

WEIGHT BIAS SUMMIT



MARCH 12-13, 2015
HOTEL ALMA
UNIVERSITY OF CALGARY
CALGARY, ALBERTA

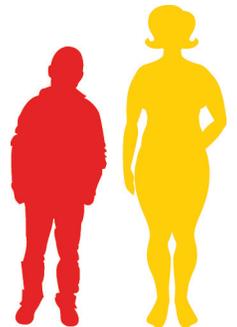


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EVENT PROGRAM

Time	Day 1 Thursday March 12, 2015 Hotel Alma Blue Room	DAY 2 Friday March 13, 2015 Hotel Alma Blue Room
7:30-8:15 am	Breakfast 7:30-8:15 am	Breakfast 8:00-8:45 am
8:15-8:45 am	Opening Remarks -Dr. Angela Alberga & Mr. Terry Lindberg	
8:45-9:15 am	Weight Bias: A Patient's Perspective - Ms. Corrine Sullivan	Opening Remarks -Mr. Terry Lindberg
9:15-10:00 am	Weight Bias in Education - Dr. Shelly Russell-Mayhew	Weight Bias Reduction Café Question 1: How does weight bias manifest itself in the work you do? Question 2: What are some options for reducing weight bias?
10:00-10:20 am	Coffee Break	Coffee Break
10:20 11:05 am	Documentary Screening: Weight Problem: Cultural Narratives of Fat and 'Obesity'	Weight Bias Reduction Café
11:05-12:00	Documentary Reactions: Expert Panel Discussions - Dr. Ann Phillips - Mrs. Bretta Maloff - Dr. Shahebina Walji - Dr. Yoni Freedhoff	Question 3: What are the knowledge gaps?
12:00-1:00 pm	Lunch	Lunch
1:00-1:30 pm	BalancedView: Addressing Weight Bias & Stigma in Health Care -Dr. Connie Coniglio	Weight Bias Research Think Tank
1:30-2:00 pm	Common Elements of Successful Weight Bias Reduction Interventions - Dr. Angela Alberga	
2:00-2:30 pm	Edmonton Obesity Staging System & the 5As - Dr. Arya Sharma	Weight Bias Reduction Strategy: Next Steps -Mr. Terry Lindberg
2:30-2:45 pm	Coffee Break	Closing Remarks - Drs. Shelly Russell-Mayhew & Angela Alberga
2:45-3:15 pm	Weight Sensitivity in Alberta's Tertiary Care Settings - Dr. Mary Forhan	
3:15-3:45 pm	Bringing it All Together - Mr. Terry Lindberg	
3:45-4:00 pm	Concluding Remarks - Drs. Shelly Russell-Mayhew & Angela Alberga	
4:00-6:30 pm	Break	
7:00 pm	Public Event Fear of Fat: Promoting Health in a Fat Phobic Culture Location: Parkdale Community Association (in the upper hall) 3512 - 5 Avenue NW (one block off Memorial Drive at 34A Street) Moderator: Dr. Arya Sharma Expert Round Table: Ms. Corrine Sullivan Dr. Leora Pinhas Dr. Tavis Campbell Dr. Yoni Freedhoff	

PRESENTATION ABSTRACTS

THURSDAY MARCH 12, 2015

8:45-9:15 am

Weight Bias from a Patient's Perspective

- Ms. Corrine Sullivan

Weight bias just like obesity is a growing problem in health care. A problem that is quite often ignored and never talked about by those who suffer from obesity. Awareness and education to health care workers, educators and society is our first step in curing weight bias and obesity. Those that suffer from obesity need to feel comfortable and not judged when going and seeing their physician and or health care provider. My goal is to bring perspective on weight stigma from a patient's point of view.

9:15-10:00 am

Weight Bias in Education

- Dr. Shelly Russell-Mayhew

The education system is not immune to the societal discourses about weight, obesity, and eating disorders. Schools are often seen as important sites to 'combat' ill health. However, societal discourses are not taken up in consistent or evidence-based ways and actions taken in schools in the name of health are often misleading, misguided, and even potentially harmful. As such, weight bias is a problem in classrooms, schools, and the other educational spaces that influence practice and policy. Teachers and school professionals often have a poor understanding of the frequency, intensity, and consequences of weight bias in the school setting. Research results on (a) a series of professional development opportunities aimed at sensitizing pre-service teachers to their own attitudes and beliefs regarding body weight, and (b) environmental scans of Bachelor of Education (university) and Health and Physical Education (K-12) Curricula across Canada will help demonstrate the need for attending to weight bias in schools. Coordinated and cooperative change across levels of education (i.e., K-12, post-secondary, educational ministries) is needed to address weight bias in educational settings.

1:00-1:30 pm

Addressing Weight Bias & Stigma in Health Care

- Dr. Connie Coniglio

Weight bias and stigma in health care settings are well documented in the literature. Evidence suggests that health care professionals may endorse stereotypes and negative attitudes about overweight and obese patients and that there is a significant impact of weight bias on mental and physical health. The development and implementation of effective strategies for reducing weight bias and stigma in the health system is a priority to promote overall health and well-being of patients. BC Mental Health and Substance Use Services (BCMHSUS) has developed BalancedView, an evidence-informed, online resource to address weight bias and stigma in the health care setting.

1:30-2:00 pm**Common Elements of Successful Weight Bias Reduction Interventions**

- Dr. Angela Alberga

Given the high prevalence of obesity, the high level of weight bias and negative stereotypes, and the detrimental effects of weight bias on both physiological and psychological health, Canada urgently needs innovative and coordinated strategies to address weight bias in education, healthcare and public policy. The objective of this presentation is to learn about what research has been done thus far to address weight bias in these sectors. This could help inform the design and methods of future research to develop effective and meaningful weight bias reduction strategies in Canada.

2:00-2:30 pm**Edmonton Obesity Staging System & the 5As**

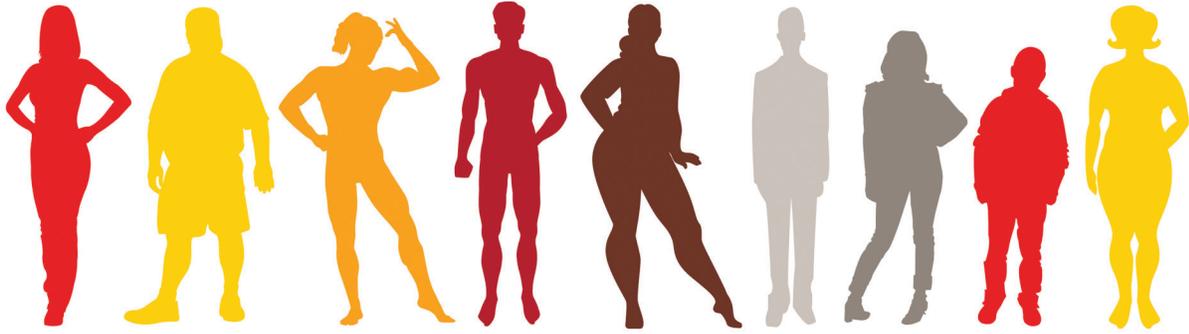
- Dr. Arya Sharma

There is now general consensus that obesity is a chronic disease that, once established, requires lifelong management to control. However, our current definition of obesity is problematic in that it is based solely on body mass index (BMI) a rather poor measure of health. While BMI may well be adequate for population surveillance, it is fundamentally flawed when applied to individuals in clinical practice. To better assess the actual impact of excess weight on mental, physical and functional health, we have proposed the Edmonton Obesity Staging System (EOSS) and validated it in large population sets to show its superiority to BMI and waist circumference in predicting mortality. This has now been integrated in the Canadian Obesity Network's 5As of Obesity Management(R) framework, which also devotes particular attention to avoiding judgemental and simplistic assumptions during the course of clinical assessment and management. This presentation will provide an overview of EOSS and discuss aspects of the 5As of Obesity Management that are relevant to any discussion of weight bias and discrimination.

2:45-3:15 pm**Weight Sensitivity in Alberta's Tertiary Care Settings**

- Dr. Mary Forhan

Negative attitudes toward patients with obesity and beliefs about the controllability of obesity as a health condition influence the quality of care patients with obesity receive. Health care professionals, even those who specialize in obesity management, report beliefs and attitudes that lead to the stigmatization of patients as being non-compliant and difficult to care for. Preliminary results of a weight bias survey of health care professionals within Alberta Health Services and the impact of an obesity management and care certification course completed by health care professionals from across Canada will be presented. Strategies to reduce bias in the workplace will also be shared.



‘Obesity epidemic’. It’s a phrase used frequently by media and public health campaigns that puts the focus on weight as an indicator of health and wellness. But what does weight tell us about health? How can we promote health without stigmatizing individuals?

Join us for a free expert round table.

Fear of Fat: Promoting health in a fat phobic culture

Moderator

ARYA SHARMA, MD/PHD, FRCPC

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

Speakers

CORRINE SULLIVAN

Patient Advisor, Diabetes, Obesity & Nutrition Strategic Clinical Network

LEORA PINHAS, MD

Child & Adolescent Psychiatrist, Physician Lead, Eating Disorders Unit, Ontario Shores Centre for Mental Health Sciences, Assistant Professor, University of Toronto

TAVIS CAMPBELL, PHD

Professor, Department of Psychology and Oncology & Director, Behavioural Medicine Laboratory, University of Calgary

YONI FREEDHOFF, MD, CCFP

Medical Director, Bariatric Medical Institute, Assistant Professor, University of Ottawa

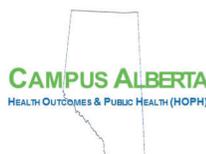
**Thursday, March 12, 2015
7:00 pm**

**Parkdale Community
Association (upper hall)
3512 - 5 Avenue NW
Calgary, Alberta**

**Free event; registration
requested**

werklund.ucalgary.ca/weight-bias

Email UofC.event.info@gmail.com
for more information.



BIOGRAPHIES

Angela Alberga, PhD

Postdoctoral Scholar, University of Calgary

Dr. Angela Alberga was born in Montreal, Quebec and completed her BSc Major in Exercise Science, Minor in Psychology at Concordia University. She then moved to Ontario to complete her MSc and PhD in the School of Human Kinetics specializing in exercise physiology at the University of Ottawa. Her doctoral research, funded by the Canadian Diabetes Association, focused on the effects of exercise training on improving overall health in adolescents with obesity. To compliment her expertise in physiology and clinical research, Dr. Alberga is currently pursuing an interdisciplinary postdoctoral fellowship on the psychosocial aspects of body weight with a particular focus on finding effective ways to reduce weight bias in education, healthcare and public policy. To pursue this work, she has tri-faculty supervision by Drs. Shelly Russell-Mayhew, Kristin von Ranson and Lindsay McLaren in the Werklund School of Education, Psychology and Community Health Sciences at the University of Calgary. She is a Sessional Instructor in the Faculty of Kinesiology and the Werklund School of Education and the Outgoing Chair of the Canadian Obesity Network- Students and New Professionals group. Dr. Alberga is involved in numerous health and wellness committees within and outside of the university setting. She is an advocate for community outreach and knowledge translation initiatives promoting active living, health and wellness in children and youth in community settings.

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Nancy Arthur, PhD, R.Psych.

Professor, Educational Studies in Counselling Psychology

Associate Dean Research, Werklund School of Education

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Dr. Nancy Arthur is a Professor and Associate Dean Research in the Werklund School of Education. Dr. Arthur is a Registered Psychologist. Her teaching and research interests focus on culture-infused counselling, preparing social justice for working in global contexts and for social justice, and career development.

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Monique Assi, BSc, MSc

Manager Chronic Disease Risks Reduction, AHS

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Alberta Health Services

Monique graduated in 1981 from McGill University in Montreal with a B Sc. in Nursing. She completed her M Sc. (A) in 1987. For the past twenty years Monique has held various positions ranging from Faculty Lecturer at McGill University to Nurse Manager of a 60 bed Medical unit at the Montreal General Hospital, and Nurse Manager of the Emergency Department. This background provided her with an extensive experience in dealing with chronic disease. Monique arrived in Calgary in 2001; she worked as a Patient Care Manager of the Pediatric Intensive Care unit at Alberta Children's Hospital, then as a Project Manager with

the Chronic Disease Management Program for 7 years. She worked closely with Primary Care and developed many clinics including the anticoagulation clinics and the complex chronic clinic. Currently, Monique is the manager for Physical Activity & Sedentary Behaviour, Chronic Disease Prevention. For the last five years, she has been working in Health Promotion and Chronic Disease Prevention. Currently, Monique is the manager for Physical Activity & Sedentary Behaviour, Chronic Disease Prevention.

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Farah Bandali, MSc, RD
Manager, Early Childhood; Healthy Children and Families
Healthy Living, Population, Public and Aboriginal Health
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Farah Bandali has over 17 years of health-related experience working in a variety of roles and settings from clinical to population and public health. She has led a number of health promotion and disease prevention areas with local and provincial scopes such as community development, public participation, school health promotion (the Healthy Eating Initiative in Rocky View Schools received Mayor's Excellence Award in 2009 for excellence in partnerships to enhance student wellbeing), population and public health nutrition and childhood obesity prevention. Farah has presented (including key note speaker) at provincial, national and international conferences. Currently, she is responsible for leading provincial prevention strategies related to early childhood development, as part of the Healthy Children and Families department in Healthy Living, Population, Public and Aboriginal Health, Alberta Health Services. Farah has a Master of Science in Nutrition and Metabolism from the University of Alberta.

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Tim Baron, BSc PT, MBA
Senior Consultant, Provincial Model Implementation
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Tim Baron is the Senior Consultant for Provincial Model Implementation in the Primary Health Care program of Alberta Health Services. He is responsible for leadership of the provincial aspects of the AHS Obesity Initiative, working 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, and is responsible for the provincial aspects of chronic disease self-management.

Tim's clinical background is in physiotherapy, and he practiced for over 10 years 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 to patients and achieve the best outcomes, and he is passionate about supporting continuous improvement in care at the provincial level.

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Jeff Bath, BA, BEd, MEd
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Jeff Bath was raised in Lethbridge, Alberta where he completed his BA in Recreation and Leisure a Studies at the University of Lethbridge. He then moved to Vancouver to coach competitive swimming and complete his BEd at the University of British Columbia. Jeff completed his graduate studies at the University of Portland with an MEd in Educational Leadership in 2007. His teaching career began in British Columbia and transitioned to Parkland School division in Stony Plain, Alberta. During his 10 year teaching career he was a classroom teacher, physical education department head, president of Parkland's physical education/athletic association and a school administrator. For the past seven years Jeff has been with the Government of Alberta in the Student Learning Standard division of Alberta Education. His role at the Ministry is in the area of provincial curriculum development, policy and authorization in K-12 Physical Education, K-9 Health and Life Skills, high school Career and Life Management and the Daily Physical Activity initiative. Jeff is married with four children, in his spare time he is an avid year round cyclist and can be found in Edmonton's river valley.
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Lana Bentley, MSW, RSW
Clinical Supervisor, Calgary Eating Disorder Program
Alberta Health Services - Calgary Zone

Lana Bentley is the Clinical Supervisor for the Calgary Eating Disorders Program. Lana is also part-time faculty at Mount Royal University. She teaches in the areas of social work, children's mental health, addiction studies, and supportive counselling. Prior to her current roles, Lana worked as a manager in a women's shelter and as a therapist in a personality disorders clinic. Her clinical interests include: 1) eating disorders; 2) supervision; 3) group therapy; and 4) domestic violence.
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Jessica Brodie, MN, RN
Nurse Clinician, Calgary Eating Disorder Program
Alberta Health Services

Jessica Brodie is the Nurse Clinician for the Calgary Eating Disorders Program. Prior to this position, she attended the University of Calgary where she earned her Master's degree. Her graduate work looked at the impact of stigma on individuals seeking help for mental health concerns. She has previous clinical experience working with a variety of psychiatric presentations and her areas of interest include: improving access to mental health care, eating disorders and stigma reduction.
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Tavis Campbell, PhD
Full Professor and Director of Clinical Training
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Dr. Tavis Campbell is a Full Professor and Director of Clinical Training in the Departments of Psychology and Oncology at the University of Calgary. He is a Clinical Health Psychologist with degrees from McGill and Duke University. Tavis is a behavioral medicine specialist with a program of research focused on behavioral mechanisms underlying risk and recurrence in chronic illness. This work has produced over 200 peer reviewed published journal articles, book chapters and abstracts. Tavis is Chair of the Adherence Committee for Hypertension Canada, outgoing Chair of the Health section of the Canadian Psychological Association, and Associate Editor at the Journal of Behavioral Medicine. He is currently PI on a trial aimed at improving adherence to health behavior change in people at risk for cardiovascular disease.

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Connie Coniglio, EdD, R.Psych
Provincial Executive Director, Children and Women's Mental Health and Substance
Use Program
BC Mental Health and Substance Use Services
Clinical Instructor, Department of Psychiatry, University of British Columbia

Connie Coniglio is the Provincial Executive Director, Children and Women's Mental Health and Substance Use Programs at BC Mental Health and Addiction Services (BCMHAS), an Agency of the Provincial Health Services Authority. In this role, Connie is responsible for Child and Adolescent Eating Disorders, Women's Substance Use, Youth Concurrent Disorders, and Mental Health Metabolic Clinical Programs. Connie is also the Director of Health Literacy, with responsibility for the direction and management of health literacy initiatives under the BCMHAS provincial mandate. Ongoing initiatives in Connie's portfolio include the Kelty Mental Health Resource Centre, the Multicultural Translation Project, the BC Partners for Mental Health and Addictions Information, Mindcheck.ca, Balanced View and the Provincial Child and Youth Healthy Living Initiative. Connie is additionally responsible for the Centre for Healthy Weights at BC Children's Hospital and the Shapedown and MEND provincial programs.

Prior to joining BCMHAS, Connie was Manager of Child and Youth Mental Health and Addictions and Child and Youth Public Health with Vancouver Coastal Health, North Shore. Connie also worked for 21 years in university counseling centre management, including the development and delivery of programs and clinical services to students. Connie has worked extensively with members of the post-secondary community, and she has developed expertise in cross cultural counselling and cultural transition, advising on mental health, student development and suicide prevention.

Connie is a Registered Psychologist and her education includes an EdD in Counselling Psychology from the University of Toronto and a MEd/BEEd from the University of Western Ontario in London, Ontario, Canada.

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Patricia Doyle-Baker, PH/PhD

**Associate Professor, Faculty of Kinesiology, Faculty of Environmental Design
University of Calgary**

Dr. Doyle-Baker is a doctor of public health (Dr. PH) and certified exercise physiologist (CSEP-CEP) with clinical research expertise in obesity. She has a faculty position in Kinesiology and an adjunct in Environmental Design. Her research focuses on reducing the burden of chronic disease through comprehensive lifestyle interventions that include exercise and investigations into biomarkers of change. Some of her attributes include research translation, as well as a gifted ability to engage and speak to many different individuals of various backgrounds. She has an unmatched passion for primary prevention.

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Alun Edwards, MD

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Mary Forhan, PhD, OT (reg)

**Assistant Professor, Faculty of Rehabilitation Medicine
University of Alberta**

Mary Forhan joined the University of Alberta in 2013 as an assistant professor, Department of Occupational Therapy, Faculty of Rehabilitation Medicine. Dr. Forhan completed a PhD in Rehabilitation Science from McMaster University where she completed research that resulted in a better understanding of the impact of severe obesity on participation in everyday living. Dr. Forhan completed a post-doctoral fellowship in the Department of Family Medicine, McMaster University where she completed research to identify factors that contribute to patient engagement in primary health care for patients with severe obesity. Dr. Forhan also completed a post-doctoral research fellowship at the Cardiac Rehabilitation and Secondary Prevention Program, University Health Network-Toronto Rehabilitation Institute where she conducted research to identify factors contributing to adherence to exercise for cardiac rehabilitation patients with obesity. Dr. Forhan has received funding to support her doctoral and post-doctoral work from the Canadian Institutes of Health Research, the Heart and Stroke Foundation Canada and the Canadian Occupational Therapy Foundation. Dr. Forhan is a Strategic Training Fellow in Quality of Life Research and Transdisciplinary Research in Primary Health Care. Dr. Forhan is interested in improving the quality of life of rehabilitation patients with obesity and to reduce the burden of obesity on the health care system. She is building a program of research in the area of bariatric rehabilitation with a goal to develop the capacity to provide evidence-based, rehabilitation and quality health care for patients with multiple chronic health conditions including obesity.

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Ashley Fox, BKin, CSEP-CEP, NCCP
Physical Literacy Coordinator, Be Fit For Life
Faculty of Kinesiology, University of Calgary

Ashley Fox is the Be Fit For Life Physical Literacy Coordinator at the University of Calgary. She holds a Bachelor of Kinesiology degree with a major in Mind Sciences and is a CSEP – Certified Exercise Physiologist. Ashley also recently completed her certificate in Integrative Health Coaching from Mount Royal University. Her passion and expertise for promoting physical activity and wellness lead her to becoming a Learning Facilitator for the NCCP Fundamental Movement Skills workshops. She enjoys the benefits of activity by running, biking, skating, and golfing.

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Yoni Freedhoff, MD
Medical Director, Bariatric Medical Institute
Assistant Professor, Dept. of Family Medicine, University of Ottawa

Yoni Freedhoff, MD, is an assistant professor of family medicine at the University of Ottawa, where he's the founder and medical director of the Bariatric Medical Institute – dedicated to non-surgical weight management since 2004. Dr. Freedhoff's office also provides a Ministry of Health funded program to help families of children whose weights are of concern - by working almost exclusively with the parents, the hope is to minimize any potential risk to a child's self-esteem, body image, or relationship with food, and along with improving family health, eliminating home based weight stigma and bias. Dr. Freedhoff sounds off daily on his award-winning blog, Weighty Matters, and you can follow him on Twitter @YoniFreedhoff. Dr. Freedhoff's latest book, "The Diet Fix: Why Diets Fail and How to Make Yours Work," is a #1 national bestseller in Canada and is widely available across North America and online.

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Tina Gabriele, PhD
Associate Dean, Faculty of Kinesiology
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Dr. Gabriele is currently the Associate Dean Academic in Faculty of Kinesiology and Associate Professor. Previously was in administration in KNES for 13 years (as Acting Dean, Vice Dean, and Associate Dean Academic). Research interests are in the applied motor learning area. Teaching interests are in the pedagogy, physical education, and coaching areas.

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Nadeen Halls, BHkin, BEd
Comprehensive School Health
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Nadeen Halls is the Comprehensive School Health system-level support for the Calgary Board of Education. She holds both a Bachelor of Human Kinetics (UBC) and Bachelor of Education (U of C) degree. She is a

passionate Health and Physical Educator who works to support the building of healthy school communities. Nadeen enjoys seeking a wellness balance through regular yoga practice, running and being on her bike.

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**Sam Hustej, BKin, Certified Nutritionist
Trainer & Nutritionist at Pediatric Weight Clinic
Owner of Fit Kids YYC**

Sam has a Kinesiology degree from the University of Calgary, is a member of the Alberta Kinesiology Association (AKA) and holds a Nutrition for Healthy Lifestyles certification from SAIT.

At the end of 2014, Sam was named one of MTV & Ford's Top 10 Drivers of Change for her work with her company, Fit Kids YYC as well as her work with the Pediatric Weight Clinic. Sam is also on SAIT's Nutrition for Healthy Lifestyles program Advisory Committee, providing insight to shape the future direction of the program.

Over the past several years, Sam has had the opportunity to work with organizations who help educate and motivate children to be active and make healthy food choices. Sam has worked in the school environment as Calgary Master Trainer with 'NSTEP as well as the clinical environment as the Trainer and Nutritionist for the Pediatric Weight Clinic.

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**Monique Jericho, MD
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**Rena LaFrance, BSc. hon., BSc.med, MD, FRCPC
Medical Director Provincial Pediatric Chronic Disease, Alberta Health Services
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Dr. LaFrance is clinical director and 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 Provincial Pediatric Chronic Disease 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. 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 pediatrics patients at the Stollery Children's Hospi-

tal 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 academically affiliated with the University of Alberta as a clinical lecturer.

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Laureen Lailey, BEd, MEd
Manager Healthy Schools, Sciences and Wellness Branch
Alberta Education

Laureen Lailey is a wife, a mother to two lovely children, and an educator. Employed by the Calgary Board of Education and currently seconded to Alberta Education, she has supported school communities across Alberta to address the social-emotional and health-related needs of students through the implementation of a whole school approach, comprehensive school health. Through a comprehensive and individual-centric approach to student success and well-being, Laureen believes that students can be setup for optimal learning and success in all areas of life.

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Terry Lindberg, Med, R. Psych.
Lindberg Psychological Services Inc.
Calgary, AB

Terry Lindberg is a Registered Psychologist operating an independent private practice based out of the Gulf Canada Square building in downtown Calgary. He is a preferred provider of psychological services for a number of corporate and non-profit organizations. Prior to starting his private practice, Terry worked as a Certified Employee Assistance Provider (CEAP), providing on-site counselling, consultation and Critical Incident Stress Debriefing (CISD) for a number of client organizations. He was also the team lead for the Staff Wellness Centre at the University of Calgary.

For 20+ years Terry has been supporting individuals and couples with psychological issues such as: anxiety, grief/loss, addictions, depression, parenting, workplace concerns, spirituality, and relationships. He works primarily with adults and adolescents. Terry is also a skilled facilitator, and has presented training sessions on a variety of topics including: Resiliency, Cultivating Meaning and Purpose in Retirement, Building Better Boundaries, The Effective Management of Mental Health Issues in the Workplace, The Psychology of Happiness, The Gift of Empathic Listening, etc.

He is a certified "True Colors"(a personality profile similar to Myers/Briggs) facilitator and has been invited to host a variety of team-building workshops in both the corporate and non-profit sectors.

Outside of work Terry is an avid reader, eclectic music enthusiast and can frequently be spotted travelling through the mountains on foot, bike, or ski.

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Bretta Maloff, BSc, MA

Senior Provincial Director; Diabetes Obesity and Nutrition, Maternal Newborn Child and Youth Strategic Clinical Networks Alberta Health Services

Bretta is the Senior Provincial Director of the Diabetes Obesity and Nutrition and the Maternal Newborn Child and Youth – Strategic Clinical Networks (SCNs). Bretta has extensive experience in leading the development and implementation of population and public health policies, programs and services throughout the province of Alberta. She has led strategic planning and delivery of services in partnership with all levels of Government and other organizations. Her program areas have ranged from cancer prevention and screening, injury prevention and control, reproductive and children and youth, addiction prevention, mental health promotion to reducing disparities, in order to improve population health across Alberta Health Services.

Bretta's background includes undergraduate degree in nutrition and graduate degrees in Public Health Nutrition and Education. She has served on a variety of committees provincially and nationally including past President for the Dietitians of Canada Association and the Alberta Public Health Association and is currently a member of the Canadian Cancer Society National and Provincial Boards. Her research activities have involved childhood obesity, youth engagement and public participation. Currently, she holds an appointment at University of Calgary, Community Health Science.

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Patricia Martz, BSc, MSc (c)

Program Manager, Wellness Equity, Public Health and Wellness Branch, Alberta Health

Pat's recent work involves policy development with a focus on wellness 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 wellness. Approaches that result in universal and equitable outcomes that enable all Albertans to reach their wellness 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. Pat's work is only one component of the Alberta Strategic Approach to Wellness (ASAW). Additional information on ASAW, and the work that her colleagues in the Public Health and Wellness Branch are supporting, can be retrieved at www.health.alberta.ca/documents/Strategic-Approach-Wellness-2013.pdf.

Patricia has a BSc in Nutrition from the University of Alberta. She has taught, consulted, published and presented at provincial, national and international conferences and is currently working part-time on her MSc in Public Health, Policy and Research at the School of Public Health, University of Alberta.

In addition to various volunteer roles, Patricia enjoys doing anything outdoors that provides her with an excuse to be 'unplugged'.

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Tara-Leigh McHugh, PhD
Associate Professor, Faculty of Physical Education & Recreation
University of Alberta

Dr. McHugh is an Associate Professor in the Faculty of Physical Education & Recreation at the University of Alberta. She is also the lead academic in the University of Alberta's Certificate in Aboriginal Sport and Recreation that is jointly offered by the Faculties of Native Studies and Physical Education & Recreation. Her research is focused on enhancing the health of Aboriginal youth by better understanding body image and physical activity experiences.

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Lindsay McLaren, PhD
Associate Professor, Community Health Sciences
Cumming School of Medicine, University of Calgary
President, Alberta Public Health Association

Lindsay McLaren is an Associate Professor in the Department of Community Health Sciences, and is affiliated with the O'Brien Institute for Public Health at the University of Calgary. She teaches and conducts research on various issues in population/public health. She holds an Applied Public Health Chair funded by the Canadian Institutes of Health Research, the Public Health Agency of Canada, and Alberta Innovates - Health Solutions. She is the current President of the Alberta Public Health Association, and is a Senior Editor at the Canadian Journal of Public Health.

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Andreia Moretzsohn, MD
Program Manager, Alberta Innovates Health Solutions

Andreia has 7 years of experience within the health care system. At AIHS, Andreia is the Program Manager for CRIO Teams and Programs as well as Translational Health Chairs. Her most recent roles include Project Lead for the Canadian VIGOUR Centre, where she managed industry sponsored Clinical Trials, and Research Coordinator for the University of Alberta Psychiatry Department, where she lead a depression trial with the Mental Health SCN.

Andreia graduated as a Medical Doctor from Brazil in 2009 where she practiced as a General Practitioner in a busy emergency department in Rio de Janeiro.

In her spare time, Andreia volunteers at the Sexual Assault Centre of Edmonton as a crisis counsellor.

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Kerri Murray, BSc
Provincial Projects Coordinator
Ever Active Schools

A graduate of the University of Calgary, Kerri has worked in the field of health promotion in both the private and public sectors for the sum of her 11-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 coordinates projects with Ever Active Schools, a provincial initiative that aims to improve health and learning outcomes of Alberta students. Affiliations include: Alberta Teachers Association, Health and Physical Education Council of Alberta and Government of Alberta (Ministries of Health, Education and Culture and Tourism).

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Petra O'Connell, BSc, MSc
Executive Director, Diabetes and Nutrition Strategic Clinical Network
Alberta Health Services

Petra is the Executive Director of the Diabetes Obesity and Nutrition Strategic Clinical Network (SCN). She is responsible for developing and maintaining this diverse network and for overseeing provincial initiatives that transform the delivery of health care services in these three interconnected clinical streams. She co-chairs the Provincial Obesity Steering Committee for Alberta Health Services.

Petra has extensive experience in strategic and operational planning and evaluation in acute care, continuing care, cancer care, pediatric care, public health and community care settings and has held senior management positions in strategic and hospital facilities planning, hospital support services operations and ambulatory care management. She has degrees in BSc. Medical Laboratory Sciences and Masters in Health Services Administration from the University of Alberta and has published in the areas of health technology assessment, clinical practice guidelines and innovations in health care organization.

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M. Ann Phillips, BSc (Hons), MSc, PhD
Scientist Lead, Social Determinants of Health and Aboriginal Health
Population, Public and Aboriginal Health
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Dr. Ann Phillips is Scientist Lead for Social Determinants of Health and Aboriginal Health in Research and Innovation with Population, Public and Aboriginal Health. She holds a Bachelor's degree in Genetics from the University of Western Ontario and a Masters of Science in Human and Medical/Molecular Genetics from Queen's University. After working in molecular diagnostics and molecular genetics research for several years, Ann's focus shifted from genetic to social determinants of health. She pursued a Doctorate degree in the Faculty of Environmental Studies at York University. She used a Participatory Action Research (PAR) methodology and a race, class and gender/intersectionality perspective to inform her research with a low-income favela community in Brazil. In collaboration with the community, they identified women's health and community health issues and outlined and engaged in actions to improve the health of the community. Ann has worked on issues of women's health, homelessness, poverty, environmental health, diversity, health promotion, health equity and social determinants of health (SDOH) with governmental and non-governmental organization, community health centres and not-for profits. As well as a focus on SDOH and health equity, Ann has an interest in wellness and active living; complimentary, alternative, integrative and traditional medicines; Aboriginal health; epi-genetics; PAR and community based research.

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Leora Pinhas, MD, FRCP
Physician Lead, Eating Disorder Unit
Ontario Shores Centre for Mental Health Sciences
Assistant Professor, University of Toronto

Dr. Leora Pinhas is a child and adolescent psychiatrist specializing in the treatment of eating disorders. She is an assistant professor at the University of Toronto and has been the psychiatric director of the Eating Disorder Program at Southlake Regional Health Centre and The Hospital for Sick Children. She has recently joined the adolescent program at Ontario Shores Centre and is the physician lead of the Eating Disorder Unit, the first residential treatment program for adolescents with eating disorders in Canada. She was the Founding president of the Eating Disorder Association of Canada, is the current the co-chair of the growing healthy bodies working group of the Sandbox Project (a national child health think tank) and member of the steering committee for the Ontario Community Outreach Program for Eating Disorders.

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Ximena Ramos-Salas, MSc, PhD (c)
School of Public Health, University of Alberta
Managing Director, Canadian Obesity Network

Initially trained as a nurse assistant in Sweden, I have been working in health care for over 20 years. Since coming to Canada, I have also completed a B.Sc. in Human Kinetics (University of Ottawa) and a M.Sc. in Health Promotion (University of Alberta).

My work in obesity started 13 years ago while working for the Canadian Institutes of Health Research. As Assistant Director for the Institute of Nutrition, Metabolism and Diabetes (INMD) and Institute of Gender and Health (IGH), I implemented the Institutes' strategic initiatives on obesity and health inequalities. Since 2008, I have been in the role of Managing Director of the Canadian Obesity Network (CON) – a non-profit organization with a mission to reduce the burden of obesity on Canadians. My work at CON has inspired me to pursue my PhD in the area of weight bias.

Under the supervision of Dr. Kim Raine, Dr. Mary Forhan, and Dr. Tim Caulfield and mentorship of Dr. Arya M. Sharma, I am exploring the unintended consequences of public health policies and practices on weight bias and obesity stigma. Part of my research includes a policy analysis of obesity prevention public health strategies based on Bacchi's "What's the Problem Represented to Be?" approach. The second part of my research involves a narrative inquiry with individuals affected by obesity and public health policy makers. My goal is to understand how obesity narratives relate to each other, what tensions might exist between them, and how we can begin to dislodge these tensions.

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Shelly Russell-Mayhew, PhD, R. Psych.
Associate Professor, Counselling Psychology
Werklund School of Education, University of Calgary

Dr. Russell-Mayhew is an associate professor and 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 in an ecological framework; and (d) capitalizes on interdisciplinary knowledge in creating research teams.

The primary objective of Dr. Russell-Mayhew's research program is to lead and transform prevention research about weight-related issues like body image (perceptions, attitudes, and experiences about the body), disordered eating (e.g., unhealthy methods of weight change), weight-related disorders (e.g., obesity and eating disorders) and professional conversations and interactions about weight (e.g., weight bias). Body weight and embodiment are both important to well-being and healthy development. 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.

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Arya M. Sharma, MD/PhD, FRCPC

Professor of Medicine & Chair in Obesity Research and Management, University of Alberta

Clinical Co-Chair, Alberta Health Services Obesity Program

Scientific Director, Canadian Obesity Network

Dr. Sharma is Professor of Medicine & Chair in Obesity Research and Management at the University of Alberta, Edmonton, Canada. He is also the Clinical Co-Chair of the Alberta Health Services Obesity Program and the founder and Scientific Director of the Canadian Obesity Network. He has authored and co-authored more than 350 scientific articles and has lectured widely on the causes and management of obesity. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media and maintains a widely read obesity blog at www.drsharma.ca.

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Christy Skinner, BN, RN

Coordinator, Endocrinology and Metabolism Program

Alberta Health Services

I am the coordinator for the Endocrinology & Metabolism program in Calgary and work closely with the Calgary Adult Bariatric Specialty Clinic. I graduated from the University of Calgary in 2003 with a B.N., and am currently a student in the Master of Health Studies program at Athabasca University.

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Behnaz Somji, MPH

Manager, Chronic Disease Prevention

Chronic Disease Prevention and Oral Health

Healthy Living, Population, Public Health and Aboriginal Health

Alberta Health Services

Behnaz has over seven years of experience in the health care sector working in a variety of strategically focused positions across the continuum of care. Behnaz obtained her BSc in Psychology and Zoology from the University of Calgary and her MPH in Health Behaviour (Honours) from the University of Alabama at Birmingham, Birmingham, AL. Behnaz has held various positions providing consultation for and leading health program development, implementation, and care planning in the fields of tobacco reduction, chronic disease prevention, chronic disease management, workforce transformation, and primary care. She has extensive experience in research and evaluation as well as in directing and coordinating provincial health care initiatives. Behnaz is currently the Manager for Chronic Disease Prevention within Healthy Living at Alberta Health Services.

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Corrine Sullivan

Diabetes, Nutrition & Obesity Strategic Clinical Network

Alberta Health Services

Manager, Human Resources

Crowfoot Village Family Practice

Corrine Sullivan has more than 20 years' experience in healthcare and has spent the past 9 years in leadership roles in a variety of healthcare settings. Most recently she has joined Crowfoot Village Family Practice where she is the Manager of Human Resources. While her professional background certainly provides a platform for being an advocate for health promotion and disease prevention, perhaps more important to note is that Corrine has also maintained a 100 lbs weight loss since 2010. Corrine began her journey to better health on her 40th birthday, which included learning about healthy eating and how to exercise correctly. Since then Corrine has become passionate about health and addressing the underlying issues surrounding obesity. Corrine has worked with a number of groups including: UofC residents, TrymGym, and now the Obesity Network. Corrine is passionate about engaging people in their own health and helping professionals understand the perspective of an obese or overweight patient.

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Dennis Sumara, PhD

Dean & Professor, Werklund School of Education

University of Calgary

Dr. Dennis Sumara joined the University of Calgary in 2009. Under his leadership, the Faculty was named as the Werklund School of Education in 2013; this gift provides resources that will strategically support research and teaching. Through membership on University committees, including serving as Chair for the Teaching and Learning Plan Task Force, Dr. Sumara has significantly contributed to the development of the University of Calgary's Eyes High strategy.

Dr. Sumara holds a BA, BEd and MEd from the University of Lethbridge and a PhD from the University of Alberta. He was Founding Editor of the Journal of the Canadian Association for Curriculum Studies and has served in the editorial capacity with numerous peer-reviewed journals. He is the author or co-author of

5 books and over one hundred peer reviewed publications. Dr. Sumara's research spans the fields of Curriculum Studies, Teacher Education and Literacy Education. His specific foci include the studies of literary engagement, studies of normative and counter-normative structures in teacher education, and complexity studies of educational structures and systems.

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Brian Torrance, BPE, MSc
Director, Ever Active Schools

Brian oversees the Ever Active Schools initiative in Alberta, a school based intervention that aims to improve health and learning outcomes of Alberta students. EAS spearheads meaningful collaboration between the health, education, recreation and active living sectors. Through collaborative partnerships, projects based work, knowledge exchange and competency based learning opportunities, EAS works to build and support healthy Albertans.

Brian attended the University of Alberta and has a Bachelors of Physical Education and Recreation and a Masters of Science from the Faculty of Medicine. During his time within the Faculty of Medicine Brian managed a large school based study called Healthy Hearts, which was a longitudinal study of cardio-metabolic health in children and youth.

Brian serves on numerous boards both locally, provincially and nationally supporting opportunities for lower socioeconomic populations to have access to wellness and access to physical activity. 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).

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Sheila Tyminski, MEd., RD
Director, Nutrition Services, Population & Public Health Strategy
Alberta Health Services

Sheila is the Population and Public Health (PPH) Strategy Director for Nutrition Services, Alberta Health Services. She provides strategic leadership and public health nutrition expertise for provincial programming in AHS, and collaborates with others to support nutrition-related public health programs across the province.

Sheila has been involved in public health nutrition and population health promotion since she arrived in Calgary in 1995. Prior to this, she practiced as a dietitian in various clinical and ambulatory care roles in both Edmonton and Winnipeg. She has held a number of leadership roles, and has collaborated and participated in numerous coalitions and partnerships, including research. Her current work includes a strong focus on healthy weights across populations, including pregnancy/preconception, infant, childhood and adults. As the PPH Nutrition Strategies Director, Sheila is responsible for linking with partners within and external to AHS to support and collaborate on projects where there is a nutrition component. The projects she leads and supports are founded on: the need for multiple population health promotion strategies to effect population level change; evidence/best practice; and strong sector and stakeholder engagement and partnerships. Some examples of this work include: providing support to child cares to create healthy eating environments through development and implementation nutrition-related policies and practices; supporting implementa-

tion of school jurisdiction nutrition policies; developing nutrition guidelines for health care providers; and working with workplaces to develop tools and resources to help them make positive changes to their food environments.

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Yvonne Uyanwune, MPH

Research and Innovation, Public Health Surveillance and Infrastructure Population, Public and Aboriginal Health Alberta Health Services

Yvonne Uyanwune is currently working as a Research Associate for the Research and Innovation team within Population, Public and Aboriginal Health in Alberta Health Services. She provides methodological and analytical support to physicians and public health professionals to guide evidence-based decision making. She completed her Masters in Public Health (Epidemiology) at the University of Alberta. Yvonne is interested in the study of diseases and health outcomes in populations especially through a health equity lens and holistic approaches. Her research experience includes *Clostridium difficile* outbreaks in rural hospitals, postpartum maternal health outcomes, interpretation services for people with limited English proficiency and surveillance systems. She has recently developed an interest in nutrition, food systems, modern industrial practices and their intersection with social determinants of health. Yvonne is a life long learner who enjoys meeting scientists across the globe to hear about their findings and how they can be applied to influence healthy public policies and individual lifestyles.

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Kristin von Ranson, PhD

Associate Professor, Department of Psychology University of Calgary

My research focuses on eating disorders and related problems, examining questions related to etiology, classification, assessment, and treatment. I use various methods to elucidate risk, resilience, and maintenance factors for eating disorders in pre-teens, adolescents, and adults and to better characterize the spectrum of eating disturbances. A primary interest of mine is the debate over whether eating disorders are forms of addictions. In addition to my research on the efficacy of psychotherapies, I am interested in exploring how to help bridge the gap between researchers' recommendations and practitioners' choice of psychotherapies for eating disorders.

I received an A.B. in psychology from Bryn Mawr College in 1988 and a Ph.D. in clinical psychology from the University of Minnesota. I completed a predoctoral clinical internship at Western Psychiatric Institute and Clinic and a postdoctoral pediatric psychology fellowship in adolescent medicine at Cincinnati Children's Hospital Medical Center. I am currently a faculty member in the Department of Psychology at the University of Calgary and a member of the clinical psychology program.

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Dr. Shahebina Walji, MD, CCFP

Clinical Lecturer, Department of Family Medicine, University of Calgary

Medical Director, Calgary Weight Management Centre

Dr. Walji obtained her Medical Degree from McMaster University and her Family Medicine designation from the University of Toronto. After a few years in practice, she quickly identified a great need to specifically address the growing epidemic of overweight and obesity. In 2008, Dr. Walji co-founded Calgary Weight Management Centre, and is now working with a multi-disciplinary team to provide comprehensive care to patients who struggle with their weight.

Dr. Walji is Co-Chairperson of the Canadian Obesity Networks Calgary Chapter, and was a member of the working committee for CON's 5A's of Obesity Management Toolkit, an approach which offers a practical strategy for physicians to sensitively manage their patients with obesity.

Dr. Walji is enthusiastically involved with the University of Calgary offering clinical teaching to family medicine residents through Calgary Weight Management Centre, and is determined to formally build obesity education into the family medicine curriculum through Obesity-focused Academic Half-days.

Dr. Walji's passion for health promotion and disease prevention, combined with her sincere desire to improve the quality of life of her patients, highly complements her interest in the field of weight management.

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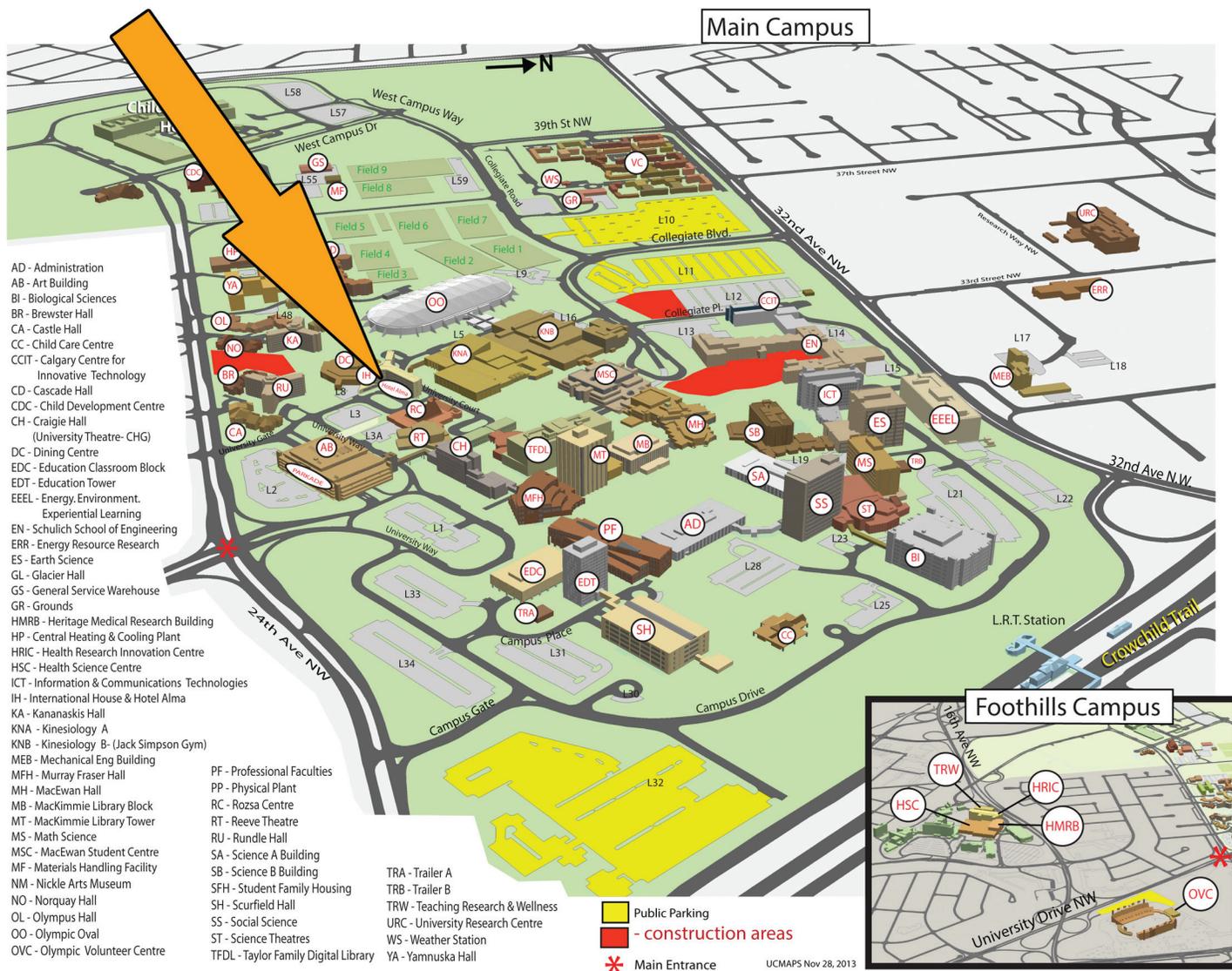
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