, strategies, principles and language used from existing weight bias interventions that we can all agree will advance changes in practice and policy?
4. **Now What? (Action):** How can we incorporate these messages, strategies, principles and language into future weight bias reduction interventions?

PROCESS

On the first day, summit participants will share their experiences with weight bias and weight bias reduction strategies. We will also learn about best practices from stigma reduction efforts in other populations and communities. On the second day, participants will work towards consensus on common messages, strategies, principles, and/or language used from existing weight bias research and practice that we can all agree will advance changes in practice and policy. Participants will also discuss ways in which we can implement these messages, strategies, and/or principles into practice and policy action.

EXPECTED OUTCOMES

The results of this workshop will be used in future collaborative action (e.g. research grants, knowledge translation initiatives to the public, health professionals, and policy makers) that the Canadian Obesity Network (under the umbrella of the EveryBODY Matters Collaborative) and partners can utilize and implement to reduce weight bias and obesity stigma in Canada. The following concrete deliverables are expected to come out of this workshop:

- An inventory of weight bias reduction interventions, approaches and resources (including education curriculum) available in Canada.
- A set of common messages from existing weight bias interventions that can be used/evaluated in future research and knowledge translation initiatives by stakeholders in respective sectors.
- A clear plan of action for stakeholders in each sector (health care settings, education, public policy) to tailor these common messages and incorporate them into future weight bias interventions in their particular sector.
- A consensus statement will be submitted for publication as a collaborative effort from all of our partners.

AGENDA DAY 1

TIME	ITEM	WHO	WHAT
8:00 am	Registration & Breakfast	All	
8:45 am	Welcome & Introductions	Facilitator – Jennifer Gallivan	Overview of the day; roundtable introductions
9:00 am	Opening Remarks	Addressing Weight Bias: Respect & Evidence-Based Action, Arya M. Sharma, Scientific Director, Canadian Obesity Network	
9:15 am	Living with obesity and experiencing weight bias and obesity stigma	CON Public Engagement Committee <ul style="list-style-type: none"> • Weight bias experiences in education settings, Adrianna O'Regan • Weight bias in health care settings, Marty Enokson • Results from Patient Engagement Focus Group, Ximena Ramos Salas, Canadian Obesity Network 	How do individuals living with obesity experience, contest and cope with weight bias during childhood, adolescence and in adulthood in different settings?
10:00 am	Break		

Research Update Pecha Kucha

Presenters to have 1 or 2 concluding slides with KEY messages that have consistently worked/ are evidence-based.

10:15 am	Research Update	Weight Bias Reduction Interventions among Health Professionals: Results from a Systematic Review, Angela Alberga, University of Calgary	Share results of systematic review of weight bias reduction interventions among health professionals; What works with whom and in what context? What messages work and do not work?
10:25 am		Developing inclusive language and policies to accommodate people with obesity and reduce weight bias in health care settings, Mary Forhan, University of Alberta	Discuss how accommodations can reduce weight bias; Discuss how inclusive language and policies can reduce weight bias; share results from weight bias survey in Alberta Health Services.
10:35 am		Critical Weight Studies, Andrea Bombak, University of Calgary	Discuss critical weight studies' history, theory, language, and major findings.
10:45 am		Pedagogical strategies to reduce weight-based oppression, Erin Cameron, Memorial University	Discuss lessons learned from the field of social justice education; Share results from the emerging field of critical obesity pedagogy.
10:55 am	Facilitated Discussion	Participants will reflect on key messages and recommendations from these presentations and write down the most relevant or important points for them.	
11:15 am	BREAK		

Practical Knowledge Exchange Objective:

Create an inventory of weight bias reduction interventions, approaches and resources. Presenters to have 1 or 2 concluding slides with KEY messages that have consistently worked/ are evidence-based.

AGENDA DAY 1 (CONTINUED)

TIME	ITEM	WHO	WHAT
11:30 am	Knowledge Exchange	<ul style="list-style-type: none"> Weight bias resources for the education sector, Shelly Russell-Mayhew, University of Calgary From Ripples to Waves – The Collaborative Newfoundland Experience in Reducing Weight Bias and Stigma, Anne Wareham, Weight Bias Network in Newfoundland BalancedView: Addressing Weight Bias & Stigma in Health Care, Kimberley Korf-Uzan (BC) Addressing Weight Bias: Resources and Tools from the Rudd Center, Rebecca Puhl, Rudd Center for Food Policy and Obesity, University of Connecticut 	Speakers will share weight bias resources and key messages.
12:15 pm	Facilitated Discussion	Participants will reflect on the key messages and recommendations from these presentations and write down the most relevant or important points for them.	
12:30 pm	Lunch		

Practical Knowledge Exchange

Presenters to have 1 or 2 concluding slides with KEY messages that have consistently worked/ are evidence-based.

1:30 pm	Knowledge Exchange	<i>Learning from other stigma reduction efforts</i>	
	Stigma reduction strategies from other populations	<ul style="list-style-type: none"> Changing the way people think about mental illness, Shu-Ping Chen, University of Alberta Advancing recognition and accommodation of sexual and gender minority (SGM) individuals, Evan Westfal, CHEW Project, Institute for Sexual Minority Studies and Services, University of Alberta AIDS Stigma: Unraveling the layers and developing interventions, Judy Mill, Faculty of Nursing, University of Alberta Reducing stigma and discrimination for Canadians living with diabetes, Joan King, Canadian Diabetes Association Legal and policy approaches to influencing social change, Jacob Shelley, University of Western Ontario 	Share strategies and best practices from conducting stigma reduction initiatives.
2:30 pm	Facilitated Discussion	Participants will reflect on the key messages and recommendations from these presentations and write down the most relevant or important points for them.	
2:45 pm	Break		
3:00 pm	Facilitated Discussion	Participants will reflect on the key messages and recommendations from these presentations and write down the most relevant or important points for them.	
3:45 pm	Summary	Reflections of the day	
4:00 pm	Adjourn		
6:00 pm	Optional Dinner	Continue the networking – Join your fellow delegates for a short walk and free admission to the famous Art Gallery of Alberta (meet in the hotel lobby at 6:00 pm) and dinner at Zinc Restaurant located in the Art Gallery at 7:00 pm. Dinner and drinks available at own expense.	

AGENDA DAY 2

TIME	ITEM	WHO	WHAT
9:00 am	Breakfast	All	
9:30 am	Overview of the day	Facilitator - Jennifer Gallivan	Objective of the day: Move toward consensus on common messages, strategies, language, and/or principles from existing weight bias interventions.
9:45 am	Summary of day 1	Overview of key messages from day 1	Every sector shares their list of messages/ resources/interventions that could work for their sector.
10:30 am	Moving Toward Consensus – Facilitated Discussion	<p>Participants will be divided into groups and answer the following questions:</p> <ul style="list-style-type: none"> • What are some common messages, strategies, language, principles from existing weight bias research that we can all agree will advance change in practice and policy? • What are the key priority areas for intervention? 	<p>Identification of common messages/ strategies/language, and or principles that could be used for:</p> <ul style="list-style-type: none"> • Health care sector • Education sector • Public policy domain <p>Prioritization exercise and consideration of messaging for different audiences</p>
12:00 pm	Lunch		
1:00 pm	Moving Forward	How can we incorporate these messages, strategies, and/or principles into future weight bias reduction interventions?	What are some potential collaborations/initiatives that we can create to build on these common messages?
3:00 pm	Adjourn		

SPEAKERS



DR. ANGELA ALBERGA completed her Master's and PhD in Human Kinetics, specializing in Exercise Physiology at the University of Ottawa. She was awarded a Canadian Diabetes Association Doctoral Research Award to examine how exercise improves the health of teenagers living with obesity. It was throughout this journey that she discovered how prevalent and harmful weight-based stigma and discrimination is amongst children and teens, and she became determined to do something about it. Dr. Alberga is currently funded by the Government of Canada as a Banting CIHR Postdoctoral Scholar at the University of Calgary supporting her research goal: to reduce weight bias in healthcare, education and public policy.



GEOFF BALL is the Founding Director of the Pediatric Centre for Weight and Health, an inter-professional obesity management clinic at the Stollery Children's Hospital in Edmonton, AB. His research program in the Department of Pediatrics (University of Alberta) applies a number of research methods, including clinical trials, qualitative inquiry, epidemiology, and literature reviews that are designed to generate, translate, and apply new knowledge that can optimize obesity management and prevention for children, youth, and families.



TIM BARON is the Senior Consultant for Provincial Model Implementation in the Primary Health Care program of Alberta Health Services. He works in collaboration with clinics and health services across the province to support and improve obesity management. Tim manages the Provincial Bariatric Resource Team who provide consultation, project leadership, and education to health care providers in obesity management. Tim is leading the implementation of the Mind, Exercise, Nutrition...Do It! (MEND) program in Alberta as part of the range of services available for pediatric weight management along with numerous other bariatric and obesity projects and initiatives. Tim is a physiotherapist with over 10 years of clinical experience in a variety of settings in both the US and Canada. In his clinical roles Tim saw the value of collaboration, coordination, and communication to provide the best care and outcomes for patients and he is focussed on supporting continuous improvement in care at the provincial level.



JENIFER BENNETT graduated from the University of Alberta with a BScN with distinction in 1999. Since then, she has worked in various roles and areas of specialty as a registered nurse. From 1999 – 2007 she worked as a staff nurse in the Adult Intensive Care Unit at the RAH. In 2007 she changed roles to become a Clinical Nurse Educator with the Acute Care Medicine Program at the RAH, working with nurses and management to inform and support best practice. In 2010, Jenifer moved into a Unit Manager role for unit 42, Gastrointestinal Medicine at the RAH and worked to support front line nurses and optimize patient care until 2012 when she moved to the Edmonton Adult Bariatric Specialty Clinic. Jenifer also has a specific interest in reducing weight bias amongst health care providers and is currently participating in a study of AHS employees, and has worked with management, educators, and staff at the RAH to increase awareness and education about this topic.



TANYA R BERRY, PhD, is a Tier II Canada Research Chair in Physical Activity Promotion and Professor in the Faculty of Physical Education and Recreation at the University of Alberta. She examines conscious and automatic responses to health promotion, and looks at ways to deepen understanding of how best to promote health in an often overwhelming media environment, where so many different messages clamour for our attention. She is interested in how best to positively change attitudes toward persons with obesity in relation to physical activity. She is a member of research advisory groups for ParticipACTION and UWALK, and is a research associate with the Alberta Centre for Active Living.

SPEAKERS

ANDREA BOMBAK, Ph.D., is an incoming Assistant Professor at Central Michigan University (Fall 2016). She completed her PhD in Community Health Sciences at the University of Manitoba and has held Postdoctoral Fellowships at the University of Manitoba and the University of Calgary. Her background includes prior work in archaeology and indigenous health. As a critical weight and population health scholar, she examines the epidemiological evidence for, and underlying ideological assumptions of, messaging around obesity. A critical medical anthropologist with grounding in public health and policy, her research focuses on the lived experiences, healthcare encounters, and health perceptions of 'obese' persons across time and weight trajectories in a stigmatizing climate. She has published in peer-reviewed journals such as *Food, Culture, and Society*; *Health Sociology Review*; *Critical Public Health*; and the *American Journal of Public Health*.



WENDY BOYCHUK is a Registered Nurse with the Weight Wise Adult Community Team. She has been developing and facilitating Weight Management workshops for the public and Obesity Management training for health care providers since 2010. Wendy has been developing and facilitating Weight Bias workshops for health care staff since 2012 in Edmonton zone and North zone. During this time she has also worked as a Project Development Lead, a team lead for Weight Wise and as Care Manager for Chronic Disease Management. Prior to this, Wendy worked in health promotion and chronic disease management for the Healthy Aging Resource team.



DR. ERIN CAMERON is an Assistant Professor in the School of Human Kinetics and Recreation at Memorial University in St. John's, Newfoundland. As a retired professional athlete and public speaker on health and wellness, her research interests are interdisciplinary and span across the fields of sport development, health and physical education, health promotion, and critical pedagogy. Erin's most recent research examines strategies to reduce weight bias and discrimination in diverse settings such as education and healthcare. She is the co-editor of the *Fat Pedagogy Reader* (Peter Lang, 2015) and is involved in local, national, and international efforts to reduce weight bias. Through her research, Erin endeavors to create safe spaces for everybody, regardless of weight, shape, and size, to pursue active and healthy lives.



DENISE L. CAMPBELL-SCHERER is an Associate Professor in the Department of Family Medicine, University of Alberta, and a practicing family physician, researcher and teacher. She is co-Lead with Dr. Arya Sharma for the "Implementation and validation of the 5As framework of obesity in primary care: the 5As Team (5AsT) project." The goal of the study is to increase the quality and quantity of obesity management in primary care by using the 5AsT intervention to change provider behaviour. Dr. Campbell-Scherer's research focuses on innovations to transform clinical practice and result in change of benefit to patients, providers and the healthcare system.



DR. SHU-PING CHEN was trained as an occupational therapist and is currently an Assistant Professor in the Department of Occupational Therapy, University of Alberta. Dr. Chen's teaching and research focuses on people with mental health issues, including two main themes: social inclusion for individuals with mental illnesses and mental health promotion. She has expertise in research related to stigma reduction, recovery, and substance misuse. Dr. Chen has been working with Mental Health Commission of Canada's Opening Minds Anti-stigma Initiatives to tackle stigma on multiple fronts. Currently Dr. Chen is one of the lead investigators for The Caring Campus Project. This multi-institutional project focuses on substance misuse issues, aiming at reducing the stigma associated with substance misuse and creating a more inclusive post-secondary campus environment.

SPEAKERS



KAREN CHOPRA recently joined Nestlé Health Science as Market Access Manager. In her role, she is responsible for helping to remove access barriers for products that will help to improve patients' lives. Prior to her current role, Ms. Chopra held various positions within the pharmaceutical industry including Clinical Research, Medical Affairs as well as Public Affairs and Reimbursement. During her 14 year career at GlaxoSmithKline, Ms. Chopra gained extensive experience within the Canadian Public Health arena both at the National and Provincial levels having worked with various experts in the field of vaccines research and vaccine policy. Ms. Chopra holds a BSc in Toxicology from the University of Toronto and an MBA from the Schulich School of Business at York University. She lives in Mississauga with her husband and two children.



LINDA CRAWFORD has always been very passionate about health and well-being. After receiving her honors degree from the department of Physical Education and Recreation, she started her career with Canadian Mental Health Association as a Program Coordinator, gaining an appreciation of the value in supporting others struggling with mental health and the importance of accessible resources. After this, Linda worked in a number of for profit, community, private and public health care centers, as a Certified Personal Fitness Trainer. She also pursued the opportunity for further learning and growth by flexing her entrepreneurial muscle and opened up her own private, holistic studio in downtown Edmonton. Linda's on-going devotion at serving her client's needs forged the desire to become a Certified Life Coach where she has coached hundreds of clients looking for a Solution Focused model for effective change. Linda is now the Wellness Specialist with Alberta Blue Cross along with her colleague Amie Dowell. Together they are working at building wellness for Blue Cross, both internally and externally for their clients. Linda is excited to take her passion for supporting needed change in the arena of health and prevention and help build a wellness strategy for Alberta Blue Cross.



KATHY DANZINGER is the Program Manager for Alberta Health Services for Ambulatory Care at the Royal Alexandra Hospital in Edmonton, Alberta. Kathy has been a registered nurse for 25 years and in management for the last 10 of those years. I have been working in the field of Obesity and Bariatric Specialty Care for the last 4 years; both in the community and in ambulatory care. I have an interest in weight bias, particularly bias experienced within the health care system.



The stigma of obesity is something that **MARTY ENOKSON** has experienced first-hand; it began as a child and continued on into adulthood. As a bariatric surgery patient, Marty has had some extreme highs and debilitating lows as he continues to strive for better health. Marty has made it a personal mission to make a difference in the way that society views obesity. Partnering and supporting CON has given Marty the opportunity and the platform to make that difference on a broader scale. Marty is on a journey – a mission – to make a difference in this incredible world and change people's views and opinions on obesity – even if it is done one person at a time.



MARY FORHAN, BScOT, MHSc, PhD is an occupational therapist with more than 15 years of clinical experience in the areas of psychosocial and physical rehabilitation. Mary has experience working as a project coordinator with the Canadian Obesity Network on projects including weight bias and stigma; inter-professional education in bariatric care and strategic directions for rehabilitation in bariatrics. Obesity is a topic of current interest for Mary and she was one of the first occupational therapists in Canada to define the role of occupational therapists working with clients who have obesity. Research interests are disability impact and participation in everyday living for persons with obesity.

SPEAKERS



JENNIFER GALLIVAN has over 15 years of health policy and program development experience across the continuum of care and in corporate settings. Recent work includes strategic plans for the Family Room at the Stollery Children's Hospital and the Patient Engagement department with Alberta Health Services; communications planning and research with local Primary Care Networks; and policy development and research with the College of Licensed Practical Nurses of Alberta and other health related organizations. In addition, Jennifer's Master's degree in health policy and management (MPH) provides her with a comprehensive foundation to provide strategic planning consultation and facilitation. Jennifer is also an Associate with Bird Communications that provides an array of health communications services. Find out more at jennifergallivan.com or birdcommunications.ca



JOAN KING is the Manager of Outreach and Advocacy, Government Relations & Public Affairs at the Canadian Diabetes Association. Joan has been a passionate diabetes advocate for over 17 years, working with CDA's National Advocacy Council in advocating the positions and policies of CDA to the Canadian public, governments, non-government organizations and the media on behalf of the diabetes community in Canada. Joan also speaks to the many issues of discrimination and stigma faced by Canadians living with diabetes, particularly in schools and workplaces.



DR. SARA KIRK is a Professor of Health Promotion and Canada Research Chair at Dalhousie University with cross-appointments to the IWK Health Centre and Mount Saint Vincent University, Halifax. Her program of research explores how we can create supportive environments for chronic disease prevention. Her research uses a 'socio-ecological' approach that takes into account how individual behaviour is influenced by other broader factors, such as income, education and societal norms. Her work has focused on addressing weight bias within the health system, using drama to highlight the challenges people experience when navigating a healthcare system that is not designed to effectively support chronic disease management.



KIMBERLEY KORF-UZAN received a Bachelor of Science from McGill University and a Master Public Health from Simon Fraser University. Her capstone project focused on the secondary prevention of eating disorders among children and youth in British Columbia. Kimberley has been a Project Manager with the Provincial Health Services Authority Health (PHSA) Literacy Team in Vancouver since September 2010. During her time with PHSA, Kimberley has been involved in a number of different initiatives related to healthy weights, body image and eating disorders. Kimberley led the development of the content and design for the Kelty Eating Disorders website, and co-led the creation of BalancedView, a weight bias and stigma resource for health care professionals. Kimberley also collaborated on the development of the new Body Image and Eating section on the mindcheck.ca website, and has been an active member of BC's Promoting Healthy Weights Working Group.

SPEAKERS



DR. RENA LAFRANCE is lead physician of the Pediatric Centre for Weight and Health at the Misericordia Hospital in Edmonton, Alberta, Canada. She is also the Medical Director for Pediatric Chronic Disease (province-wide services) in the Primary Health Care Portfolio for Alberta Health Services. Dr. LaFrance received her first 3 degrees including two bachelors degrees in microbiology and medicine as well as her M.D at the University of Manitoba. She completed her 5 year residency in psychiatry where she spent time studying eating disorders, at the University of Alberta. She then obtained her FRCPC (Fellow of the Royal College of Physicians of Canada). She has been in clinical practice within pediatric bariatric medicine for 10 years. She hopes to prevent future disease in children and their family members by focusing on the biological, psychological and social determinants of weight. Her other related work includes treatment and support for pediatric patients at the Stollery Children's Hospital in Edmonton Canada since 2006 where she sees children with a variety of conditions including, diabetes, cardiac transplant, cancer, migraine/pain and epilepsy. She is also Assistant clinical professor department of psychiatry Adjunct Assistant clinical professor department of pediatrics at the University of Alberta.



CONNIE LEVITSKY was fired from her position at a major plus-sized fashion retailer for using the term "fat" to describe their clientele. This sparked a national debate about the body positivity and fat acceptance movements, particularly in the arena of language, and the discourse surrounding fat bodies in Canadian society. Connie is passionate about body positivity and fat advocacy. Her interests are primarily the sociocultural context in which fat bodies exist in Canadian society, as well as the lexicon that is used when describing fat bodies in our cultural discourse. Connie advocates for the reclamation of words like "fat," which often inspire negative imagery in our societal narrative. She aims to educate others about the experience of being fat, as well as why language is important when discussing fat bodies. Connie is currently a third-year sociology student at Grant MacEwan University in Edmonton, Alberta, and is hoping to pursue a medical degree.



NORA MADIAN, Senior Manager, Stakeholder and Corporate Relations, Novo Nordisk Canada. Nora is a passionate advocate for the rights of patients, most notably those living with the chronic conditions of diabetes and obesity. After graduating from the University of Toronto with a business degree, she built her career within the pharmaceutical industry holding positions in various disciplines including Sales, Market Research and Marketing. She found her passion five years ago when she took on a newly created role within Novo Nordisk at that time, Associate Director of Patient Engagement. This role highlighted Novo Nordisk's patient-centric philosophy and business model. The importance of patient centricity has continued to grow, and today, Nora leads an area dedicated to working with professional and patient associations to ensure that meeting patient need is always at the forefront of any endeavor, and looks forward to continued engagement with the Canadian Obesity Network to ensure that the needs of people living with obesity are similarly highlighted and addressed.

SPEAKERS



PATRICIA MARTZ is the Acting Director, Prevention and Innovation, Public Health and Wellness Branch, Health Services Division for the Government of Alberta. Pat has a BSc in Nutrition, is a Registered Dietitian, and has a MSc. in Health Policy Research, School of Public Health, University of Alberta. She has taught, consulted, published and presented at provincial, national and international conferences. Pat's work involves policy development with a focus on equity based on a fundamental principle that no Albertan should be disadvantaged by social, economic and/or environmental conditions. She is a strong advocate for a province wide collaboration with individuals, communities and stakeholders, to identify and address culturally appropriate and sustainable approaches for health and well-being; approaches that result in universal and equitable outcomes that enable all Albertans to reach their potential. Her work, while in the early stages, involves the exploration of cultural competence as it relates to an individual's and community's diversity awareness, acceptance of cultural differences and development of adaptation skills. In addition to various volunteer roles, Patricia enjoys doing anything outdoors that provides her with an excuse to be 'unplugged'.



DR. JUDY MILL is interested in the social, political, cultural and economic determinants of HIV infection in vulnerable populations. Her recent research projects have been located in both Canadian and international settings and have focused on: the influence of stigma on vulnerability to HIV; stigma as a barrier to access to health services by persons with HIV; the involvement of nurses in HIV policy development in sub-Saharan Africa and the Caribbean; and the role of mentorship as an intervention to reduce stigma in HIV care. Judy has expertise in qualitative methodologies and community-based research that incorporates opportunities for capacity building in the design. In addition to her public health nursing experience in Canada, Judy has worked for 8 years on international health projects in Ghana, Malawi, Rwanda, Zambia and Zimbabwe. Judy is a Professor Emeritus in the Faculty of Nursing at the University of Alberta, where she was the Associate Dean, Global Health from 2007-2012.



KERRI MURRAY is the Director of Projects at Ever Active Schools. Kerri is a graduate of the University of Calgary and has worked in the field of health promotion in both the private and public sectors for the sum of her 12-year career. She has developed a special interest in population health strategies for school-aged children and youth, with specific experience in facilitating a comprehensive school health approach. She currently oversees projects with Ever Active Schools, a provincial initiative that aims to improve health and learning outcomes of Alberta students. Her affiliations include Alberta Teachers Association, Health and Physical Education Council of Alberta and the Government of Alberta (Ministries of Health, Education and Culture and Tourism.)



JOE NADGLOWSKI is President & CEO of the Obesity Action Coalition (OAC) – a non-profit organization he helped found in 2005 dedicated to elevating and empowering those affected by obesity through education, advocacy and support. He is especially passionate about access to the treatments of obesity and the impact of weight bias on both individuals and society. A frequent speaker and author, Mr. Nadglowski has more than 20 years of experience working in patient advocacy, public policy and education and is a graduate of the University of Florida.



ADRIANNA O'REGAN is a former bariatric surgery patient that has experienced first-hand the stigma that seems to face people living with obesity. She is an Educational Assistant in the Edmonton area and with that she has seen how obesity can affect children and adults alike. Adrianna is an eager participant of CON to help change the typical societal norm that seems to be showcased in regards to excess weight with individuals.

SPEAKERS



DR. RICHARD THOMAS OSTER is the Senior Research Coordinator for the Believing we can Reduce the Aboriginal Incidence of Diabetes (BRAID) research group at the University of Alberta, Canada. In this position he uses mixed methods approaches (including community-based methods) to address Indigenous health concerns related to diabetes and other chronic diseases, pregnancy and maternal health outcomes, and the social determinants of health. His interests lie in diminishing the health disparities between Indigenous and non-Indigenous people. Richard completed his PhD in Experimental Medicine in 2013 (dissertation title: “Diabetes in pregnancy among First Nations women in Alberta: a multiphase mixed methods approach”). Richard is also a graduate of the University of Guelph Masters in Nutrition and Metabolism program and attained a Bachelors of Science degree from the University of Alberta (BSc in Nutrition).



DR. NAOMI POPESKI joined Alberta Health Services in 2015 as the Assistant Scientific Director (ASD) of the Diabetes, Obesity, and Nutrition Strategic Clinical Network. Naomi’s areas of interest include chronic disease management, and development, implementation, and evaluation of research that aligns with the SCN strategic research priorities. Her current research has focused on projects evaluating the efficiency and access of diabetes care through e-communications. She holds a MA and PhD in Psychology from the Centre for Studies in Behavioral Neuroscience at Concordia University.



DR. REBECCA PUHL is Deputy Director for the Rudd Center for Food Policy & Obesity and Professor of Human Development and Family Studies at the University of Connecticut. Dr. Puhl earned her Ph.D. in Clinical Psychology from Yale University. She has conducted research on weight bias for 15 years and has over 100 publications addressing weight-based bullying in youth, weight bias in health care and the media, the impact of weight stigma on emotional and physical health, and interventions and policy strategies to address weight discrimination and bullying. Dr. Puhl is a leading national expert in the field of weight bias, and her research is routinely covered in national and international media. She has testified in state legislative hearings on weight discrimination, routinely provides expertise to state and national health organizations, and has developed evidence-based training programs to reduce weight bias that have been implemented in medical facilities across the country.



XIMENA RAMOS SALAS is a PhD candidate at the University of Alberta’s School of Public Health and Managing Director of the Canadian Obesity Network. As a public health researcher, she is exploring the unintended consequences of obesity prevention policies for people with obesity. Her goal is to spark solutions that will prevent the perpetuation of weight bias and obesity stigma and create more effective population health approaches. Through her role at the Canadian Obesity Network, she implements strategic research and knowledge translation initiatives in order to improve the health of Canadians affected by obesity.

SPEAKERS



DR. SHELLY RUSSELL-MAYHEW is an associate professor at the University of Calgary and a registered psychologist with a research program in the prevention and treatment of eating and weight-related issues. Dr. Russell-Mayhew's research: (a) focuses on the prevention of eating-related issues particularly in school contexts; (b) considers the risk and protective factors that integrate the prevention of eating disorders and obesity with the promotion of mental wellness and resiliency; (c) uses various and mixed methodological designs to capture both process and outcome; and (d) capitalizes on interdisciplinary knowledge in creating research teams. Her research is informed by clinical and research experience in interdisciplinary team contexts, as well as linkages between her work in academia and committee work with policy-makers and community partners.



In 2002, **ARYA M. SHARMA**, MD/PhD, DSc (hc), FRCPC was recruited from the Humboldt University, Berlin, Germany, to a Canada Research Chair (Tier1) in Cardiovascular Obesity and Management at McMaster University. In 2007 he accepted a position as Professor and Chair in Obesity Research and Management at the University of Alberta, where he is also the Medical Director of the Edmonton Regional Bariatric Program. In 2005, he spearheaded the launch of the Canadian Obesity Network, which, with well over 6000 members, has remarkably transformed the landscape of obesity research and management in Canada. He is also Past-President of the Canadian Association of Bariatric Physicians and Surgeons. His research focuses on an evidence-based approach to managing obese patients and includes the development of the Edmonton Obesity Staging System. Dr. Sharma has authored or co-authored more than 350 publications and has lectured widely on the aetiology and management of hypertension, obesity, and related cardiometabolic disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media including the CBC, CTV, New York Times, and MSNBC. Dr. Sharma maintains a widely-read blog where he regularly posts his ideas and thoughts on obesity prevention and management: <http://www.drsharma.ca>.



JACOB SHELLEY is an assistant professor at Western University. He holds a joint appointment with the Faculty of Law and the School of Health Studies in the Faculty of Health Sciences, as well as a cross appointment to the Schulich Interfaculty Program in Public Health. He is in final stages of his doctorate in law (SJD) at the University of Toronto, where he was a Vanier Fellow with the Canadian Institutes of Health Research. His doctoral thesis, under the supervision of Trudo Lemmens, examines the use of private law in obesity prevention, specifically looking at the use of product liability law to require food manufacturers to warn consumers about the dangers inherent in their food products. Professor Shelley obtained his LLB (2007) and LLM (2009) from the University of Alberta. He also has a MTS from Conrad Grebel University College (2006). Professor Shelley's primary area of interest is the proper limits and role of law in promoting public health and preventing chronic disease. He has written about and presented on obesity and the law, including weight bias and stigma. He is generally interested in issues that arise at the interface of law, health science, and ethics.



PHILIP M. SHERMAN, MD, FRCPC is a Professor of Paediatrics, Microbiology & Dentistry at the Hospital for Sick Children, University of Toronto where he has been on faculty since 1984. Sherman is a Past-President of the North American Society of Pediatric Gastroenterology, Hepatology and Nutrition, and a Past-President of the Canadian Association of Gastroenterology. He is the recipient of a Canada Research Chair (tier 1) in Gastrointestinal Disease (2001-22). His research interests focus on epithelial cell signal transduction responses to pathogenic, commensal and probiotic bacteria. Sherman is Scientific Director of the Canadian Institutes of Health Research Institute of Nutrition, Metabolism and Diabetes.

SPEAKERS



DR. VALERIE H TAYLOR, MD, PhD is an Associate professor at the University of Toronto and Psychiatrist-in-Chief at Women's College Hospital and chief of Adult Health Systems at CAMH. She is also a senior scientist at the Woman's College Research Institute and director of the division of Equity, Gender and Population for the University of Toronto. Nationally, she is director of the bariatric surgery psychiatry program and is the Mental Health Chair for the Canadian Obesity Network. Her 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. She has funding from NARSAD, CIHR and the federal and provincial governments. She has over 60 peer reviewed publications and has written a CBT manual on weight management. In the past 2 years she has led or been part of 6 funded CIHR grants, an NIH grant and 2 grants from the ministry of Health. She recently received a KT fellowship from the Canadian Mental Health Association, an educational fellowship from the International Society on Obesity and a research award from the Canadian Obesity Network.



ANNIE VÉZINA, RD is a National Project Manager in the Nutrition department at Dairy Farmers of Canada in Montreal. She manages a variety of consumer-oriented nutrition communication projects such as the Nutrition Month campaign and the development of educational resources. Ms. Vézina holds a Bachelor of Science in Nutrition from the Faculty of Medicine of Université de Montréal. She is a Registered Dietitian, member of the Ordre professionnel des diététistes du Québec and member of Dietitians of Canada. She has been working for Dairy Farmers of Canada since 2010. Since the beginning of her career, Annie has demonstrated a strong interest in promoting body diversity and a healthy relationship with food and exercise. She is now following a graduate program at Université du Québec à Montréal (UQÀM) in health communications. In her free time, she "walks the talk", enjoying cooking for friends and including outdoor activities in her daily routine like running, biking, hiking and cross country skiing.



ANNE WAREHAM is a Registered Psychologist practicing at Eastern Health and Program Lead for the Janeway Lifestyle Program. She obtained her clinical training at the University of Cambridge, UK, and the British Psychological Society, with additional training at the University College London and Gestalt Awareness Training Experience, UK. Anne is the co-founder and co-chair of the Body Image Network, Newfoundland and Labrador. She is the author of a children's book used in the NL public school system to promote a positive body image for children of many shapes and sizes. She has presented at provincial and national conferences on body image and obesity. Anne has over 22 years of clinical experience working with children and families in the areas of eating disorders, obesity, body image and psychiatry.



EVAN WESTFAL is an Education Facilitator and Comprehensive Health Education Worker in the Institute for Sexual Minority Studies and Services (ISMSS). His work spans the fields of activism, education, and youth outreach work. He delivers workshops and guest lectures for secondary, graduate, and undergraduate students. Additionally, Evan facilitates arts based education initiatives for sexual and gender minority youth. Evan is also a member of the Edmonton Men's Health Collective, a grassroots organization striving to achieve equitable health outcomes for gay, bisexual, trans, and queer men.

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