

3RD CANADIAN OBESITY SUMMIT



WESTIN BAYSHORE, VANCOUVER | MAY 1 - 4, 2013

Canada's Only Interdisciplinary Obesity Conference Hosted by the Nation's Largest Network of Researchers and Health Professionals



ONSITE PROGRAM

Event Produced By:



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YOUR LAST 10 YEARS?**

The average Canadian will spend
their last ten years in sickness.
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**CIHR Institute of Nutrition,
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is a proud sponsor of the 3rd Canadian Obesity Summit. INMD supports research to enhance health in relation to diet, digestion, excretion, and metabolism; and to address causes, prevention, screening, diagnosis, treatment, support

systems, and palliation for a wide range of conditions and problems associated with hormone, digestive system, kidney, and liver function. For more information, please visit the CIHR web site at: www.cihr-irsc.gc.ca



CIHR IRSC



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We watch over the land and sea and in turn they watch over us.

May, 2013

A Message from the Mayor

On behalf of the citizens of Vancouver, and my colleagues on City Council, I want to extend my warmest greetings to all those attending the Canadian Obesity Summit in Vancouver. We are proud to be able to welcome delegates participating in the Canadian Obesity Summit. Obesity is something that affects everyone's quality of life and it is imperative to share knowledge and experience in order to get a grip on this fast growing epidemic.

We are very proud of the reputation Vancouver enjoys as one of the world's most beautiful and unique meeting destinations. I hope that in addition to attending the conference you are able to experience the many cultural and recreational activities the City has to offer. I know everyone involved in organizing the conference will ensure your time with us is special.

Welcome to Vancouver and we hope you have a wonderful visit.

Yours truly,



Gregor Robertson
MAYOR

A message from Dr. Ian Janssen, Chair, Canadian Obesity Network Science Committee & Dr. Arya M. Sharma, Scientific Director, Canadian Obesity Network



Ian Janssen, PhD
Chair, Science Committee,
Canadian Obesity Network
Associate Professor and
CRC Chair in Physical
Activity and Obesity
School of Kinesiology and
Health Studies, and
Department of Community
Health and Epidemiology,
Queen's University

Welcome to Canada's only interdisciplinary conference on obesity prevention, management and treatment. This is the third conference presented by the Canadian Obesity Network – Canada's only association of interdisciplinary obesity professionals.

With over 8,500 members representing health professionals, researchers, policy makers, and other obesity stakeholders, our mandate is to reduce the emotional, physical and economic burden of obesity on Canadian adults, children and youth.

Over two thirds of our members are primary care practitioners and allied health professionals— many of whom participate actively in our network activities such as the Primary Care Working Group who developed the 5A's of Obesity Management and the Science Committee who oversees the planning of the Canadian Obesity Summit and other research and education activities.



**Arya M. Sharma,
MD/PhD, FRCPC**
Scientific Director,
Canadian Obesity Network
Professor of Medicine,
Chair for Obesity Research
and Management
University of Alberta
Edmonton, AB

As part of the 3rd Canadian Obesity Summit, the Science Committee has developed over 11 Clinic in Focus Streams and 14 Clinical Plenary Sessions specifically designed to meet the needs of busy primary care practitioners and allied health professionals. Learning sessions will focus on the complex management needs of patients with obesity.

Overall, the summit has over 35 hours of CME accredited programming to help you support patients with obesity. In addition, the Summit is accredited through SCOPE (Specialist Certification in Obesity Professional Education). This is the International Association for the Study on Obesity's official obesity education program, designed for all health professionals.

We look forward to welcoming you to our network and conference.

The Canadian Obesity Summit is accredited!

This program has been accredited by the College of Family Physicians of Canada and the British Columbia Chapter for up to 49 Mainpro-M1 credits.



SCOPE is an internationally-acclaimed obesity education program that helps health professionals understand obesity and how to treat, manage and prevent it. Using bite-sized modules developed by the world's leading obesity experts, it is available online 24 hours a day for learning around your busy schedule. SCOPE empowers you to create a customised learning program to improve your patient outcomes and give your career a boost at the same time. In addition, each SCOPE course provides CPD credits to further your professional development targets. You can find more information about SCOPE on our website www.iaso.org/scope. By attending this conference, you are eligible for 4.0 SCOPE Points - collect 12 points and gain the internationally recognized standard of knowledge on obesity.



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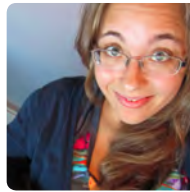
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Ian Janssen, PhD

Chair, Science Committee, Canadian Obesity Network
Associate Professor and CRC Chair in Physical
Activity and Obesity School of Kinesiology and Health
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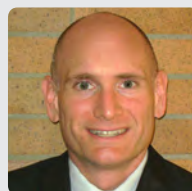
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Linnie von Rekowsky, Edmonton AB
Dr. Robert Ross, Kingston ON
Dr. Arya Sharma, Edmonton AB
Dr. Shahebina Walji, Calgary AB
Dr. Ron Wilson, Vancouver BC

General Information

Registration Desk Hours:

Wednesday, May 1, 2013	6:30 am - 6:00 pm
Thursday, May 2, 2013	6:30 am - 5:00 pm
Friday, May 3, 2013	6:30 am - 5:00 pm
Saturday, May 4, 2013	6:30 am - 5:00 pm

Area Information:

The Concierge desk located in the main lobby of the Westin Bayshore can provide information on activities and local festivals and events during your stay in Vancouver.

Media (Arbutus Room) / Speaker Ready Room (Fir Room)

(Located on Level Two opposite the Stanley Park Ballroom)

The speaker ready room provides a workplace for speakers. Speakers are required to check in at the speaker ready room at least four hours before the start of their plenary, Clinic in Focus or concurrent oral session.

News Room/Media Room

(Fir Room - located on Level Two opposite the Stanley Park Ballroom)

The News Room/Media Room provides a workplace for media to conduct interviews with speakers. Speakers are urged to contact the News Room immediately if they receive a message regarding an interview request. Direct your question regarding all interviews, and/or operation of the News Room to Brad Hussey, Canadian Obesity Network's Communications Director Tel: 1-905-628-7778 (EST) or Email: hussey@obesitynetwork.ca

Age Restriction:

Children under the age of 18 will not be admitted, excluding infants, to the Plenary or Oral Presentations. Exceptions can be requested by email to cmurawsky@con-obesitysummit.ca

Please arrange for childcare in advance by contacting the concierge at the hotel. The Canadian Obesity Network does not assume responsibility for childcare.

Raising a glass to your health.



Dairy Farmers of Canada is proud to sponsor the Canadian Obesity Network and their 3rd Canadian Obesity Summit.



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HOTELS & RESORTS

Westin Bayshore
1601 Bayshore Drive
Vancouver, BC, V6G 2V4
Phone: (604) 682-3377
Fax: (604) 687-3102



Transportation to and from the airport

The Westin Bayshore is located 16 km (approximately 30 minutes) from Vancouver International Airport. Taxi fare to the hotel is approximately \$40.00.

Limousine service is available upon request through Ken Lee 604-868-6869 www.vancitylimousine.com (prices upon request).

Public transportation from and to the airport is available via the Canada Line. This service links Vancouver International Airport (YVR) to downtown. Guests can take the train directly from the airport (YVR Station) to downtown (Waterfront Station). The train ride takes approximately 20 minutes. Fees are as follows (subject to change): **Airport to Downtown** - Monday – Friday: 8.75 CAD, Saturday and Sunday: 7.50 CAD & **Downtown to Airport**: Monday - Friday - 3.75 CAD, Saturday and Sunday - 2.50 CAD

From the Waterfront SkyTrain Station, guests can either take a taxi (approximately five minutes) or enjoy a picturesque walk along the seawall (10 to 15 minutes).

Walking Directions from Waterfront Station to the Westin Bayshore:

- Head northwest on W Cordova St toward Granville St
- Turn left onto Thurlow St
- Take the 2nd right onto W Pender St
- Continue onto W Georgia St
- Turn right onto Cardero St
- Take the 1st left onto Bayshore Dr

By Rental Car from YVR

- Take Grant McConachie Way over the Arthur Laing Bridge
- Take the Granville Street Exit
- Follow and proceed over the Granville Street Bridge
- Exit at Seymour Street
- Turn left onto Georgia Street, then turn right onto Cardero Street
- The hotel is located on the left
- Approximately 25 minutes

Parking: Valet parking is available for \$36.00 per 24hrs, and self-parking in an indoor lot is available for \$41.00 per 24hrs. In-and-out privileges are allowed.

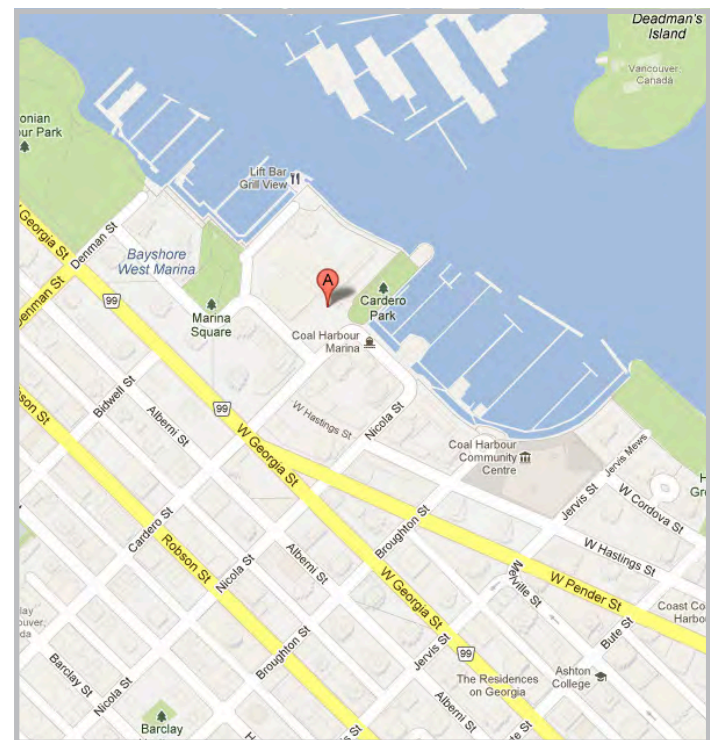
Check-in time: 15:00
Check-out time: 12:00
Early check-ins and late check-outs are based on availability and are at the discretion of the front desk.

Luggage Check: Luggage storage prior to check-in is complimentary, please see bellman for assistance. A \$3.00/item fee applies to any luggage stored after check-out.

Business Centre: High-speed internet access, printers and PC workstations are available for guest use 24-hrs a day in the lobby communications hub, in the rooms through Westin roomlinx.

Internet: Complimentary wireless internet access is available in all public hotel areas, as well as in all guest rooms.

Lost and Found: Information on lost and found can be reached by dialing “0” on any hotel phone to speak to the front desk. Any expenses incurred to ship items after the conference are the responsibility of the delegate.



Group Exercise Opportunities:

No previous experience or special equipment required. Offered on a first come, first served basis. So be there early to make sure you get a spot.

CON Summit Sunrise Pilates: (Director Room in the Tower)
Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core and improving coordination and balance. The sessions will be taught by certified Pilates instructor Linnie von Rekowsky. Each session is 45 minutes in length.

CON Summit Sunrise Yoga (Chairman Room in the Tower)
What a great way to start the day - wake up and join Gillian Mandich for an invigorating morning Hatha yoga practice! Sunrise yoga will include a short seated meditation and a foundational yoga practice that will include a mindful, flowing sequence of standing, supine, and seated poses. The practice will focus on developing proper alignment, breathing techniques, and body awareness as it develops stamina, strength and balance. This one-hour class will get your blood flowing, improve focus and alertness, and energize your mind and body - a perfect way to kick-start your day!

Schedule:
Thursday, May 2nd, 2013 6:30 am - 7:15 am (pilates) or 7:30 am (yoga)
Friday, May 3rd, 2013 6:30 am - 7:15 am (pilates) or 7:30 am (yoga)
Saturday, May 4th, 2013 6:30 am - 7:15 am (pilates) or 7:30 am (yoga)

Running { Meet in Westin lobby}

Are running the Vancouver Marathon? Whether you are an avid runner or just hoping to get some cardio in to your day join Dr. Jon McGavock for a run in beautiful Stanley Park. The run will be approximately 60 min in length. Please meet in the hotel lobby to participate.



Schedule:
Thursday, May 2nd, 2013 Morning run 6:30 am
Friday, May 3rd, 2013 Evening run 6:00 pm

The Westin Bayshore Vancouver now offers the New Balance Gear Lending Program. For a \$5.00 per day plus tax you may use shoes, t shirt, tight capri pants for women, shorts for men, socks (you keep the socks) and sports bras.

For more information on the lending program and/or convenient delivery to your hotel room simply call Westin Service Express.

Meals and Breaks:

Please remember to wear your name badge at all times. It will serve as your ticket for meals. If you have purchased additional tickets, they will be provided to you when you register on site.

Attendance Verification:

If you require a proof of attendance please stop by the registration desk.

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#CON2013



www.youtube.com/user/canadianobesity



Canadian Obesity Network
Réseau Canadien en Obésité - (CON-RCO)

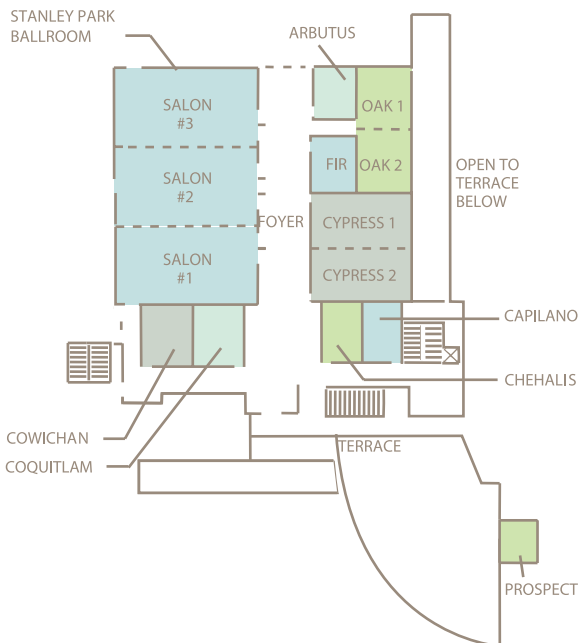
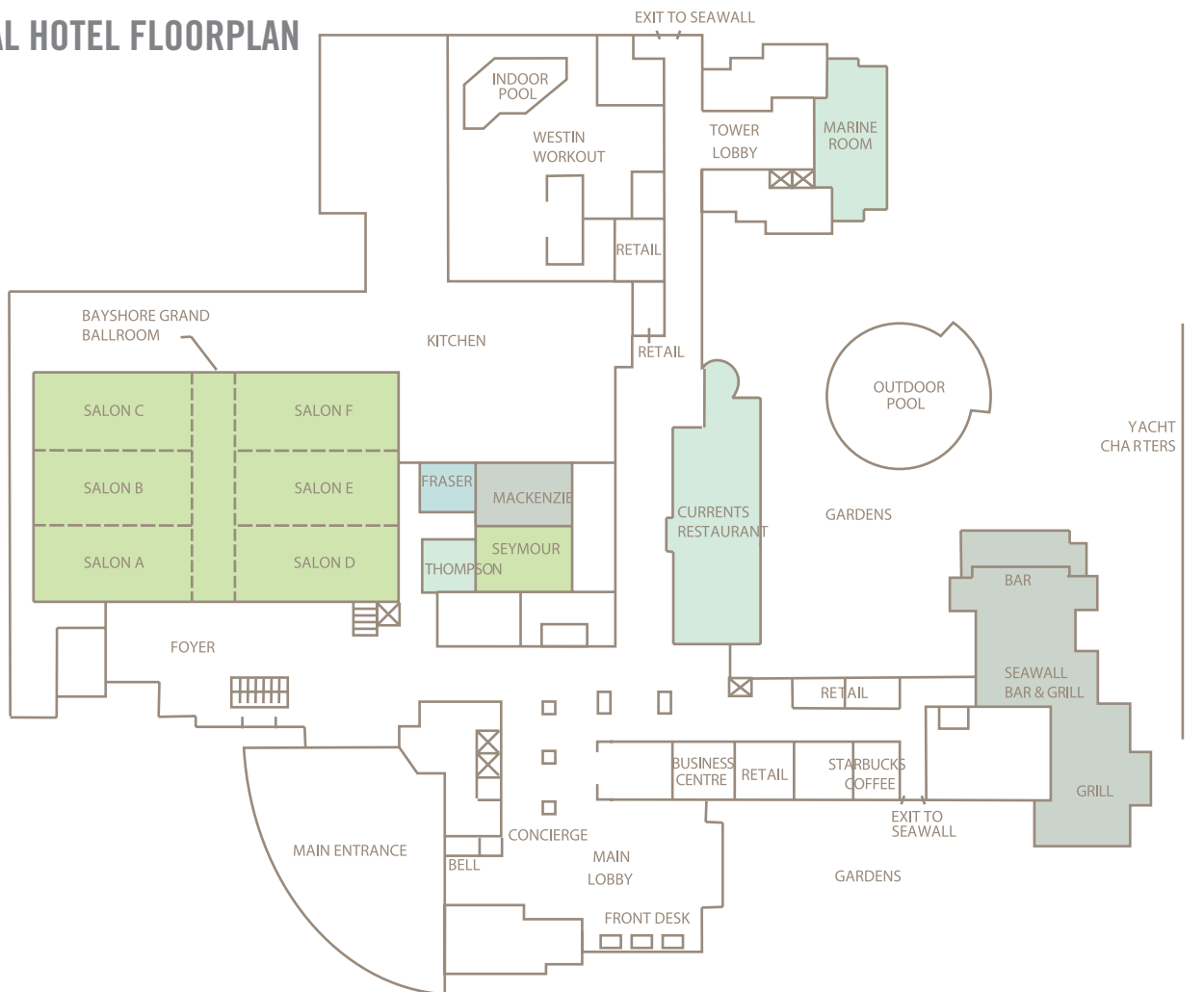
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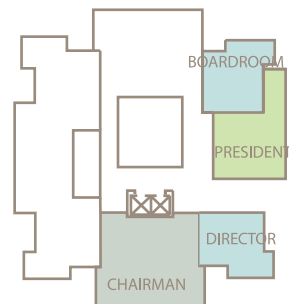
FACULTY OF MEDICINE



GENERAL HOTEL FLOORPLAN



TOWER MEETING ROOMS



THE WESTIN
BAYSHORE
Vancouver

SPECIAL EVENTS

WEDNESDAY MAY 1ST, 2013**17:00 - 18:30** **COS 2013 Opening Ceremonies with Award Lectures**

Join your colleagues to kick off the 2013 Canadian Obesity Summit in the Stanley Park Ballroom. The TOPS New Investigator Award winner and CON-RCO Distinguished Lecturer Award winner will be announced. A Welcome Reception with Networking Activities lead by the Canadian Obesity Network – Student and New Professional (CON-SNP) National Executive will follow immediately after.

18:30 - 20:30 **Welcome Reception with Networking Activities**

Meet old friends and make some new ones in the Bayshore Grand Ballroom. This is a unique opportunity to network and meet leading international experts in the field of obesity prevention, treatment and care. The Canadian Obesity Network Student and New Professional Executive will be running a "get-to-know-you BINGO" where participants will be encouraged to meet as many new people as possible to complete their BINGO card. Please, meet us at the Tradeshow floor for a cocktail reception. A sushi dinner at Ebisu Sushi (immediately following the reception) will be awarded to the winner of the BINGO! Participants attending this networking reception are encouraged to come to our Summit Sushi Social* afterwards, an informal dinner tasting some of Vancouver's finest fish.

*Meals at Ebisu Sushi generally run \$15-\$30

19:45 - ONWARD **Summit Sushi Social** *(optional dinner & social event organized by CON-SNP National Executive)*

Meet in the Westin Hotel lobby entrance at 7:45pm & walk together to Ebisu Sushi on Robson (827 Bute Street) restaurant and/or join us afterwards at The Mill Marine Bistro (1199 West Cordova Street-At Bute)

THURSDAY MAY 2ND, 2013**6:30 - 7:15 or 7:30** **Group Pilates or Hatha Yoga** - Please see page 11 for full description
Meet in the Westin Hotel Tower – *Chairman and Director rooms*

Running in Stanley Park - Please see page 11 for full description
Meet in the hotel lobby.

7:00 - 8:00 **Breakfast Symposium: Eating Strategies to Achieve and Maintain Satiety**

Have breakfast in the Cypress room and listen to Dr. Michael Lyon. Pre-registration required. Limited space available. If you haven't already registered it might not be too late. A stand by line will be started and as many as can be accommodated will be allowed in to the session.

(supported by PGX Health Care)

12:00 - 13:30 **Lunch Symposium: Treating Diabetes and Obesity: Getting the Balance Right**

Chaired by Professor Lawrence Leiter, in the Cypress room, this highly interactive symposium reviews and addresses the delicate balance of achieving glycemic control while managing body weight for the many people with type 2 diabetes who are also obese. Invited speakers include Dr. Arya Sharma, Dr. Lawrence Leiter and Dr. Ehud Ur. Pre-registration required. Limited space available. If you haven't already registered it might not be too late. A stand by line will be started and as many as can be accommodated will be allowed in to the session.

(This program was supported in part by an educational grant from Novo Nordisk A/S)



SPECIAL EVENTS

THURSDAY MAY 2ND, 2013

12:15 - 13:15

Lunch Symposium: Can a Beverage Company Make a Positive Difference in the Fight Against Obesity?

The Coca-Cola Company is rolling out an unprecedented global campaign to help society beat one of the most serious, complex issues of this generation – obesity. In a series of new advertisements we're using our marketing power and scale to educate people about the importance of making informed choices and balancing "calories in" with "calories out."

Dr. Rhona Applebaum,

VP and Chief Scientific and Regulatory Officer at Coca-Cola Co.

17:30 - 18:30

Summit Sunset Stroll in Stanley Park *(optional social event organized by CON-SNP National Executive)*

All Summit attendees are welcome to attend this unique opportunity to discover one of Vancouver's greatest attractions, Stanley Park. This is a unique opportunity to network and mingle with individuals in various fields of obesity. Come meet us in the lobby, walk with us rain or shine and get your own personal tour of Stanley Park from the Canadian Obesity Network's Student and New Professional National Executive. Don't forget your camera! Join us afterwards for dinner and networking in Gastown.

19:30 - ONWARD

Dinner and Networking in Gastown *(optional social event organized by CON-SNP National Executive)*

It's Friday night! Come explore Gastown, a National Historic Site of Canada and Vancouver's oldest neighbourhood. It is also the home of the famous Gastown Steam Clock. Meet in the Westin Bayshore hotel lobby entrance at 7:30 and walk with us to Revel Room* (238 Abbott St.) & the Portside Pub after (7 Alexander St.)

***Meals at the Revel Room are under \$25**

18:00 - 20:00

Partners Reception *(By invitation Only)*

FRIDAY MAY 3RD, 2013

6:30 - 7:15 or 7:30

Group Pilates or Hatha Yoga - Please see page 11 for full description

Meet in the Westin Hotel Tower – *Chairman and Director rooms*

7:00 - 8:00

Breakfast Symposium: The 5As of Obesity Management

The 5As of Obesity Management is a set of practical tools to guide practitioners in obesity counseling and management. Start your day with breakfast in the Cypress Room and an informative symposium with Dr. Arya Sharma. Family Physicians are highly encouraged to join this session so CON-RCO can get your input and feedback. Pre-registration required. Limited space available. If you haven't already registered it might not be too late. A stand by line will be started and as many as can be accommodated will be allowed in to the session.

(This program was supported in part by an educational grant from Eli Lilly Canada Inc.)

12:00 - 13:30

Lunch Symposium: Just the Facts about PGX

Join Dr. Michael Lyon for lunch in the Cypress Room and have all your questions about PGX answered. Pre-registration required. Limited space available. If you haven't already registered it might not be too late. A stand by line will be started and as many as can be accommodated will be allowed in to the session.

(Supported by aPGX Health Care Solutions)

18:00 - 19:00

Running in Stanley Park - Please see page 11 for full description

Meet in the hotel lobby.

19:00 - ONWARD

Dinner and Dancing in Gastown *(optional social event organized by CON-SNP National Executive)*

Join your colleagues for a last goodbye on the final evening of the 3rd Canadian Obesity Summit. Meet us in the lobby and we will dance the night away at a night club nearby

17:00 - 17:30

SATURDAY MAY 4TH, 2013

CON-RCO Annual General Meeting & Summit Closing Ceremonies

Find out what CON-RCO has done over the past year and future directions. All award winners will be announced and cash will exchange hands! Find out who won the coveted Summit awards and who might be a future Canadian Obesity Summit plenary speaker.

CONFERENCE SUPPORTERS



International Journal of **Obesity**

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LUNCH IN THE MAIN PLENARY SPONSORED BY



SYMPOSIA SESSIONS

Thursday, May 2			
Time	Session	Presenter	Institution / Organization
7:00 - 8:00	Eating Strategies to Achieve and Maintain Satiety	<i>Dr. Michael Lyon</i>	Supported by PGX Health Care Solutions
12:00 - 13:30	Treating Diabetes and Obesity: Getting the Balance Right	<i>Dr. Lawrence Leiter Dr. Arya Sharma Dr. Ehad Ur</i>	This program was supported in part by an educational grant from Novo Nordisk A/S
12:15 - 13:15	Can a Beverage Company Make a Positive Difference in the Fight Against Obesity?	<i>Dr. Rhona Applebaum, VP and Chief Scientific and Regulatory Officer at Coca-Cola Co.</i>	Sponsored by Coca-Cola Bottling Company
Friday, May 3			
7:00 - 8:00	5A's of Obesity Management in Primary Care	<i>Dr. Arya Sharma</i>	This program was supported in part by an educational grant from Eli Lilly Canada Inc.
12:00 - 13:30	Just the Facts about PGX	<i>Dr. Michael Lyon</i>	Supported by PGX Health Care Solutions



Schedule at-a-glance Wednesday, May 1

WEDNESDAY

6:30 - 18:00	Registration Desk Open			
8:30 - 10:00				
10:30 - 12:00	Concurrent Workshop: (Salon 1) Redesigning the Obesity Experience	Concurrent Workshop: (Marine) Obesity & Fetal Programming: How Important Is 9 Months Anyway	Concurrent Workshop: (Oak 1) Beyond Numbers: Improving Nutritional Management of Bariatric Surgery Patients Through Improved Intake, Counseling and Physical Diagnosis	Concurrent Workshop: (MacKenzie) 5A's of Pediatric Obesity Management
12:00 - 13:30	Lunch Break*			
13:30 - 17:00				
15:30 - 17:00	Concurrent Workshop: (Prospect) Overconsumption of Sugar-Sweetened Beverages: A Powerful Marketing Unveiled, a Multi Level Range of Actions to Explore	Concurrent Workshop: (Marine) Obesity & Fetal Programming: How Important Is 9 Months Anyway <i>(continue)</i>	Concurrent Workshop: (Seymour) Promoting Healthy Weights - Evidence for a new Paradigm to Address Weight Bias and Promote Mental Health	Concurrent Workshop: (MacKenzie) 5A's of Pediatric Obesity Management <i>(continue)</i>
17:30 - 18:30	Canadian Obesity Summit 2013 Opening Ceremony with Award Lectures (Stanley Park Ballroom)			
18:30 - 20:30	Welcome Reception with Networking Activities (lead by CON-SNP Executive) (Bayshore Grand Ballroom)			
20:00	<i>Optional Social Event (Please see page 13 for full description)</i>			



Full Day Concurrent Workshop



Students & New Professionals Concurrent Session

<p>Concurrent Workshop: (Salon 3) Health at Every Size: A Compassionate Approach to Body Weight</p>	<p>Concurrent Workshop: (Salon 2) Building an Interdisciplinary Treatment Team: Lessons Learned from a Collaborative Bariatric Treatment Program</p>	<p>Public Health in Focus: (Seymour) Surveillance of Environmental Influences and Behaviours Associated with Child and Adolescent Obesity - within the Canadian context</p>	<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> • Neuropathic and Nociceptive Pain: Solutions to Pain and Pain Related Disabilities • Osteoarthritis & Obesity • Navigating Through the Maze of Fibromyalgia Syndrome
		<p>Public Health in Focus: (Seymour) Complementary Approaches to Modeling Projected Health and Economic Impacts of Obesity in Canada</p>	<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> • What Is New in the Link Between Obesity and Hypertension? • Evidence Based Approaches to the Management of the Obese Type 2 Diabetic Patient • Results Typical! Medical Physical Activity Prescription and Successful Weight Maintenance in the Complex Patient with Obesity
<p>Concurrent Workshop: (Oak I) Behavioural Responses to Obesity Policy Interventions</p>	<p>Concurrent Workshop: (Oak II) Mind, Exercise, Nutrition, Do It! (MEND) Canadian Adaptation: How Canada is supporting the Declaration on Prevention and Promotion and the Federal, Provincial and Territorial (FPT) Framework for Action</p>	<p>12:15 - 13:15 Canadian Obesity Network - Student and New Professional (CON-SNP): (Stanley Park Ballroom) Private Partnerships: Solution or Problem?</p>	<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> • Medical Management of Obesity in the Community Setting - Efficient Strategies • 5A's of Obesity Management for Adults • Food Fetish: Society's Complicated Relationship with Food <p><i>Supported by PGX Health Care Solutions.</i></p>
		<p>Research in Focus: (President) The Development of a Translational Research Program in Bariatric Care in Newfoundland and Labrador</p>	<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> • Therapeutic Relationship in Obesity Treatment • Motivational Interviewing and Behaviour Change: Are You Really Sure You Want to Do This? • Behavioural Treatment: Fundamentals of Reward Learning

- Exhibits will be open

Coffee Breaks are from 10:00 - 10:30 & 15:00 - 15:30 | Lunch will be provided from 12:00 - 13:30
*Selected coffee / meals included with full registrations.



Session Descriptions

WEDNESDAY

8:30 - 17:00 CONCURRENT WORKSHOPS (6 Hour - Full Day Session)

ROOM MARINE **Obesity and Fetal Programming: How Important Is 9 Months Anyway?** - *Dr. Helena Piccinini-Vallis, Dr. Laura Gaudet, Dr. Andrée Gruslin, Dr. Christian Rueda-Clausen, Dr. Kristi Adamo, Dr. Zach Ferraro, Dr. Rhonda Bell, Dr. Arya Sharma*

Child obesity is a global epidemic whose development is rooted in complex and multi-factorial interactions. Epidemiological, animal model, and experimental studies have provided strong evidence implicating the intrauterine environment in downstream obesity. This workshop will focus on the interplay between maternal obesity, gestational weight gain and lifestyle behaviours, which may act independently or in combination, to exacerbate fetal growth and perpetuate the intergenerational cycle of obesity.

Learning Objectives:

- To gain a global appreciation for the intergenerational cycle of obesity
- To recognize the contributors to fetal growth including the role of epigenetics, placental implications, and maternal determinants (physical activity, nutrition, gestational weight gain, obesity)
- To understand the role of the care provider in gestational weight management and how potential biases may influence maternal-fetal outcomes

ROOM MACKENZIE **5A's of Pediatric Obesity Management** - *Jane Rutherford, Dr. Stasia Hadjiyannakis, Dr. Laurie Clark, Dr. Annick Buchholz*

This multi-discipline (MD, psychologist, registered dietitian, exercise specialist) led workshop will use a pediatric adapted version of the 5A's of Obesity Management to guide healthcare practitioners towards feeling more comfortable, knowledgeable and capable when working with obese pediatric patients and their families. This workshop will cover the importance of understanding the realities of patients and their families, the barriers posed by weight bias and stigma, appropriate health outcomes and expectations, and provide effective assessment tools and management strategies.

Learning Objectives:

- How and when to approach pediatric obesity in clinical practice
- Provide effective assessment and management strategies
- Review appropriate health outcomes and expectations in pediatric weight management

8:30 - 12:00 CONCURRENT WORKSHOPS (3 Hour - Half Day Session)

ROOM SALON 1 **Redesigning the Obesity Experience** - *Mary Forhan, Chris Ferguson, Mike Loveless, Michelle McCune*

Persons living with obesity represent 20% of the population in Canada. This is a group at risk for restricted participation in everyday life in part due to barriers in the built and social environments that restrict access and opportunities, and threaten safety in the context of everyday living. Participants of this workshop will learn about the challenges of living with obesity and how they can facilitate change in the clients' built and social environment through inter-professional ideation and collaboration.

Learning Objectives:

- Participants will gain insight to barriers in the built and social environment for persons living with obesity
- Participants will be able to apply the concepts of ideation and design relevant to their areas of practice
- Gain experience with multidisciplinary approaches to solution focused practices

ROOM OAK **Beyond Numbers: Improving Nutritional Management of Bariatric Surgery Patients Through Improved Intake, Counseling and Physical Diagnosis** - *Jacqueline Jacques, Margeaux Maniatis*

With a focus on practical skill-building that can be promptly implemented this workshop reviews anthropometric, biochemical, clinical & dietary care with a focus on clinician intake/interview techniques, physical examination, laboratory medicine & management best practices. Good nutritional care cannot depend on labs alone; therefore, we will explore questions to ask & signs/symptoms in identifying a problem and tracking response to treatment.

Learning Objectives:

- To build participant knowledge in assessment and management of biochemical (laboratory) and clinical (physical examination) indices for bariatric patients.
- To enhance participant familiarity with best practices in management of bariatric patients.
- To explore current medical and behavioural techniques in patient intake and interview at the pre and post-operative stages of the bariatric journey.
- To investigate strategies of efficiency and streamlining in all aspects of current bariatric care for high-volume settings.

**ROOM
SALON 3****Health at Every Size: A Compassionate Approach to Body Weight** - *Jacqui Gingras, Julie Rochefort, Lucy Aphramor*

The following workshop will be facilitated by renowned national and international Health at Every Size (HAES) practitioners, researchers and advocates. The workshop will be based on a format which includes an overview of HAES including the supporting data, assumptions, and intervention and small group discussions. Participants will be encouraged to identify the challenges and opportunities that exist with advancing HAES within practice.

Learning Objectives:

- Clarify the tenets of HAES including the supporting data, assumptions, and interventions
- Identify the challenges and opportunities that exist with advancing HAES within varied health and community care contexts

**ROOM
SALON 2****Building an Interdisciplinary Treatment Team: Lessons Learned from a Collaborative Bariatric Treatment Program**

Dr. Susan Whuk, Lynn Tremblay, Patti Kastanias, Dr. Raed Hawa, Mary Weiland

Creating an effective interdisciplinary healthcare team requires planning, commitment and resources. Key factors are the establishment and maintenance of team collaboration and communication. We will describe our journey of building an interprofessional bariatric treatment team focused on obesity management. Strategies used to facilitate collaboration and effective communication amongst professionals with different priorities will be discussed.

Learning Objectives:

- Develop fresh insights into an interdisciplinary approach to obesity management using a Bariatric lens.
- Participate in a forum to dialogue about program challenges and successes in the treatment of obesity
- Discover novel strategies to integrate medical, surgical and psychosocial priorities in the spectrum of obesity management

8:30 - 10:00**PUBLIC HEALTH IN FOCUS (PHAC)****ROOM
SEYMOUR****Surveillance of Environmental Influences and Behaviours Associated with Child and Adolescent Obesity - within the Canadian Context** - *Dr. Margaret de Groh, Dr. Elaine Jones-McLean, Dr. Yipu Shi, Dr. Monique Potvin-Kent*

This workshop will present surveillance findings related to television viewing, exposure to television food marketing and snacking patterns by Canadian children and adolescents.

Learning Objectives:

- To understand the potential contributions of behavioural and environmental factors towards risk of overweight/obesity among Canadian youth
- To gain knowledge on surveillance data to monitor some lifestyle/environmental factors
- To discuss current research/knowledge gaps for monitoring some lifestyle/environmental factors related to overweight/obesity in Canadian youth

8:30 - 10:00**CLINIC IN FOCUS** *Co-Chairs: Priya Manjoo & David Macklin***ROOM
CYPRESS****Neuropathic and Nociceptive Pain: Solutions to Pain and Pain Related Disabilities** - *Dr. Brenda Lau*

This presentation will use the examples of low back pain (nociceptive pain) and post-herpetic neuralgia (neuropathic pain) to review the common and emerging approaches applied in managing these difficult pain problems. Also, it will highlight the initiatives across BC in making pain treatments and resources more accessible to healthcare providers, pain patients and their families.

Learning Objectives:

- To describe nociceptive and neuropathic pain
- To be aware of the different treatments for low back pain and post-herpetic neuralgia
- To identify the system changes that enable access to pain resources and treatments by healthcare providers, patients and their families

Osteoarthritis & Obesity - *Dr. Gillian A. Hawker*

OA is the most common form of arthritis, affecting approximately 10% of the adult population. Obesity increases the risk for development and progression of OA through its effects on the biomechanics of weight-bearing joints and on joint tissues through inflammatory mediators, adipokines, secreted by adipose tissue. Among people with OA, obesity is associated with worse pain and disability. Thus, attaining and maintaining a healthy weight through diet and physical activity is a central focus of OA prevention and management.

Learning Objectives:

- To discuss the evidence supporting a causal relationship between obesity and osteoarthritis (OA)
- To discuss the impact of obesity on OA management, including outcomes of total joint replacement surgery
- To review recent evidence suggesting a negative impact of comorbid OA on outcomes for other common obesity-related conditions
- To discuss the impact of weight loss on OA incidence and progression



Navigating Through the Maze of Fibromyalgia Syndrome - *Dr. Rhonda Shuckett*

Fibromyalgia Syndrome (FMS) is a form of non-articular rheumatism characterized by widespread soft tissue, achesy “pain all over”. These patients typically have a non-restorative sleep pattern, awakening poorly refreshed in the morning. FMS is much more prevalent in women than men. According to the 1990 American College of Rheumatology (ACR) criteria, patients must have at least 11 out of 18 painful fibromyalgia tender points distributed over all 4 quadrants of the body in order to fulfill the diagnosis of FMS. Some new preliminary proposed ACR 2010 criteria rely on a questionnaire which includes a numerical widespread pain index (WPI) of distribution of reported pain and a symptom severity score, thus bypassing the physical exam findings of painful tender points. Patients with FMS often have co-morbid symptoms such as migraine headaches, irritable bowel syndrome among other symptoms. FMS does not lead to lab abnormalities or imaging changes on investigation. Diagnosis of FMS requires exclusion of other conditions, such as hypothyroidism. Treatment of FMS begins with education and reassurance.

Learning Objectives:

- Understand the clinical features and differential diagnosis of fibromyalgia syndrome (FMS)
- Identify the two sets of American College of Rheumatology (ACR) criteria for FMS as follows: A) 1990 ACR criteria with the painful tender points; B) 2010 proposed ACR criteria by questionnaire
- Understand the approach to treatment of FMS with the role of non-pharmacologic and pharmacologic therapies

10:30 - 12:00 PUBLIC HEALTH IN FOCUS (PHAC-P LAU)

ROOM SEYMOUR **Complementary Approaches to Modeling Projected Health and Economic Impacts of Obesity in Canada** - *Suzanne Ross, Patricia W. Lau, Ronald Wall, Dr. Claude Nadeau, Dr. Christina Bancej (moderator)*

To open a dialogue between epidemiologists, policy researchers and decision makers, this moderated session will include:

1. A presentation on the role and potential applications of models in understanding policy trade-offs related to interventions.
2. A presentation comparing and contrasting the two modelling approaches employed at PHAC.
3. An interactive session where moderated small groups will explore key questions about how obesity modelling can be used in the policy, program and intervention development spheres.

Learning Objectives:

- To gain knowledge about bottom-up and top-down approaches to modelling obesity as a determinant of population health and derived health-care costs
- To understand the differences between these two models and their respective roles in creating an evidence base to develop policies and programs to redress trends in obesity
- To open a dialogue between epidemiologists, policy researchers and decision makers on the use of modelling in policy, program and intervention development spheres

10:30 - 12:00 CLINIC IN FOCUS *Co-Chairs: Tom Warshawski & Jean-Pierre Despres*

ROOM CYPRESS **What Is New in the Link Between Obesity and Hypertension?** - *Dr. Simon W. Rabkin*

Obesity-associated hypertension extends into younger age groups raising serious concerns about the cardiovascular outcomes of blood pressure elevation for a greater number of years than previous generations. Multiple mechanisms can be involved in the production of hypertension. Inflammation, perivascular fat and neurohormonal-induced sympathetic activation have received recent attention. Efforts to reduce obesity should be also stress interventions that modulate effect of obesity on the production of hypertension.

Learning Objectives:

- Examine the data on the relationship of obesity with blood pressure elevation that is extended into childhood and adolescence and can be found in selected older individuals
- Examine the biological basis including inflammation, cytokines, perivascular fat, neural hormones, and increased sympathetic activity that may be the mechanism by which obesity produces hypertension
- Examine newer modalities of hypertension treatment within the paradigm of obesity-induced hypertension

Evidence Based Approaches to the Management of the Obese Type 2 Diabetic Patient - Dr. Tony Chetty

The majority of patients with type 2 diabetes are obese. Both conditions are increasing in concert and in dramatic proportions. Excess weight is an established risk factor for type 2 diabetes, and should be the primary target for the treatment of type 2 diabetes. Yet most patients continue to gain weight after being diagnosed with type 2 diabetes. This clinical anomaly could be largely explained by the choice of therapeutic agents and the failure to address obesity as a primary driving force for the development of insulin resistance and hyperglycaemia. Behaviour and lifestyle intervention, including meal replacements, proper choice of pharmacological agents (weight neutral /sparing), and bariatric surgery are gaining wider acceptance in the treatment algorithm for obese type 2 diabetic patients. A number of studies have recently been published in this area and these will be reviewed in detail.

Learning Objectives:

- Managing body weight by behavioral change and medications
- Which anti-diabetic agents are appropriate for your patient
- Managing body weight by bariatric surgery
- New pharmacological agents for obesity management

Results Typical! Medical Physical Activity Prescription and Successful Weight Maintenance in the Complex Patient with Obesity - Deborah Bade Horn

Physical activity has become a key component in successful maintenance of weight loss and/or body composition change. However, in the patient with obesity who also suffers from complex barriers to physical activity, the focus is often directed away from therapeutic movement and towards dietary, surgical, pharmaceutical, and cognitive behavioral efforts. Common intimidating barriers for both the patient and the clinician include cardiovascular, orthopedic, and metabolic pathology. An awareness of these common barriers and a set of resources available to help remove them can empower the patient to take action. This presentation examines case studies that require problem solving in these difficult areas of physical activity prescription including: the pre-participation assessment, risk stratification for cardiovascular disease, prescription, monitoring, and provision of special resources for this unique population.

Learning Objectives:

- Review METs vs. Personalized Energy Cost and develop an understanding of the current debate
- Outline an improved physical activity pre-participation assessment for complex cases
- Evaluate complex case studies. Discuss the provider-approach and potential areas for learning and improved treatment

13:30 - 17:00 CONCURRENT WORKSHOPS (3 Hour - Half Day Session)**ROOM SEYMOUR Promoting Healthy Weights - Evidence for a new Paradigm to Address Weight Bias and Promote Mental Health**
Dr. Ann Pederson, Lydia Drasic, Kimberley Korf-Uzan, Kiera Ishamel, Alberta Girardi

In this interactive session a panel of four speakers will present their work followed by a facilitated discussion on each topic to share ideas and experience and explore opportunities for presenters to further their work and for participants to apply the information to their areas of influence. The format will be small group discussions with report out to larger group or a whole group discussion, and will end on summarizing potential opportunities.

Learning Objectives:

- To increase knowledge of linkages and relationships, across the life-course and by gender
- To increase knowledge of weight bias and stigma in the health care setting
- To increase knowledge of current approaches to the promotion of healthy weights and their potential impact
- To identify practices that promote healthy weights and mental well-being while preventing injury

ROOM PROSPECT Overconsumption of Sugar-Sweetened Beverages: A Powerful Marketing Unveiled, a Multi Level Range of Actions to Explore
Suzie Pellerin, Dr. Tom Warshawski, Dr. Kim Raine, Philippe Jacques

While health professionals are concerned about overconsumption of sugar-sweetened beverages by youth, marketers are using new technologies, new medias and massive investments to encourage them to consume sugary drinks. After analysing the variety of marketing strategies used by the beverages industry, participants will explore different promising actions aimed at reducing the attractiveness of sugary drinks to limit their consumption.

Learning Objectives:

- Be aware of the impacts of sugary drinks on health
- Recognize a variety of marketing strategies used by the sugary drinks industry
- Be informed about a counter-marketing program for teenagers that aimed at denormalizing sugary drink consumption
- Identify a course of promising actions to limit the harmful impacts of sugary drinks, especially on youth



ROOM OAK I Behavioural Responses to Obesity Policy Interventions - Dr. Sean Cash, Dr. Helen Jensen, Dr. Monika Hartmann, Dr. Jutta Roosen, Dr. Anna Farmer

The workshop will contain an overview of the types of current obesity public health interventions being recommended and implemented in a range of countries. The focus of the session is how behaviour of firms and individuals can enhance or detract from positive health outcomes associated with interventions such as fat taxes, ingredient regulations, school food programs and information (labelling, advertising) requirements. Empirical economic analysis.

Learning Objectives:

- The fundamental objective of the workshop is to increase understanding of the ways the behaviour of individuals and firms can enhance or detract from public health outcomes of obesity interventions
- The workshop will provide the opportunity to enhance debate across medicine, public health and economics disciplines around effective prevention approaches for obesity
- The material to be presented will allow participants to learn about similarities and differences in multi-disciplinary approaches to ex ante policy evaluation in the context of obesity interventions
- Given the complexity of behavioural responses to policy interventions, the session includes cross country comparisons for some of the same interventions in different contexts and cultures

ROOM OAK II Mind, Exercise, Nutrition, Do It! (MEND) Canadian Adaptation: How Canada is supporting the Declaration on Prevention and Promotion and the Federal - Neil MacDonald, Dr. Paul Sacher, Farah Bandali, Dr. Carrie Matteson, Dr. Carol Rodgers

MEND's spread in Canada supports the Federal Provincial Territorial vision of comprehensive healthy weight programming across Canada to tackle childhood obesity and promote healthy weights. This presentation will showcase Alberta's Canadian MEND adaptation process and findings, from scale-up and spread, to health outcomes and evaluation. The MEND models in Saskatchewan and British Columbia will also be profiled.

Learning Objectives:

- To provide an overview of MEND as an innovative approach to childhood obesity prevention and management, and describe its contribution to promotion of healthy weights in Canada
- To describe the approach to, and learnings from, the Canadian MEND adaptation and implementation in Alberta
- To present the research findings on the scale up and spread of MEND in Canada
- To offer key learnings from, and create an interest in, the uptake of MEND across Canadian jurisdictions

13:30 - 15:00 CLINIC IN FOCUS Co-Chairs: Dina Panagiotopoulos & Gillian Hawker

ROOM CYPRESS Medical Management of Obesity in the Community Setting - Efficient Strategies - Dr. Sean Wharton

Weight management should be, primarily, practiced in the community and not tertiary care centres. Community clinics may not resemble the traditional clinics for disease care, but may be more in line with preventative care models and education based programs. The Wharton Medical Clinic model incorporates evidence based standards while still delivering this care under a government funded model.

Learning Objectives:

- Understand the factors that affect delivery of weight management in the community
- Understand a system of weight management that is economically feasible

5A's of Obesity Management for Adults - Dr. Michael Lyon

In 2011, the Canadian Obesity Network - Réseau canadien en obésité (CON-RCO) collaborated with a national network of opinion leaders and obesity experts to develop practitioner tools for adult obesity management in primary care. The result was a modified 5A's framework that facilitates the dialog between primary care providers and patients with obesity and provides a didactic and user-friendly framework for the initial assessment/counseling and follow-up on patients.

Learning Objectives:

- Recognize the fundamental principles of obesity management
- Describe the key elements of obesity assessment and counseling
- Apply the 5A's intervention framework to their patients presenting with obesity

Food Fetish: Society's Complicated Relationship with Food - Dr. Valerie Taylor

Society's relationship with food has not been purely for fuel for a number of years. Hence, the obesity epidemic. In this talk we will explore the increasingly complicated role food holds in today's society, from comforter, to body art and even as a sexual fetish, as seen by the growing popularity of feederism and feeder pornography. The increasing invasive evolution of diets will also be examined. The goals of this session are to overview the changing role of food in today's culture and discuss how that interacts with obesity treatment and prevention strategies.

Learning Objectives:

- To be aware of the roles played by food in today's society
- To examine how this association interacts with obesity treatment programs

This program was supported in part by an educational grant from PGX Health Care Solutions.

15:30 - 17:00 CONCURRENT SESSION**ROOM PRESIDENT The Development of a Translational Research Program in Bariatric Care in Newfoundland and Labrador - Dr. Laurie Twells, Kendra Lester, Dr. Deborah Gregory**

For health services researchers, translational research or "translating research into practice" is important. It can be defined as "ensuring new treatments and research knowledge actually reach the patients or populations for whom they are intended and that they are implemented correctly". The purpose of this workshop is to help participants understand how translational research works in action.

Learning Objectives:

- Understand the concept and value of translational research
- Understand the practical considerations and challenges of implementation

15:30 - 17:00 CLINIC IN FOCUS *Co-Chairs: Geeta Achyuthan & Scott Lear***ROOM CYPRESS Therapeutic Relationship in Obesity Treatment - Dr. Stephen Stotland**

This session provides an overview of the therapy relationship and the concept of therapeutic alliance, looking at determinants and effects of the alliance, relationship with characteristics of individual patients and therapists, changes in the alliance over the course of treatment, and discusses the processes linking the alliance with obesity treatment outcomes.

Learning Objectives:

- Ways of thinking about the therapist-patient relationship, measurement and assessment of therapeutic alliance
- How the alliance is formed, how stable it is vs. how it changes with treatment, relationship with personality of patient and therapist
- Causes of interruptions/ruptures/drop in quality of the alliance
- Methods of improving the alliance and the link between the alliance, outcome, and mediating processes

Motivational Interviewing and Behaviour Change: Are You Really Sure You Want to Do This? - Dr. Michael Vallis

Training in motivational interviewing and behaviour change is lacking. The core skills for competency will be reviewed. Strategies to achieve competence in these interventions will be reviewed using the following framework: competency attainment, scope of practice enhancement, and continuity of support through communities of practice.

Learning Objectives:

- To become aware of the core skills to achieve/maintain competency in motivational interviewing and behaviour change for obesity
- To become familiar with a structured plan to enhance the impact of motivational interviewing and behaviour change interventions through competency, scope of practice and continuity of support

Behavioural Treatment: Fundamentals of Reward Learning - Dr. David Macklin

Like Pavlov taught dogs to salivate to the sound of a bell, this presentation will suggest that motivation to overeat is conditioned by the pairing of sets of cues with hyperpalatable foods. This presentation will suggest a novel behavioural weight management strategy treatment that combines classic evidence based strategies with emerging reward theory principles.

Learning Objectives:

- Learn how the collision between the "ancient reward brain" and the pleasures of our modern "hyperpalatable food" environment conditions a motivation to overeat based on Pavlovian associative learning
- Learn how the behavioural weight management principles of stimulus control, cognitive restructuring and self monitoring can be explained and illuminated in the context of emerging reward theory
- Be able to identify critical subconscious elements to overeating such as associative learning, upwards modulation of wanting by negative emotions, physical hunger and priming, and downward modulation by exercise
- Be able to identify critical conscious elements to overeating such as non-expectancy, false negative thinking, permission thinking and counter dialogue development

Schedule at-a-glance **Thursday, May 2**

THURSDAY

6:30 - 18:00	Registration Desk Open			
7:30 - 8:30	Industry Sponsored Breakfast Symposia (Supported by PGX Health Care Solutions)			
8:30 - 9:00	Plenary Hot Topics & Controversies: Progress and Challenges in the Prevention and Control of Obesity			
9:00 - 9:30	Plenary Hot Topics & Controversies: Obesity and Metabolic Disturbances in Children with Mental Health Conditions			
9:30 - 10:00	Plenary Hot Topics & Controversies: Is it Time to Address Lack of Sleep in Health Promotion?			
10:30 - 12:00	Public Health in Focus: (Oak) Physical Activity and Weight – What Really Makes the Difference for Heart-Health? (hosted by Heart and Stroke Foundation)			Research in Focus: (Stanley Park) <ul style="list-style-type: none"> • Is Evidence Based Nutrition Pa • Ontario Healthy Kids Panel: Ho • Dietary Quality and Obesity: Ar
12:00 - 13:30	Industry Sponsored Lunch Symposia (Supported by Novo Nordisk A/S)			
13:30 - 15:00	Concurrent Oral Presentations			
	Child & Youth I (Seymour)	Basic Science I (Oak II)	Physical Activity I (Oak I)	Population & Public Health I (Mackenzie)
15:30 – 16:00	Plenary Hot Topics & Controversies: Will Accommodation of Persons with Obesity Promote Obesity?			
16:00 - 16:30	Plenary Hot Topics & Controversies: Is it Time to Limit Weight Gain in Pregnancy?			
16:30 - 17:00	Plenary Hot Topics & Controversies: Is Brown Fat Relevant to Obesity Prevention or Treatment?			
17:00 - 17:30	Plenary Hot Topics & Controversies: Is Obesity Caused by Food Addiction?			
18:00 - 20:00	Partners Reception. By invitation only			
20:00	<i>Optional Social Event (Please see page 14 for full description)</i>			

 For Concurrent Oral Presentations Titles and presenters, please review the schedule sessions description or visit our website at www.con-obesitysummit.ca

Speaker: William H. Dietz (Stanley Park Ballroom)

Speaker: Dina Panagiotopoulos (Stanley Park Ballroom)

Speaker: Jean-Philippe Chaput (Stanley Park Ballroom)

Ballroom)
 Part of the Problem Rather than the Path to a Solution?
 How to Turn Ideas into Strategy and Action
 Are All Calories the Same?

Clinic in Focus: (Cypress)

- Impact of Newer Type 2 Diabetes Medications on Body Weight
- Seating and Handling - All About Body Types and Bariatric Aids
- Dysfunctional Sleep and Obesity: Unwitting Bed Partners
- Dilemmas & Controversies in the Management of Sleep Apnea in Gastric Bypass Patients.

Lunch, Networking, Poster Presentations or Exhibits

**Pregnancy
(Marine)**

**Aboriginal
(Prospect)**

Clinic in Focus: Clinical 1 (Cypress)

- Laparoscopic Adjustable Gastric Band (LAGB) Surgery - Five Year Follow Up of a Large, Single Institution Canadian Cohort
- Comparative Effects of Metformin versus Metformin Plus Topiramate in Treatment of Obesity with Metabolic Syndrome: Analysis from A Double-Blind Randomized Trial
- Improving the Management of Psychosocial Issues in Obesity: Learnings from the Diabetes Attitudes, Wishes and Needs Study
- Phenomenological Reflections on the Lived-Meaning of Waiting for Weight-Loss Surgery
- Changes in Body Composition and Bone Mineral Density in Severely Obese Patients Following Metabolic Surgery
- Ergometric Test or Six-Minute Walk Test in Morbidly Obese Patients?

This program was supported in part by an educational grant from Eli Lilly Canada Inc.

Speaker: Mary Forhan (Stanley Park Ballroom)

Speaker: Kristi Adamo (Stanley Park Ballroom)

Speaker: André Carpentier (Stanley Park Ballroom)

Speaker: Alain Dagher (Stanley Park Ballroom)

Coffee Breaks are from 10:00 - 10:30 & 15:00 - 15:30 | Lunch will be provided from 12:00 - 13:30

*Selected coffee / meals included with full registrations.



SESSION DESCRIPTIONS

8:30 - 9:00
STANLEY
PARK
BALLROOM

PLENARY HOT TOPICS & CONTROVERSIES *Co-Chairs: Jean-Pierre Chanoine & Stephanie Atkinson*

Progress and Challenges in the Prevention and Control of Obesity - *Dr. William H. Dietz*

This session will address progress in the control of obesity in the United States. In recent years, the rapid increase in the prevalence of obesity has declined or plateaued, and in some locations, has declined in youth. Although policy, system, and environmental strategies are appropriate for obesity prevention, innovative changes in interprofessional education and care delivery will be required to treat those who are already obese.

Learning Objectives:

- To understand the likely factors responsible for the decline in the rapid increase in the prevalence of obesity in the United States
- To understand the shifts in education and care delivery necessary to improve the management of obesity in clinical settings

9:00 - 9:30
STANLEY
PARK
BALLROOM

Obesity and Metabolic Disturbances in Children with Mental Health Conditions -

Dr. Constadina (Dina) Panagiotopoulos

Some of the most commonly prescribed psychotropic medications in youth include second-generation antipsychotic medications (e.g., risperidone, quetiapine, olanzapine, aripiprazole), antidepressants [namely, serotonin-specific reuptake inhibitors, including fluoxetine, fluvoxamine, citalopram], and mood stabilizers [e.g., lithium, valproic acid]. In this presentation, the growing body of literature related to obesity and metabolic disturbances in children with MHCs treated with these classes of medications will be reviewed.

Learning Objectives:

- To describe the relationship between certain features of mental health conditions in youth including chronic stress, genetic factors, lifestyle issues & medications AND obesity/metabolic dysfunction
- To discuss the literature surrounding risk for obesity and metabolic dysfunction in children treated with the most commonly prescribed classes of psychotropic medications

9:30 - 10:00
STANLEY
PARK
BALLROOM

Is it Time to Address Lack of Sleep in Health Promotion? - *Dr. Jean-Philippe Chaput*

Chronic sleep restriction is pervasive in modern societies, and there is increasing evidence supporting the role of insufficient sleep in contributing to obesity. Lack of sufficient sleep may also compromise the efficacy of common weight-loss interventions. Recent results also suggest that shifting sleep duration is associated with attenuated gain in fat mass. Thus, sleep should be part of the lifestyle package that has focused on diet and physical activity.

Learning Objectives:

- To better understand the connection between insufficient sleep and weight gain
- To appreciate the importance of having adequate sleep to improve the treatment of obesity

10:30 - 12:00 **PUBLIC HEALTH IN FOCUS** *Chair: Manuel Arango*

ROOM OAK **Physical Activity and Weight – What Really Makes the Difference for Heart-Health?** - *Dr. Jean-Pierre Després & Dr. Robert Ross*

This session will explore the relative roles of physical inactivity, nutrition and obesity/overweight upon cardio/cerebrovascular health. In particular, the session will explore whether obesity/overweight contributes uniquely/independently to circulatory health or whether it is simply a “marker” for physical inactivity and nutrition.

Learning Objectives:

- To promote an understanding of the respective roles of physical activity, nutrition and obesity/overweight on cardiovascular and cerebrovascular health
- To discuss whether obesity/overweight plays a unique role/is an independent risk factor for cardio/cerebrovascular disease or whether it is simply a “marker” for other risk factors

STANLEY
PARK
BALLROOM

RESEARCH IN FOCUS *Co-Chairs: Marie-Claude Paquette & Neil Seeman*

Is Evidence Based Nutrition Part of the Problem Rather than the Path to a Solution? - *Dr. Yoni Freedhoff*

We will explore where the losses in translation might have occurred and just who exactly was responsible for the hype, and discuss some very straight forward suggestions to try to prevent the phenomenon whereby studies in evidence based nutrition get lost in translation on their way to the presses and in so doing further confuse an already nutritionally confused world and do it more harm than good.

Learning Objectives:

- To understand some of the basic challenges in interpreting observational studies involving diet.
- To understand some of the factors involved in the leap from cautiously worded study conclusions and highly prescriptive newspaper headlines.

Ontario Healthy Kids Panel: How to Turn Ideas into Strategy and Action - Dr. Kelly D. Murumets & Alex Munter

This presentation will (1) profile the panel's recommendations; (2) describe the multi-sectoral 18-person panel's process; and (3) relay the results to date. There is no one tactic or silver bullet that would meet the panel's ambitious mandated target. The panel recommended a comprehensive three-pronged strategy to start all kids on the path to health, change the food environment and create healthy communities.

Learning Objectives:

- To understand how public policy is developed
- To better appreciate how stakeholders can work together to do so

Dietary Quality and Obesity: Are All Calories the Same? - Dr. Dariush Mozaffarian

Specific dietary and lifestyle factors are independently associated with long-term weight gain, with a substantial aggregate effect and implications for strategies to prevent obesity.

Learning Objectives:

- To look at the independent relationships between changes in lifestyle behaviors and weight changes
- To look at changes over time to understand their translation into prevention strategies

**ROOM
CYPRESS****CLINIC IN FOCUS** *Co-Chairs: Mary Forhan & Jean-Philippe Chaput***Impact of Newer Type 2 Diabetes Medications on Body Weight - Dr. Sue Pedersen**

Most patients with type 2 diabetes (T2DM) struggle with excess body weight. Often, management strategies for achievement of euglycemia in T2DM are associated with weight gain. Several new medications for management of hyperglycemia are emerging which are weight neutral, or facilitate weight loss. Incretin therapies (DPP-4 inhibitors and GLP-1 receptor agonists) and SGLT-2 inhibitors are discussed. These newer and emerging therapies make it increasingly possible to optimize concomitant management of T2DM and obesity.

Learning Objectives:

- To review the effect of traditional therapies for type 2 diabetes on body weight
- To review the effects of newer and future medications for T2DM on body weight: DPP-4 inhibitors, GLP-1 receptor agonists, and SGLT2 inhibitors
- A future horizon? GLP1 use in non diabetics

Seating and Handling - All about Body Types and Bariatric Aids - Malene Alexandrowiz

The principles of rehabilitation and seating are connected to the different body types. These principles are crucial and fundamental to know before equipment and solutions are designed and built. We will use custom-made suits and case-stories to illustrate the differences.

From that perspective, we base any discussion or review. We will focus on the bariatric person's ability to maintain, improve function and keep independence.

Learning Objectives:

- Rehabilitation with focus on individual goals and resources
- Each body type has different needs and options
- Safe handling and working conditions

Dysfunctional Sleep and Obesity: Unwitting Bed Partners - Dr. Kelly Olson

Obesity and sleep issues often go hand-in-hand. Just as there are scales to measure weight, blood pressure monitors to measure cardiovascular health, and thermometers to measure body temperature, there is now a simple, objective tool to measure sleep quality, beyond apnea. Do you want to learn how? This lecture will introduce new, simple technology that can be used to detect sleep issues and monitor subsequent therapy in both overweight and obese patients.

Learning Objectives:

- To learn how to measure sleep quality

Dilemmas & Controversies in the Management of Sleep Apnea in Gastric Bypass Patients - Dr. Stephen Glazer

Sleep apnea is extremely prevalent in morbidly obese patients. The diagnosis and treatment of obstructive sleep apnea is challenging. Compliance with therapy is problematic. Resolution of obstructive sleep apnea post gastric bypass surgery needs to be determined.

Learning Objectives:

- To determine the frequency of obstructive sleep apnea in gastric bypass patients
- Screening questionnaires for obstructive sleep apnea
- Management of obstructive sleep apnea in gastric bypass patients
- Postoperative management of obstructive sleep apnea



13:30 - 15:00 CONCURRENT ORAL PRESENTATION Child & Youth I *Co-Chairs: Jill Hamilton & Katherine Morrison*

ROOM SEYMOUR

Order	Title	Presenter	Institution / Organization
1	Anthropometric Measures of Adiposity as Predictors of Visceral and Subcutaneous Fat in Adolescence: The Saguenay Youth Study	<i>Katie Goodwin</i>	The Hospital for Sick Children, Toronto, ON
2	The Children's Fitness Tax Credit (CFTC): Awareness and Use in the First Three Years (2007-2009)	<i>Koren Fisher</i>	College of Kinesiology, University of Saskatchewan
3	Assessing Determinants of Readiness to Change at Baseline in DECCO Cohort	<i>Andrea Mucci</i>	McMaster University, Hamilton, ON
4	The Influence of Adiposity on Bone quality in Children, Adolescents and Young Adults	<i>Christa L. Hoy</i>	University of British Columbia Vancouver, BC
5	Building a Quantitative Evidence Base for Population Health Modelling to Address Childhood Overweight and Obesity	<i>Suzanne Ross</i>	Health Policy Strategies
6	Effects on Resting Energy Expenditure, Aerobic and Musculoskeletal Fitness: The HEARTY Exercise Trial	<i>Angela S. Alberga</i>	School of Human Kinetics, Ottawa, ON

THURSDAY

ROOM OAK II CONCURRENT ORAL PRESENTATION Basic Science I *Co-Chairs: Mary-Ellen Harper & William Colmers*

ROOM OAK II

Order	Title	Presenter	Institution / Organization
1	The Addition of the Prebiotic Fiber Oligofructose to a Maternal High Fat, Sucrose Diet During Gestation and Lactation Reduces Offspring Body Fat in Diet-Induced Obese Sprague-Dawley Rats	<i>Heather A. Paul</i>	University of Calgary, Calgary, AB
2	Complete Resistance to High Fat Diet-Induced Obesity in WSB/Eij Mice	<i>Susanne Clee</i>	University of British Columbia Vancouver, BC
3	Differential Expression of Hypothalamic Metabolic Genes in Response to Short-Term Calorie Restriction in Young Obese- and Lean-prone JCR Rats	<i>Abdoulaye Diané</i>	University of Alberta, Edmonton, AB
4	Prebiotics Can Improve Adiposity and Glycemia Independent of Gut Microbiota in Diet-Induced Obese Rats	<i>Marc R. Bomhof</i>	University of Calgary, Calgary, AB
5	Dysfunctional Cardiac Lipid Metabolism in Cystathionine-Beta-Synthase Deficient Mice with Obesity-related Cardiac Lipotoxicity	<i>Melissa B Glier</i>	CFRI, Vancouver, BC
6	Can a Dietary and Pharmacological Pre-Pregnancy Intervention Improve the Metabolic Health of Male Offspring of Obese Sprague-Dawley Rats?	<i>Carol A. Dennison</i>	University of Calgary, Calgary, AB

ROOM OAK I CONCURRENT ORAL PRESENTATION Physical Activity I *Co-Chairs: Robert Ross & Pascal Imbeault*

ROOM OAK I

Order	Title	Presenter	Institution / Organization
1	Supra-Maximal Exercise-Induced Plasma FFA Response in Obese, Overweight and Lean Adolescent Boys	<i>Georges Jabbour</i>	University of Montreal, Montreal, QC
2	The Impact of Aerobic and Resistance Training on Hemoglobin A1c and Fitness Measures in Dynapenic-Obese with Type 2 Diabetes: Results from the HART-D Study	<i>Martin Sénéchal</i>	University of Manitoba, Winnipeg, MB
3	Aerobic Exercise Does Not Significantly Alter Body Composition in A High-Risk Older Population	<i>Iris A. Lesser</i>	Simon Fraser University, Vancouver, BC
4	Built Environment Influences on Healthy Eating and Active Living: a "NEUPATH" to Energy Balance	<i>Lawrence D. Frank</i>	University of British Columbia Vancouver, BC
5	Physical Activity Intensity and Adiposity in Overweight Youth: A Randomized Controlled Trial	<i>Jacqueline Hay</i>	Manitoba Institute of Child Health, Winnipeg, MB
6	Influence of Physical Activity Level and Time Elapsed After Bariatric Surgery on The Visceral Abdominal Fat	<i>Nelson Nardo, Jr.</i>	Statate University of Maringa, Maringá, PR, Brazil

For Full Session Descriptions and more details, please visit www.con-obesitysummit.ca

ROOM MACKENZIE

CONCURRENT ORAL PRESENTATION Population & Public Health I *Co-Chairs: Ian Janssen & Anna Farmer*

Order	Title	Presenter	Institution / Organization
1	Is It Time to Stop Talking About Obesity Prevention?	<i>Jacob Shelley</i>	Faculty of Law, University of Toronto, Toronto, ON
2	Qualitative Evaluation of The Ontario School Food and Beverage Policy (P/PM 150): Multiple Stakeholder Perspectives	<i>Renata Valaitis</i>	University of Waterloo, Waterloo, ON
3	The Balanced School Day Provides Two 20-minute Eating Periods in Elementary Schools: A Nutritional Benefit or an Obesogenic Environment?	<i>Paula Dworatzek</i>	Brescia University College at the University of Western Ontario, London, ON
4	The COMPASS Study: A New Cohort Study Examining How Changes in School Policies, Programs, and The Built Environment are Associated With Obesity and Correlates of Obesity Among Students Over Time	<i>Rachel E. Laxer</i>	University of Waterloo, Waterloo, ON
5	Positive Mental Health in The School Setting: A Foundation for Obesity Prevention and Management	<i>Katherine Kelly</i>	Pan-Canadian Joint Consortium for School Health
6	Public Health Analytics: A Visual Aid to Interpret the Evidence-Base of Proven Actions on Obesity in the Context of What Needs to be Achieved by Policy	<i>Ronald Wall</i>	Public Health Agency of Canada, Ottawa, ON

ROOM MARINE

CONCURRENT ORAL PRESENTATION Pregnancy *Co-Chairs: Kristi Adamo & Rhonda Bell*

Order	Title	Presenter	Institution / Organization
1	The Combined Effects of Maternal Overweight/Obesity and Depression on Neonatal Outcomes	<i>Sarah McDonald</i>	McMaster University, Hamilton, ON
2	Prenatal Exposure to Maternal Cigarette Smoking, Fat Intake and Obesity in Adolescence	<i>Zdenka Pausova</i>	The Hospital for Sick Children, Toronto, ON
3	The Impact of Excess Maternal Weight and Depression on Adverse Antepartum and Intrapartum Pregnancy Outcomes	<i>Olha Lutsiv</i>	McGill University, Montreal, QC
4	Comparison of Pregnant Nulli- and Multiparous Women Attitude to Weight Gain	<i>Sonia Jean-Philippe</i>	CHEO-HALO, Ottawa, ON
5	Maternal Lipid Metabolism Correlates With Surrogate Markers of Insulin-Like Growth Factor Bioavailability in Maternal and Umbilical Cord Serum	<i>Zachary M. Ferraro</i>	Children's Hospital of Eastern Ontario, Ottawa, ON
6	The Characterization of Fatty Acid Transport Protein 4 in Third Trimester Placentas from Lean and Obese Pregnancies	<i>Kendra Elizabeth Brett</i>	Children's Hospital of Eastern Ontario, Ottawa, ON

ROOM PROSPECT

CONCURRENT ORAL PRESENTATION Aboriginal *Co-Chairs: Noreen Willows & Jonathan McGavock*

Order	Title	Presenter	Institution / Organization
1	The Aboriginal Youth Mentorship Program (AYMP): A Peer-Led Healthy Living After-School Program for Achieving Healthy Weights in First Nations Children Living in a Northern Remote Setting	<i>Pinar Eskicioglu</i>	University of Manitoba, Winnipeg, MB
2	Diabetes Care and Management in Saskatchewan First Nations: A Province-Wide Approach	<i>Barbara MacDonald</i>	First Nations and Inuit Health Branch, Regina, SK
3	A Critical Review of The Obesity Epidemic Among Métis Canadians	<i>Heather J.A. Foulds</i>	University of British Columbia Vancouver, BC
4	Tansi Power of 10 Youth Initiative: Building Strong Voices, Bodies, Minds & Spirits in Saskatchewan First Nations Youth	<i>Kimberly Engel</i>	First Nations and Inuit Health Branch, Regina, SK
5	The Impact of Food Insecurity on Diet Quality and Obesity Status among Off-Reserve First Nations and Métis Children	<i>Jasmin Bhawra</i>	University of Waterloo, Waterloo, ON
6	Physical Activity Opportunities in Saskatchewan First Nations Schools	<i>Kimberly Engel</i>	First Nations and Inuit Health Branch, Regina, SK



13:30 - 15:00 CLINIC IN FOCUS Clinical I-Oral Presentation *Co-Chairs: Raj Padwal & Tony Chetty*

**ROOM
CYPRESS**

Order	Title	Presenter	Institution / Organization
1	Laparoscopic Adjustable Gastric Band (LAGB) Surgery - Five Year Follow Up of a Large, Single Institution Canadian Cohort	<i>Christopher Cobourn</i>	Trillium Health Centre, Mississauga, ON
2	Comparative Effects of Metformin versus Metformin Plus Topiramate in Treatment of Obesity with Metabolic Syndrome: Analysis from A Double-Blind Randomized Trial	<i>Graziela Kalie</i>	University of Iowa, Carver College of Medicine, Iowa City, IA
3	Improving the Management of Psychosocial Issues in Obesity: Learnings from the Diabetes Attitudes, Wishes and Needs Study	<i>Michael Vallis</i>	Capital Health, Halifax, NS
4	Phenomenological Reflections on the Lived-Meaning of Waiting for Weight-Loss Surgery	<i>Nicole M. Glenn</i>	University of Alberta, Edmonton, AB
5	Changes in Body Composition and Bone Mineral Density in Severely Obese Patients Following Metabolic Surgery	<i>Tamara Carver</i>	Department of Kinesiology, McGill University, Montreal, QC
6	Ergometric Test or Six-Minute Walk Test in Morbidly Obese Patients?	<i>Shirley Aparecida Fabris de Souza</i>	Londrina State University, Paraná, Brazil

This program was supported in part by an educational grant from Eli Lilly Canada Inc.

For Full Session Descriptions and more details, please visit www.con-obesitysummit.ca

THURSDAY

15:30 - 16:00 PLENARY HOT TOPICS & CONTROVERSIES *Co-Chairs: Kim Raine & Valerie Taylor*

**STANLEY
PARK
BALLROOM**

Will Accommodation of Persons with Obesity Promote Obesity? - Dr. Mary Forhan

Accommodations to reduce the disability experience for persons with obesity are met with resistance. Possible explanations are: persons with obesity would not benefit from accommodations; persons with obesity are not disabled or; providing accommodations to persons with obesity will demonstrate acceptance of obesity. This session will address each of these arguments in order to answer the question posed by the title of this session.

Learning Objectives:

- Learn about the relationship between accommodation, motivation, behaviour change and well-being
- Develop an understanding of the benefits of rehabilitation principles of adaptation and compensation as they apply to obesity
- Have a better understanding of the relationship between accommodation and the prevalence of chronic conditions

16:00 - 16:30 Is it Time to Limit Weight Gain in Pregnancy? - Dr. Kristi Adamo

**STANLEY
PARK
BALLROOM**

Pregnancy is a time of tremendous physiologic change wherein weight gain is of biologic significance. However, there is a limit to the amount of weight a woman should gain during pregnancy and most women surpass this specified target. We must address issues surrounding pregnancy-related weight gain, as ignoring this critical period compromises the health of future generations and places unnecessary strain on our healthcare system.

Learning Objectives:

- How much weight gain is too much
- What are the risks of too much vs. too little
- What protective mechanisms are in place to protect the fetus
- What can be done to minimize risks to mom, baby and future generations

16:30 - 17:00
STANLEY
PARK
BALLROOM

Is Brown Fat Relevant to Obesity Prevention or Treatment? - Dr. Andre Carpentier

The presence of brown adipose tissue (BAT) depots has been unequivocally demonstrated in humans using positron emission tomography coupled to computed tomography (PET/CT) with 18fluoro-deoxyglucose (18FDG). This session will review current data on the role of BAT in human energy balance and outline some the controversies important to establish BAT metabolic activation as a potential preventive and therapeutic target for the treatment of obesity and type 2 diabetes.

Learning Objectives:

- To review the determinants of BAT metabolic activity in humans
- To review the current data on the role of BAT in energy balance regulation in humans
- To be aware of the current controversy on the role of BAT in the pathogenesis and eventual treatment and prevention of obesity and type 2 diabetes

17:00 - 17:30
STANLEY
PARK
BALLROOM

Is Obesity Caused by Food Addiction? - Dr. Alain Dagher

The view that hunger is an addiction to food was proposed 100 years ago. The rise in obesity is attributed to over-eating in an environment of cheap abundant and unhealthy food. Food-related stimuli act as conditioned cues that trigger motivation to eat. This is reminiscent of the way cigarettes trigger a desire to smoke in abstinent smokers. This session will use functional magnetic resonance imaging (fMRI) and cue-reactivity studies to discuss the pros and cons of the addiction model of over-eating.

Learning Objectives:

- What brain areas are involved in control of appetite and eating
- Show similarities between drug addiction and eating
- Use of fMRI to understand brain function

THURSDAY



- ✓ Reduces Gycemic Index
- ✓ Reduces Glucose Variability
- ✓ Reduces Appetite
- ✓ Reduces Cholesterol
- ✓ Effective in Weight Loss Programs



Please visit our booth to learn more about incorporating PGX into your weight management programs



Schedule at-a-glance **Friday, May 3**

6:30 - 18:00	Registration Desk Open			
7:30 - 8:30	Industry Sponsored Breakfast Symposia (Supported by Eli Lilly Canada Inc.)			
8:30 - 9:00	Plenary Hot Topics & Controversies: Is Personal Genomics The Answer?			
9:00 - 9:30	Plenary Hot Topics & Controversies: Is Exercise for Weight Loss Over			
9:30 - 10:00	Plenary Hot Topics & Controversies: Is Sitting Around Killing Us?			
10:30 - 12:00	Public Health in Focus: (Stanley Park Ballroom) Improving Food Skills in Canada: From Knowledge to Action (Hosted by Health Canada)			Health Systems / Services in Focus (Oak I) <ul style="list-style-type: none"> • Implementing the Ontario Best Practices • Key Learning From a Provincial Experience in Implementing • BC's Strategies for Obesity R • Quebec's Action Plan to Prom Related Problems • Live Well, Be Well: New Brun • Saskatchewan's Cross-Minis
12:00 - 13:30	Industry Sponsored Lunch Symposia (Supported by PGX Health Care Solutions)			
13:30 - 15:00	Concurrent Oral Presentations			
	Child & Youth II (Seymour)	Basic Science II (Oak II)	Physical Activity II (Oak I)	Population & Public Health II (Marine)
15:30 - 16:00	Plenary Hot Topics & Controversies: Moving Beyond BMI			
16:00 - 16:30	Plenary Hot Topics & Controversies: Is There a Future for Obesity Drugs?			
16:30 - 17:00	Plenary Hot Topics & Controversies: Is Surgery the Treatment of Choice for Type 2 Diabetes?			
17:00 - 17:30	Plenary Hot Topics & Controversies: If There Is A Weight Set Point, How Is It Set?			
20:00	Optional Social Event			

FRIDAY

 For Concurrent Oral Presentations Titles and presenters, please review the schedule sessions description or visit our website at www.con-obesitysummit.ca

Speaker: Tim Caulfield (Stanley Park Ballroom)

Speaker: Robert Ross (Stanley Park Ballroom)

Speaker: Mark Tremblay (Stanley Park Ballroom)

Topic: Provincial Obesity Strategies

Bariatric Services Strategy - Four Years Later
 Provincial (Alberta) Health Organization's
 a Provincial Obesity Plan
 Reduction
 Note Healthy-Lifestyle and Prevent Weight-
 swick's Wellness Strategy
 Strategy Approach to the Obesity Strategy

Clinic in Focus: (Cypress)

- A Bariatric Surgery Patient in My Waiting Room: What Should I Know or Do?
- The Newfoundland and Labrador Bariatric Surgery Cohort Study: One Year Results
- Improvement of Glycemic Control in Prediabetic and Type 2 Diabetic Patients Undergoing Laparoscopic Sleeve Gastrectomy (LSG)
- A Simple Prediction Rule for Total Mortality in a Bariatric Surgery Eligible Cohort

Lunch, Networking, Poster Presentations or Exhibits

**Nutrition
(MacKenzie)**

**Health Services
(Prospect)**

Clinic in Focus: (Cypress)

- Support Group Attendance is Associated With Higher Physical Activity Among Bariatric Patients in Years Following Surgery
- Prevalence and Predictors of Self-Reported Sexual Abuse in a Population-Based Bariatric Program
- Using Virtual Reality to Study, Assess and Treat Obesity: Illustrations of The Use of an Emerging Tool
- Health-Related Quality of Life in Morbidly Obese Patients Enrolled in a Population-Based Bariatric Program
- The Development of Practical and Effective Strategies to Prevent Cardiometabolic Complications in the Context of Excess Weight and Physical Inactivity: Overview of a Research Program
- Better Communication for Enhanced Bariatric Surgery Referral

Speaker: Arya M. Sharma (Stanley Park Ballroom)

Speaker: Steven R. Smith (Stanley Park Ballroom)

Speaker: Michel Gagner (Stanley Park Ballroom)

Speaker: William F. Colmers (Stanley Park Ballroom)

FRIDAY

Coffee Breaks are from 10:00 - 10:30 & 15:00 - 15:30 | Lunch will be provided from 12:00 - 13:30

*Selected coffee / meals included with full registrations.



SESSION DESCRIPTIONS

8:30 - 9:00
STANLEY
PARK
BALLROOM

PLENARY HOT TOPICS & CONTROVERSIES *Co-Chairs: John Spence & Ron Wilson*

Is Personal Genomics The Answer? - *Timothy Caulfield*

Over the past decade we have heard much about the possible health benefits of genetic testing, including in the context of diet and nutrition. But what are the benefits, if any, of using genetic information to tailor your diet? Will individuals change their eating behaviour based on this information? And, on the population level could this “personalized” approach have any tangible impact on disease prevalence and quality of life?

Learning Objectives:

- Provide a review of the current technological and clinical status of genetic testing in the context of “personalized medicine”
- Provide a review of what the available evidence tells us about the potential health impact of genetic testing in the context of diet, nutrition and disease prevention

9:00 - 9:30
STANLEY
PARK
BALLROOM

Is Exercise for Weight Loss Overrated? - *Dr. Robert Ross*

The focus of this session will be to prove that exercise is fundamental to achieving optimal energy balance and sustained weight loss.

Learning Objectives:

- Understand that exercise is associated with weight loss in a dose-response manner independent of gender and age
- Understand that exercise is associated with clinically significant reduction in obesity despite clinically insignificant weight loss
- Understand that a focus on weight loss as a benefit of exercise does more harm than good

9:30 - 10:00
STANLEY
PARK
BALLROOM

Is Sitting Around Killing Us? - *Dr. Mark Tremblay*

This session will present evidence of sedentary behaviour as an independent risk factor for cardiometabolic disease and describe plausible etiological processes. New initiatives resulting from this emerging evidence, including the release of Canadian Sedentary Behaviour Guidelines and the establishment of the Sedentary Behaviour Research Network will be highlighted and potential intervention strategies discussed.

Learning Objectives:

- Define sedentary behaviours and differentiate them from physical inactivity
- Describe the health risks associated with excessive sedentary time and the plausible etiological processes
- Find, articulate and use the Canadian Sedentary Behaviour Guidelines
- Devise strategies at individual, group, organizational and policy levels to reduce time spent sedentary

FRIDAY

10:30 - 12:00 **PUBLIC HEALTH IN FOCUS** *Hosted by Health Canada*

ROOM
STANLEY
PARK
BALLROOM

Improving Food Skills in Canada: From Knowledge to Action - *Ann Ellis, Hasan Hutchinson, Paul Fieldhouse, Connie Abram*

This dynamic public health in practice session will include a panel of presenters from government and non-government organizations. The panel will discuss how food skills fits within a broader strategy to address obesity and share approaches to improving food skills in Canada. Tangible examples such as Health Canada’s Healthy Eating Awareness and Education Initiatives, and examples of innovative community food skills programs will be presented

Learning Objectives:

- To improve awareness, knowledge and skills of healthy eating as a component of a comprehensive strategy to help address overweight and obesity
- To share approaches to improving food skills in Canada

ROOM
OAK

HEALTH SYSTEMS / SERVICES IN FOCUS *Provincial Obesity Strategies* *Co-Chairs: Anton Hart & Kelly Isfan*

Implementing the Ontario Bariatric Services Strategy - Four Years Later - *Michaela Sandhu*

Using a multi-factorial, collaborative, research-based approach, Ontario increased its capacity to provide bariatric services. The Bariatric Registry is used to centrally coordinate and manage referrals / wait lists and to support clinical evaluation and quality improvement of bariatric care.

Learning Objectives:

- Understand key components of Ontario’s integrated model of bariatric services care
- Apply lessons learned from Ontario in building or modifying Bariatric Services Strategies
- Understand the benefits of the Bariatric Registry

Key Learning From a Provincial (Alberta) Health Organization's Experience in Implementing a Provincial Obesity Plan

Timothy Baron

In 2011 a comprehensive provincial plan to address obesity was implemented, the AHS Provincial Obesity Initiative. Implementation is informed and supported by ongoing input from medical and administrative leadership, and coordinated through a provincial committee structure. Learning from implementation are grouped under key themes including communication, task organization and prioritization, stakeholder engagement, and emerging issues.

Learning Objectives:

- Information on the status of the Alberta Health Services (AHS) Obesity Initiative and the services available across the province
- Awareness of the successes and challenges associated with implementing coordinated province-wide services
- Information about future areas of focus for obesity management services in Alberta

BC's Strategies for Obesity Reduction - *Meghan Day, Dr. Margi Bhalla*

British Columbia collaborates across multiple sectors to implement evidence-based policies, programs and services to promote and support healthy weights along the full continuum from prevention to management of overweight and obesity related health issues.

Promotion and Prevention, Management of overweight, Treatment of obesity and related health issues.

Learning Objectives:

- Delegates will be able to better understand BC's approach to the promotion of healthy weights and prevention of overweight and obesity

Lessons Learned from the Québec's Action Plan to Promote Healthy-Lifestyle and Prevent Weight-Related Problems

Dr. Lyne Mongeau

Obesity is a very challenging health problem that causes a significant burden to health systems. In order to prevent further progression of the epidemic, Québec launched in 2006 its Government Action Plan (GAP) to Promote Healthy Lifestyles and Prevent Weight-Related Problems. The aim of presentation is to share results and lessons learned from the implementation of the GAP considering that the prevention of obesity needs to address the proximal causes, healthy lifestyle, as well as distal conditions such as favourable environments

Learning Objectives:

- Participants will learn about the results of a comprehensive prevention plan at the provincial level
- Participants will gain insight into lessons learned from the implementation of a whole of government approach for health

Live Well, Be Well: New Brunswick's Wellness Strategy - *Isabel Savoie*

First introduced in 2006, the enhanced New Brunswick Wellness Strategy was released by the provincial government of New Brunswick in 2009. Unique in Canada, this Strategy uses Self-Determination Theory as both a theoretical underpinning and guiding principle. The Strategy addresses four key areas: tobacco-free living, healthy eating, physical activity and mental fitness (conceptualized as the degree of satisfaction of the need for competence, autonomy and relatedness).

Learning Objectives:

- To gain an understanding of the New Brunswick Wellness Strategy and it's approach to Health Promotion.
- To increase knowledge of successful approach to Health Promotion existing in New Brunswick.
- To gain an understanding of how our the Self-Determination Theory can play a major role in Health Promotion.

Saskatchewan's Cross-Government Approach to the Healthy Weights Strategy - *Dr. Tami Denomie & Melanie Baumann*

In 2012, Premier Brad Wall announced that Saskatchewan would work towards a 5% decrease in the rate of overweight and obese children and youth. In 2012, Premier Brad Wall announced that Saskatchewan would work towards a 5% decrease in the rate of overweight and obese children and youth. The Ministries of Health and Parks, Culture, and Sport are co-leading the Healthy Weights Strategy, working across sectors with partners in and outside government to promote healthy weights and decrease the proportion of overweight and obese children and youth in Saskatchewan. The Action Plan being drafted includes key actions from multiple ministries, engaging stakeholders, and ongoing monitoring and evaluation.

Learning Objectives:

- Participants will be able to define cross-sector strategy development
- Participants will be able to identify the process of cross-sector program and policy development
- Participants will be able to summarize components of the Healthy Weights Strategy
- Participants will be able to recognize actions that link to Healthy Weights and accomplish the goals of the strategy

ROOM CYPRESS **CLINIC IN FOCUS** *Co-Chairs: Shahzeer Karmali & Michel Gagner*

A Bariatric Surgery Patient in My Waiting Room: What Should I Know or Do? - Shahzeer Karmali

Each bariatric surgical operation (Roux en y bypass, Adjustable Gastric Banding, Sleeve Gastrectomy) has a different level of efficacy in inducing weight-loss and co-morbidity remission, as well as distinct types and rates of complications. This presentation reviews the best evidence that exists for the effectiveness and complications of these operations.

Learning Objectives:

- Review the three most commonly performed bariatric procedures in terms of efficacy and adverse effects
- Provide a perspective on the advantages and disadvantages of each procedure

Improvement of Glycemic Control in Prediabetic and Type 2 Diabetic Patients Undergoing Laparoscopic Sleeve Gastrectomy (LSG) - Kendra Lester

This study is evaluating laparoscopic sleeve gastrectomy and its effectiveness in the improvement of glycemic control in prediabetic and type 2 diabetic patients by looking at laboratory values and medication use. The primary outcome of the study is the proportion of patients experiencing improved glycemic control 12 months post-surgery.

Learning Objectives:

- To understand the prevalence and incidence of type 2 diabetes in Newfoundland
- To understand improvements in glycemic control in patients with prediabetes and type 2 diabetes after undergoing laparoscopic sleeve gastrectomy

The Newfoundland and Labrador Bariatric Surgery Cohort Study: One Year Results - Dr. Laurie Twells

Investigating the effectiveness of laparoscopic sleeve gastrectomy by examining weight loss and quality of life outcomes. Presenting 12 month results on changes in weight loss, BMI, waist circumference, percent absolute weight loss, and percent excess weight loss as well as quality of life measured using the EQ-5D Visual Analogue Scale (VAS), SF-12, and the Impact of Weight on Quality of Life (IWQOL) questionnaires.

Learning Objectives:

- To understand the effectiveness of laparoscopic sleeve gastrectomy on weight loss measures, 12 months post-surgery
- To understand the impact of laparoscopic sleeve gastrectomy on quality of life measured by the EQ-5D, SF-12 and the IWQOL questionnaires

A Simple Prediction Rule for Total Mortality in a Bariatric Surgery Eligible Cohort - Dr. Raj Padwal

This study identified four variables important for predicting mortality in a bariatric eligible population. BMI was not one of them.

Learning Objectives:

- To review prioritization for bariatric care

13:30 - 15:00 **ROOM SEYMOUR** **CONCURRENT ORAL PRESENTATION Child & Youth II** *Co-Chairs: Stephanie Atkinson & Ian Janssen*

Order	Title	Presenter	Institution / Organization
1	Lipid Profile Abnormalities Among Children and Adolescents with Severe Obesity	<i>Christian F. Rueda-Clausen</i>	University of Alberta, Edmonton, AB
2	Lipid Abnormalities Associated With Childhood Obesity: Are Individual Surrogate Indicators or Combined Dyslipidemia More Strongly Associated With Adiposity?	<i>Michael Khoury</i>	The Hospital for Sick Children, Toronto, ON
3	Identifying Risk Factors Associated With Trajectories of Body Mass Index (BMI) Growth from Infancy to Adulthood in Two Nationally Representative Samples of Canadians	<i>Andrew Tu</i>	University of British Columbia Vancouver, BC
4	Why Should We Be Concerned About Obesity in Children with Physical Disabilities?	<i>Amy McPherson</i>	Holland Bloorview Kids Rehabilitation Hospital, Toronto, ON
5	Supporting Physicians With Education and Know-How in Identifying and Motivating Overweight Kids: A Feasibility Pilot Study	<i>Maya Obadia</i>	The Hospital for Sick Children, Toronto, ON
6	The Edmonton Obesity Staging System for Pediatrics (EOSS-P): A Proposed Clinical Staging System for Pediatric Obesity	<i>Stasia Hadjiyannakis</i>	Children's Hospital of Eastern Ontario, Ottawa, ON

**ROOM
OAK II**

CONCURRENT ORAL PRESENTATION Basic Science II *Co-Chairs: Guang Sun & Catherine Chan*

Order	Title	Presenter	Institution / Organization
1	The Fat Mass and Obesity Associated (FTO) rs9939609 Variant and Cardiometabolic Side-effects in Children Treated with Second-Generation Antipsychotics	Anita T. Cote	University of British Columbia Vancouver, BC
2	Maternal Obesity and Excessive Weight Gain Augment Expression of Maternal Insulin-Like Growth Factor Binding Protein-3	Zachary M. Ferraro	Children's Hospital of Eastern Ontario, Ottawa, ON
3	Inflammatory Responses to Hypoxia and Persistent Organic Pollutants in Human Adipocytes	Maxine Myre	University of Ottawa, Ottawa, ON
4	Gestational Diabetes Mellitus Epigenetically Predominantly Affects Genes Involved in Metabolic Diseases	Stephanie-May Ruchat	Université de Sherbrooke, Sherbrooke, QC
5	Investigating The Metabolic Basis for Weight loss Variability in Obese Humans	A. Brianna Thrush	University of Ottawa, Ottawa, ON
6	Uncoupling protein 1 Positive Adipocytes of Human Epicardial Adipose Tissue are Brite in Nature	Kanta Chechi	Université Laval, Quebec City, QC

**ROOM
OAK I**

CONCURRENT ORAL PRESENTATION Physical Activity II *Co-Chairs: Mark Tremblay & Eric Doucet*

Order	Title	Presenter	Institution / Organization
1	The Biomechanical Impact of Obesity on Manual Materials Handling: A Laboratory Study	Grant Handrigan	Université de Moncton, Moncton, NB
2	Physical Activity in Community-Dwelling Persons With Schizophrenia	Rohan Ganguli	University of Toronto, Toronto, ON
3	Bicycle Ownership and its Association With Physical Activity, Sitting and Obesity in The Prospective Urban Rural Epidemiology (PURE) Study Vancouver Cohort	Ann C. Yew	Simon Fraser University, Vancouver, BC
4	Dog Ownership is Associated With Higher Daily Step Counts in The Fall and Winter in Adults Living With Type 2 Diabetes	Samantha Hajna	McGill University, Montreal, QC
5	Talking the Talk or Walking the Walk? Nutrition and Physical Activity Habits of Parents of Children and Youth with Obesity	Geoff Ball,	University of Alberta, Edmonton, AB
6	Obesity in Law Enforcement	Gaëtan Girard	Royal Canadian Mounted Police,

**ROOM
MARINE**

CONCURRENT ORAL PRESENTATION Population & Public Health II *Co-Chairs: Lise Gauvin & Carolyn Gotay*

Order	Title	Presenter	Institution / Organization
1	Prevalence of Food Addiction and its Association With Obesity in the Newfoundland Population	Pardis Pedram	Memorial University, St John's, NL
2	Projection of Body Mass Index (BMI), Chronic Conditions and Healthcare Costs in Canada: An Application of Microsimulation	Claude Nadeau	Health Analysis Division, Statistics Canada
3	Projecting the Burden of the Increasing Body Mass Index Trend in Canada Over the Next 25 Years	Patricia W. Lau	Public Health Agency of Canada
4	Shifting the System Toward Healthier Outcomes: Assessing the Cohesiveness of Canadian Action on Obesity Using a Systems-Based Framework Analysis	Lee Johnston	Simon Fraser University, Vancouver, BC
5	The Role of Ethnicity in the Deposition of Body Fat- Five-Year Results of the Multi-Cultural Community Health Assessment Trial (M-CHAT)	Scott A. Lear	Simon Fraser University, Vancouver, BC
6	A Pilot Study to Develop Processes for Using the Canadian Primary Care Sentinel Surveillance Network to Build a Healthy Weight Surveillance System	Suzanne Biro	Queen's University, Kingston, ON

FRIDAY



ROOM MACKENZIE CONCURRENT ORAL PRESENTATION Nutrition *Co-Chairs: Linda McCargar & Carrie Matteson*

Order	Title	Presenter	Institution / Organization
1	The Food Environment in Canada: The Problem, Solutions, and The Battle Ahead	<i>Leia Minaker</i>	University of Alberta, Edmonton, AB
2	Increased Milk Fat Intake is Associated With Higher Non-HDL Cholesterol Levels in Preschool Aged Children: A TARGet Kids! Study	<i>Catherine S. Birken</i>	The Hospital for Sick Children, U of T, Toronto, ON
3	Changes in Visceral Adiposity and Serum Cholesterol With a Novel Viscous Polysaccharide in Japanese Adults with Abdominal Obesity	<i>Michael Lyon</i>	University of Calgary, Calgary, AB
4	Short Sleep Duration is Associated With a Lower Satiety Quotient in Overweight Men	<i>Jessica McNeil</i>	University of Ottawa, Ottawa, ON
5	Competing Mandates in Recreational Facilities: Profit vs Public Health	<i>Dana Lee Olstad</i>	University of Alberta, Edmonton, AB

ROOM PROSPECT CONCURRENT ORAL PRESENTATION Health Services *Co-Chairs: Lydia Drasic & Michaela Sandhu*

Order	Title	Presenter	Institution / Organization
1	Establishing a Regional Bariatric Surgical Program in North Eastern Ontario	<i>Bonnie MacKinnon</i>	Ontario Bariatric Network, Health Sciences North
2	A Complex Systems Approach to Perceptions of Obesity in Service Users, Health Care Practitioners and Policy Makers	<i>Sarah Frood</i>	Simon Fraser University, Vancouver, BC
3	Continuous Quality Improvement in Bariatric Surgery: Implementation of the American College of Surgeons Bariatric Surgery Center Network (ACS-BSCN) Accreditation Program at a Canadian Bariatric Center	<i>Timothy Jackson</i>	University of Toronto, Toronto, ON
4	Two-year Weight Loss Outcomes in Wait-Listed, Medically-Managed and Surgically-Treated Patients Enrolled in a Population-Based Bariatric Program	<i>Raj Padwal</i>	University of Alberta, Edmonton, AB
5	Planning Framework for Weight Management in Primary Care	<i>Paula Brauer</i>	University of Guelph, Guelph, ON
6	Obesity and The Use of Hospital Services Among Older Canadians	<i>Koren L. Fisher</i>	University of Saskatchewan, Saskatoon, SK

ROOM CYPRESS CLINIC IN FOCUS Clinical II - Oral Presentation *Co-Chairs: Sean Wharton & Yoni Freedhoff*

Order	Title	Presenter	Institution / Organization
1	Support Group Attendance is Associated With Higher Physical Activity Among Bariatric Patients in Years Following Surgery	<i>Anastasia Dikareva</i>	Department of Kinesiology and Physical Education, McGill University, Montreal, QC
2	Prevalence and Predictors of Self-Reported Sexual Abuse in a Population-Based Bariatric Program	<i>Danielle Gabert</i>	Obesity Research and Management, University of Alberta, Edmonton, AB
3	Using Virtual Reality to Study, Assess and Treat Obesity: Illustrations of The Use of an Emerging Tool	<i>Stephane Bouchard</i>	Université du Québec en Outaouais, Chicoutimi, QC
4	Health-Related Quality of Life in Morbidly Obese Patients Enrolled in a Population-Based Bariatric Program	<i>Lindsey Warkentin</i>	Department of Nephrology, University of Alberta, Edmonton, AB
5	The Development of Practical and Effective Strategies to Prevent Cardiometabolic Complications in the Context of Excess Weight and Physical Inactivity: Overview of a Research Program	<i>Kaberi Dasgupta</i>	McGill University Health Centre, Montreal, QC
6	Better Communication for Enhanced Bariatric Surgery Referral	<i>Christopher de Gara</i>	Provost Fellow, University of Alberta, Edmonton, AB

For Full Session Descriptions and more details, please visit www.con-obesitysummit.ca

15:30 - 16:00 PLENARY HOT TOPICS & CONTROVERSIES *Co-Chairs: Marie-France Langlois & Stephen Glazer***STANLEY
PARK
BALLROOM****Moving Beyond BMI** - *Dr. Arya M. Sharma*

Since 1972, body-mass index (BMI) has been the standard measurement of adiposity and to this day remains the basis on which we define overweight and obesity. However, while BMI is a fairly good measure for assessing populations, it is a rather crude measure on which to base clinical decisions on individuals. While more sophisticated techniques today, allow exact measurements of body fat content and distribution, even these measures fail to accurately reflect the actual health of our patients. This has led to the development of other systems that allow us to better assess the “global risk” of our patients in order to better determine risk/benefit and cost-effectiveness of obesity treatments. This presentation will discuss the current approaches to risk-stratification, including the Edmonton Obesity Staging System, and examine how these can be used in clinical practice to match the level of services to the individual needs and risks of patients.

Learning Objectives:

- To understand the definition of obesity
- To assess global health risks associated with excess weight

16:00 - 16:30 **Is There a Future for Obesity Drugs?** - *Dr. Steven R. Smith***STANLEY
PARK
BALLROOM**

“Is There a Future for Obesity Drugs?” The answer to this question will rely upon more than just the science of body weight regulation and our ability to develop safe and effective drugs. Societal bias, political forces and confusion surrounding the ability of effective prevention strategies to actually treat obesity will be discussed. Furthermore, a pathway forward will be proposed to answer this difficult question.

Learning Objectives:

- To understand the role for obesity pharmacotherapy in the spectrum of obesity and obesity therapies
- To understand the societal, political and economic forces that could limit access to obesity pharmacotherapy
- To list the three imperatives for obesity pharmacotherapy to survive in the 21st century

16:30 - 17:00 **Is Surgery the Treatment of Choice for Type 2 Diabetes?** - *Dr. Michel Gagner***STANLEY
PARK
BALLROOM**

This session will review the evidence that has demonstrated the superiority of surgery over “best medical treatment” in inducing remission of type 2 diabetes. It will include information about the various types of surgeries being performed, their complications and the conditions associated with increased resolution for type 2 diabetes.

Learning Objectives:

- Learn about the different types of surgical procedures effective for weight loss and type 2 diabetes
- Learn about indications for surgical intervention
- Learn about complications associated with surgery for type 2 diabetes
- Learn about the clinical conditions associated with higher resolution of type 2 diabetes

17:00 - 17:30 **If There Is A Weight Set Point, How Is It Set?** - *Dr. William F. Colmers***STANLEY
PARK
BALLROOM**

Many parameters, including body temperature, blood pressure and serum osmolality, levels of electrolytes, blood glucose, hormones etc. are carefully regulated by homeostatic processes in the body. Why then is the control of body weight so easily knocked askew? The presentation will discuss the evidence for energy homeostasis and control of body weight, the demands for change placed on the system by growth, and the role brain chemical messengers play in the process.

Learning Objectives:

- A greater appreciation for the complexities of homeostatic systems in the body
- A greater understanding of why the energy homeostasis system is unique
- An understanding of the influences of the environment on energy homeostasis and body weight setpoint



Schedule at-a-glance **Saturday, May 4**

6:30 - 18:00		Registration Desk Open			
8:30 - 10:00	Concurrent Workshop: (Oak I) Bariatric Surgery for Adults: Allied Health Collaboration to Improve Patients' Health Status & Outcomes Before and After Bariatric Surgery	Concurrent Workshop: (Oak II) Moving Beyond Assessment: Novel Psychoeducation and Psychosocial Interventions in Bariatric Surgery	Concurrent Workshop: (Salon 1 & 2) Are Our Efforts Worthwhile? How to Improve Impact Evaluation of Programs, Policies, Interventions and Strategies Aimed at Promoting Healthy Lifestyles and Preventing Obesity in Canada?	Concurrent Workshop: (President) Provincial Obesity Strategy Workshop <i>(by invitation only)</i>	
10:30 - 12:00					
12:00 - 13:30 Industry Sponsored Lunch Symposia, Lunch, Networking, Poster Presentations or Exhibits					
13:30 - 17:00	Concurrent Workshop: (Seymour) Changing Social Norms Associated with Weight and Body Image	Concurrent Workshop: (MacKenzie) Practical Tools for Engaging "The 6th A: Awareness"	Concurrent Workshop: (Oak I) A Nation's Promise to Keep: TransformNation's Campaign to Conquer Childhood Obesity	Concurrent Workshop: (President) Provincial Obesity Strategy Workshop <i>(by invitation only)</i> <i>(continue)</i>	
15:30 - 17:00					
17:00 - 17:30		Summit Closing Ceremonies Behavioural Obesity Research Award, CON-SNP Rising Star Award, CON-SNP Faculty Supervisor Award, Poster and Oral St...			

SATURDAY

For Concurrent Oral Presentations Titles and presenters, please review the schedule sessions description or visit our website at www.con-obesitysummit.ca

<p>ly)</p>	<p>Research in Focus: (MacKenzie) The Diabetes Attitudes, Wishes and Needs (DAWN; DAWN2) Program: Lessons to Advance the PsychoSocial Management Within Obesity</p>		<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> Optimizing Care Before and After Bariatric Surgery
	<p>Research in Focus: (MacKenzie) Knowledge Translation: Childhood Obesity Prevention and Treatment Strategic Research Initiative</p>	<p>Concurrent Workshop: (Seymour) Interventions for the Concurrent Prevention of Eating Disorders and Obesity: Challenges, Opportunities and Implications</p>	
<p>ly)</p>	<p>Research in Focus: (Oak II) Pathways to Health Equity for Aboriginal Peoples' – Using Aboriginal Ways of Knowledge and Implementation Science to Address Obesity in First Nations, Inuit and Metis Populations.</p>	<p>Concurrent Workshop: Canadian Obesity Network - Student and New Professional (Marine) Is Sugar-Sweetened Beverages Taxation Relevant to Support Healthy Lifestyles and to Prevent Obesity?</p>	<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> Medication Use After Laparoscopic Sleeve Gastrectomy: One Year Results From The NL Bariatric Surgery Cohort Study Mechanisms Behind Effects of a Meal Preparation/ Nutrition Education Strategy in Type 2 Diabetes Physical Activity and Sitting Time in Bariatric Surgery Patients 1 to 16 Years Post-Surgery Assessing Readiness to Lose Weight: The Relationship Between Assessments Performed by Patients and Health Professionals "Keeping Patients Engaged": Psychosocial Predictors of Attrition One Year After Bariatric Surgery Edmonton Obesity Staging System Prevalence in the Wharton Medical Clinic and the Association with Weight Loss
	<p>Concurrent Workshop: (Oak II) Student and New Professional (CON-SNP) Building Capacity to Support Tomorrow's Obesity Researchs and Practitioners: Planning and financing the Canadian Obesity Network</p>		<p>Clinic in Focus: (Cypress)</p> <ul style="list-style-type: none"> Success in Bariatric Surgery - There Has to be More Than Excess Weight Loss Strategies for Successful Weight Loss and Weight Maintenance: A Systematic Review Health Basics: A Program That Leads to Making Healthy Choices Easy and Mindful Defining Access to the Weight Wise Adult Bariatric Clinic Through Utilization of Physician Referral Data Measuring Body Composition in Individuals with Intellectual Disabilities Addressing Weight Bias in Higher Education and Developing an Obesity Pedagogy

SATURDAY

udent Award

Coffee Breaks are from 10:00 - 10:30 & 15:00 - 15:30 | Lunch will be provided from 12:00 - 13:30
*Selected coffee / meals included with full registrations.



SESSION DESCRIPTIONS

8:30 - 12:00 CONCURRENT WORKSHOPS (3 Hour - Half Day Session)

ROOM OAK I Bariatric Surgery for Adults: Allied Health Collaboration to Improve Patients' Health Status & Outcomes Before and After Bariatric Surgery - Dr. Nooshin Alizadeh-Pasdar, Robyn Emde, Jonathan Cheung

In this workshop, the allied health team members of the Vancouver Coastal Health-Richmond Bariatric Surgery Program – located at the Garratt Wellness Centre (outpatient satellite centre) will share their unique and comprehensive approach to not only promote weight-loss, but also a healthy life style, before and after surgery. Presentation will consist of a description of our program, case studies, as well as an opportunity to engage in discussion.

Learning Objectives:

- To recognize the multifaceted approach on life style management
- To understand the role of the Occupational Therapist and specific mental health factors that challenge bariatric clients to engage in meaningful occupation
- To know the role of dietitian in dietary management of bariatric patients before and after surgery
- To understand the role of exercise physiologist in improving physical activity of patient via tele-health

ROOM OAK II Moving Beyond Assessment: Novel Psychoeducation and Psychosocial Interventions in Bariatric Surgery Dr. Sanjeev Sockalingam, Dr. Stephanie Cassin, Lynn Tremblay, Katie Warwick, Sandra Robinson, Monica Chi

Bariatric Surgery Programs have struggled with the balance between assessment and psychosocial support in a surgical setting. This workshop will describe novel psychosocial interventions and education programs for bariatric patients and care providers. Case discussions and video case presentations will be used to simulate common psychosocial challenges and apply potential interventions to enhance bariatric outcomes.

Learning Objectives:

- Recognize the gaps in education and psychosocial support with bariatric surgery
- Summarize a set of unique psychoeducational and psychosocial modalities used to enhance bariatric surgery patient outcomes
- Identify and evaluate psychosocial interventions and education programs tailored to the bariatric population

ROOM SALON 1 & 2 Are Our Efforts Worthwhile? How to Improve Impact Evaluation of Programs, Policies, Interventions and Strategies Aimed at Promoting Healthy Lifestyles and Preventing Obesity in Canada? - Harry Rutter, Nancy Edwards, Dr. Jean-Pierre Després, Ian Janssen, Dr. Kim Raine, Dr. Philippe De Wals, Dr. Moktar Lamari

Impact evaluation of programs, policies, interventions and strategies in the field of obesity prevention is particularly complex and difficult. There tends to be a tremendous disproportion between the amount of resources and efforts invested in interventions and the report of tangible effects. The aim of the workshop is to share the experience of public health professionals and scientists who are facing this challenge in Canada.

Learning Objectives:

- Describe and comment the level of impact evaluation in programs, policies, interventions and strategies aimed to support healthier lifestyles and to prevent obesity
- Identify barriers and levers (methodological, political, practical and human factor related) of impact evaluation and potential solutions in this regard
- Share theoretical frameworks, instruments and perspectives supporting impact evaluation approaches

RESEARCH IN FOCUS

ROOM MACKENZIE The Diabetes Attitudes, Wishes and Needs (DAWN; DAWN2) Program: Lessons to Advance the PsychoSocial Management Within Obesity - Dr. Michael Vallis

Professionals acknowledge mental health issues but don't know how to act; those with obesity feel shame; and the general public are biased and blame. Strategies for mental health assessment and intervention will be presented based on the learnings of the Diabetes Attitudes, Wishes and Needs Program (DAWN/DAWN2). This workshop will propose a standardized assessment model and platform for knowledge translation for obesity and mental health.

Learning Objectives:

- To raise the profile of psychosocial issues in obesity
- To develop a systematic assessment model for understanding the important psychosocial issues in obesity
- To increase awareness of advances in the field provided by the Diabetes Attitudes, Wishes and Needs Program (DAWN/DAWN2)
- To establish national-level collaborative working groups to validate an assessment protocol and establish knowledge translation activities.

SATURDAY

ROOM CLINIC IN FOCUS

CYPRESS **Optimizing Care Before and After Bariatric Surgery** - *Dr. Stephen Glazer, Dr. Aurélie Baillot, Dr. Raj Padwal, Dr. Marie-France Langlois, Dr. Priya Manjoo*

Data on the effectiveness and outcomes of bariatric surgery have prompted many Canadian health-care system decision-makers to plan an increase in the number of bariatric surgeries. However, optimal patient trajectories that would effectively select, prepare and manage the post-operative care of patient candidates for bariatric surgery remain to be developed. The workshop's objective is to disseminate results of research and other activities.

Learning Objectives:

- To identify the key elements in patient selection and preparation for bariatric surgery
- To discuss the role of physical activity before and after bariatric surgery
- To discuss and plan the follow-up of patients, including management of co-morbidities, medication use and nutritional supplements, after bariatric surgery
- To identify the challenges of setting up an integrated interdisciplinary medico-surgical bariatric program

10:30 - 12:00 RESEARCH IN FOCUS

ROOM KNOWLEDGE TRANSLATION: CHILDHOOD OBESITY PREVENTION AND TREATMENT STRATEGIC RESEARCH INITIATIVE - *Dr. Philip Sherman, Dr. Louise Masse, Dr. Michelle F. Mottola, Nazeem Muhajarine, Dr. Bill Dietz*

MACKENZIE

Drs. Louise Masse, Michelle Mottola, and Nazeem Muhajarine will discuss the findings of their CIHR funded Childhood Obesity Prevention and Treatment research projects, as well as the potential policy and program implications. Philip Sherman, CIHR INMD's Scientific Director, will moderate this workshop, and Dr. William Dietz, former Director, Division of Nutrition, Physical Activity and Obesity, U.S. Centers for Disease Control and Prevention, will be a discussant to place the Canadian research in the context of the international research on obesity prevention and treatment.

Learning Objectives:

- To facilitate knowledge exchange among researchers and workshop participants based on CIHR-funded research projects on Childhood Obesity Prevention and Treatment
- To identify potential policy and program implications based on funded research, and possible future research directions

ROOM CONCURRENT WORKSHOPS (90 min)

SEYMOUR **Interventions for the Concurrent Prevention of Eating Disorders and Obesity: Challenges, Opportunities and Implications**
Dr. Shelly Russell-Mayhew

Children and youth are inducted into norms and messages about 'healthy weights' which are at best inconsistent and confusing, and at worst cause harm. Obesity (OB) and eating disorders (ED) are both major public health concerns. The concurrent prevention of OB and ED is in its infancy. An emerging integrative approach to OB and ED prevention involving shared risk factors is explored with results from a prevention program in junior high schools.

Learning Objectives:

- Identify and describe the empirical evidence for the five shared risk factors between eating disorders and obesity
- Examine best-practices related to the concurrent prevention of weight-related issues (in a junior high school environment)
- Integrate and personalize academic knowledge about shared risk factors through a group activity/experiential exercise designed to encourage self-reflection about how our values impact our health

13:30 - 17:00 CONCURRENT WORKSHOPS (3 Hour - Half Day Session)

ROOM CHANGING SOCIAL NORMS ASSOCIATED WITH WEIGHT AND BODY IMAGE - *Dr. Shelly Russell-Mayhew, Marie-Claude Paquette, Marilyn Manceau, Kiera Ishmael, Kimerley Korf-Uzan*

SEYMOUR

This workshop will be divided into 3 parts. The first part will present the theoretical foundations in connection with the change in social norms. The second part will review various initiatives happening in Canada which will be followed by a roundtable discussion of the barriers, challenges and possible solutions.

Learning Objectives:

- Position body image as a key public health issue in the fight against obesity
- Identify the main factors that shape social norms in regards to weight and body image
- Learn about the Québec Charter for a Healthy and Diverse Body Image, a multi-level strategy for transforming social norms
- Present examples of initiatives that may help change social norms



ROOM MACKENZIE Practical Tools for Engaging "The 6th A: Awareness" Wendy Shah, Dr. Colleen Cannon

This workshop provides practical tools for the first and pivotal step in assessing these factors: Awareness. The approach will be two-fold, as increased awareness for both the clinician and patient develops a strong catalyst for behaviour change. However, the majority of the workshop will focus on accessible, easy-to-use resources and interactive activities that physicians and allied health care professionals can use with their patients to increase their awareness of their personal root causes for obesity.

Learning Objectives:

- To identify environmental, psychological, and socio-cultural factors having a direct impact on the development and maintenance of obesity.
- To review brief, practical tools for helping patients identify the impact of these factors on their health.

ROOM OAK I A Nation's Promise to Keep: TransformNation's Campaign to Conquer Childhood Obesity - Elvenia Gray-Sandiford, Kandi-Lee Crooks-Smith, Chris Fonseca, Carlton Allen, Jennifer Desmond

TransformNation explores the extent to which active living in theory and practical needs to be modified for use in some sub-urban communities with high risk, high priority, low income, new immigrants. Investigators report on three recently completed action researches and the introduction of community based participatory engagement encouraging and supporting community members to adjust cultural and life style habits to conquer Childhood Obesity.

Learning Objectives:

- Facilitate knowledge exchange by showcasing six projects that were implemented with little or no funding
- List ways that government can empower communities to improve their physical environment and reduce the implications of childhood obesity
- Share research findings and lessons learned since the 2010 launch of the Conquering Childhood Obesity Campaign, as well as the presentation done "By the Youth, for the Youth"
- Highlight solution-oriented policy, approaches and promising practice for childhood and adolescent obesity prevention and management

ROOM MARINE Is Sugar-Sweetened Beverages Taxation Relevant to Support Healthy Lifestyles and to Prevent Obesity? - Dr. Philippe de Wals, Dr. Sean Cash, Dr. Barbara von Tigerstrom, Dr. Michel Chauliac, Dr. Lyne Mongeau, Dr. Perry Kendall, Yann Le Bodo

Overweight and obesity rates are still increasing or at best stabilizing in many industrialized countries for some groups. More than ever, cost-effective interventions at population level are deemed necessary. In 2011, the food and beverages taxation debates around its efficacy and efficiency in promoting healthier eating behaviors have gained increasing scientific attention. The aim of the workshop is to explore, question and analyze the evidence available from an interdisciplinary perspective and bring to light concrete ways to answer these questions in Canadian jurisdictions.

Learning Objectives:

- Clarify the questions to be addressed when evaluating the relevance and effects of sugar-sweetened beverages taxation in the framework of obesity prevention strategies
- Identify where the evidence is strong and where uncertainties subsist
- Highlight divergent and convergent views and arguments expressed by several stakeholders
- Inform various organizations who may have to take a position or decisions on that question

SATURDAY

13:30 - 15:00 RESEARCH IN FOCUS

ROOM OAK II Pathways to Health Equity for Aboriginal Peoples' – Using Aboriginal Ways of Knowledge and Implementation Science to Address Obesity in First Nations, Inuit and Metis Populations - Dr. Malcolm King, Dr. Noreen Willows, Dr. Evan Adams

Drs. Louise Masse, Michelle Mottola, and Nazeem Muhajarin will discuss the findings of their CIHR funded Childhood Obesity Prevention and Treatment research projects, as well as the potential policy and program implications. Philip Sherman, CIHR INMD's Scientific Director, will moderate this workshop, and Dr. William Dietz, former Director, Division of Nutrition, Physical Activity and Obesity, U.S. Centers for Disease Control and Prevention, will be a discussant to place the Canadian research in the context of the international research on obesity prevention and treatment.

Learning Objectives:

- To facilitate sharing of knowledge among researchers and workshop participants on the Pathways to Health Equity for Aboriginal Peoples
- To explore how to best incorporate Aboriginal Ways of Knowing into research and health interventions addressing obesity

13:30 - 15:00 CLINIC IN FOCUS Oral Presentation *Co-Chairs: Paula Brauer & Helena Piccinini-Vallis*

**ROOM
CYPRESS**

Order	Title	Presenter	Institution / Organization
1	Medication Use After Laparoscopic Sleeve Gastrectomy: One Year Results From The NL Bariatric Surgery Cohort Study	<i>Justin Peddle</i>	Memorial University of Newfoundland, St. John's, NL
2	Mechanisms Behind Effects of a Meal Preparation/Nutrition Education Strategy in Type 2 Diabetes	<i>Kaberi Dasgupta</i>	McGill University - McGill University Health Centre, Montreal, QC
3	Physical Activity and Sitting Time in Bariatric Surgery Patients 1 to 16 Years Post-Surgery	<i>Katya Herman</i>	McGill University, Montreal, QC
4	Assessing Readiness to Lose Weight: The Relationship Between Assessments Performed by Patients and Health Professionals	<i>Caroline Cyr</i>	Université de Sherbrooke, Sherbrooke, QC
5	"Keeping Patients Engaged": Psychosocial Predictors of Attrition One Year After Bariatric Surgery	<i>Sanjeev Sockalingam</i>	Bariatric Surgery Psychosocial Program, Toronto Western Hospital, Toronto, ON
6	Edmonton Obesity Staging System Prevalence in the Wharton Medical Clinic and the Association with Weight Loss	<i>Karissa Canning</i>	York University, Toronto, ON

15:30 - 17:00 CLINIC IN FOCUS Oral Presentation *Co-Chairs: Stasia Hadjiyannakis & Christopher de Gara*

**ROOM
CYPRESS**

Order	Title	Presenter	Institution / Organization
1	Success in Bariatric Surgery - There Has to be More Than Excess Weight Loss	<i>Christopher Cobourn</i>	Trillium Health Centre, Mississauga, ON
2	Strategies for Successful Weight Loss and Weight Maintenance: A Systematic Review	<i>Linda McCargar</i>	Department of Agricultural Food and Nutritional Science, University of Alberta, Edmonton, AB
3	Health Basics: A Program That Leads to Making Healthy Choices Easy and Mindful	<i>Lorna Milkovich</i>	Red Deer Primary Care Network, Red Deer, AB
4	Defining Access to the Weight Wise Adult Bariatric Clinic Through Utilization of Physician Referral Data	<i>Jean Jacque Lovely</i>	Royal Alexandra Hospital, Edmonton, AB
5	Measuring Body Composition in Individuals with Intellectual Disabilities	<i>Amanda Faith Casey</i>	Department of Human Kinetics, St Francis Xavier University, Antigonish, NS
6	Addressing Weight Bias in Higher Education and Developing an Obesity Pedagogy	<i>Erin Cameron</i>	Lakehead University, Thunder Bay, ON

SATURDAY

For Full Session Descriptions and more details, please visit www.con-obesitysummit.ca



POSTER PRESENTATIONS THURSDAY, MAY 2

Poster #	Title	Author	Institution
101	Impacts of Excess Skin on the Practice of Physical Activity in Women After Massive Weight Loss	<i>Aur�lie Baillot</i>	Service d'endocrinologie, CHUS
102	The Impact of Excess Weight Loss on Bone Mineral Density Ten Years Following Bariatric Surgery	<i>Hannah Lemke</i>	McGill University, Faculty of Kinesiology and Physical Education
103	The Influence of Support Group Attendance on Weight Loss After Gastric Bypass Surgery	<i>Lisa Lipschitz</i>	University of Toronto
104	Group Orientation Sessions - A Primer For Patient Readiness and Waitlist Management	<i>Angela Erza</i>	Red Deer Bariatric Specialty Clinic, Alberta Health Services
105	Sleep Disorder, Obesity Status and Risk of Diabetes	<i>Jian Liu</i>	Brock University
106	Vitamin D Supplementation Recommendations for Post Roux-en-Y Gastric Bypass Patients: A Systematic Literature Review	<i>Kerri Loney</i>	HSN Health Sciences North, Sudbury Outpatient Centre, Bariatric Regional Assessment and Treatment Centre
107	Visceral Adiposity and The Relationship Between Vitamin D and Adiponectin	<i>Dian Sulistyoningrum</i>	University of British Columbia
108	Schools Out, Now What? An After-School Childcare Intervention Targeting Physical Activity in Children	<i>Patti-Jean Naylor</i>	School of Exercise Science, Physical and Health Education
109	Physical Activity in Post-Bariatric Patients: Overcoming Barriers to Good Care	<i>Ebaa Al-Ozairi</i>	Kuwait university/ University of Toronto
110	The Development of The Triage Flow for The Pre-Surgical Gastric Bypass Patient	<i>Angela Legrow</i>	Health Sciences North Bariatric Regional Assessment and Treatment Centre
111	Obesity and Pulmonary Function Before and After Weight Loss	<i>Shirley Fabris de Souza</i>	Londrina State University
112	VO2 Max in Patients With Morbid Obesity	<i>Shirley Fabris de Souza</i>	Londrina State University
113	The Impact of Obesity on Plantar Arch	<i>Shirley Fabris de Souza</i>	Londrina State University
114	The Canadian Obesity Research Investment Initiative: Understanding Current Research Investments to Inform Future Funding Opportunities for Obesity Prevention in Canada	<i>Christopher Politis</i>	Canadian Partnership Against Cancer
115	Diets, Body Composition, Physical Activity and Fitness of First Nations Youth from Kashechewan, Ontario: An Opportunity for Collaborative Initiatives to Promote Healthy Weights	<i>Allison Gates</i>	University of Waterloo
116	Do Obese Children Perceive Submaximal and Maximal Exertion Differently?	<i>Kevin Belanger</i>	Healthy Active Living and Obesity Research Group
117	Thirty Minutes of Moderate to Vigorous Physical Activity Daily is Sufficient to Normalize Fitness Levels of Overweight and Obese Children	<i>Marie-Eve Mathieu</i>	Universit� de Montr�al et CHU Sainte-Justine
118	Understanding Perceptions of Determinants and Outcomes of Children's Physical Activity Among Obese and Non-obese Adults	<i>Ariane B�langer-Gravel</i>	Universit� de Montr�al
119	Outdoor Time Associated with Physical Activity Levels in Children and Adolescents: Healthy Hearts Prospective Cohort Study	<i>Meaghan Woo</i>	Manitoba Institute of Child Health
120	The Clinical Challenge of Accurate Physical Activity Measurement in Overweight Adolescents	<i>Allison Jeffrey</i>	The Hospital for Sick Children
121	The Relationship of Physical Activity Intensity on Plasma Glucose and Adiposity in Adolescents	<i>Alexander Schwartz</i>	University of Toronto and The Hospital for Sick Children
122	Combined Associations Between Moderate to Vigorous Physical Activity and Sedentary Behaviour with Cardiometabolic Risk Factors in Children	<i>Jean-Philippe Chaput</i>	CHEO Research Institute

POSTER PRESENTATIONS

Poster #	Title	Author	Institution
125	The Resident for Healthy Active Living in the Youth (RHALY) Initiative	<i>Janie Desrochers</i>	Montreal Children's Hospital
126	Does a Physical Activity Daycare Intervention Impact Body Composition and Gross Motor Skills? A Pilot Randomized Control Trial	<i>Kimberly Grattan</i>	Children's Hospital of Eastern Ontario
127	To PE, or Not to PE, That is the Question	<i>Patti-Jean Naylor</i>	School of Exercise Science, Physical and Health Education
128	HIP Kids, A Multidisciplinary Outpatient Health Initiative Program to Treat Child and Youth Overweight and Obesity	<i>Dirk Bock</i>	Children's Hospital, London Health Sciences Centre, University of Western Ontario
129	The Medical and Mental Health Status of Children and Youth With Severe Complex Obesity	<i>Annick Buchholz</i>	Centre for Healthy Active Living - Children's Hospital of Eastern Ontario
130	Assessing Behavioural, Cognitive and Emotional Factors in Adolescent Obesity With the Behaviour Nutrition Index	<i>Stephen Stotland</i>	
131	To Determine the Correlation Between Body Mass Index (BMI) and Risk of Gallstones in Adolescents	<i>Sarita Damaraju</i>	Mission FitPossible
132	Exercise and Negative Energy Balance in Males who Perform Mental Work	<i>Valerie Lemay</i>	Université de Montréal
133	Obesity Traffic Stop: A Population Health Intervention Tool Combining Physical Activity and Sedentary Behaviour Guidelines	<i>Tarun Katapally</i>	University of Saskatchewan
134	Nutrition and Physical Activity Behaviour Change Interventions Using Mobile Devices: Looking Back to Help us Move Forward	<i>Jessica Lieffers</i>	University of Waterloo
135	Super, Natural British Columbia? The 2012 Physical Activity Landscape	<i>Amanda Frazer</i>	University of Victoria
136	Ethnic Differences in Motivation and Attitudes Toward Physical Activity in The Multi-Cultural Community Health Assessment Trial (M-CHAT)	<i>Jasmine Parmar</i>	Simon Fraser University
137	Enhancing the Canadian Best Practices Portal	<i>Kerry Robinson</i>	Public Health Agency of Canada
138	Sustainable Childhood Obesity Prevention Through Community Engagement (SCOPE): Development of a Social Media Resource for Communities	<i>Stephanie Shea</i>	University of British Columbia
139	Moving Upstream is More than Policy: Engaging a Health Authority to Address Risk Factors	<i>Ronald Chapman</i>	Northern Health
140	Northern Engagement: Behind the Scenes Process for Strategic Health Authority Action	<i>Chelan Zirul</i>	Northern Health
141	The Health of Men in Northern British Columbia: Results of a Cardiovascular Risk Factor Screening Survey	<i>Mamdouh Shubair</i>	School of Health Sciences, University of Northern BC
142	Prenatal Exposure to Maternal Cigarette Smoking is Associated with Parasympathetic Predominance and Higher Dietary Fat Intake in Adolescence	<i>Catriona Syme</i>	The Hospital for Sick Children
143	Counselling About Gestational Weight Gain and Healthy Lifestyle During Pregnancy: Canadian Maternity Care Providers' Self-Evaluation	<i>Zachary Ferraro</i>	Children's Hospital of Eastern Ontario
144	Maternal Obesity and Excessive Gestational Weight Gain Alter the Maternal-Fetal Insulin-Like Growth Factor Axis	<i>Zachary Ferraro</i>	Children's Hospital of Eastern Ontario
145	When Will it Show? Exploration of the Pregnancy Experience of Women With a Body Mass Index over 40 kg/m ² in Preconception	<i>Louise Gilbert</i>	Université du Québec en Outaouais



POSTER PRESENTATIONS FRIDAY, MAY 3

Poster #	Title	Author	Institution
201	Eating Dinner at Consistent Times of the Day is Linked with Improved Eating Habits, Weight, and Body Image	<i>Shannon Zaitsoff</i>	Simon Fraser University
202	Increasing the Effectiveness of The Diabetes Prevention Program Through If-then Plans and Mental Practice: Study Protocol for a Parallel Randomized Controlled Trial	<i>Elena Ivanova</i>	McGill University
203	Resveratrol Treatment Reverses Cardiac Impairment in Diet-induced Obese but Not in Obese Resistant Rats	<i>Xavier Lieben Louis</i>	University of Manitoba
204	Anti-Obesity Efficacy and Mechanism of a Chinese Herbal Formulation	<i>Benjamin Perry</i>	University of Prince Edward Island
205	Directive Art Therapy and Food Addiction: Motivational Interviewing and Adjunctive Art Therapy in Obesity Management Programs	<i>Heather McIntosh</i>	Vancouver Art Therapy Institute
206	Effect of Lactobacillus Rhamnosus CGMCC1.3724 Supplementation on Weight loss and Maintenance in Obese Men and Women	<i>Marina Sanchez</i>	Laval University
208	Exploring the Heterogeneity of Factors Associated with Weight Management in Young Adults	<i>Penny Deck</i>	Simon Fraser University
209	Mental Health and Obesity: The Case of Binge Eating Disorder	<i>Kate Hickey</i>	University of Calgary
210	A Toolkit for Primary Care Providers Dealing with Obesity.	<i>Cleo Mavriplis</i>	Dept of Family Medicine University of Ottawa
211	Promoting Cardiovascular Health in Vulnerable Populations of Women	<i>Natasha Prodan-Bhalla</i>	BC Women's Hospital and Health Centre
212	What Does the Shrink Have to Say About Surgical Weight Loss?	<i>Eric Ochs</i>	Ochs Consulting
213	The Influence of Food Marketing on Preschool Children's Taste Preferences, Food Choices, and BMI	<i>Anna McAlister</i>	Michigan State University
214	Evaluation of Body Composition Assessment Techniques to Measure Adiposity in Adolescents	<i>Munaza Jamil</i>	The Hospital for Sick Children
216	Overweight Children's Perceptions of Physicians' Attributes and Behaviours in Relation to How Health Advice is Received in Primary Care	<i>Maya Obadia</i>	The Hospital for Sick Children
217	The Impact of an Interdisciplinary, Family-Centered, and Unstructured Intervention for Children and Youth with Obesity	<i>Jill Avis</i>	Pediatric Centre for Weight and Health, University of Alberta
218	Pediatric Obesity and Teledietetics Practice: A Case for Melding Theory and Practice for Enhanced Outcomes	<i>Genevieve Pellerin</i>	Pediatric Nutrition Service, HealthLink BC
219	Evaluating Barriers and Supports for Local Implementation of Mind, Exercise, Nutrition... Do it! in Alberta	<i>Neil Neary</i>	Centre for Health Promotion Studies
220	Evaluating the Scale Up and Spread of Mind, Exercise, Nutrition... Do It! In Canada	<i>Kristyne Withers</i>	Chronic Disease Systems Modeling Lab-Simon Fraser University
221	Childhood Obesity Intervention Evaluated in Canada: A Review of the Literature	<i>Philippe De Wals</i>	Evaluation Platform on Obesity Prevention (EPOP), Quebec Heart and Lung Institute Research Center
222	Children's Response to Food Price and Warning Interventions When Purchasing Snack Foods	<i>Sean Cash</i>	Friedman School of Nutrition, Tufts University (and University of Alberta)
223	Does a Nutritional Intervention Lead to Unhealthy Eating Behaviour Traits Among Adolescents?	<i>Maya Purcell</i>	Laval University
224	Prevalence of Medical and Psychosocial Co-morbidities in Overweight and Obese Children Referred to a Hospital Based Multidisciplinary Pediatric Weight Management Clinic	<i>Kristine Godziuk</i>	Pediatric Centre for Weight and Health - Misericordia

Poster #	Title	Author	Institution
225	C.H.A.M.P. Families: A Qualitative Investigation of Health Professionals' Views of and Suggestions for the development of a Caregiver-Focused Childhood Obesity Intervention	<i>Gillian Mandich</i>	Western University.
226	Understanding the Factors Related to Parental Vegetable and Fruit Preparation and Child Vegetable and Fruit Consumption	<i>David Trill</i>	University of Victoria
227	What Works (or Does Not) in Using Communities of Practice to Advance Action on Childhood Obesity Prevention?	<i>Kerry Robinson</i>	Public Health Agency of Canada
228	Predictors of BMI Reduction in the SickKids Team Obesity Management Program (STOMP) for Adolescents with Severe Obesity	<i>Paola Luca</i>	The Hospital for Sick Children, Division of Endocrinology
229	Physical Inactivity and Obesity in a City in Southern Brazil	<i>Caroline Cyr</i>	University of Sherbrook
230	Built Environment, Physical Activity and Adiposity in the Prospective Urban Rural Epidemiology (PURE) Study Vancouver Cohort	<i>Ann Yew</i>	Simon Fraser University
231	From the Environment to Health: Built Environment Impacts on Active Transportation, Physical Activity and Obesity	<i>Larry Frank</i>	University of British Columbia
232	Habitual Coffee Consumption and Incidence of Central Obesity in Chinese - Taichung Community Health Study	<i>Wen-Yuan Lin</i>	China Medical University Hospital and China Medical University
233	Food Shopping or Meal Preparation: What is Predictive of Body Fat in Young Adults?	<i>Daniella Sieukaran</i>	Simon Fraser University
234	The Influence of Facilitating Environmental Cues on Snack Food Consumption in Overweight and Obese Young Adults	<i>Cassandra Lowe</i>	University of Waterloo
235	Reviews on Sugar-sweetened Beverage and Body Weight: Determinants of their Quality and Conclusions	<i>José Massougbojji</i>	Evaluation Platform on Obesity Prevention / Quebec Heart and Lung University Institute
236	Ex Ante Evaluation of a Sugar-sweetened Beverages Taxation Policy: Reflections and Perspectives from the French Case	<i>Yann Le Bodo</i>	Evaluation Platform on Obesity Prevention (EPOP)
237	Would You Like Fries (380 Calories) With That? The Effect of Weight Stigma Threat on Food Choice	<i>Paula Brochu</i>	Yale University
238	Wicked Problem Calls for Innovative Comprehensive Systems Thinking Evaluation	<i>Judith Lapierre</i>	Evaluation Platform on Obesity Prevention
239	Paradigm Shift: The Importance of Reducing Carbohydrate Consumption to Reverse the Obesity Epidemic	<i>Alexander Frame</i>	University of British Columbia
240	Weighing in From the North: Challenges and Opportunities in Developing a Health Authority Position on Health, Weight and Obesity	<i>Flo Sheppard</i>	Northern Health
241	Making Healthy Choices the Easy Choices: A Follow-up Study of Health Basics Program Alumni	<i>Lorna Milkovich</i>	Red Deer Primary Care Network
242	Obesity and Public Health Policy: A Critical Assessment	<i>Andrea Bombak</i>	Dept Community Health Sciences, University of Manitoba
243	Questioning the "I" in Obesity Epidemic: A Review of Social Interventions on Obesity	<i>Janette Leroux</i>	Queen's University
244	Overweight and Associated Factors in a City of Southern Brazil	<i>Cátia Millene Dell Agnolo</i>	University of Maringá, University of Québec in Outaouais
245	The Impact of a School Gardening Program on Cree Children's Knowledge and Attitudes Towards Vegetables and Fruit	<i>Mahitab Hanbazaza</i>	University of Alberta



POSTER PRESENTATIONS SATURDAY, MAY 4

Poster #	Title	Author	Institution
301	Excess Weight and Abdominal Obesity in Postmenopausal Women	<i>Caroline Cyr</i>	University of Sherbrook
302	Factors Contributing to Access and Adherence to Primary Health Care and Cardiac Rehabilitation for Patients with Obesity: An Overview of a Post Doctoral Program of Research	<i>Mary Forhan</i>	University Health Network-Toronto Rehab
303	Determinants of Change in Physical Activity Among Obese Older Adults Following a Behavioural Intervention	<i>Ariane Bélanger-Gravel</i>	Université de Montréal
304	Fear of Fear Influences Physical Exercise Levels in Young Adult Women	<i>Brigitte C. Sabourin</i>	Dalhousie University
305	"c-changeinme": An Online Behavioural Intervention to Reduce Overweight to Lower Risk of Cardiovascular Disease	<i>Patrick Twohig</i>	University Health Network
306	Are Individuals with Type 2 Diabetes More Likely to Burn Carbohydrate Versus Fat for Energy?	<i>Sarah Loehr</i>	University of Alberta
307	Evaluation of a Low-calorie Meal Replacement Program on The Management of Adult Obese Patients with a Body Mass Index Greater Than or Equal to 35 With 2 Risk Factors or Greater than 40 in Outpatients	<i>Janine Duquette</i>	Hamilton Health Sciences
308	Population Health Consequences Associated with Overweight and Obesity	<i>Calypse Agborsangaya</i>	University of Alberta
309	Changes in Glucose Disposal After a Caloric Restriction-Induced Weight Loss Program in Obese Postmenopausal Women: Characteristics of Positive and Negative Responders	<i>Étienne Myette-Côté</i>	University of Sherbrooke
310	Correction Factor on The Interpretation of The Tanita Body Composition Analyzer Goal Setter TBF-300	<i>Pat Poon</i>	Dr. Poon's Metabolic Diet Clinic
311	Effect of Bariatric Surgery on The Scores of The Edmonton Obesity Staging System Over Different Periods of Follow-Up	<i>Marcela Rodriguez-Flores</i>	INNSZ
312	Effect of a Six-Month Weight Loss Program on The Scores of The Edmonton Obesity Staging System	<i>Marcela Rodriguez-Flores</i>	INNSZ
313	Effectiveness of Implementing The 5A's of Obesity Management™ in a Primary Care Setting	<i>Christian Rueda-Clausen</i>	University of Alberta
314	Effectiveness and Safety of Long-term Management with Low-calorie Diet on Severely Obese Patients Non-eligible for Surgical Treatment	<i>Christian Rueda-Clausen</i>	University of Alberta
315	Health-Related Quality of Life in Overweight and Obese Adolescents: Results from a Multidisciplinary Therapy	<i>Nelson Nardo Junior</i>	State University of Maringa
316	Self-Regulation, Executive Function & Childhood Obesity: A Theoretical Model	<i>Sarah Hutchison</i>	University of Victoria
317	Evaluating the Validity of the "Categories Method": A New Method for Self-Report Assessment of Daily Calorie Intake: A Pilot Study	<i>Tzachi Knaan</i>	Maccabi Health Organisation
318	Acculturation and Socioeconomic Factors Influence Body Mass Index in Canadian Youth	<i>Elizabeth Quon</i>	Concordia University
319	Exploring the Association Between Parenting Stress and Child Body Mass Index in an Ethnically Diverse, Low Income Sample of Families Participating in a Family-Based Obesity Prevention Intervention	<i>Kathryn Walton</i>	University of Guelph
320	Characterizing Severe Obesity in Children and Youth	<i>Hebah Salawi</i>	University of Alberta
321	Reliability and Validity of Weight Status and Diet Measures in the 'Cohort Study on Obesity, Marijuana Use, Physical Activity, Alcohol Use, Smoking and Sedentary Behaviour' (COMPASS) Questionnaire	<i>Rachel Laxer</i>	University of Waterloo
322	Microdeletion of 18q21.31 Encompassing the MC4R Gene Presenting with Obesity and Developmental Delay	<i>Lesley Turner</i>	Memorial University

POSTER PRESENTATIONS

Poster #	Title	Author	Institution
323	Universal Screening of Obesity and Cardiovascular Risk Factors in Adolescents: Does it Identify High Risk Families?	<i>Michael Khoury</i>	The Hospital for Sick Children
324	Prevalence of Obesity in The TARGet Kids! Cohort Using the WHO and IOTF Cut-offs	<i>Catherine Birken</i>	The Hospital for Sick Children
325	Parental Perceptions of Weight Status in Preschool Aged Children: a TARGet Kids! Study	<i>Catherine Birken</i>	The Hospital for Sick Children
326	Appetite Signaling Proteins, Glucose and Appetite Sensations in Obese Adolescents with Subclinical Binge Eating Disorder	<i>Shanna Wilson</i>	Healthy Active Living and Obesity Research Group
327	Causal Baroreflex Sensitivity Analysis in Obese Children and Adolescents	<i>Michal Javorka</i>	Dept. of Physiology, Comenius University, Jessenius Faculty of Medicine
329	A Cross-Sectional Analysis of Immigrant Status and its Relation to Obesity Among Canadian Youth	<i>Atif Kukaswadia</i>	Queen's University
330	Investigating Food Choice and Food-Related Problems in Individuals Living with Prader-Willi Syndrome	<i>Keith Z. Brewster</i>	University of British Columbia
331	Does Pubertal Timing Matter? The Association Between Pubertal Timing and Health Indicators in Adulthood	<i>Eun-Young Lee</i>	University of Alberta
332	Weight Misperception in Korean Female Adults: Findings from The Korean National Health and Nutrition Examination Survey 2010	<i>Eun-Young Lee</i>	University of Alberta
333	Building Community Nutrition Capacity through Participatory Research in a Remote First Nation: Lessons Learned from Kashechewan, Ontario	<i>Michelle Gates</i>	University of Waterloo
334	Changing Understandings of Obesity: A Sociological Perspective	<i>Francine Darroch</i>	University of Ottawa
335	Full Circle - Do Intergenerational Approaches Hold Promise for Preventing and Managing Obesity Among Aboriginal Populations?	<i>Sarah Oosman</i>	University of Saskatchewan
336	Key Learnings from a Health Sciences Education and Research Commons Experience in Developing an Interprofessional Centre for Obesity Management Education	<i>JoAnne Davies</i>	Health Sciences Education and Research Commons, University of Alberta
337	Ethnic Differences in Beliefs and Attitudes Toward Other People's Body Size from The Multi-cultural Community Health Assessment Trial (M-CHAT)	<i>Monica Lee</i>	Simon Fraser University
338	Relationship Between Body Mass Index and Perception of Other People's Body Size in The Multi-Cultural Community Health Assessment Trial (M-CHAT)	<i>Monica Lee</i>	Simon Fraser University
339	What's the HYPE All About? A Multi-Pronged Knowledge Translation Approach to Health Promotion	<i>Brandon Grant</i>	Northern Health
340	The Pattern of Shifts in The Body Mass Index for Canadian Adults, 1994/95-2006/07	<i>Ye Tao</i>	N/A
341	Recent Trends in Research: Pathway Towards Relevance	<i>Olanrewaju Olotu</i>	AUT University
342	How Good is the Obesity Information Canadians Find Online? Evaluating Internet Information Quality Via Google Search Engine	<i>Carolyn Gotay</i>	UBC School of Population and Public Health
343	What Does 'Healthy' or 'Overweight' Look Like?	<i>Ruth Brown</i>	York University
345	Programming of Adiposity by Gestational Exposure to Folic Acid and Vitamin B12 Imbalance	<i>Rika Aleliunas</i>	University of British Columbia
346	Association Between Obesity -Related Gene FTO and ADHD	<i>Zia Choudhry</i>	McGill University
347	Body Weight and ADHD: Examining the Role of Self-Regulation	<i>Zia Choudhry</i>	McGill University



AWARDS AND GRANTS

CON-RCO Distinguished Lecturer Award

The CON-RCO Distinguished Lecturer Award will be presented in recognition of outstanding contributions to the obesity research community in Canada. The recipient will be announced at the opening ceremonies of the Canadian Obesity Summit, and will deliver a keynote address.

TOPS New Investigator Research Award

This award recognizes an individual for a singular achievement or their career contributions to research in the field of obesity. This award is made possible through an annual grant from the Take Off Pounds Sensibly (TOPS). The award recipient will receive a plaque, a \$2,500 prize, and a travel grant to attend the Canadian Obesity Summit. The award will be presented during a plenary session at which the recipient will be invited to present the TOPS New Investigator Research Award Lecture. Award recipients must be able to attend the Canadian Obesity Summit.

Behavioural Obesity Research Award

CON-SNP, in partnership with Dr. Jennifer Irwin, recognize an trainee (student or new professional) whose project is focused on behavioural aspects of obesity, either as modifying determinants or managing consequences of obesity for either individuals or groups and is presenting their project at the Canadian Obesity Summit.

CON-SNP Rising Star

This award recognizes an individual who has promoted the work of CON-SNP through individual work, Chapter initiatives, mentoring SNPs, speaking at CON or CON-SNP events, helping CON-SNP chapters or other similar activities.

CON-SNP Champion Award

This award recognizes an active CON-SNP chapter (or individual who belongs to a CON-SNP chapter) who has promoted the work of CON-SNP

CON-SNP Faculty Supervisor Award

This award aims to reward and recognize a faculty member who has demonstrated excellence in their teaching, research and service to the University, community and their trainees (students, clinical or post-doctoral fellows). This award also recognizes a faculty member who has excelled in nurturing trainee research development in his/her discipline, who has demonstrated outstanding teaching abilities and who exhibits a passion and enthusiasm for teaching and learning.

***Please note: Both the student/new professional AND faculty member must be registered AND in attendance at the 2013 Canadian Obesity Summit.**

Student Poster and Oral Awards

The best student poster and oral presentations will be awarded cash prizes at the 3rd Canadian Obesity Summit. The decision will be made by a board of referees and the awards will be presented at the closing ceremonies on Saturday May 4th, 2013.

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Exhibitor	Booth #
Urban Poling	203-205
Childhood Obesity Foundation	306
CSEP - Canadian Society for Exercise Physiology	109
MSFHR - Michael Smith Foundation for Health Research	107
IASO - International Foundation for the Study of Obesity	105
TOS - The Obesity Society	103
ASBP - American Society of Bariatric Physicians	208
TOPS - Taking Off Pounds Sensibly	207
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RHS - Respiratory Homecare Solution	606
Polaris Medical - Cobi Rehab	608
ArjoHuntleigh	605-607






SPONSOR LISTING

PLATINUM SPONSOR		
Booth	Company	Description
502	 	<p>Dairy Farmers of Canada Completely funded by dairy producers, Dairy Farmers of Canada (DFC) promotes the wholesome goodness of milk products as part of a healthy, balanced diet and encourages good nutrition for all Canadians. With up to 16 essential nutrients and multiple health benefits, from maintaining a healthy weight to contributing to a healthy blood pressure, milk products are an important part of the healthier lifestyle that DFC is inspiring Canadians to embrace. Yet, according to the most recent data from the Canadian Community Health Survey, only one in three Canadians gets their recommended daily servings of milk products. DFC's Get Enough campaign reminds Canadians of the natural nutrient richness and lesser-known health benefits of milk products. To learn more about the benefits of milk products, visit getenough.ca</p>
	 	<p>Heart & Stroke Foundation The Heart and Stroke Foundation is one of Canada's largest health charities. For over 60 years we have invested more than \$1.3 billion in heart and stroke research, making us the largest research contributor in Canada after the federal government. In that time, the death rate from heart disease and stroke has declined by more than 75 per cent. Our programs across the country are saving lives every day. Working together, our employees, volunteers, donors and world-class researchers have made the Heart and Stroke Foundation what we are today: Canada's most widely recognized and trusted authority on heart and brain health. Our mission is to create healthy lives free of heart disease and stroke. Together, we will make it happen. Our commitment to the health of all Canadians is our overarching and ongoing priority: In the last decade alone, we have invested more than \$950 million in our mission activities, which include health education, community-based programs and research. Foundation programs such as Health Check and The Heart Truth continue to help Canadians live healthy and longer lives, and are saving lives every day. Take action today to help Make Health Last by taking the Heart&Stroke Risk Assessment at makehealthlast.ca.</p>
		<p>Canadian Institute of Health Research</p>
202 204		<p>PGX Health Care Solutions PGX Healthcare Solutions™ is your partner in supporting positive lifestyles by offering products, programs, and services which enhance your efforts to improve the health of your patients. PGX has been proven to reduce the glycemic index of foods, reduce appetite, reduce glucose variability, reduce cholesterol, and help manage body weight. PGX formulations include granules, softgels, protein powders, and drink mixes in 2.5 or 5 g doses. PGX is safe for long term use and is stimulant free. At PGX Healthcare Solutions, we believe that maintaining a healthy lifestyle is a goal for both the health care provider and the patient.</p>

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Booth	Company	Description
402	 From  Nestlé Health Science™ <small>NOURISHING PERSONAL HEALTH</small>	<p>Nestlé Optifast Nestlé Health Science pioneers science-based nutritional solutions to deliver improved personalized healthcare for patients in the areas of ageing medical care, critical care and surgery, pediatric medical care and metabolic health. Our ambition is to be the recognized global leader in science-based personalized nutrition solutions.</p> <p>In the area of obesity, Nestle Health Science offers Optifast 900, complete nutrition in a high-quality, calorie-controlled nutritional formula.</p> <p>The OPTIFAST weight management program is a medically supervised metabolic health program that closely monitors and assesses patients' progress towards better health and emotional well-being. This 26-week program includes Optifast 900 and a comprehensive behavioural education and support program.</p> <p>OPTIFAST 900 can also be used for safe, rapid weight loss prior to bariatric surgery and prior to other surgeries requiring weight reduction.</p>
206		<p>Canadian Diabetes Association The Canadian Diabetes Association is a registered charitable organization, leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our professional staff and more than 20,000 volunteers provide education and services to help people in their daily fight against the disease, advocate on behalf of people with diabetes for the opportunity to achieve their highest quality of life, and break ground towards a cure.</p>

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303					

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107	 <small>Discover. Connect. Engage.</small>				

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1. Drawert et al, *Obes Res.* 1996 2. Wadden et al, *Int J Eat Disord.* 1997 3. Bischoff et al, *Int J Obes.* 2011.



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