

2nd National Obesity Summit

April 28th — May 1st, 2011



2^e Congrès national sur l'obésité

Du 28 avril au 1^{er} mai 2011

Le Centre Sheraton Hôtel, Montréal, QC



FINAL PROGRAM | PROGRAMME FINAL

Co-organized with
Organisé en collaboration avec



L'ASSOCIATION CANADIENNE
des MEDECINS et CHIRURGIENS BARIATRIQUE
The CANADIAN ASSOCIATION of
BARIATRIC PHYSICIANS and SURGEONS


coalitionpoids
québécoise sur la problématique du

Une initiative parrainée par l'Association pour la santé publique du Québec

Conference supporters / Partenaires du congrès

The Canadian Obesity Network gratefully acknowledges these organizations for their generous support of the Second National Obesity Summit.

Le Réseau canadien en obésité tient à remercier les organismes suivants pour leur généreux soutien à la présentation du 2^e Congrès national sur l'obésité.

PLATINUM / NIVEAU PLATINE



Une initiative parrainée par l'Association pour la santé publique du Québec



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Les séances plénières et certaines présentations
bénéficieront de la traduction simultanée en français.



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welcome letters & introduction

MESSAGE FROM THE MINISTER OF HEALTH AND SOCIAL SERVICES



Dr. Yves Bolduc,
Minister of Health and Social Services

In recent decades, as our societies have undergone significant changes, so have our eating habits and lifestyles. Over the past 20 years we have seen a steady rise in obesity, to the extent that it has become an important health issue.

This trend is the reason Québec introduced an action plan in 2006 to promote healthy lifestyles and prevent weight-related problems. The plan, which was developed jointly by various government ministries and agencies, sets out a series of guidelines and initiatives aimed at promoting healthy eating and a physically active lifestyle. This is a good first step in the right direction, but there is still much to do and learn, notably with regard to the many mechanisms at play and the links between overweight and certain health problems such as cancer.

That is why this multidisciplinary scientific summit is so important. It is a unique opportunity to take stock of the latest research and the many challenges surrounding obesity. Our rapidly changing world requires that we develop new attitudes, care methods, and services, but one objective remains unchanged—that of ensuring the well-being of present and future generations.

I am certain this summit will spark much lively discussion, and I would like to take this opportunity to wish you a pleasant stay in Montréal.



MESSAGE FROM THE MAYOR OF MONTRÉAL



Gérald Tremblay,
Mayor of Montréal

I am pleased to welcome participants in the 2nd National Obesity Summit to Montréal. Our metropolis is proud to host the only Canadian multidisciplinary scientific conference focusing on all aspects of obesity. This key event should be of interest to our entire community because the issue is so important to all of us.

Montréal, for its part, offers all residents many opportunities to exercise and we continue to invest in our parks, our bike paths, our arenas and our soccer fields.

I wish you an excellent summit! I hope you take advantage of your stay to discover or to rediscover our great city.



Lettres de bienvenue et d'introduction

MESSAGE DU MINISTRE DE LA SANTÉ ET DES SERVICES SOCIAUX



Dr Yves Bolduc,
Ministre de la Santé et des Services sociaux

Au cours des dernières décennies, nos sociétés ont grandement changé et avec elles, notre alimentation et nos habitudes de vie. Depuis 20 ans, nous assistons à une progression de l'obésité, désormais un enjeu important de santé.

C'est dans cette optique que le Québec s'est doté en 2006 d'un plan d'action gouvernemental de promotion des saines habitudes de vie et de prévention des problèmes reliés au poids. Fruit de la concertation de plusieurs ministères et organismes, le plan énonce les orientations ainsi que les pistes d'action privilégiées favorisant une saine alimentation et un mode de vie physiquement actif. Notre gouvernement est sur la bonne voie, mais il reste encore beaucoup à faire et à comprendre, notamment sur les nombreux mécanismes qui sont en jeu ou encore sur les liens entre le surpoids et certains problèmes de santé dont le cancer.

Dans cette perspective, ce congrès scientifique multidisciplinaire prend tout son sens. C'est une occasion unique de faire le point sur la recherche ainsi que sur les nombreux défis que représentent l'obésité. Face à un monde qui se transforme rapidement, nous devons développer de nouvelles attitudes, de nouveaux soins et services. Cependant, un objectif demeure, celui d'assurer un mieux-être à toute la population ainsi qu'aux nouvelles générations.

Je suis convaincu que ce congrès donnera lieu à d'inspirantes discussions et vous souhaite un agréable séjour à Montréal.

Québec 

MESSAGE DU MAIRE DE MONTRÉAL



Gérald Tremblay,
Maire de Montréal

Je suis heureux de souhaiter la bienvenue à Montréal aux participants du 2^e Congrès national sur l'obésité. Notre métropole est fière d'accueillir le seul congrès scientifique multidisciplinaire canadien qui s'intéresse à tous les aspects de la problématique de l'obésité. Voilà un événement important qui devrait éveiller l'intérêt de l'ensemble de notre collectivité car cette question nous interpelle tous.

Pour sa part, Montréal offre à l'ensemble de sa population de multiples possibilités de bouger et nous continuons à investir dans nos parcs, nos pistes cyclables, nos arénas et nos terrains de soccer.

Je vous souhaite un excellent congrès! J'espère que vous profiterez de votre séjour pour découvrir ou redécouvrir notre métropole.

Montréal 

welcome letters & introduction

MESSAGE FROM THE CHAIR OF THE BOARD AND SCIENTIFIC DIRECTOR



*Anton Hart,
Chair of the Board of Directors,
Canadian Obesity Network*



*Arya Sharma,
Scientific Director and CEO,
Canadian Obesity Network*

On behalf of the over 5,000 members of the Canadian Obesity Network - Réseau canadien en obésité (CON-RCO), our partners and sponsors, we welcome you to the Second National Obesity Summit – Canada’s only multidisciplinary scientific conference dedicated entirely to obesity prevention and treatment.

Researchers, practitioners and other stakeholders from a wide range of disciplines and interests have come to Montréal to share with and learn from their peers in a unique and interactive environment.

Over the next three days, over 600 Canadian obesity researchers and practitioners will present their work in oral presentations, poster sessions, workshops and seminars. These contributions represent a confirmation of the innovative, world-class thinking going on across the country to address the obesity crisis. We think you will find the program informative and inspiring, just as you will enjoy the unique social aspects of the Summit.

Whether or not you work in health care delivery, research, industry, academe or the policy and not-for-profit sectors, we hope that the Summit provides valuable insights into the latest knowledge on the causes, prevention and treatment of obesity – and how it impacts what you do on a day-to-day basis. We know that the Summit will afford all delegates an unparalleled networking opportunity, and the chance to interact and share knowledge with like-minded professionals you may not otherwise have met. We hope that everyone leaves the Summit as a member – you can join for free via www.obesitynetwork.ca.

Enjoy the conference – we look forward to your feedback, and to seeing you at the 3rd National Obesity Summit in Vancouver, May 2nd to May 5th, 2013.

Lettres de bienvenue et d'introduction

MESSAGE DU PRÉSIDENT DU CONSEIL D'ADMINISTRATION ET DU DIRECTEUR SCIENTIFIQUE



Anton Hart,
*Président du conseil d'administration,
Réseau canadien en obésité*



Arya Sharma,
*Directeur scientifique et chef de la direction,
Réseau canadien en obésité*

Au nom de plus de 5 000 membres du Réseau canadien en obésité – Canadian Obesity Network (RCO-CON), de nos partenaires et de nos commanditaires, nous vous souhaitons la bienvenue au 2^e Congrès national sur l'obésité – la seule conférence scientifique multidisciplinaire canadienne entièrement consacrée à la prévention et au traitement de l'obésité.

Les chercheurs, les praticiens et les autres intervenants issus d'une grande variété de disciplines et ayant des centres d'intérêt divers sont venus à Montréal pour partager leurs connaissances avec leurs pairs et apprendre d'eux dans un environnement interactif unique.

Au cours des trois prochains jours, plus de 600 chercheurs canadiens en obésité présenteront leurs travaux sous forme de présentations orales, de présentations par affiche, d'ateliers et de séminaires. Ces contributions confirment qu'une réflexion à l'échelle internationale est en cours dans l'ensemble du pays pour s'attaquer à la crise de l'obésité. Nous pensons que vous trouverez ce programme innovateur et inspirant, tout comme vous apprécierez les aspects sociaux uniques du Congrès.

Que vous travailliez ou non dans le domaine des soins de santé, de la recherche, de l'industrie, de l'enseignement ou dans les secteurs politique ou associatif, nous espérons que le Congrès vous permettra de découvrir les plus récentes données sur les causes, la prévention et le traitement de l'obésité – ainsi que l'impact que ces données peuvent avoir sur votre travail au quotidien. Nous sommes persuadés que le Congrès va procurer, à tous les délégués, une occasion de réseautage sans pareille ainsi que la possibilité d'interagir et d'échanger avec des professionnels partageant leurs points de vue et qu'ils n'auraient pas pu rencontrer ailleurs. Nous espérons qu'en quittant le Congrès, tous les participants seront devenus membres du RCO – vous pouvez y adhérer gratuitement par l'intermédiaire du site www.obesitynetwork.ca.

Profitez bien de la conférence. Nous attendons vos commentaires avec impatience et espérons vous retrouver au 3^e Congrès national sur l'obésité, à Vancouver, du 2 au 5 mai 2013.

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Publisher and CEO
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Coordonnatrice du Plan d'action
gouvernemental de promotion des
saines habitudes de vie
et de prévention des problèmes
reliés au poids 2006–2012,
Investir pour l'avenir
Ministère de la Santé et des
Services sociaux
Montréal, QC

Suzie Pellerin

Directrice, Coalition québécoise sur
la problématique du poids
Une initiative parrainée par
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Community Representative
Québec, QC

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

Scientific Director
Chair Obesity Research and
Management
Professor of Medicine,
University of Alberta
Royal Alexandra Hospital,
University of Alberta
Edmonton, AB

general information

REGISTRATION HOURS:

THURSDAY	APRIL 28	7:00 am – 6:00 pm
FRIDAY	APRIL 29	7:00 am – 5:00 pm
SATURDAY	APRIL 30	7:00 am – 5:00 pm
SUNDAY	MAY 1	7:00 am – 5:00 pm

AREA INFORMATION:

The Concierge desk, located in the main lobby of the Sheraton Centre, can provide information on activities and local festivals and events during your stay in Montréal.

FOLLOW US ON TWITTER: #CON11

MEDIA/SPEAKER READY ROOM:

Salon 8

The News Room/Speaker Ready Room provides a workplace for media and speakers. Speakers are urged to contact the News Room immediately if they receive a message regarding an interview request. Direct your questions regarding all interviews, and/or operation of the News Room to Brad Hussey, Canadian Obesity Network's Communications Director Tel: +1-905-628-7778 or Email: hussey@obesitynetwork.ca or Amélie Desrosiers Tel: +1-514-475-7431 or Email: adesrosiers@capp.qc.ca. Speakers are required to check in at the Speaker Ready Room at least 2 hours before the start of their plenary session/concurrent oral session.

AGE RESTRICTIONS:

Children under the age of 16 will not be admitted to the Plenary or Oral Presentations. Please arrange for childcare in advance by contacting the concierge at the hotel. CON-RCO does not assume responsibility for childcare.

HOTEL INFORMATION:

Transportation to and from the airport: Le Centre Sheraton Montréal is located 18 kilometres / 11 miles (approximately 17 minutes) from Pierre-Elliott Trudeau International Airport. Taxi fare to the hotel is a

flat rate of \$38.00, and limousine service is \$55.00 (prices subject to change). Public transportation to the airport is available via an Express Bus (Route 747) accessed right outside the hotel on Boulevard Rene-Levesque; the fee is \$8.00 one way.

Parking: Valet parking is available for \$31.00 per 24hrs, and pay self parking in an indoor lot is available for \$24.00 per 24hrs. In-and-out privileges are allowed.

Check-in time: 3:00 pm

Check-out time: 12:00 pm

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 \$2.00/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, the Link@Sheraton.

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

Lost and Found: Information 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:

We are pleased to offer the following Group Exercise Activities during the Summit:

Pilates

The sessions will be taught by certified Pilates instructor Linnie Sharma. Please note that the sessions are on a first-come, first-served basis. Each session is 45 minutes in length.

Schedule:

Salon 4, located on Level 2 of the hotel conference area.

Friday, April 29th, 2011 6:30 – 7:15 am

Saturday, April 30th, 2011 6:30 – 7:15 am

Running

Join Dr. Kim Raine for a morning run in beautiful downtown Montréal. The run will be approximately 45 minutes in length. Please meet in the hotel lobby.

Schedule:

Thursday, April 28th, 2011 4:30 pm

Saturday April 30th, 2011 6:45 am

For more information please contact the registration desk.

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 onsite.

ATTENDANCE VERIFICATION:

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

renseignements généraux

HEURES D'OUVERTURE DU BUREAU D'INSCRIPTION

JEUDI	28 AVRIL	7 h à 18 h
VENDREDI	29 AVRIL	7 h à 17 h
SAMEDI	30 AVRIL	7 h à 17 h
DIMANCHE	1 ^{ER} MAI	7 h à 17 h

CHOSSES À FAIRE :

Pour vous renseigner sur les activités, les festivals et les événements locaux qui ont lieu pendant votre séjour à Montréal, il vous suffit de passer au comptoir du concierge, situé au rez-de-chaussée du Centre Sheraton.

SUIVEZ-NOUS SUR TWITTER : #CON11

SALLE DE PRESSE / SALLE DE PRÉPARATION DES CONFÉRENCIERS :

Salon 8

La salle de presse / salle de préparation des conférenciers sert de lieu de travail aux membres de la presse et aux conférenciers. On conseille aux conférenciers qui reçoivent un message les invitant à donner une entrevue, de communiquer immédiatement avec la salle de presse. Adressez toutes vos questions à propos des entrevues et / ou du fonctionnement de la salle de presse à Brad Hussey, directeur des communications du Réseau canadien en obésité, que vous pouvez joindre par téléphone au 1-905-628-7778 ou par courriel à l'adresse hussey@obesitynetwork.ca, ou encore à Amélie Desrosiers en composant le 1-514-475-7431 ou par courriel à l'adresse adesrosiers@cqpp.qc.ca. Les conférenciers sont tenus de se présenter à la salle de préparation des conférenciers au moins 2 heures avant le début de leur séance plénière / séance concomitante de présentations orales.

RESTRICTION D'ÂGE :

L'accès aux séances plénières et de présentations orales sera interdit aux enfants âgés de moins de 16 ans. Veuillez prendre à l'avance des dispositions auprès du concierge de l'hôtel afin d'assurer la garde de vos enfants. CON-RCO n'assume aucune responsabilité relativement à la garde d'enfants.

RENSEIGNEMENTS SUR L'HÔTEL :

Transport aller-retour entre l'hôtel et l'aéroport :

Le Centre Sheraton Montréal se trouve à 18 kilomètres / 11 miles (environ 17 minutes de route) de l'Aéroport international Pierre-Elliott-Trudeau. Pour se rendre à l'hôtel en taxi ou en limousine, il faut prévoir un tarif fixe de 38,00 \$ ou de 55,00 \$ respectivement (les prix peuvent changer sans préavis). L'autobus Express (route 747) est offert comme mode de transport en commun; il s'arrête devant l'hôtel sur le boulevard René-Lévesque. Le tarif aller simple est de 8,00 \$.

Stationnement : L'hôtel propose un service de valet au prix de 31,00 \$ par tranche de 24 heures, ainsi qu'un stationnement intérieur libre-service pour un coût de 24,00 \$ par tranche de 24 heures. Possibilité d'entrer et de sortir sans frais supplémentaires.

Heure d'arrivée : 15 h

Heure de départ : midi

L'arrivée avant l'heure indiquée ci-dessus et le départ après l'heure limite de libération de la chambre sont permis sous réserve de disponibilité et à la discrétion du personnel de la réception.

Service de consigne des bagages : La consigne des bagages avant l'heure d'arrivée est gratuite. Veuillez vous adresser au concierge pour obtenir de l'aide. Des frais de 2,00 \$ sont en vigueur pour chaque bagage consigné après l'heure limite de libération de la chambre.

Centre d'affaires : Vous trouverez dans le centre de communications du rez-de-chaussée, que l'on appelle Link@Sheraton, un accès Internet haute vitesse, des imprimantes et des postes de travail informatisés

accessibles 24 heures sur 24 et réservés à l'usage des clients.

Internet : Un accès Internet sans fil gratuit est offert dans toutes les zones publiques de l'hôtel, de même que dans toutes les chambres.

Objets trouvés : Vous pouvez obtenir des renseignements à cet effet auprès du personnel de la réception en composant le « 0 » à partir de tout téléphone de l'hôtel. Il incombe au délégué de payer tous les frais engagés relativement à l'expédition d'articles après la clôture de la conférence.

POSSIBILITÉS D'EXERCICE EN GROUPE :

Il nous fait plaisir d'offrir les activités physiques en groupe suivantes au cours du Congrès :

Pilates

Les séances seront animées par Linnie Sharma, instructrice agréée en pilates. Veuillez noter que l'inscription à ces séances se fait selon l'ordre d'arrivée. Chaque séance dure 45 minutes.

Horaire :

Salon 4, situé au 2e étage du secteur désigné pour la conférence.

Vendredi 29 avril 2011 6 h 30 à 7 h 15

Samedi 30 avril 2011 6 h 30 à 7 h 15

Course

Rejoignez-vous à la Docteure Kim Raine pour une course au cœur du pittoresque centre-ville de Montréal. La course durera environ 45 minutes. Les personnes intéressées sont priées de se rassembler au rez-de-chaussée.

Horaire :

Jedi 28 avril 2011 16 h 30

Samedi 30 avril 2011 6 h 45

Pour obtenir de plus amples renseignements, adressez-vous au comptoir des inscriptions.

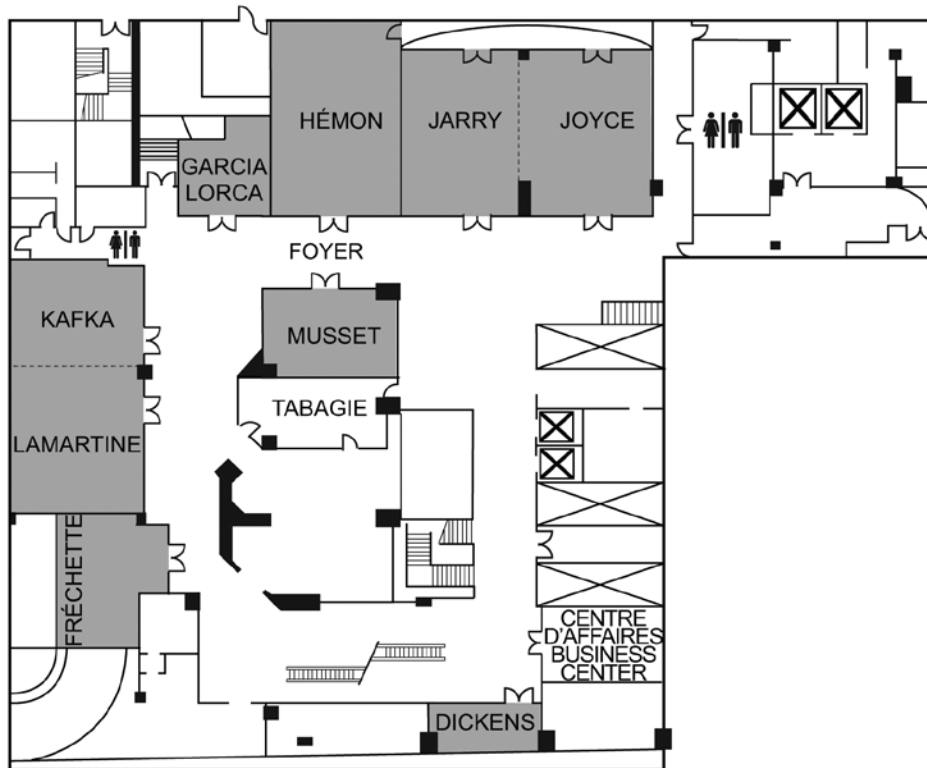
REPAS ET PAUSES :

N'oubliez pas de toujours porter votre cocarde indiquant votre nom : elle vous servira de billet de repas. Si vous avez acheté des billets supplémentaires, vous pourrez les récupérer lors de votre inscription sur place.

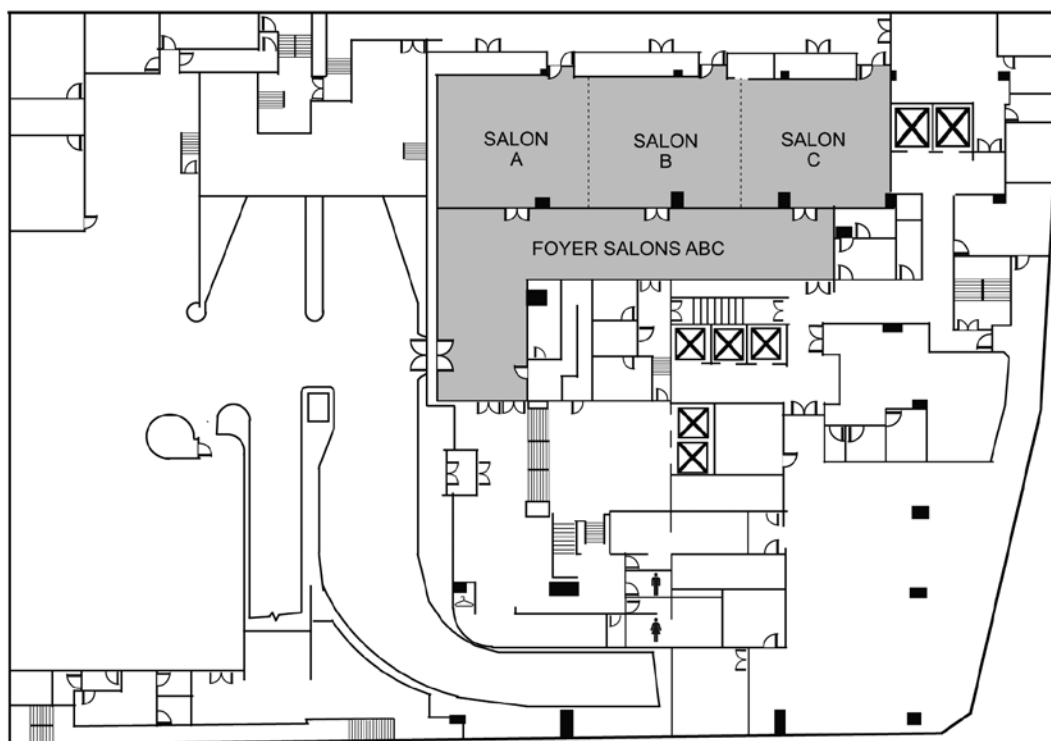
VÉRIFICATION DES PRÉSENCES :

S'il vous faut une preuve de présence, veuillez passer au comptoir des inscriptions.

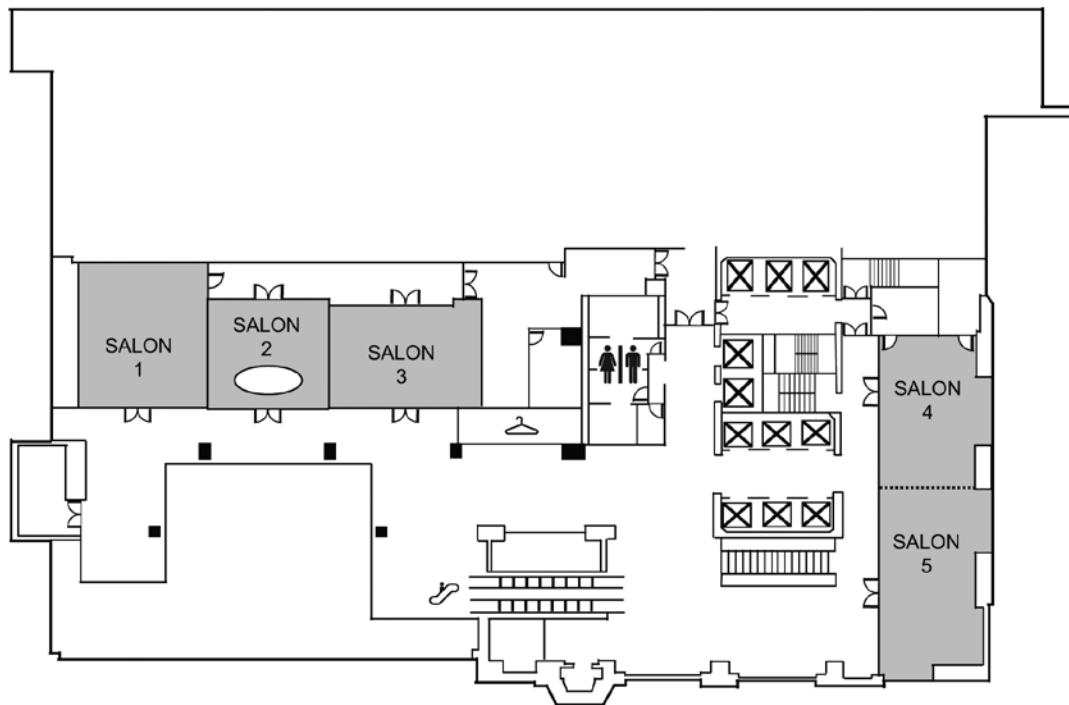
NIVEAU/LEVEL A



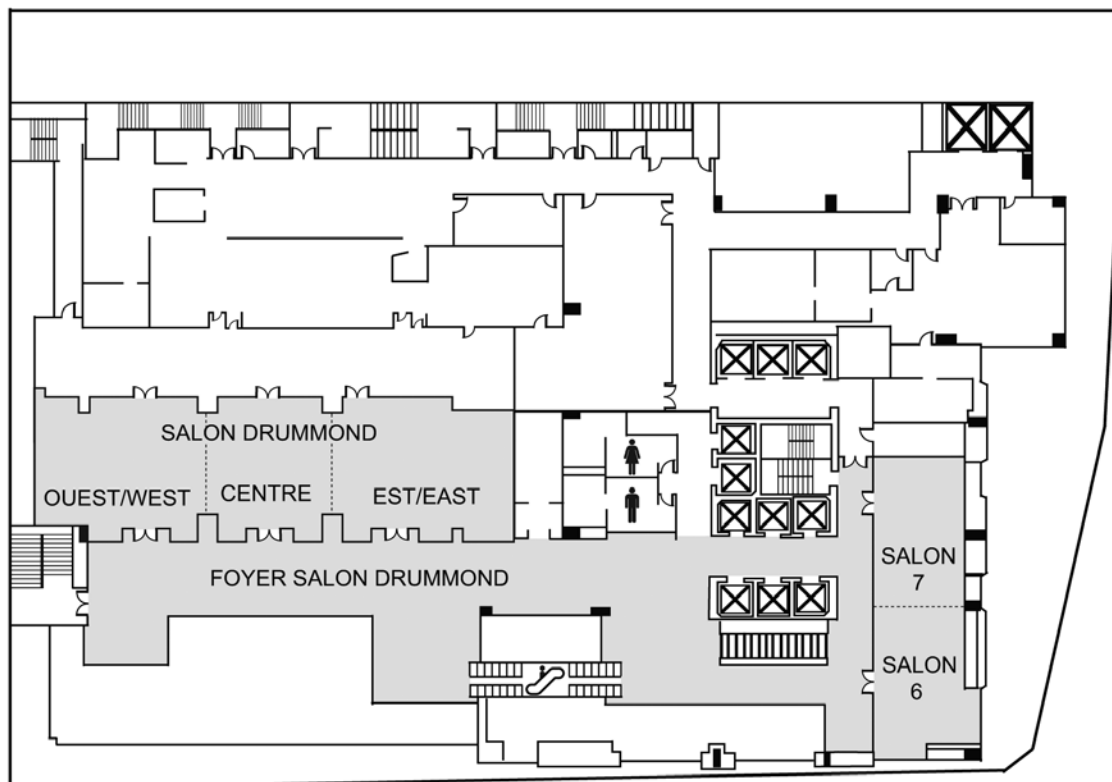
NIVEAU/LEVEL B



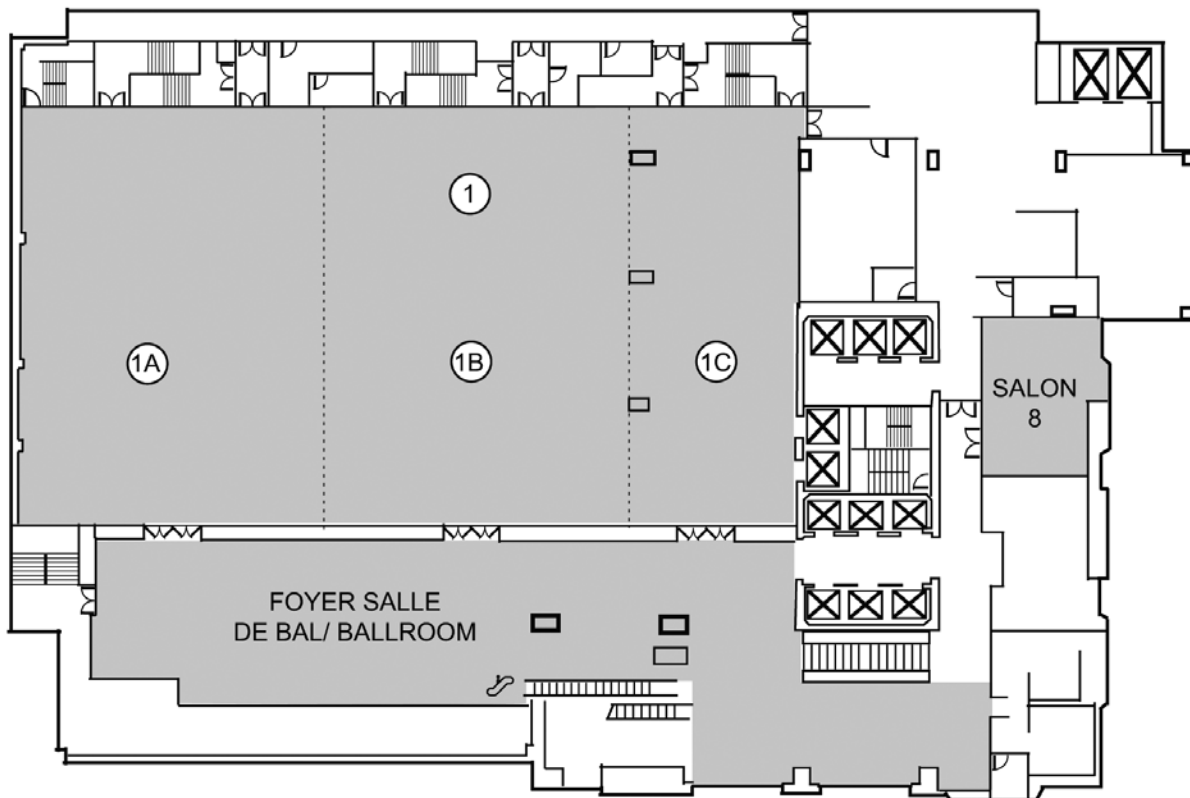
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NIVEAU/LEVEL 3



NIVEAU/LEVEL 4



special events

WEDNESDAY, APRIL 27

(7:00 pm – 8:30 pm) Canadian Obesity Network – Student and New Professional (CON-SNP) “Meet and Greet”

Did you arrive early? Come out and join the CON-SNP Executive for a casual gathering with light refreshments and lots of fun before the conference starts! Meet in Salon 1 at 7:00 pm. Open to Boot Camp Alumni, Students and New Professionals* only.

*New professional is defined as within five years of graduation of highest degree.

THURSDAY, APRIL 28

(6:00 pm) Opening Ceremony/CON-RCO Distinguished Lecturer Award

Join your colleagues for a reception/dinner to kick off the Second National Obesity Summit in the Ballroom. Please note that this is a name badge/ticket event (no charge for registered attendees; tickets required for guests). The CON-RCO Distinguished Lecturer Award winner will be announced.

FRIDAY, APRIL 29

(7:00 am – 8:00 am) Breakfast Symposium: Type 2 Diabetes, complications and treatment: What’s New?

Have breakfast in Salon A/B/C and listen to two great speakers, Dr. Rémi Rabasa-Lhoret & Dr. Arya Sharma. RSVP required. Limited space available. If you haven’t already registered it might not be too late! Go to www.con-obesitysummit.ca/custom_app.aspx to register. This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for 1 Mainpro-M1 credit. Supported by an unrestricted educational grant from Novo Nordisk.

(11:30 am – 12:30 pm) Lunch Symposium: Morbid Obesity: Is Surgery the Solution?

Have lunch in the Ballroom and learn from Dr. Alfons Pomp, an internationally recognized expert in advanced laparoscopic surgical techniques. A graduate of McGill University and the Université de Sherbrooke,

Dr. Pomp completed his surgical training in Montréal and Rhode Island. He will give a short description of the history and current options of surgical weight-loss procedures. The discussion will consider indications and results, including safety and long-term maintenance of weight loss for these surgeries. There will be data presented on the resolution of obesity related co-morbidities with an emphasis on diabetes remission. No RSVP required. Supported by an unrestricted educational grant from Covidien.

(7:00 pm – 8:30 pm) Treatment & Research of Obesity in Pediatrics in Canada (TROPIC) Wine & Cheese

Are you part of TROPIC already? Or do you want to learn more about this new initiative that facilitates collaboration between clinicians, researchers, decision makers, community members and trainees with an interest in advancing the science and clinical management of child and adolescent obesity? TROPIC’s focus is on initiating and contributing to knowledge transfer and exchange activities in this area. No RSVP required. Supported by the Canadian Obesity Network. Go to www.obesitynetwork.ca/tropic for more information on TROPIC. Location: Salon Jarry/Joyce.

(7:00 pm – 9:30 pm) Canadian Obesity Network- Student and New Professional (CON-SNP) New Investigator Award Dinner

RSVP only and limited space available. Refreshment and prizes will be available. (see the CON-SNP website www.con-snp.ca for more information on CON-SNP). Open to Boot Camp Alumni, Students and New Professionals* only. Location: Ballroom.

*New professional is defined as within five years of graduation of highest degree.

(9:30 pm) – Evening Informal Social

Are you new to Montréal and want to go out for some fun but don’t want to go out alone? Meet in the Sheraton Lobby at 9:30 pm for a short walk to a local hotspot. Summit delegates will get “VIP treatment”, no cover charge, and special drink prices. Don’t be late!

special events

SATURDAY, APRIL 30

(7:00 am – 8:00 am) Breakfast Symposium: The Role of Dairy in Body Weight Regulation

Have breakfast in Salon A/B/C and find out more from Dr. Arne Astrup, former President of the International Association for the Study of Obesity (IASO) 2006–2009, currently Chairman of IASO (2009–) and Editor-in-Chief of the IASO journal *Obesity Reviews*. The talk will present results that show the importance of dairy protein and calcium for daily energy balance, and how intake of dairy is important in the prevention of weight gain and obesity. RSVP required. Limited space available. If you haven't already registered it might not be too late! Go to www.con-obesitysummit.ca/custom_app.aspx to register. Supported by an unrestricted educational grant from the Dairy Farmers of Canada.

(7:00 am – 8:00 am) Breakfast with Champions: Bringing Home the Bacon* on Evidence-Based Weight Management with Reality Coalition Canada

The Reality Coalition Canada (RCC) is made up of diverse experts on obesity and related issues who share a common goal of advancing an agenda for realistic, evidence-based approaches to weight management. Join RCC members Dr. Yoni Freedhoff (Bariatric Medical Institute, Ottawa, ON) and Dr. Sara Kirk (Canada Research Chair in Health Services Research, Dalhousie University) as they discuss RCC goals** and present its first white paper: *The Reality of Obesity in Canada*. This paper – written by some of Canada's top experts working in obesity related fields – summarizes the real health and economic consequences of obesity, and makes strong calls to action for governments, health professionals and all Canadians. Location: Ballroom

*Actual breakfast may or may not include bacon.

**There is no such thing as a truly free breakfast.

(7:00 pm – 10:00 pm) CON-RCO Awards Dinner

Join the Canadian Obesity Network - Réseau canadien en obésité (CON-RCO) for a fun-filled evening of awards presentations and entertainment. Timothy Caulfield will give a captivating talk entitled "Sexy Abs and Simple Solutions: My Search for the Truth Behind Weight Loss". Dizzy, the band selected by the Agence musicale étudiante of the Université de Montréal, will entertain delegates. Please note that this is a name badge/ticket event (no charge for registered attendees; tickets required for guests). Location: Ballroom



SUNDAY, MAY 1

(7:00am – 8:00 am)

Breakfast Symposium: CON-RCO Annual General Meeting & General Assembly

Join us for breakfast and meet the CON-RCO Board of Directors in the Ballroom. Find out what CON-RCO has done over the past year and learn about future directions. RSVP required. Go to (www.con-obesitysummit.ca/custom_app.aspx) to register.

événements spéciaux

MERCREDI 27 AVRIL

(19 h à 20 h 30) « Séance d'accueil » - Réseau canadien en obésité – Étudiants et nouveaux professionnels CON-SNP

Êtes-vous arrivé tôt? Joignez-vous donc aux membres de la direction du CON-SNP pour un rassemblement informel, où vous pourrez déguster des rafraîchissements et vous amuser avant l'ouverture de la conférence! Rendez-vous au Salon 1 à 19 h. Destinée exclusivement aux anciens du programme intensif, aux étudiants et aux nouveaux professionnels.*

*Par nouveau professionnel, on entend quelqu'un ayant atteint son plus haut niveau de scolarité au cours des cinq dernières années.

JEUDI 28 AVRIL

(18 h) Cérémonie d'ouverture / CON-RCO Remise du Prix de l'expert en obésité CON-RCO

Retrouvez vos collègues dans la Salle de bal où se tiendront la réception et le souper pour donner le coup d'envoi officiel au deuxième Congrès national sur l'obésité. Veuillez noter qu'il faut présenter votre cocarde indiquant votre nom ou votre billet pour entrer dans la salle (entrée gratuite pour les délégués inscrits; billets obligatoires pour les invités). Le récipiendaire du Prix de l'expert en obésité du CON-RCO y sera annoncé.

VENDREDI 29 AVRIL

(7 h à 8 h) Conférence matinale : Diabète de type 2, complications et traitements : Quoi de neuf?

Prenez votre petit-déjeuner dans le Salon A/B/C tout en écoutant la présentation de deux grands conférenciers : les docteurs Rémi Rabasa-Lhoret et Arya Sharma. RSVP obligatoire. Les places sont limitées. Vous n'êtes pas encore inscrit? Il n'est peut-être pas trop tard pour le faire! Visitez la page www.con-obesitysummit.ca/custom_app.aspx pour vous inscrire. Ce programme satisfait aux critères d'agrément du Collège des médecins de famille du Canada et a été autorisé pour l'obtention de 1 crédit Mainpro-M1. Soutenu par une subvention pédagogique sans restriction de la part de Novo Nordisk.

(11 h 30 à 12 h 30) Dîner conférence : Obésité morbide : faut-il recourir à la chirurgie?

Prenez votre dîner dans la Salle de bal où vous pourrez entendre du docteur Alfons Pomp, expert de renommée mondiale en techniques de chirurgie laparoscopique de pointe. Diplômé de l'Université McGill et de l'Université de Sherbrooke, le docteur Pomp a réalisé sa formation chirurgicale à Montréal et au Rhode Island. Il donnera un bref exposé sur l'historique des opérations chirurgicales d'amaigrissement et des options qui s'offrent actuellement aux personnes obèses. Il sera question d'indications et de résultats liés à ces opérations, y compris la sécurité et le maintien de l'amaigrissement. On présentera par ailleurs des données sur la résolution des co-morbidités associées à l'obésité, en portant une attention particulière à la rémission du diabète. Aucune RSVP requise. Soutenu par une subvention pédagogique sans restriction de la part de Covidien.

(19 h à 20 h 30) Traitement et recherche en obésité pédiatrique au Canada (TROPIC) – vins et fromages

Êtes-vous déjà membre de TROPIC? Ou désirez-vous en savoir davantage sur cette nouvelle initiative qui permet la collaboration entre cliniciens, chercheurs, décideurs, membres communautaires et stagiaires qui s'intéressent à faire progresser les bases scientifiques et la gestion clinique de l'obésité chez les enfants et les adolescents. TROPIC vise à amorcer les activités de transfert et d'échange de connaissances dans ce domaine en plus d'y contribuer. Aucune RSVP requise. Soutenu par le Réseau canadien en obésité. Pour obtenir de plus amples renseignements sur TROPIC, visitez la page www.obesitynetwork.ca/tropic. Lieu : Salon Jarry/Joyce.

(19 h à 21 h 30) Souper de remise du Prix du nouveau chercheur du Réseau canadien en obésité – Étudiants et nouveaux professionnels CON-SNP

RSVP obligatoire. Les places sont limitées. Des rafraîchissements seront servis. Vous aurez la chance de gagner des prix. Pour obtenir de plus amples renseignements sur CON-SNP, consultez son site Web à

événements spéciaux

l'adresse www.con-snp.ca. Destiné exclusivement aux anciens du programme intensif, aux étudiants et aux nouveaux professionnels*. Lieu : Salle de bal

*Par nouveau professionnel, on entend quelqu'un ayant atteint son plus haut niveau de scolarité au cours des cinq dernières années.

(21 h 30) – Soirée sociale informelle

Vous visitez Montréal pour la première fois? Vous avez envie de sortir en groupe plutôt que seul? Rendez-vous donc à 21 h 30 au rez-de-chaussée du Centre Sheraton d'où nous partirons à pied pour fréquenter un endroit branché situé dans les environs. Les délégués du congrès seront traités comme des invités d'honneur : entrée libre et boissons à prix spéciaux. Arrivez à l'heure!

SAMEDI 30 AVRIL

(7 h à 8 h) Conférence matinale : Le rôle des produits laitiers dans la gestion du poids corporel

Prenez votre petit-déjeuner dans le Salon A/B/C pour en apprendre davantage sur le sujet en écoutant le docteur Arne Astrup, président de International Association for the Study of Obesity (IASO) de 2006 à 2009, président actuel du conseil d'administration de IASO et rédacteur en chef des revues sur l'obésité du Journal de IASO. L'allocation exposera des constatations qui font ressortir, d'une part, l'importance des protéines lactières et du calcium lorsqu'il s'agit de maintenir un bon équilibre énergétique quotidien et, d'autre part, le rôle essentiel que joue l'apport en produits laitiers afin de prévenir la prise de poids et l'obésité. RSVP obligatoire. Les places sont limitées. Vous n'êtes pas encore inscrit? Il n'est peut-être pas trop tard pour le faire! Visitez la page www.con-obesitysummit.ca/custom_app.aspx pour vous inscrire. Soutenue par une subvention pédagogique sans restriction de la part des Producteurs laitiers du Canada.

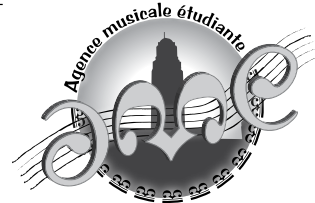
(7 h à 8 h) Petit-déjeuner avec des champions : La Reality Coalition Canada livre la marchandise sur la question de la gestion du poids fondée sur des preuves.

La Reality Coalition Canada (RCC) regroupe divers experts spécialisés en obésité et dans les dossiers connexes et qui partagent la même vision, soit de faire avancer un programme qui s'articule autour d'approches réalistes fondées sur des preuves en

matière de gestion du poids. Joignez-vous aux docteurs Yoni Freedhoff (Bariatric Medical Institute, Ottawa, Ontario) et Sara Kirk (Chaire de recherche du Canada en services de recherche en santé, Université Dalhousie), membres de la RCC, qui discuteront des objectifs de la RCC* et présenteront leur premier livre blanc : *The Reality of Obesity in Canada*. Ce livre – rédigé par quelques-uns des experts chefs de file canadiens dans les disciplines liées à l'obésité – se veut une synthèse des conséquences de l'obésité sur la santé et l'économie. Dans ce livre, on implore fortement les gouvernements, les professionnels de la santé et tous les Canadiens à passer à l'action. Lieu : Salle de bal
*Un petit-déjeuner réellement gratuit, ça n'existe pas vraiment!

(19 h à 22 h) Souper de remise des prix du CON-RCO

Soyez de la partie pour une soirée amusante organisée par le Canadian Obesity Network - Réseau canadien en obésité (CON-RCO), qui vous propose une cérémonie de remise de prix ainsi qu'un programme plein de divertissements. Timothy Caulfield prononcera un discours captivant intitulé « Abdos sexy et solutions faciles : ma quête de la vérité à propos de l'amaigrissement ». Les délégués auront droit à un spectacle de musique présenté par Dizzy, groupe de musique choisi via l'Agence musicale étudiante de l'Université de Montréal. Veuillez noter qu'il faut présenter votre cocarde indiquant votre nom ou votre billet pour être admis à l'événement (entrée gratuite pour les délégués inscrits; billets obligatoires pour les invités). Lieu : Salle de bal



DIMANCHE 1^{ER} MAI

(7 h à 8 h) Conférence matinale : Assemblée générale annuelle du CON-RCO

Profitez d'un petit-déjeuner servi dans la Salle de bal pour y rencontrer les membres du conseil d'administration du CON-RCO. Voilà l'occasion de vous mettre au courant des réalisations du CON-RCO au cours de l'année dernière, en plus de vous familiariser avec ses orientations futures. RSVP obligatoire. Visitez la page www.con-obesitysummit.ca/custom_app.aspx pour vous inscrire.

schedule-at-a-glance

WEDNESDAY, APRIL 27, 2011

12:00pm – 4:00pm **CON-RCO BOARD MEETING** (by invitation only) **Salon 1**

4:00pm – 6:00pm **BOARD OF DIRECTOR'S - DIRECTOR'S CIRCLE** (by invitation only) **Salon 1**

THURSDAY, APRIL 28, 2011

7:00am – 4:00pm **REGISTRATION DESK OPEN** **Ballroom Foyer**

8:00am – 11:30am	Provincial Obesity Strategies, Ballroom	Breaking the Obesity Cycle: Understanding the Origins in the Maternal/ Infant Dyad, Salon 5	Mainstreaming the Sciences of the Brain and Society into Individual and Socio-environmental Obesity Prevention, Salon 4	Canadian Agri-Food Policy Institute (CAPI) – Moving Toward Good Food Citizenship, Salon Jarry	Medical Management of Obesity in Canada – Strategies and Success, Salon Drummond	Healthy Public Policy Capacity Development, Salon Lamar-tine	Our Health, Our Future: A National Dialogue on Healthy Weights Hosted by: Public Health Network Council (by invitation only), Salon A/B
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11:30am – 12:25pm **LUNCH BREAK***

12:30pm – 4:00pm	Provincial Obesity Strategies (cont.)	Breaking the Obesity Cycle: Understanding the Origins in the Maternal/ Infant Dyad (cont.)	Mainstreaming the Sciences of the Brain and Society into individual and Socio-environmental Obesity Prevention (cont.)	Key Topics in Rehabilitation for Persons with Obesity, Salon Joyce	Management of Obesity in Primary Care, Salon C	Policy Advocacy for Obesity Prevention: Protecting Children from Commercial Marketing, Salon Lamar-tine	Our Health, Our Future: A National Dialogue on Healthy Weights Hosted by: Public Health Network Council (cont.) (by invitation only)
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4:00pm – 5:30pm **CON-RCO PARTNER'S RETREAT** (by invitation only)

6:00pm **OPENING CEREMONY & CON-RCO DISTINGUISHED LECTURER AWARD*** **Ballroom**

FRIDAY, APRIL 29, 2011

7:00am – 5:00pm **REGISTRATION DESK OPEN** **Ballroom Foyer**

7:00am – 8:00am **BREAKFAST SYMPOSIUM: TYPE 2 DIABETES: WHAT IS NEW?** *Dr. Rémi Rabasa-Lhoret, Université de Montréal*
Dr. Arya Sharma, University of Alberta (supported by an unrestricted educational grant from Novo Nordisk) – (by RSVP only), **Salon A/B/C** **BREAKFAST ON YOUR OWN**

8:00am – 9:30am **MINI-REVIEW I: PAIN & MUSCULOSKELETAL CONDITIONS**

Chairs: Dr. Mary-Ann Fitzcharles, McGill University & Dr. Kellie Leitch, University of Toronto, Ballroom

PAIN IN THE JOINTS: NOT JUST WEAR AND TEAR

Dr. Jason McDougall, University of Calgary

IS THERE A LINK BETWEEN OBESITY AND MUSCULOSKELETAL PAIN?

Dr. John Pereira, University of Calgary

MANAGEMENT STRATEGIES FOR MUSCULOSKELETAL CONDITIONS

Dr. Marie Hudson, McGill University

9:30am – 9:55am **HEALTH BREAK***

schedule-at-a-glance (cont.)

FRIDAY, APRIL 29, 2011 (CONT.)							
10:00am – 11:30am	MINI-REVIEW II: HEALTH POLICY & ECONOMICS				MINI-REVIEW III: BARIATRIC INTERVENTIONS		
	<i>Chairs: Dr. Sylvie Stachenko, University of Alberta & Lyne Mongeau, Ministère de la Santé et des Services sociaux, Ballroom</i>				<i>Co-hosted by Canadian Association for Bariatric Physicians and Surgeons (CABPS) and CON-RCO Chairs: Dr. Shahzeer Karmali, University of Alberta & Dr. Nicolas Christou, McGill University, Salon A/B/C</i>		
	OBESITY AND THE LAW: HOW ARE POLICIES REPRESENTED IN THE NEWS? <i>Dr. Timothy Caulfield, University of Alberta</i>				BARIATRIC SURGERY: ACCESS TO SURGERY IN CANADA <i>Dr. Dennis Hong, McMaster University</i>		
	TAXING FOOD TO IMPROVE HEALTH: ECONOMIC EVIDENCE AND ARGUMENTS <i>Dr. Sean Cash, University of Wisconsin</i>				METABOLIC SURGERY: A REVIEW OF THE METABOLIC EFFECTS OF BARIATRIC SURGERY IN CANADA <i>Dr. Michel Gagner, Montréal, QC</i>		
11:30am – 12:25pm	FPT FRAMEWORK ON CHILDHOOD OBESITY <i>Neil MacDonald, Public Health Strategic Policy and Planning, Alberta Health and Wellness</i>						
	BARIATRIC MEDICINE: OPPORTUNITIES AND CHALLENGES <i>Dr. Arya Sharma, University of Alberta</i>						
11:30am – 12:25pm	LUNCH SYMPOSIUM: MORBID OBESITY: IS SURGERY THE SOLUTION? <i>Dr. Alfons Pomp, Weill Medical College of Cornell University (supported by an unrestricted educational grant from Covidien) – (by RSVP only), Ballroom</i>						
12:30pm – 1:25pm	NETWORKING & POSTERS <i>Salon Drummond</i>						
1:30pm – 4:30pm	CONCURRENT ORAL PRESENTATIONS AND WORKSHOPS						
	Ballroom	Salon C	Salon B	Salon A	Salon 5	Salon Jarry	Workshop: Building Trust to Address the Epidemic of Obesity: Challenges and Opportunities, Salon Lamartine
	BASIC SCIENCE	EPIDEMIOLOGY & METHODS	CHILDHOOD OBESITY – RISK & MANAGEMENT	OBESITY TREATMENT CO-HOSTED BY: CON-RCO & CABPS	MATERNAL & FETAL DETERMINANTS	HEALTH POLICY	Workshop: Obesity in Later Life – Trends, Impacts, and Actions, Salon Hémon
4:30pm – 4:55pm	HEALTH BREAK*						
5:00pm – 6:30pm	MINI-REVIEW IV: MATERNAL & FETAL ORIGINS						
	<i>Chairs: Dr. Stephanie Atkinson, McMaster University & Dr. Lise Dubois, University of Ottawa, Ballroom</i>						
	MATERNAL SMOKING AND OBESITY RISK IN THE OFFSPRING: EVIDENCE FROM ANIMAL STUDIES <i>Dr. Allison Holloway, McMaster University</i>						
	MATERNAL LIFESTYLE VARIABLES, GESTATIONAL WEIGHT GAIN AND OBESITY RISK IN THE OFFSPRING <i>Dr. Kristi Adamo, Children's Hospital of Eastern Ontario Research Institute, University of Ottawa</i>						
7:00pm	IMPACT OF GESTATIONAL DIABETES AND LIFESTYLE INTERVENTION DURING PREGNANCY ON MATERNAL AND NEONATAL OUTCOMES <i>Dr. Garry Shen, University of Manitoba</i>						
	DINNER ON YOUR OWN	TROPIC NETWORKING WINE & CHEESE <i>Salon Jarry/Joyce</i>	CANADIAN OBESITY NETWORK – STUDENT AND NEW PROFESSIONAL (CON-SNP) SOCIAL & NEW INVESTIGATOR AWARD NETWORKING DINNER (by RSVP only) Ballroom			CABPS MEMBERS MEETING (by invitation only) Salon A	

SATURDAY, APRIL 30, 2011

7:00am – 5:00pm

REGISTRATION DESK OPEN *Ballroom Foyer*

7:00am – 8:00am

BREAKFAST SYMPOSIUM:
 THE ROLE OF DAIRY IN BODY WEIGHT REGULATION
Dr. Arne Astrup, University of Copenhagen (supported by an unrestricted educational grant from Dairy Farmers of Canada) – (by RSVP only)
Salon A/B/C

“BREAKFAST WITH CHAMPIONS”
 BRINGING HOME THE BACON
 on Evidence-Based Weight Management with Reality Coalition Canada (supported by an unrestricted educational grant from Glaxo Smith Kline) – (by RSVP only), **Ballroom**

8:00am – 9:30am

MINI-REVIEW V: BEHAVIOURAL & BIOLOGICAL DETERMINANTS

*Chairs: Dr. William Colmers, University of Alberta & Dr. Paul Ritvo, York University, **Ballroom***

COLD-INDUCED THERMOGENESIS IN BROWN ADIPOSE TISSUE IN HUMANS

Dr. André Carpentier, Université de Sherbrooke

HEPATIC STEATOSIS AS A BIOMARKER FOR TYPE 2 DIABETES AMONG OVERWEIGHT YOUTH. THE CLINICAL VALUE OF MAGNETIC RESONANCE SPECTROSCOPY

Dr. Jon McGavock, University of Manitoba

BRAIN REWARD CIRCUITRY AND ENERGY BALANCE

Dr. Stéphanie Fulton, Université de Montréal

9:30am – 9:55am

HEALTH BREAK*

10:00am – 11:30am

MINI-REVIEW VI: CANCER & INFLAMMATION

*Chairs: Dr. Vickie Baracos, University of Alberta & Dr. André Marette, Université Laval, **Ballroom***

SARCOPENIC OBESITY: THE WORST OF BOTH WORLDS

Dr. Carla Prado, National Institutes of Health

METABOLIC DRIVERS OF CANCER RISK

Dr. Russell Jones, McGill University

SEDENTARY BEHAVIOUR, OBESITY & CANCER

Dr. Brigid Lynch, Alberta Health Services – Cancer Care

11:30am – 12:25pm

LUNCH ON YOUR OWN

FAMILY PHYSICIANS OF CANADA LUNCHEON (by invitation only) **Salon 4/5**

12:30pm – 1:25pm

NETWORKING & POSTERS *Salon Drummond*

1:30pm – 4:30pm

CONCURRENT CROSS-THEME ORAL PRESENTATIONS AND WORKSHOPS

<i>Salon A</i>	<i>Ballroom</i>	<i>Salon B</i>	<i>Salon 4/5</i>	<i>Salon C</i>		
CLINICAL RESEARCH: MECHANISMS	BEHAVIOURAL	BUILT ENVIRONMENT	RISK & CO-MORBIDITIES	COMMUNITY & SCHOOL INTERVENTIONS	Workshop: Collaborative Action on Childhood Obesity (CACO) <i>Hosted by: Chronic Disease Prevention Alliance of Canada, Salon Joyce</i>	Workshop: A Fine Balance Engaging and Empowering Parents in Pediatric Weight Management, Salon Kafka

4:30pm – 5:00pm

HEALTH BREAK*

5:00pm – 6:30pm

MINI-REVIEW VII: PREVENTION AND TREATMENT OF OBESITY ACROSS THE LIFESPAN

*Chairs: Dr. Jean-Pierre Chanoine, University of British Columbia & Dr. Robert Ross, Queen’s University, **Ballroom***

PREGNANCY AND POSTNATAL RISK FOR OBESITY AND METABOLIC SYNDROME IN THE OFFSPRING

Dr. Jill Hamilton, The Hospital for Sick Children, Toronto

CAUSES AND CORRELATES OF SECULAR CHANGES IN CHILDREN’S FITNESS – IS OBESITY THE CULPRIT?

Dr. Grant Tomkinson, University of South Australia

BEYOND INACTIVITY AND UNHEALTHY DIETS: UNUSUAL DETERMINANTS OF OBESITY

Dr. Jean-Philippe Chaput, Children’s Hospital of Eastern Ontario

7:00pm

CON-RCO AWARDS DINNER* *Ballroom*

STUDENT POSTER AWARDS, FACULTY SUPERVISION AWARD

DINNER TALK: SEXY ABS AND SIMPLE SOLUTIONS: MY SEARCH FOR THE TRUTH BEHIND WEIGHT LOSS

Timothy Caulfield, Canada Research Chair in Health Law & Policy

schedule-at-a-glance (cont.)

SUNDAY, MAY 1, 2011

7:00am – 5:00pm

REGISTRATION DESK OPEN **Ballroom Foyer**

7:00am – 8:00am

BREAKFAST SYMPOSIUM: CON-RCO ANNUAL GENERAL MEETING & GENERAL ASSEMBLY – **Ballroom**

8:00am – 11:30am

CONCURRENT WORKSHOPS

Canadian Pediatric Weight Management Registry – Towards Improving Practice Nationwide, Salon Jarry	Québec Charter for a Healthy and Diverse Body Image, Ballroom	Healthy Canada by Design: Heart and Stroke Foundation (HSF) Cross-Sector Innovation, Collaboration, and Evaluation in the Building of more Active Communities, Salon A/B/C	Weight Loss in Older Adults: Other Than Body Composition and Metabolic Profile, What Are the Implications? Salon Kafka	Canadian Society for Exercise Physiology (CSEP) – Physical Activity for Canadians: New Science, New Guidelines, New Approaches, Salon Drummond
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11:30am – 12:25pm

LUNCH BREAK*

12:30pm – 5:00pm

CONCURRENT WORKSHOPS

Bariatric Surgery for Adolescents: Canadian and US Perspectives, Salon Jarry	Québec Charter for a Healthy and Diverse Body Image (cont.)	Healthy Canada by Design: Heart and Stroke Foundation (HSF) Cross-Sector Innovation, Collaboration, and Evaluation in the Building of more Active Communities (cont.)		Canadian Society for Exercise Physiology (CSEP) – Physical Activity for Canadians: New Science, New Guidelines, New Approaches (cont.)
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*Selected breaks/meals included with full registration

Bref aperçu de l'horaire

MERCREDI 27 AVRIL 2011

12 h à 16 h RÉUNION DU CONSEIL D'ADMINISTRATION DU CON-RCO (sur invitation seulement) **Salon 1**

16 h à 18 h CONSEIL D'ADMINISTRATION – LE CERCLE DES DIRECTEURS (sur invitation seulement) **Salon 1**

JEUDI 28 AVRIL 2011

7 h à 16 h OUVERTURE DU BUREAU D'INSCRIPTION – **Foyer de la Salle de bal**

8 h à 11 h 30	Stratégies provinciales sur l'obésité Salle de bal	Interrompre le cycle de l'obésité : Comprendre les origines de la dyade mère-bébé Salon 5	Intégrer les sciences du cerveau et de la société dans la prévention de l'obésité aux niveaux individuel et socio-environnemental Salon 4	Institut canadien des politiques agro-alimentaires (ICPA) – S'orienter vers une citoyenneté centrée sur la saine alimentation Salon Jarry	Gestion médicale de l'obésité au Canada – Stratégies et succès Salon Drummond	Développement des capacités en matière de politiques publiques favorables à la santé Salon Lamartine	Notre santé, notre avenir : Dialogue national sur le poids santé Présenté par : Agence de la santé publique du Canada (sur invitation seulement) Salon A/B
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11 h 30 à 12 h 25 **DÎNER***

12 h 30 à 16 h	Stratégies provinciales sur l'obésité (suite)	Interrompre le cycle de l'obésité : Comprendre les origines de la dyade mère-bébé (suite)	Intégrer les sciences du cerveau et de la société dans la prévention de l'obésité aux niveaux individuel et socio-environnemental (suite)	Enjeux principaux reliés à la réhabilitation des personnes souffrant d'obésité Salon Joyce	La gestion de l'obésité dans les soins primaires Salon C	Promotion des politiques publiques en prévention de l'obésité : Protéger les enfants face au marketing commercial Salon Lamartine	Notre santé, notre avenir : Dialogue national sur le poids santé Présenté par : Agence de la santé publique du Canada (suite) (sur invitation seulement)
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16 h à 17 h 30 **RENCONTRE DES PARTENAIRES DU CON-RCO** (sur invitation seulement)

18 h **CÉRÉMONIE D'OUVERTURE ET REMISE DU PRIX DE L'EXPERT EN OBÉSITÉ DU CON-RCO*** **Salle de bal**

VENDREDI 29 AVRIL 2011

7 h à 17 h	OUVERTURE DU BUREAU D'INSCRIPTION – Foyer de la Salle de bal						
7 h à 8 h	CONFÉRENCE MATINALE : DIABÈTE DE TYPE 2 : QUOI DE NEUF ? Dr Rémi Rabasa-Lhoret, Université de Montréal, Dr Arya Sharma, University of Alberta (soutenu par une subvention pédagogique sans restriction de Novo Nordisk) – (RSVP obligatoire) – Salon A/B/C						PETIT-DÉJEUNER LIBRE
8 h à 9 h 30	CONFÉRENCE SCIENTIFIQUE I : LA DOULEUR ET LES CONDITIONS MUSCULOSQUELETTIQUES						
	Présidentes : Mary-Ann Fitzcharles, Université McGill & Dr Kellie Leitch, University of Toronto Salle de bal						
	DES DOULEURS DANS LES ARTICULATIONS : IL NE S'AGIT PAS QUE D'USURE NORMALE Dr Jason McDougall, University of Calgary						
	EXISTE-T-IL UN LIEN ENTRE L'OBÉSITÉ ET LA DOULEUR MUSCULOSQUELETTIQUE ? Dr John Pereira, University of Calgary						
	STRATÉGIES DE GESTION POUR LES CONDITIONS MUSCULOSQUELETTIQUES Dr Marie Hudson, Université McGill						
9 h 30 à 9 h 55	PAUSE SANTÉ*						
10 h à 11 h 30	CONFÉRENCE SCIENTIFIQUE II : POLITIQUES PUBLIQUES EN MATIÈRE DE SANTÉ ET D'ÉCONOMIE			CONFÉRENCE SCIENTIFIQUE III : INTERVENTIONS BARIATRIQUES			
	Présidentes : Dr Sylvie Stachenko, University of Alberta & Lyne Mongeau, Ministère de la Santé et des Services sociaux Salle de bal			Présentée conjointement par la Canadian Association for Bariatric Physicians and Surgeons (CABPS) et le CON-RCO Présidents : Dr Shahzeer Karmali, University of Alberta & Dr Nicolas Christou, Université McGill Salon A/B/C			
	L'OBÉSITÉ ET LA LÉGISLATION : COMMENT LES POLITIQUES PUBLIQUES SONT-ELLES PRÉSENTÉES DANS LES MÉDIAS ? Dr Timothy Caulfield, University of Alberta			CHIRURGIE BARIATRIQUE : L'ACCÈS À LA CHIRURGIE AU CANADA Dr Dennis Hong, McMaster University			
	TAXER LES ALIMENTS POUR AMÉLIORER LA SANTÉ : ÉVIDENCES ÉCONOMIQUES ET ARGUMENTS Dr Sean Cash, University of Wisconsin			CHIRURGIE MÉTABOLIQUE : UNE REVUE DES EFFETS MÉTABOLIQUES DE LA CHIRURGIE BARIATRIQUE AU CANADA Dr Michel Gagner, Montréal, QC			
	CADRE FPT SUR L'OBÉSITÉ CHEZ L'ENFANT Neil MacDonald, Public Health Strategic Policy and Planning, Alberta Health and Wellness			MÉDECINE BARIATRIQUE : OPPORTUNITÉS ET DÉFIS Dr Arya Sharma, University of Alberta			
11 h 30 à 12 h 25	DÎNER CONFÉRENCE : OBÉSITÉ MORBIDE : FAUT-IL RECOURIR À LA CHIRURGIE? Dr Alfons Pomp, Weill Medical College of Cornell University (soutenu par une subvention pédagogique sans restriction de Covidien) – (RSVP obligatoire) Salle de bal						
12 h 30 à 13 h 25	RÉSEAUTAGE & AFFICHES Salon Drummond						
13 h 30 à 16 h 30	PRÉSENTATIONS ORALES ET ATELIERS SIMULTANÉS						
	Salle de bal	Salon C	Salon B	Salon A	Salon 5	Salon Jarry	Atelier : Créer un climat de confiance pour faire face à l'épidémie d'obésité : Défis et opportunités Salon Lamartine
	SCIENCES DE BASE	ÉPIDÉMI-LOGIE ET MÉTHODES	L'OBÉSITÉ CHEZ L'ENFANT – RISQUES ET GESTION	LE TRAITEMENT DE L'OBÉSITÉ PRÉSENTÉ CONJOINTEMENT PAR : CON-RCO & CABPS	LES DÉTERMINANTS MATERNELS ET FCÉTAUX	POLITIQUES PUBLIQUES EN MATIÈRE DE SANTÉ	Atelier : L'obésité chez les plus âgés – Tendances, impacts et actions Salon Hémon
16 h 30 à 16 h 55	PAUSE SANTÉ*						
17 h à 18 h 30	CONFÉRENCE SCIENTIFIQUE IV : ORIGINES MATERNELLES ET FCÉTALES						
	Présidentes : Dr Stephanie Atkinson, McMaster University & Dr Lise Dubois, Université d'Ottawa Salle de bal						
	LE TABAGISME MATERNEL ET LES RISQUES D'OBÉSITÉ CHEZ LA PROGÉNITURE : DONNÉES PROBANTES D'ÉTUDES SUR DES ANIMAUX Dr Allison Holloway, McMaster University						
	LES VARIABLES DANS LE MODE DE VIE MATERNEL, LE GAIN DE POIDS GESTATIONNEL ET LES RISQUES D'OBÉSITÉ CHEZ LA PROGÉNITURE Dr Kristi Adamo, Children's Hospital of Eastern Ontario Research Institute, Université d'Ottawa						
	LES EFFETS DU DIABÈTE GESTATIONNEL ET DE L'INTERVENTION SUR LE MODE DE VIE LORS DE LA GROSSESSE SUR LES RÉSULTATS MATERNELS ET NÉONATALS Dr Garry Shen, University of Manitoba						
19 h	SOUPER LIBRE	VINS ET FROMAGES DU RÉSEAU TROPIC Salon Jarry/Joyce	ACTIVITÉ SOCIALE DU RÉSEAU CANADIEN EN OBÉSITÉ – SECTION DES ÉTUDIANTS ET DES NOUVEAUX PROFESSIONNELS (CON-SNP) & SOUPER DE REMISE DU PRIX D'HONNEUR DU NOUVEAU CHERCHEUR (RSVP obligatoire) Salle de bal			RÉUNION DES MEMBRES DE LA CABPS (sur invitation seulement) Salon A	

SAMEDI 30 AVRIL 2011

7 h à 17 h	OUVERTURE DU BUREAU D'INSCRIPTION <i>Foyer de la Salle de bal</i>						
7 h à 8 h	CONFÉRENCE MATINALE : LE RÔLE DES PRODUITS LAITIERS DANS LA GESTION DU POIDS CORPOREL <i>Dr Arne Astrup, University of Copenhagen (soutenu par une subvention pédagogique sans restriction des Producteurs laitiers du Canada) – (RSVP obligatoire)</i> Salon A/B/C			PETIT-DÉJEUNER AVEC DES CHAMPIONS : <i>La Reality Coalition Canada livre la marchandise sur la question de la gestion du poids fondée sur des preuves.(soutenu par une subvention pédagogique sans restriction de Glaxo Smith Kline) – (RSVP obligatoire)</i> Salle de bal			
8 h à 9 h 30	CONFÉRENCE SCIENTIFIQUE V : DÉTERMINANTS COMPORTEMENTAUX ET BIOLOGIQUES						
	<i>Présidents : Dr William Colmers, University of Alberta & Dr Paul Ritvo, York University</i> Salle de bal						
	THERMOGÉNÈSE INDUCTIBLE PAR LE FROID DANS LE TISSU ADIPEUX BRUN CHEZ LES HUMAINS <i>Dr André Carpentier, Université de Sherbrooke</i>						
	LA STÉATOSE HÉPATIQUE COMME MARQUEUR BIOLOGIQUE DU DIABÈTE DE TYPE 2 CHEZ LES JEUNES EN SURPOIDS. LA VALEUR CLINIQUE DE LA SPECTROSCOPIE PAR RÉSONANCE MAGNÉTIQUE <i>Dr Jon McGavock, University of Manitoba</i>						
	MÉCANISME DE RÉCOMPENSE DU CERVEAU ET ÉQUILIBRE DE L'ÉNERGIE <i>Dr Stéphanie Fulton, Université de Montréal</i>						
9 h 30 à 9 h 55	PAUSE SANTÉ*						
10 h à 11 h 30	CONFÉRENCE SCIENTIFIQUE VI : CANCER & INFLAMMATION						
	<i>Présidents : Dr Vickie Baracos, University of Alberta & Dr André Marette, Université Laval</i> Salle de bal						
	L'OBÉSITÉ SARCOPÉNIQUE : LE PIRE DES DEUX MONDES <i>Dr Carla Prado, National Institutes of Health</i>						
	LE MOTEUR MÉTABOLIQUE DES RISQUES DE CANCER <i>Dr Russell Jones, Université McGill</i>						
	LE COMPORTEMENT SÉDENTAIRE, L'OBÉSITÉ ET LE CANCER <i>Dr Brigid Lynch, Alberta Health Services – Cancer Care</i>						
11 h 30 à 12 h 25	DÎNER LIBRE		DÎNER ORGANISÉ PAR LE COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA (sur invitation seulement) Salon 4/5				
12 h 30 à 13 h 25	RÉSEAUTAGE & AFFICHES <i>Salon Drummond</i>						
13 h 30 à 16 h 30	PRÉSENTATIONS ET ATELIERS SIMULTANÉS SUR DES THÉMATIQUES MULTIPLES						
	Salon A	Salle de bal	Salon B	Salon 4/5	Salon C	<i>Atelier : Programme d'action coopérative contre l'obésité chez les enfants Présenté par : Alliance pour la prévention des maladies chroniques au Canada Salon Joyce</i>	<i>Atelier : Un équilibre délicat dans l'implication et l'empowerment des parents dans la gestion du poids chez les enfants Salon Kafka</i>
	RECHERCHE CLINIQUE : MÉCANISMES	COMPORTEMENTS	ENVIRONNEMENT BÂTI	RISQUES ET COMORBIDITÉS	INTERVENTIONS EN MILIEU COMMUNAUTAIRE ET SCOLAIRE		
16 h 30 à 17 h	PAUSE SANTÉ*						
17 h à 18 h 30	CONFÉRENCE SCIENTIFIQUE VII : LA PRÉVENTION ET LE TRAITEMENT DE L'OBÉSITÉ TOUT AU LONG DE LA VIE						
	<i>Présidents : Dr Jean-Pierre Chanoine, University of British Columbia & Dr Robert Ross, Queen's University</i> Salle de bal						
	LA GROSSESSE ET LES RISQUES POSTNATAUX D'OBÉSITÉ ET DE SYNDROME MÉTABOLIQUE CHEZ LA PROGÉNITURE <i>Dr Jill Hamilton, The Hospital for Sick Children, Toronto</i>						
	LES CAUSES ET LES CORRÉLATIONS DES CHANGEMENTS SÉCULAIRES DE LA FORME PHYSIQUE DES ENFANTS – L'OBÉSITÉ EST-ELLE COUPABLE ? <i>Dr Grant Tomkinson, University of South Australia</i>						
	AU-DELÀ DE L'INACTIVITÉ ET DES HABITUDES ALIMENTAIRES MALSAINES : LES DÉTERMINANTS INHABITUELS DE L'OBÉSITÉ <i>Dr Jean-Philippe Chaput, Children's Hospital of Eastern Ontario</i>						
19 h	SOUPER D'HONNEUR DU CON-RCO* Salle de bal						
	PRIX DES MEILLEURES AFFICHES D'ÉTUDIANTS ET PRIX DU CORPS PROFESSORAL						
	PRÉSENTATION : ABDOS SEXY ET SOLUTIONS FACILES : MA QUÊTE DE LA VÉRITÉ À PROPOS DE L'AMAIGRISSEMENT <i>Timothy Caulfield, Canada Research Chair in Health Law & Policy (titulaire de la chaire de recherche canadienne en matière de législation et de politiques publiques relative à la santé)</i>						

DIMANCHE 1^{ER} MAI 2011

7 h à 17 h	OUVERTURE DU BUREAU D'INSCRIPTION <i>Foyer de la Salle de bal</i>				
7 h à 8 h	CONFÉRENCE MATINALE : ASSEMBLÉE GÉNÉRALE ANNUELLE DU CON-RCO – (RSVP obligatoire) <i>Salle de bal</i>				
8 h à 11 h 30	ATELIERS SIMULTANÉS				
	Registre de la gestion du poids pédiatrique au Canada – Sur le chemin d'une pratique nationale améliorée <i>Salon Jarry</i>	Prévention concomitante des problèmes d'obésité, de préoccupation excessive à l'égard du poids et de troubles alimentaires : l'exemple de la Charte québécoise pour une image corporelle saine et diversifiée <i>Salle de bal</i>	Le concept d'un Canada sain : L'innovation, la collaboration et l'évaluation intersectorielles pour créer des communautés plus actives – le modèle de la Fondation des maladies du cœur <i>Salon A/B/C</i>	La perte de poids chez les adultes plus âgés : autre que la composition du corps et le profil métabolique, quelles sont les répercussions ? <i>Salon Kafka</i>	La Société canadienne de physiologie de l'exercice (SCPE) – L'activité physique pour les Canadiens : une nouvelle science, de nouvelles directives, de nouvelles approches <i>Salon Drummond</i>
11 h 30 à 12 h 25	DÎNER*				
12 h 30 à 17 h	ATELIERS SIMULTANÉS				
	La chirurgie bariatrique chez l'adolescent : Perspectives canadiennes et américaines <i>Salon Jarry</i>	Prévention concomitante des problèmes d'obésité, de préoccupation excessive à l'égard du poids et de troubles alimentaires : l'exemple de la Charte québécoise pour une image corporelle saine et diversifiée (suite)	Le concept d'un Canada sain : L'innovation, la collaboration et l'évaluation intersectorielles pour créer des communautés plus actives – le modèle de la Fondation des maladies du cœur (suite)		La Société canadienne de physiologie de l'exercice (SCPE) – L'activité physique pour les Canadiens : une nouvelle science, de nouvelles directives, de nouvelles approches (suite)

*Pauses/repas inclus avec l'inscription complète au congrès

2nd National Obesity Summit



April 28th – May 1st, 2011 | Le Centre Sheraton Hôtel, Montréal, QC

WEDNESDAY, APRIL 27

12:00 pm – 4:00 pm

CON-RCO Board Meeting **SALON 1**
(CLOSED meeting – by invitation only)

4:00 pm – 6:00 pm

Board of Director's – Director' Circle **SALON 1**
(CLOSED meeting – by invitation only)

THURSDAY, APRIL 28

8:00 am – 4:00 pm

CONCURRENT WORKSHOPS

(see pg. 50–84 for detailed information)

8:00 am – 11:30 am **SALON JARRY**

Moving Toward Good Food Citizenship-CAPI
(Canadian Agri-food Policy Institution) Workshop
Chair: David McInnes

8:00 am – 11:30 am **SALON DRUMMOND EST**

Medical Management of Obesity in Canada – Strategies
and Success Workshop
Chair: Tony Chetty

8:00 am – 12:00 pm **SALON LAMARTINE**

Healthy Public Policy Capacity Development Workshop
Chair: Lisa Petermann

THURSDAY, APRIL 28 CONT.

8:00 am – 4:00 pm **SALON A/B**

Our Health, Our Future: A National Dialogue
on Healthy Weight Workshop
Chair: Public Health Network Council
(by invitation only)

8:00 am – 4:00 pm **SALON 4**

Mainstreaming the Sciences of the Brain and
Society into individual and socio-environmental
obesity prevention Workshop
Chair: Laurette Dube

8:00 am – 4:00 pm **SALON 5**

Breaking the Obesity Cycle: Understanding the
Origins of the Maternal/Infant Dyad Workshop
*Chairs: Stephanie Atkinson, Anne Junker,
Michelle Mottola*

8:00 am – 4:00 pm **BALLROOM**

Provincial Obesity Strategies Workshop
Chairs: Anton Hart

9:30 am – 10:30 am **VARIOUS ROOMS/FOYERS**
Health Break*

11:30 am – 12:30 am **VARIOUS ROOMS/FOYERS**
Lunch*

*selected breaks/meals included with full registration

daily schedule



THURSDAY, APRIL 28 CONT.

12:30 pm – 4:30 pm SALON JOYCE
(with breakout room **SALON JARRY/JOYCE**)
Key Topics in Rehabilitation for Persons with
Obesity Workshop
Chair: Mary Forhan

12:30 pm – 4:30 pm SALON LAMARTINE
(with breakout room **SALON LAMARTINE/KAFKA**)
Policy Advocacy for Obesity Prevention: Protecting
Children from Commercial Marketing Workshop
Chairs: Kim Raine, Suzie Pellerin

12:30 pm – 4:30 pm SALON C
Management of Obesity in Primary Care Workshop
Chair: Marie-France Langlois

4:00 pm – 5:30 pm SALON 1
CON-RCO Partner's Retreat
(CLOSED meeting – by invitation only)

5:30 pm – 6:00 pm BALLROOM FOYER
Cocktails and Appetizers*

6:00 pm BALLROOM
**Opening Ceremony* & CON-RCO Distinguished
Lecturer Award**

FRIDAY, APRIL 29

7:00 am – 8:00 am SALON A/B/C
Breakfast Symposium* – Type 2 Diabetes: What is New
Speakers: Rémi Rabasa-Lhoret, Arya Sharma

8:00 am – 9:30 am BALLROOM
**MINI-REVIEW I: PAIN & MUSCULOSKELETAL
CONDITIONS**
Chairs: Mary-Ann Fitzcharles & Kellie Leitch

PAIN IN THE JOINTS: NOT JUST WEAR AND TEAR
Speaker: Jason McDougall (University of Calgary)
IS THERE A LINK BETWEEN OBESITY AND MUSCULOSKELETAL PAIN?
Speaker: John Pereira (University of Calgary)
MANAGEMENT STRATEGIES FOR MUSCULOSKELETAL CONDITIONS
Speaker: Marie Hudson (McGill University)

9:30 am – 9:55 am FOYER LEVELS 2/3/4
Health Break*

FRIDAY, APRIL 29 CONT.

10:00 am – 11:30 am BALLROOM
Health Break*
MINI-REVIEW II: HEALTH POLICY & ECONOMICS
Chairs: Lyne Mongeau & Sylvie Stachenko

OBESITY AND THE LAW: HOW ARE POLICIES PRESENTED IN THE NEWS?
Speaker: Timothy Caulfield (University of Alberta)
TAXING FOODS TO IMPROVE HEALTH: ECONOMIC EVIDENCE AND ARGUMENTS
Speaker: Sean B. Cash (University of Wisconsin)
FPT FRAMEWORK ON CHILDHOOD OBESITY
Speaker: Neil MacDonald, Public Health Strategic Policy and
Planning, Alberta Health and Wellness

10:00 am – 11:30 am SALON A/B/C
Health Break*
MINI-REVIEW III: BARIATRIC INTERVENTIONS
Co-Hosted by the Canadian Association of Bariatric
Physicians and Surgeons (CABPS) & CON-RCO
Chairs: Shahzeer Karmali & Nicolas Christou

BARIATRIC SURGERY: ACCESS TO SURGERY IN CANADA
Speaker: Dennis Hong (McMaster University)
**METABOLIC SURGERY: A REVIEW OF THE METABOLIC EFFECTS OF
BARIATRIC SURGERY IN CANADA**
Speaker: Michel Gagner (Montreal, QC)
BARIATRIC MEDICINE: OPPORTUNITIES AND CHALLENGES
Speaker: Arya Sharma (University of Alberta)

11:30 am – 12:30 pm BALLROOM
Lunch Symposium* – Morbid Obesity: Is Surgery the Solution?
Speaker: Alfons Pomp

12:30 pm – 1:25 pm SALON DRUMMOND
NETWORKING & POSTER PRESENTATIONS

1:30 pm – 4:30 pm SALON A/B/C
CONCURRENT ORAL PRESENTATIONS & WORKSHOPS
(See pg. 25–63 for detailed information)
Basic Science BALLROOM
Chairs: William Colmers & Katherine Cianflone
Epidemiology & Methods SALON C
Chairs: Paul-Guy Duhamel & Ian Janssen
Childhood Obesity – Risk & Management SALON B
Chairs: Veronique Anne Pelletier & Katherine Morrison

*selected breaks/meals included with full registration

daily schedule



FRIDAY, APRIL 29 CONT.

Obesity Treatment SALON A

Chairs: Marie-France Langlois & Raj Padwal

Maternal & Fetal Determinants SALON 5

Chairs: Marie-France Hivert & Sarah McDonald

Health Policy SALON JARRY

Chairs: Kim Raine & Suzie Pellerin

Building Trust to Address the Epidemic of Obesity: Challenges and Opportunities Workshop SALON LAMARTINE

Chair: Diane Finegood

Obesity in Later Life – Trends, Impacts, and Actions Workshop

SALON HEMON

Chair: Mitulika Chawla

4:30 pm – 4:55 pm FOYERS LEVELS 2/3/4

Health Break*

5:00 pm – 6:30 pm BALLROOM

MINI-REVIEW IV: MATERNAL & FETAL ORIGINS

Chairs: Stephanie Atkinson & Lise Dubois

MATERNAL SMOKING AND OBESITY RISK IN THE OFFSPRING: EVIDENCE FROM ANIMAL STUDIES

Speaker: Allison Holloway (McMaster University)

MATERNAL LIFESTYLE VARIABLES, GESTATIONAL WEIGHT GAIN AND OBESITY RISK IN THE OFFSPRING

Speaker: Kristi B. Adamo (Children's Hospital of Eastern Ontario, Ottawa)

IMPACT OF GESTATIONAL DIABETES AND LIFESTYLE INTERVENTION DURING PREGNANCY ON MATERNAL AND NEONATAL OUTCOMES

Speaker: Gary Shen (University of Manitoba)

7:00 pm – 8:30 pm SALON JARRY

Treatment and Research of Obesity in Pediatrics in Canada (TROPIC) Networking Wine & Cheese*

7:00 pm – 9:30 pm BALLROOM

Canadian Obesity Network – Student and New Professional (CON-SNP) Social & New Investigator Award Networking Dinner*

7:00 pm – 9:30 pm SALON A

Canadian Association of Bariatric Physicians and Surgeons (CABPS) Members Meeting (by invitation only)

9:30 pm MEET IN HOTEL LOBBY

Social Event out on the town

SATURDAY, APRIL 30 CONT.

7:00 am – 8:00 am SALON A/B/C

Breakfast Symposium* – The Role of Dairy in Body Weight Regulation

Speaker: Arne Astrup

7:00 am – 8:00 am BALLROOM

Breakfast Symposium* – Bringing Home the Bacon on Evidence-Based Weight Management

Host: Reality Coalition Canada

8:00 am – 9:30 am BALLROOM

MINI-REVIEW V: BEHAVIOURAL & BIOLOGICAL DETERMINANTS

Chairs: William Colmers & Paul Ritvo

COLD INDUCED THERMOGENESIS IN BROWN ADIPOSE TISSUE IN HUMANS

Speaker: Andre Carpentier (Université Sherbrooke)

HEPATIC STEATOSIS AS A BIOMARKER FOR TYPE 2 DIABETES AMONG OVERWEIGHT YOUTH. THE CLINICAL VALUE OF MAGNETIC RESONANCE SPECTROSCOPY

Speaker: Jon McGavock (University of Winnipeg)

BRAIN REWARD CIRCUITRY AND ENERGY BALANCE

Speaker: Stephanie Fulton (Université de Montréal)

9:30 am – 9:55 am FOYERS 2/3/4

Health Break*

10:00 am – 11:30 am BALLROOM

MINI-REVIEW VI: CANCER & INFLAMMATION

Chairs: Vickie E Baracos & André Marette

SARCOPENIC OBESITY: THE WORST OF BOTH WORLDS

Speaker: Carla Prado (National Institute of Health)

METABOLIC DRIVERS OF CANCER RISK

Speaker: Russell Jones (McGill University)

SEDENTARY BEHAVIOUR, OBESITY & CANCER

Speaker: Brigid Lynch (Alberta Health Services – Cancer Care)

11:30 am – 12:25 pm SALON 4/5

Lunch Symposium* – Family Physicians of Canada

Chairs: Ron Wilson & Yoni Freedhoff

(by invitation only)

*selected breaks/meals included with full registration

daily schedule

**SATURDAY, APRIL 30 CONT.**

11:30 am – 12:25 pm SALON LAMARTINE
Lunch Symposium* – Ontario Bariatric Centres Dietitians
Chair: Jennifer Brown
(by invitation only)

12:30 pm – 1:25 pm SALON DRUMMOND
NETWORKING & POSTER PRESENTATIONS

1:30 pm – 4:30 pm SALON LAMARTINE
CONCURRENT ORAL PRESENTATIONS & WORKSHOPS
(See pg. 34–49 & 50–84 for detailed information)

Behavioural BALLROOM

Chairs: Michael Vallis & Valerie Taylor

Clinical Research: Mechanisms SALON A

Chairs: Rémi Rabasa-Lhoret & Malek Batal

Built Environment SALON B

Chairs: John Spence & Gillian Booth

Risk & Co-morbidities SALON 4/5

Chairs: David Lau & Geoff Ball

Community & School Interventions SALON C

Chairs: Heather Dean & Steve Manske

Collaborative Action on Childhood Obesity (CACO) Workshop

SALON JOYCE

Chair: Craig Larsen

A Fine Balance Engaging and Empowering Parents in Pediatric Weight Management Workshop SALON KAFKA

Chair: Rachel Keaschuk

4:30 pm – 4:55 pm FOYERS LEVELS 2/3/4
Health Break*

5:00 pm – 6:30 pm BALLROOM
MINI-REVIEW VII: PREVENTION AND TREATMENT OF OBESITY ACROSS THE LIFESPAN

Chairs: Jean-Pierre Chanoine & Robert Ross

PREGNANCY AND POSTNATAL RISK FOR OBESITY AND METABOLIC SYNDROME IN THE OFFSPRING

Speaker: Jill Hamilton (Sick Kids, Toronto)

CAUSES AND CORRELATES OF SECULAR CHANGES IN CHILDREN'S FITNESS – IS OBESITY THE CULPRIT?

Speaker: Grant Tomkinson (University of South Australia)

BEYOND INACTIVITY AND UNHEALTHY DIETS: UNUSUAL DETERMINANTS OF OBESITY

Speaker: Jean-Phillipe Chaput (Childrens Hospital of Eastern Ontario, Ottawa)

SATURDAY, APRIL 30 CONT.

6:30 pm – 7:30 pm BALLROOM FOYER
Cocktails and Appetizers*

7:30 pm BALLROOM

Dinner*, Awards, Keynote, and Evening Entertainment

Speaker: Timothy Caulfield

SUNDAY, MAY 1

7:00 am – 8:00 am BALLROOM

Breakfast Symposium* CON RCO Annual General Meeting & General Assembly

Speakers: Anton Hart & Arya Sharma

8:00 am – 5:00 pm

CONCURRENT WORKSHOPS

(see pg. 25 for detailed information)

8:00 am – 11:30 am SALON JARRY

Canadian Pediatric Weight Management Registry – Towards Improving Practice Nationwide Workshop

Chairs: Katherine Morrison & Mark Tremblay

8:00 am – 11:30 am SALON KAFKA

Weight Loss in Older Adults: other than body composition and metabolic profile, what are the implications?

Chair: Danielle Bouchard

8:00 am – 3:00 pm SALON DRUMMOND

Canadian Society for Exercise Physiology (CSEP) – Physical Activity for Canadians: New Science, New Guidelines, New Approaches

Chair: Audrey Hicks

8:00 am – 4:00 pm SALON A/B/C

Healthy Canada by Design: Cross-Sector Innovation, Collaboration, and Evaluation in the Building of more Active Communities

Chair: Alice Miro

8:00 am – 5:00 pm BALLROOM

Prevention of Obesity, Excessive Weight Concerns and Eating Disorders: Québec Charter for a Healthy and Diverse Body Image

Chair: Karine Dumais

*selected breaks/meals included with full registration

daily schedule



SUNDAY, MAY 1 CONT.

9:30 am – 10:30 am VARIOUS ROOMS/FOYERS
Health Break*

11:30 am – 12:30 pm VARIOUS ROOMS/FOYERS
Lunch*

12:30 pm – 4:15 pm
Bariatric Surgery for Adolescents: Canadian and
US Perspectives
Chairs: Geoff Ball & Jean-Pierre Chanoine

2:30 pm – 3:30 pm VARIOUS ROOMS/FOYERS
Health Break*

**selected breaks/meals included with full registration*

concurrent oral sessions

FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Ballroom*)**BASIC SCIENCE** *Schedule/order/room subject to change Chairs: Dr. William Colmers & Dr. Katherine Cianflone

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	5011	Melka, Melkaye G.	Hospital for Sick Children, Toronto, ON Canada	Genome-wide scan for genes of adolescent obesity and obesity-related high blood pressure
2	14:00	5082	Grenier-Larouche, Thomas	Service d'endocrinologie, Département de médecine, Université de Sherbrooke, QC, Canada	4-Phenylbutyrate reverses endoplasmic reticulum stress and lipotoxicity in human adipose tissue stem cells
3	14:20	5035	Côté, Isabelle	Department of Kinesiology, University of Montréal, Montréal, QC, Canada	An atherogenic diet decreases liver FXR gene expression and causes severe hepatic steatosis: Effect of endurance training
4	14:40	4956	Diane, Abdoulaye	Metabolic and Cardiovascular Diseases Laboratory, Alberta Institute for Human Nutrition University of Alberta, Edmonton, AB, Canada	Feeding History and Obese-Prone Genotype Increase Survival of Rats Exposed to a Challenge of Food Restriction and Wheel Running
5	15:00	4944	Goodyer, Cynthia G	Departments of Experimental Medicine and Pediatrics, McGill University, Montréal, QC, Canada	Changes in Human Growth Hormone Receptor (GHR) Expression in Obesity
6	15:20	4739	Parnell, Jill A	Mount Royal University, Calgary, AB, Canada	Prebiotic Modulation of Gut Microflora for the Treatment of Obesity
7	15:40	5085	Bissonnette, Simon S	Institut de Recherches Cliniques de Montréal, Montréal, QC	LDL decrease preadipocyte differentiation and fatty acid trapping in VAT and 3T3-L1 adipocytes
8	16:00	4948	Ahmed, Basma BA	Physiology department, Université de Montréal and Centre de Recherche du CHUM (CRCHUM)	Implication of adipose tissue (pro)renin receptor in the development of obesity
	16:20		10 mins for Q & A with all presenters, moderated by co-chairs		

FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Salon C*)**EPIDEMIOLOGY & METHODS** *Schedule/order/room subject to change Chairs: Mr. Paul Guy Duhamel & Dr. Ian Janssen

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4927	Abramovitch, Sharona	School of Kinesiology and Health Sciences, Sherman Health Science Research Centre, York University, Toronto, ON, Canada	Ethnic differences and estimating serving sizes using Canada's Food Guide
2	14:00	4856	Moubarac, Jean-Claude	Université de Montréal, Montréal, QC, Canada	What are the contextual factors associated with daily consumption of sweet foods in healthy adults living in a western urban setting?
3	14:20	4958	Hamilton, Jill	Physiology & Experimental Medicine; Cardiology; Endocrinology; The Hospital for Sick Children, University of Toronto, ON, Canada	Cardiometabolic risk associated with waist/height and BMI z-score in overweight youth
4	14:40	4904	Quon, Elizabeth C	Department of Psychology, Concordia University, Montréal, Québec, Canada	Generation of Immigration and Overweight in Canadian Youth
5	15:00	4863	Mark, Sean	Health Canada, First Nations Inuit Health Branch, Vancouver, BC, Canada	Sugar-Sweetened Beverage Intake and Metabolic Syndrome Components among Children at High Risk of Obesity
6	15:20	4893	Connor Gorber, Sarah	Public Health Agency of Canada, Ottawa, ON, Canada	Obesity estimates for children based on parent-report versus direct measures
7	15:40	4999	Thavorn, Kednapa	Department of Health Policy Management and Evaluation, University of Toronto, Toronto, ON, Canada	What drives the change in Body Mass Index over a 14-year period? A panel data analysis
8	16:00	4966	Henderson, Melanie	Department of Epidemiology, Biostatistics and Occupational Health, McGill University, Montréal, QC, Canada	The association between physical activity, fitness and insulin sensitivity in a cohort of school-aged children with an obese parent
	16:20		10 mins for Q & A with all presenters, moderated by co-chairs		

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FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Salon B*) *Schedule/order/room subject to change

CHILDHOOD OBESITY – RISK & MANAGEMENT

Chairs: Dr. Veronique Pellitier & Dr. Katherine Morrison

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4690	Chaput, Jean-Philippe	Children's Hospital of Eastern Ontario Research Institute, Ottawa, ON, Canada	Short sleep duration is independently associated with overweight and obesity in Canadian children
2	14:00	5052	Maximova, Katerina	Public Health Sciences, School of Public Health, University of Alberta, Edmonton, AB, Canada	Carotid Artery Intima-Media Thickness and Adiposity in 8–10 year old Children
3	14:20	4991	Obadia, Maya	Labatt Family Heart Centre, The Hospital for Sick Children, University of Toronto, Toronto, ON, Canada	Perspectives of Parents of Obese Children Regarding Physician Management of Childhood Obesity
4	14:40	4930	Diallo, Fatoumata Binta	Université de Montréal, Montréal, QC, Canada	Influence des parents sur les comportements alimentaires des enfants exposes a un projet d'éducation nutritionnelle implante dans huit écoles primaires de milieux défavorisés de Montréal le projet petits cuisiniers-parents en réseaux (PC-PR)
5	15:00	4895	Haqq, Andrea M	University of Alberta, Edmonton, AB, Canada	Unique Metabolic Profile in Children with Prader-Willi Syndrome: Heightened insulin sensitivity relative to body mass index
6	15:20	4635	Khoury, Michael	Division of Cardiology, Labatt Family Heart Centre, The Hospital for Sick Children, University of Toronto, Toronto, ON, Canada	The Association of Cardiovascular Risk and High Body Mass Index in Adolescents is Influenced by Waist Circumference
7	15:40	5078	McGavock, Jonathan M	Manitoba Institute of Child Health, Winnipeg, MB, Canada	Metabolic Consequences of Hepatic Steatosis in Overweight Youth
8	16:00	4984	Ambler, Kathryn	Department of Pediatrics, University of Alberta, Edmonton, AB, Canada	Disseminating the Canadian Clinical Practice Guidelines for Pediatric Obesity: Tool Development and Evaluation
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Salon 5*) *Schedule/order/room subject to change

MATERNAL/FETAL DETERMINANTS

Chairs: Dr. Marie-France Hivert & Dr. Sarah McDonald

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	5013	Ferraro, Zach	Faculty of Health Sciences, School of Human Kinetics, University of Ottawa/Children's Hospital of Eastern Ontario Healthy Active Living and Obesity Research Group, Ottawa, ON, Canada	The Effect of Maternal Body Mass Index and Gestational Weight Gain on Neonatal Birth Weight: Support for Obstetrical Weight Management?
2	14:00	4981	Gingras, Véronique VG	Department of Food Science and Nutrition, Université Laval, Québec City, QC, Canada	Relation between postpartum physical activity and anthropometric profile in women with prior gestational diabetes
3	14:20	4885	Mathieu, Marie-Eve	Département de kinésiologie, Université de Montréal, Montréal, QC, Canada	La concordance entre l'effort réalisé et la perception de cet effort via l'échelle OMNI dans l'étude QUALITY: influence du genre, du statut pondéral et du niveau d'activité physique des jeunes
4	14:40	4986	St-Yves, Annie	Department of Food Science and Nutrition, Université Laval, Québec City, Canada/Institute of Nutraceuticals and Functional Foods, Université Laval, Québec City, Canada	Weight gain of childbearing-age women with prior gestational diabetes is related with deteriorated insulin sensitivity
5	15:00	4925	Gravel, Jonathan M	Institute of Population Health, Department of Epidemiology and Community Medicine, University of Ottawa, Ottawa, ON, Canada	Parental smoking and childhood obesity – Is maternal smoking during pregnancy the critical exposure?
6	15:20	4910	Bouchard, Luigi	Dept. of Biochemistry, Université de Sherbrooke, Sherbrooke, QC, Canada	Placental Adiponectin Gene DNA Methylation Levels is Correlated with Maternal Blood Glucose Concentration
7	15:40	5040	Naef, Lindsay	McGill University, Douglas Mental Health University Institute, Montréal, QC, Canada	Programming offspring behavior and metabolism through maternal high-fat diet
8	16:00	5073	Chandonnet, Nadia	Paediatric department, Centre Mère-Enfant (CHUQ), CHUQ Research Center (CRCHUQ), Université Laval, Québec City, QC, Canada	Assessment of Physical Activity in Pregnant Obese Women using the Pregnancy Physical Activity Questionnaire (PPAQ) and Accelerometer
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

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concurrent oral sessions

FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Salon A*) *Schedule/order/room subject to change

OBESITY TREATMENT

Chairs: Dr. Marie-France Langlois & Dr. Raj Padwal

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4913	Brauer, Paula M	Department of Family Relations and Applied Nutrition, University of Guelph, Guelph, ON, Canada	Improved Weight Management in Primary Care
2	14:00	4926	Nelson, Jo-Ann L	Community & Rural/Primary Care & Chronic Disease Management, Alberta Health Services, Edmonton, AB, Canada	Key learnings from a Provincial Health Organization's experience in developing a Provincial Obesity Plan
3	14:20	5015	Carver, Tamara E	McGill University, Montréal, QC, Canada	Pilot investigation to evaluate changes in exercise capacity following a prehabilitation intervention among seriously obese patients awaiting bariatric surgery
4	14:40	5289	Martin, Julie	Institut universitaire de cardiologie et de pneumologie de Québec, QC, Canada	Impact of bariatric surgery on diastolic function and NT-pro-BNP
5	15:00	5306	Coburn, Chris	Surgical Weight Loss Centre, Toronto, ON, Canada	Outcomes and Lessons Learned from a large Lap Band practice in Canada
6	15:20	4951	Padwal, Raj	University of Alberta, Edmonton, AB, Canada	Gastric bypass surgery increases the absorption and bioavailability of metformin
7	15:40	5006	Sockalingam, Sanjeev	Toronto Western Hospital, Bariatric Surgery Program, Toronto, ON, Canada	Psychosocial Variables Affecting Quality of Life in Bariatric Surgery Candidates: The Role of Attachment
8	16:00	4717	Karmali, Shazeer	Department of Surgery, University of Alberta, Edmonton, AB, Canada	Sleeve Gastrectomy and Type-2 Diabetes Mellitus: A Systematic Review
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

FRIDAY APRIL, 29 (1:30 – 4:30 pm, *Salon Jarry/Joyce*) *Schedule/order/room subject to change

HEALTH POLICY

Chairs: Dr. Kim Raine & Dr. Suzie Pellerin

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	5068	Buhler, Susan	Center for Health Promotion Studies, School of Public Health, University of Alberta, Edmonton, AB, Canada	Thinking Aloud – A Qualitative Examination of Food Choice in a Grocery Store
2	14:00	4652	Potvin Kent, Monique	Institute of Population Health, University of Ottawa, Ottawa, ON, Canada	Self Regulation by Industry in Food Marketing is Having Little Impact During Children's Preferred Television Viewing
3	14:20	4605	Aiken, Alice B	Canadian Disability Policy Alliance, Queen's University, Kingston, ON, Canada	Should Obesity be Considered a Disability?
4	14:40	4985	Olstad, Dana	Alberta Institute for Human Nutrition, University of Alberta, Edmonton, AB, Canada	Implementing nutrition guidelines improves the food environment but may not influence children's dietary behaviours: A case study in a recreational facility
5	15:00	4961	Neary, Neil E	Centre for Health Promotion Studies, University of Alberta, Edmonton, AB, Canada	A "TV Diet" and the Appetite for Healthy Public Policy on Kids Advertising
6	15:20	5283	Corscadden, Lisa	Canadian Institute for Health Information, Ottawa, ON, Canada	Obesity in Canada
7	15:40	5070	Rachul, Christen	Health Law Institute, University of Alberta, Edmonton, AB, Canada	Media Coverage of Obesity-Related Legislative and Policy Interventions
8	16:00	5028	Raine, Kim	Centre for Health Promotion Studies, School of Public Health, University of Alberta, Edmonton, AB, Canada	What is the appetite for policy actions to address obesity?
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

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concurrent oral sessions

SATURDAY APRIL, 30 (1:30 – 4:30 pm, *Ballroom*) *Schedule/order/room subject to change

BEHAVIOURAL

Chairs: Dr. Michael Vallis & Dr. Valerie Taylor

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4716	Ganguli, Rohan	University of Toronto, Center for Addiction and Mental Health, Toronto, ON, Canada	Weight reduction in schizophrenia, by lifestyle change: A randomized clinical trial
2	14:00	5052	Côté, Marilou	School of Psychology, Université Laval, Québec, QC, Canada	Three-Year Follow-up of a "Health-At-Every-Size" Intervention among Weight-Preoccupied Overweight/Obese Women
3	14:20	4991	Domingue, Marie-Eve	Division of Endocrinology, Université de Sherbrooke, QC, Canada	Conviction and confidence for dietary changes predict early weight loss in a lifestyle modification intervention
4	14:40	4930	Groll, Dianne	Department of Psychiatry, Queen's University, Kingston, ON, Canada	The relationship between percent weight lost and measures of psychological health
5	15:00	4895	Stotland, Stephen C.	Montréal Comprehensive Weight Management Program, & McGill University, Department of Psychology, Montréal, QC, Canada	Restraint, moderation and the stages of weight self-regulation: implications for CBT for obesity
6	15:20	4635	Walfisch, Asnat	The Motherisk Program, Hospital for Sick Children; Department of Pharmacology, University of Toronto, Toronto, ON, Canada	Association between maternal weight and depressive symptoms
7	15:40	5078	Boucher, Katrine	School of Psychology, Université Laval, QC, QC, Canada	Obsessive thoughts about food and compulsive eating among weight-preoccupied overweight/obese women
8	16:00	4984	Brunet, Jennifer	McGill University, Department of Kinesiology & Physical Education, Montréal, Québec, Canada	Obesity in breast cancer survivors: Evaluating its impact on body-related anxiety and physical activity
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

SATURDAY APRIL, 30 (1:30 – 4:30 pm, *Salon B*) *Schedule/order/room subject to change

BUILT ENVIRONMENT

Chairs: Dr. John Spence & Dr. Gillian Booth

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4972	Prince Ware, Stephanie A	University of Ottawa, Population Health PhD Program and Children's Hospital of Eastern Ontario, Healthy Active Living and Obesity Research Group; University of Ottawa, Faculty of Social Sciences, School of Psychology; Ottawa Public Health, Ottawa, ON, Canada	Do neighbourhood built and social environments have an influence on adult self-reported physical activity and overweight/obesity in the nation's capital?
2	14:00	5042	Després, Carole	École d'architecture, Université Laval, Québec, QC, Canada	Where do teenagers walk? A study of high school fourth-graders' action space in Québec City metro area
3	14:20	4861	David, Claire	Association pour la santé publique du Québec	Les règlements d'urbanisme : une voie possible pour améliorer l'offre alimentaire autour des écoles
4	14:40	4886	Carter, Megan A	Population Health Program, University of Ottawa, Ottawa, ON, Canada	The influence of place on the development of excess weight during childhood: a longitudinal study of young children living in Québec, Canada
5	15:00	4931	Aloia, Christopher R	Simon Fraser University, Vancouver, BC, Canada	Differences in fast food consumption between individuals of high and low socio-economic status in Chandigarh, India
6	15:20	4622	Janssen, Ian	School of Kinesiology and Health Studies, and Department of Community Health and Epidemiology, Queen's University, Kingston, ON, Canada	Active Transportation Environments Surrounding Canadian Schools
7	15:40	5067	VanSpronsen, Eric	Centre for Health Promotion Studies, School of Public Health, Canada, University of Alberta, Edmonton, AB	Quantifying the Association between Measured Features of the Built Environment and Individual Health Outcomes: A Cross-Community Comparison
8	16:00	5090	Lear, Scott A	Faculty of Health Sciences, Simon Fraser University, Burnaby, BC, Canada	The relationship between supermarket characteristics and body mass index of shoppers
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

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concurrent oral sessions

SATURDAY APRIL, 30 (1:30 – 4:30 pm, *Salon 5*) *Schedule/order/room subject to change

RISK & CO-MORBIDITIES

Chairs: Dr. David Lau & Dr. Geoff Ball

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	4950	Padwal, Raj	University of Alberta, Edmonton, AB, Canada	The Edmonton Obesity Staging System Independently Predicts Mortality in a Nationally Representative US Sample
2	14:00	4616	Manlhiot, Cedric	The Hospital for Sick Children, University of Toronto, Toronto, ON, Canada	Population-Based Lipid Screening in the Era of a Childhood Obesity Epidemic: The Importance of Non-HDL Cholesterol Assessment
3	14:20	5071	Gletsu-Miller, Nana	Departments of Surgery, Emory University, Atlanta, GA, USA	Sagittal Abdominal Diameter is a Simple Measure that Identifies Type 2 Diabetes and Prediabetes in Severely Obese Women
4	14:40	5008	Sénéchal, Martin	Research Centre on Aging-Health and Social Services Centre, Université de Sherbrooke Institute of Geriatrics, Faculty of Physical Education and Sports, Université de Sherbrooke	Lifestyle and Physical Capacity in Patients with Standard or Advanced Metabolic Syndrome
5	15:00	5076	Sabiston, Catherine M	McGill University, Montréal, QC, Canada	The struggle for a healthy weight during breast cancer survivorship: treatment effects or lifestyle effects?
6	15:20	5029	Gasevic, Danijela	Simon Fraser University, Vancouver, Canada; University of British Columbia, Vancouver, BC, Canada	The association between triglyceride to high-density-lipoprotein ratio and insulin resistance in a multi-ethnic primary prevention cohort
7	15:40	4964	Stuckey, Melanie I	The University of Western Ontario, Canada	Effects of a 12-week remote health monitoring intervention on metabolic syndrome risk factors
8	16:00	5093	Pahwa, Punam	Canadian Centre for Health and Safety in Agriculture, University of Saskatchewan, Saskatoon, SK, Canada	Effect of Obesity on Prevalence of Chronic Bronchitis Among Canadian Aboriginal Adults
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

SATURDAY APRIL, 30 (1:30 – 4:30 pm, *Salon A*) *Schedule/order/room subject to change

CLINICAL RESEARCH: MECHANISMS

Chairs: Dr. Rémi Rabasa-Lhoret & Dr. Malek Batal

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	5084	Salem, Huda	Institut de Recherche Clinique de Montréal (IRCM), Montréal, QC, Canada	Ineffective fatty acid trapping in subcutaneous white adipose tissue is associated with apoB-lipoproteins
2	14:00	5060	Pausova, Zdenka	Hospital for Sick Children, Toronto, ON, Canada;	Distinct Contributions of Peripheral and Visceral Fat to Blood Pressure in Adolescent Males and Females
3	14:20	4728	Hudon, Anne-Marie	L'Institut des nutraceutiques et des aliments fonctionnels (INAF), Université Laval, Québec, QC, Canada	Impact of the Mediterranean diet on sex hormone-binding globulin concentrations in men and women
4	14:40	4982	Roberts, Lauren	University of Ottawa, Ottawa, ON, Canada	Carbohydrates and Feeding: An Extension of the Glucostatic Theory of Appetite Regulation
5	15:00	5064	Santosa, Sylvia	Department of Exercise Science, Concordia University, Montréal, QC, Canada	Estrogen effects meal fatty acid metabolism in women
6	15:20	5087	Saint-Pierre, Nathalie	Department of Nutrition, Université de Montréal, Montréal, QC, Canada	Elevated glucose-stimulated insulin secretion in non-diabetic postmenopausal women with hyperapoB
7	15:40	4989	Teixeira, Tatiana TFST	Department of Health and Nutrition at Federal University of Viçosa, Viçosa, Brazil	Modulation of altered intestinal permeability in obese patients: a possible target to change anthropometric measures and insulin sensitivity?
8	16:00	5088	Labbe, Sebastien	Departments of Medicine and of Nuclear Medicine and Radiobiology, Université de Sherbrooke, QC, Canada	Reduced adipose tissue and increased myocardial uptake of dietary fatty acid is associated with reduced left ventricular ejection fraction in subjects with impaired glucose tolerance
	16:20	10 mins for Q & A with all presenters, moderated by co-chairs			

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SATURDAY APRIL, 30 (1:30 – 4:30 pm, *Salon C*) *Schedule/order/room subject to change

COMMUNITY & SCHOOL INTERVENTIONS

Chairs: Dr. Steve Manske & Dr. Heather Dean

ORDER	START	ID	PRESENTER	INSTITUTION/ORGANIZATION	TITLE
1	13:40	5051	Valaitis, Renata	University of Waterloo, Waterloo, ON, Canada	School Nutrition Programs as an Obesity Prevention Strategy: How Can Public Health Help?
2	14:00	5058	Langille, Jessie-Lee	University of Alberta, School of Public Health, Population Health Intervention Research Unit, Edmonton, AB, Canada	Developing a tool to measure implementation of Health Promoting Schools
3	14:20	4963	Oosman, Sarah N	University of Saskatchewan, Saskatoon, SK, Canada	Influencing Physical Activity and Nutrition knowledge, attitudes, behaviours of Métis children through a Health Promoting School Intervention
4	14:40	5021	Bonsergent, Emilie	Nancy-University, Paul Verlaine Metz University, Paris Descartes University, EA4360 Apemac, Nancy, France	Effectiveness of three overweight and obesity prevention strategies in high school adolescents. The PRALIMAP trial
5	15:00	4975	Gordon, Elliott	The University of Western Ontario-Child Health and Physical Activity Lab, 2585 Elborn College, London, ON, Canada	Physical Activity & Obesity Among Preschool-Aged Children: A Meta-Analytic Review of the Effectiveness of Health Promotion Interventions
6	15:20	4979	Hollar, Danielle	University of Miami Miller School of Medicine, Department of Pediatrics; MS Food Network	School-Based Obesity and Related Cardiovascular Disease Prevention Intervention Effect on Weight and Academic Performance: Three Year Results
7	15:40	4941	Katz, Larry	University of Calgary, Calgary, AB, Canada	Fun Innovative Time Breaks: Attitudes of Elementary School Students Toward Physical Activity in the Classroom
8	16:00	5299	McGavock, Jonathan M	Manitoba Institute of Child Health, Winnipeg, MB, Canada	Healthy Buddies Manitoba: A Cluster Randomized Controlled Effectiveness Trial of a Peer-led Healthy Living Lesson Plan on Unhealthy Weight Gain and Physical Activity in Early Years Students.
16:20		10 mins for Q & A with all presenters, moderated by co-chairs			

poster presentations

SALON DRUMMOND

FRIDAY, APRIL 29 12:30 – 1:30 pm

AUTHOR	INSTITUTION	TITLE	POSTER BOARD #
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N. Chahal , H. Wong, C. Manlhiot, N.A. Clarizia, R. McIntosh, N. Hatley, S. Moosabhoy, B.W. McCrindle	University of Toronto	Lifestyle-Based Management of Obesity-Related and Familial Hyperlipidemias in Children and Adolescents Enhanced by Peer Education	102
C. Tamayo-Estrada , C. Manlhiot, K. Patterson, S. Lalani, B.W. McCrindle	University of Toronto	Are children who have had early complete repair of congenital heart disease at increased risk of obesity?	103
M. Davenport , I Giroux, M Sopper, MF Mottola	University of Western Ontario	Exercise with nutrition reduces weight retention regardless of intensity in the postpartum period	104
M. L Héroux , Lévesque L., Lopez Taylor J., Jáuregui Ulloa E., & Janssen I.	Queen's University	Process Evaluation of International Knowledge Translation Targeting Obesity Researcher Trainees in Mexico	105
B.C. Farnesi , A.S. Newton, K. Ambler, N. Holt, J. Geller, C. Matteson, D. Finegood, S. Johnson, S. Colberg, P. Mayer, G.D.C. Ball	University of Alberta	Stacking the Deck: Developing a clinical tool to improve interactions between clinicians and parents of overweight boys and girls	106
J. Davies , C. Manlhiot, H. Wong, D. Gibson, N. Chahal, K. Stearne, A. Fisher, O. Makerewich, S.W. Dobbin, I. Narang, B.W. McCrindle	University of Toronto	The Association Between Sleep Disturbances and Obesity in Adolescents May be Mediated by Increased Consumption of Caffeinated Beverages	107
S. Shapiro , S.M. Burke, R. Petrella, J. Ilrwin, H. Prapavessis, K. Shoemaker	University Western Ontario	The Children's Health and Activity Modification Program: Determining the feasibility of a childhood obesity lifestyle intervention	108
L. Banks , C. Manlhiot, J. Davies, H. Wong, D. Gibson, N. Chahal, K. Stearne, A. Fisher, O. Makerewich, S.W. Dobbin, B.W. McCrindle	University of Toronto	Cardiovascular Risk In Overweight and Obese Adolescents: Is There an Influence of Physical Activity?	109
O. Hsiu-Chung , Wen-Jane Lee, Kun-Ling Tsai, & Wayne Huey-Heng Sheu	China Medical University, Taichung	Rosiglitazone inhibits resistin-induced endothelial dysfunction: roles of ROS and Akt/eNOS/NO signaling pathway	110
M.A. Brooker , A. Diodati	Vanier College	The Obesity Pandemic Continues...	111
J.P. Chaput	Children's Hospital of Eastern Ontario Research Institute	Do all sedentary activities lead to weight gain? Sleep does not	112
A.A. Jahandideh, M.R. Hamedinia, S. Razmjou	University of Ottawa	Serum ghrelin responses to acute resistance exercise in overweight males	113
A.A. Jahandideh, M.R. Hamedinia, S. H.Hemmati, S. Razmjou	University of Ottawa	Effect light and moderate resistance exercise on calorie intake in healthy men	114
D.P. Al-Adra , S.R. Gill, D. Birch, M. Hudson, Xinzhe Shi, A.M. Sharma, S. Karmali	University of Alberta	Robotic-assisted Bariatric Surgery: A Systematic Review	115
A. Fissette , S. Paglialunga, M. Munkonda, K. Cianflone	CRIUCPQ - Centre de recherche de l'Institut universitaire de cardiologie et de pneumologie de Québec	La voie de signalisation de l'ASP-C5L2 influence fortement le développement de la résistance à l'insuline	116
T.S. Ramukumba , S.C.D Wright, W.A. Hoffmann	Tshwane University of Technology, Pretoria	Phase III: Evaluation of a community intervention for obesity: A South African experience	117
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AUTHOR	INSTITUTION	TITLE	POSTER BOARD #
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I. Verduyn , M. Flesher, N. Alizadeh-Pasdar, M. Faktor, K. Archer	Richmond General Hospital,	A Unique Partnership between Hospital, City and Community to Support the Treatment and Prevention of Obesity	123
C.S. Birken , J.L. Maguire, M. Khovratovich, Y.Y. Wu, M. Mamdani, B.W. McCrindle, P.C. Parkin, TARGet Kids!, the HISTORY Teams	University of Toronto	Inactive Transport: Stroller Use and Physical Activity in Preschool Children: A TARGet Kids! Study	124
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THURSDAY, APRIL 28

Medical Management of Obesity in Canada – Strategies and Success

Morning Only – Salon Drummond est

Course Overview:

Recent advances in the approaches to successful long-term weight management of obesity in adults include pharmacological, meal replacement-behavioural programs, bariatric surgery and comprehensive lifestyle education interventions. This workshop will explore these interventions in the context of evidence-based medical management and will describe the success of various strategies and programs implemented across Canada. Highlighted throughout the workshop will be the integral role the multi-disciplinary health care team plays as obesity management is initiated and on-going therapy is monitored.

At the end of this presentation, participants should be able to:

- Identify latest evidence and recent advances in four medical weight management options
- Describe successful medical weight management approaches employed at various clinical sites in Canada

8:00 – 8:10 am Welcome and Introduction – Chair Dr. Tony Chetty

8:10 – 8:50 am **Dr. Tony Chetty**, MD, FRCPC, MSc, Associate Professor Pathology and Molecular Medicine Division: Clinical Chemistry, St. Joseph's Healthcare Hamilton, ON, Canada. Medical Director of the Bariatric Medical Clinic.

“Pharmacological approach to medical weight management: What is the evidence and what is the practice?”

8:50 – 9:30 am **Dr. Robert Dent**, MDCM FRCP(C), Medical Director of the Behavioral and Surgical programs In the Weight Management Clinic at the Ottawa Hospital, Ottawa, ON, Canada.

“Comprehensive meal replacement-behavioural program in medical weight management: What is the evidence and what is the Ottawa Hospital experience?”

9:30 – 9:50 am – BREAK

9:50 – 10:30 am **Dr. John Hagen**, MD, FRCS(C), Humber River Regional Hospital, ON, Canada. Surgical Director of the Bariatric Surgery program.

“Bariatric surgery and pre-bariatric weight reduction: What is the evidence and what is the Ontario experience”

10:30 – 11:10 am **Deanne Ortman**, Pdt. Clinical Dietitian, Partners for Healthier Weight, Capital Health, Halifax, NS, Canada

“Lifestyle education intervention for medical weight management: What is the evidence and what is the Nova Scotia practice?”

11:10 – 11:30 pm Panel Discussion – Question and Answer, Chair Dr. Tony Chetty

Dr. Tony Chetty is an Associate Professor in the Dept. of Pathology and Molecular Medicine, McMaster University. He is the Medical Director of the Bariatric Medical Clinic-Hamilton General Hospital, and Discipline Director Clinical Chemistry, HRLMP.

Dr. Chetty is a consultant in diabetes, obesity and lipid disorders. His research interests include clinical approaches to obesity management and diabetes prevention.

Dr. Chetty received his MD from the University of Natal South Africa (1985) and FRCPC in Medical Biochemistry in 1995 from McMaster University. He received an MSc in Health Research Methodology in 2007 from McMaster University.

Dr. John Hagen is the Surgical Director of Bariatrics at the Humber River Regional Hospital in Toronto. He is assistant professor of surgery at the University of Toronto. Humber River currently performs 450 laparoscopic gastric bypasses per year.

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Dr. Robert Dent is a specialist in internal medicine with academic appointments in cardiology and psychiatry at the University of Ottawa. He is currently the Medical Director of Weight Management Clinic and the newly-formed Ottawa Hospital Bariatric Centre and is an active member of the Ontario Bariatric Network advisory committee.

Deanne Ortman is a clinical dietitian with the Capital Health Obesity Management Program in Halifax, NS. In her current role, Deanne works collaboratively with a multidisciplinary team in the Capital Health Bariatric Surgery Program to provide pre-surgical and post-surgical care to patients. Dianne is also a member of the multidisciplinary team at Partners for Healthier Weight – the first medically and psychologically focused weight management program in Atlantic Canada.

Healthy Public Policy Capacity Development – Thursday, April 28

Morning Only – Salon Lamartine

Meeting Objectives:

At the end of this presentation, participants should be able to:

- Provide an overview of existing Canadian physical activity and nutrition policy initiatives and the potential impact on chronic disease prevention
- Understand the successes and challenges of developing a provincial policy coalitions
- Consider multi-sectoral partnerships within the P3 Partnership Guidelines Framework
- Be aware of and understand how to best utilize the Prevention Policies Directory for both provincial and national level policy work

8:00 – 8:05 am Welcome – **Lisa Petermann**, Canadian Partnership Against Cancer

8:05 – 8:30 am **Deb Keen**, Canadian Partnership Against Cancer
“From Recommendations to Action: An Overview of Existing Policy Initiatives”

8:30 – 10:00 am **Mark Tremblay**, CHEO
“Partnering for Change: the P3 Partnership Protocol”

10:00 – 10:15 am – BREAK

10:15 – 11:00 am **Suzie Pellerin**, Coalition Poids, **Kim Raine**, Alberta Policy Coalition for Cancer Prevention
“Models for Change: the Provincial Policy Coalition”

11:00 – 11:25 am **Lisa Petermann**, Canadian Partnership Against Cancer
“Tools for Change: Profiling the Prevention Policy Directory”

11:25 – 11:30 am Wrap-up and adjournment

Dr. Lisa Petermann is a program manager in the Primary Prevention Portfolio of the Canadian Partnership Against Cancer, and an adjunct assistant professor at the University of Calgary’s History of Medicine and Health Care Program. She is interested in the policy process and systems level change as meaningful mechanisms for advancing the cancer and chronic disease prevention agenda.

Ms. Deb Keen is the Director of Prevention Portfolio at the Canadian Partnership Against Cancer, including responsibility for the implementation of the Coalitions Linking Action and Science for Prevention (CLASP) initiative. Before joining the Partnership, she was the Director of Prevention at Cancer Care Ontario from 2005- 2008 and before that worked in public health with the Region of Peel Health Department. Deb has worked in program and policy development at municipal, provincial and national levels with significant experience in tobacco control including municipal bylaw development. She has a Bachelor of Science in Nursing and a Masters in Public Administration.

Dr. Mark Tremblay has a Bachelor of Commerce degree in Sports Administration and a Bachelor of Physical and Health Education degree from Laurentian University. His graduate training was from the University of Toronto where he obtained his MSc and PhD from the Department of Community Health, Faculty of Medicine with a specialty in exercise science. Dr. Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children’s Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chief Scientific Officer of Active Healthy Kids

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Canada, Chair of the ParticipACTION Research Work Group, Chair of the Canadian Physical Activity Guidelines Project and former Dean of Kinesiology at the University of Saskatchewan.

Ms. Suzie Pellerin is Manager and Spokesperson for the Québec Coalition on Weight-Related Problems. She launched her career in politics, and then moved on to various roles in communications management. In 2007, she decided to focus on children's health by joining CHU Sainte-Justine. She was then hired to pursue this vocation within the Weight Coalition, an initiative sponsored by the Association pour la santé publique du Québec.

Dr. Kim Raine is currently Professor in the Centre for Health Promotion Studies, School of Public Health, University of Alberta, Edmonton. She also holds a CIHR/HSFC Applied Public Health Chair. Her research program, Promoting Optimal Weights through Ecological Research (POWER) explores the social and environmental determinants of the emerging obesity epidemic. Her team's research explores the ways in which social conditions and people's behaviours (particularly food and eating behaviours) interact to transmit obesity and chronic diseases through social means.

Moving Toward Good Food Citizenship – Canadian Agri-Food Policy Institute (CAPI) **Thursday, April 28** Morning Only – Salon Jarry

Food links the agri-food and health sectors. But the consumer's diet is the core issue. This drives consumption. This influences health outcomes. Can the health and agri-food sectors collaborate to improve consumer health? What would it take to be the best in the world in doing so? This is fundamental to creating a healthy and prosperous future for Canada. Helping Canadians to make better food choices means creating opportunities to produce and supply healthier and innovative foods and improving population health outcomes. By collaborating we can improve understanding, engagement and alignment. This session provides a platform to advance policy ideas and success models.

- 8:00 am** **Introduction to session & presentation – David McInnes**, President & CEO,
Canadian Agri-Food Policy Institute
- 8:30 am** **Presentation: Phyllis Tanaka**, Vice President Scientific & Regulatory Affairs – Food Policy, Food
& Consumer Products Canada
- Presentation: Joyce Reynolds**, Executive Vice President, Government Affairs, Canadian
Restaurant and Foodservices Association
- Q&As**, panel discussion
- 10:00 am – BREAK**
- 10:15 am** **Presentation: David Farnell**, President, Real Food for Real Kids
- Presentation: Peter Watts**, Director of Market Information, Pulse Canada
- Q&As**, panel discussion
- 11:25 am** **Conclusion: David McInnes**, Canadian Agri-Food Policy Institute
- 11:30 am** **End of session**

David McInnes is President and CEO of the Ottawa-based Canadian Agri-Food Policy Institute (CAPI), a catalyst for advancing a national dialogue on emerging issues facing the country's agri-food sector. Previously, he was Vice-President, International Relations at MDS Nordion, a major life sciences company, and has worked for the Canadian Bankers Association, the Bank of Nova Scotia and the Royal Commission on the Economic Union and Development Prospects for Canada. David is a graduate of the London School of Economics and Dalhousie University. David is currently a director of WaterCan and has been a director of the Greater Ottawa Chamber of Commerce, the Ottawa Life Sciences Council, the Ottawa Centre for Research and Innovation and the U.S.-based Council of Radionuclides and Radiopharmaceuticals. David has published the book "Taking It to the Hill – the Complete Guide to Appearing Before Parliamentary Committees" (2nd edition).

Management of Obesity in Primary Care – Thursday, April 28

Afternoon Only – Salon C

Considering the growing prevalence of obesity in Canada, the majority of patients should be managed by primary caregivers. Unfortunately, primary care physicians (PCPs) often feel that obesity treatment efficacy is poor. As a result, obesity tends to be neglected when compared to other chronic conditions like hypertension and diabetes. The recently published “Canadian Clinical Practice Guidelines on the Management and Prevention of Obesity in Adults and Children” emphasize the importance of the multidisciplinary health care team for weight management. The workshop objective is to disseminate results of research and other activities on management of obesity in primary care settings.

At the end of this presentation, participants should be able to:

- Describe strategies to manage obesity in primary care settings;
- Identify strategies that could be implemented in their practice.

12:30 – 12:35 pm **Welcome and Introduction – Marie-France Langlois**

12:35 – 1:05 pm **Brigitte Lachance et Fannie Dagenais**, Implementation of “What about losing weight?” (Choisir de maigrir) in local health centers

1:05 – 1:35 pm **Paul Poirier**, The Synergie Approach, perspectives from a cardiologist

1:35 – 2:05 pm **Robert Perreault**, The Clinical Prevention System: organized lifestyle risk management as partial response to dealing with obesity in primary care

2:05 – 2:15 pm – BREAK

2:15 – 2:45 pm **Jean-Patrice Baillargeon**, Integrated obesity management system – changes in perceptions and practices

2:45 – 3:15 pm **Yoni Freedhoff**, Best Weight in practice – the reality, not the reality television, of interdisciplinary community based weight management

3:15 – 3:45 pm Panel Discussion – All

3:45 – 4:30 pm **Arya Sharma**, Tools for obesity management in primary care: 10 Things Family Doctors Can Do To Address Obesity—Presentation and discussion

Dr Marie-France Langlois, Université de Sherbrooke

Marie-France Langlois MD, holds a senior clinician-researcher scholarship from the Fonds de la recherche en santé du Québec (FRSQ) and is Director of the Obesity Unit of the clinical research center of the Centre hospitalier universitaire de Sherbrooke (CHUS). She currently holds funding from CIHR, CDA, Heart and Stroke Foundation, Lawson Foundation and the Ministry of health of Québec. Her primary area of expertise includes nuclear receptors mechanisms of action, prevention of obesity in young adults and the development of integrated obesity management systems (including multidisciplinary approaches, networking between primary care physicians and specialists).

Brigitte Lachance est diététiste-nutritionniste, conseillère en promotion de saines habitudes de vie et en prévention des maladies chroniques au ministère de la Santé et des Services sociaux depuis 1987. À ce titre, elle a fait partie de nombreux groupes de travail et de nombreuses recherches, dont celui pour l'élaboration de la Politique de la santé et du bien-être, coordonné le groupe de travail sur les habitudes de vie et les maladies chroniques pour l'élaboration du Programme national de santé publique 2003–2012 et pour sa mise à jour en 2008.

Au cours des années, elle a contribué de façon significative dans plusieurs dossiers au Ministère, entre autres, dans ceux de lutte au tabagisme, de promotion d'une saine alimentation, de coordination du programme Kino-Québec en promotion de l'activité physique, de prévention des maladies cardiovasculaires, du cancer, du diabète et des problèmes reliés au poids.

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Co-auteure du Plan d'action gouvernemental de promotion des saines habitudes de vie et de prévention des problèmes reliés au poids 2006–2012, Investir pour l'avenir, elle s'occupe plus précisément de la mise en œuvre des diverses actions éléments du plan d'action qui concernent des services aux personnes atteintes de problèmes de poids.

Récipiendaire d'un prix Cœur Québec de la Fondation des maladies du cœur du Québec en 2002 et du prix Andrée-Beaulieu pour l'excellence en communication scientifique 2010 de l'Ordre professionnel des diététistes du Québec, madame Lachance possède à son actif plusieurs publications scientifiques et documents vulgarisés en lien avec la promotion de saines habitudes de vie et la prévention de maladies chroniques.

Fannie Dagenais, RD, MSc, Director and Spokesperson for Equilibre is a dietitian and, since 2004, director and spokesman of Equilibre. Prior to joining the Equilibre team, she worked in the Office of National Public Relations as a consultant in communications, marketing and public relations for clients in food industry. She has extensive experience in designing, planning and project coordination, strategic communications, event planning, research and in developing programs and educational tools for the public and health professionals.

Paul Poirier is a graduate of Laval University, Québec, Canada. He received his bachelor degree in physical activity sciences and a Master' degree in experimental medicine studying the role of exercise training in Type 2 diabetes. He then obtained his MD degree in 1992 from Laval University where he subsequently completed specialty trainings in internal medicine and in cardiology from Laval University and also completed a PhD in experimental medicine studying the role of exercise in diabetes and the impact of diabetes on exercise capacity. He pursued post-doctoral studies at the University of Colorado Health Sciences Centre (Denver, Colorado) in the Endocrine division under the guidance of Dr. Robert H. Eckel. He is an associate professor of the faculty of pharmacy at Laval University.

Robert Perreault MD FRCPC is an associate professor of psychiatry at McGill University and a member of McGill's Health Informatics Research Group. He is also scientific director of the Clinical Prevention Group at Montréal's Direction de santé publique, the local Public Health Authority. Dr. Perreault was the co-developer of Québec's Health Guide, the health information portal of the Québec Government. He is currently in charge of medical and professional affairs for the Health Guide.

Jean-Patrice Baillargeon, MD, MSc is currently assistant professor at the Université de Sherbrooke and an active member of the obesity multidisciplinary team of the Clinical research center of the Centre hospitalier universitaire de Sherbrooke. He obtained a Master's in Clinical research and Biostatistics and is chercheur-boursier-clinicien of the FRSQ. He currently holds funding from CIHR and FRSQ. His primary area of expertise includes obesity, health system improvement and the implication of obesity and insulin action in the pathophysiology of the polycystic ovary syndrome.

Dr. Yoni Freedhoff is the founder and Medical Director of the Bariatric Medical Institute in Ottawa, an interdisciplinary behavioural weight management program. Formally trained in family medicine, his practice has been exclusively dedicated to the treatment of overweight and obesity since 2004. Recently Dr. Freedhoff helped to found Reality Coalition Canada, a non-profit obesity advocacy group meant to shine a spotlight of reality on obesity related issues. You can find Dr. Freedhoff most easily on his daily blog Weighty Matters (www.weightymatters.ca).

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

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Key Topics in Rehabilitation for Persons with Obesity – Thursday, April 28

Afternoon Only – Salon Joyce

This workshop targets rehabilitation scientists and practitioners interested in exploring evidence and practice for persons with obesity. Participants in this session will spend time in a large group session reviewing and discussing general roles and responsibilities of rehabilitation in a variety of clinical and community settings. Participants will have the opportunity to select two out of four key topics in which to learn and discuss specifics of rehabilitation practice. Topic areas include: environmental assessment; seating and mobility; wound and skin care and; self-care and self-management. Participants will reconvene near the end of the workshop to identify areas of common ground in rehabilitation and bariatrics. The overall workshop will be facilitated by Dr. Mary Forhan. Individual topics will be facilitated by expert speakers.

12:30 – 12:40 pm Orientation to the workshop

12:40 – 1:00 pm Overview of evidence and current practice of rehabilitation for persons with obesity

1:00 – 2:15 pm Session A (participants select one topic from option of four topics)

2:15 – 2:30 pm – BREAK

2:30 – 3:45 pm Session B (participants select one topic from option of four topics)

3:45 – 4:30 pm Panel discussion highlighting key messages from each of the four key topic areas.

Key Topic Options for Participants

Participants must select two topic sessions at the time of registration. Participants will be assigned to a session based on their topic selections.

Title	Details	Facilitators
1. Environmental Assessment	This session will focus on assessing the quality and accessibility of spaces in which people live, work, play and receive health care services. The principles of universal design and enabling participation in meaningful occupations will be discussed along with identification of resources that can be used to identify and remove barriers in the environment.	Lili Liu, Professor & Chair, Dept. of Occupational Therapy, Faculty of Rehabilitation Medicine, University of Alberta
2. Seating and Mobility	Obesity presents challenges in the measuring and fitting of seating and mobility devices. This session will identify special considerations for the prescription of seating and mobility devices for persons with obesity including portability, skin integrity and funding.	Kathryn Fisher, Education Manager and Assistive Technology Practitioner (ATP) for Shoppers Home Health Care in Toronto
3. Skin and Wound Care	Obesity is associated with multiple risk factors that increase the probability of developing skin/wound issues and predispose a person to impaired wound healing. This session will build on the health care professionals' pre-existing skin and wound knowledge and provide an overview of skin breakdown and wound healing specific to persons living with obesity. Practical strategies for the management of pressure ulcers, skin folds, lymphedema, lipedema and surgical wound dehiscences will be discussed.	Nicole Hodgkinson BScOT(c), MClSc Wound Healing, Plastic Surgery Wound Care Consultant

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Title	Details	Facilitators
4. Self-Care and Self-Management	Performance of self-care activities including toileting, grooming, dressing and meal preparation have been identified as challenges for persons living with obesity. This session will focus on identifying key areas of self-care and associated strategies to enable participation and satisfaction with performance of self-care activities. Strategies discussed will include energy conservation and the use of assistive devices.	Mary Forhan, OT Reg(Ont) PhD, School of Rehabilitation Science, McMaster University, Hamilton, ON; Pamela Hung, MScOT(C), Occupational Therapist, Weight Wise Adult Bariatric Centre, Royal Alexandra Hospital, Edmonton, AB

Learning Objectives

1. Environmental Assessment

- Raise awareness about features of spaces that enable participation in life, work, play and healthcare services.
- Apply principles of universal design in bariatrics.
- Identify environmental barriers that limit participation for persons with obesity and strategies for change.

2. Seating and Mobility

- Identify special considerations for the prescription of seating devices
- Identify key considerations for mobility devices
- Learn about funding opportunities for bariatric seating and mobility devices
- Gain experience in assessment for the prescription of seating and mobility devices for children and adults with obesity

3. Skin and Wound Care

- Identify the difference between interface pressure identified on a mapping devices vs. capillary closing pressure to properly assess risk of ulcer development.
- Develop clinical reasoning skills regarding how to manage the multitude of factors impairing wound healing in adults with obesity.
- Learn about practical interventions used to enable persons living with obesity to maintain skin integrity.

4. Self-Care and Self-Management

- Discuss self-care issues associated with obesity.
- Identify strategies to enable participation and satisfaction with self-care activities.
- Discuss strategies to promote self-care in the context of self-management.

Mary Forhan is an occupational therapist with more than 15 years of clinical experience in the areas of psychosocial and physical rehabilitation. She has planned and facilitated a number of small and large group workshops in the areas of eating disorders, mental health and healthy lifestyles. These workshops and groups have been attended by clients and healthcare professionals. Most recently, Mary joined the School of Rehabilitation Sciences at McMaster University as a part-time faculty member. Obesity is a topic of current interest for Mary and she was one of the first occupational therapists in Canada to define the role of occupational therapists working with clients who have obesity.

Pam Hung completed her Master of Science in Occupational Therapy at Queen's University in 2007. She is currently working as an occupational therapist in the Weight Wise Adult Bariatric Centre at the Royal Alexandra Hospital in Edmonton, Alberta. She also works on the inpatient medical, orthopedic, and arthroplasty units.

In the Weight Wise Adult Bariatric Centre, Pam works as part of the multi-disciplinary team to support and encourage patients to be independent in managing self-care, productivity, and leisure activities. She is one of the first occupational therapists to develop the role of occupational therapy in this clinic. She has created patient education materials for use in individual and group-based assessment and treatment.

For the past 2 years, Pam has also acted as a facilitator for a course on inter-professional health team development for health science students at the University of Alberta.

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Nicole Hodgkinson BScOT (c), MCISc (Wound Healing)

Since graduating from the University of Alberta Occupational Therapy program, Nicole has dedicated her professional career to wound management. Upon graduation she spent one year overseas, almost half of that was working with a variety of volunteer organizations in India. It was in Calcutta, in “Kalighat- Home for the Dying”, that she developed a passion for treating people with chronic wounds.

When she returned to Edmonton, Nicole was recruited to be a part of the development of a trans-disciplinary wound care team for the Plastic Surgery Department at the University of Alberta Hospital. She has since participated and chaired several wound management and prevention committees both in house and for the new Alberta Health Services region and has designed a therapeutic surface specific to preventing pressure ulcers in patients with unstable spinal injuries. She has also developed and presented wound assessment and management courses for allied health and nursing audiences. Nicole has since completed her Masters of Clinical Science in Wound Healing from the University of Western Ontario. Her latest endeavor includes a instructing pressure ulcer management module and developing a knowledge translation course for the University of Alberta Occupational Therapy Department.

Lili Liu's research focuses on the applications of technologies, such as telehealth and virtual reality for rehabilitation assessments and interventions in older adults. Currently, she is examining how continuing care centres can provide efficient care while maintaining homelike environments for elderly residents. She is also interested in universal design as it relates to technologies, products and built environments.

Policy Advocacy for Obesity Prevention: Protecting Children from Commercial Marketing – Thursday, April 28 Afternoon Only – Salon Lamartine

This interactive workshop will:

- 1) Explore the relationship between commercial marketing to children and obesity, including how Canada fares in the international context regarding marketing exposure
- 2) Analyze lessons learned from the protective policy approaches enacted in the province of Québec and around the world; and
- 3) Present models of addressing marketing to children at federal, provincial, and local levels.

Participants will be engaged in debate about the issues and learn how to develop and implement advocacy strategies in response to marketing to children. Two coalitions aimed at reducing obesity, from Alberta and Québec, will co-facilitate this workshop.

This workshop will be conducted in English; however, if there is sufficient interest, there will be a French-speaking group during the breakout session.

Workshop Outline:

This half-day workshop will provide an interactive forum for:

1. Sharing evidence related to obesity and marketing to children,
2. Reviewing the lessons learned in the province of Québec, and
3. Learning and applying models of addressing marketing to children at the federal, provincial, and local levels.

Panel Presentations

In the first part of the workshop, short research-based presentations will provide the context and evidence for the detrimental health effects of consumer marketing to children. This will be followed by a presentation of the lessons learned in the province of Québec, long seen as the gold standard in the application of policy approaches to the protection of children from commercial advertising. Panel presentations will conclude with an overview of models of addressing marketing to children.

Panel Discussion

Panelists, key stakeholders and workshop participants will engage in a debate on the issues presented. Workshop participants will join in breakout sessions which include the development of a marketing campaign for the protection of children.

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Panel Presentations

12:30 – 12:40 pm **Introduction, Suzie Pellerin, Kim Raine**

12:40 – 1:10 pm **Research – The Evidence**

Kim Raine, How much exposure do kids get? **Marie-Ève Nadeau**, Coalition Poids – original research, **Monique Potvin-Kent** Overview of the research on the effects of marketing to children

1:10 – 1:20 pm **Models to Address – Marketing to Children/Regulatory Approaches**

François Décary-Gilardeau, Going forward with legislation to ban marketing to children.

1:20 – 1:30 pm **Lessons Learned – From Québec**

Suzie Pellerin, Strengths and weaknesses of the Québec model

Panel Discussion

1:30 – 2:00 pm **Discussion**, Workshop presenters, representatives from key stakeholder groups and workshop participants will debate the research and models presented.

2:00 – 2:15 pm – BREAK

Breakout Groups

2:15 – 3:30 pm Using the principles learned thus far, workshop participants will work with those at their tables to develop an advocacy/ marketing campaign in support of the health of children (e.g., social marketing campaign etc.)

Final Discussion

3:30 – 4:00 pm Campaigns will be briefly presented and discussed.

Learning Objectives:

At the end of this presentation, participants should be able to:

- Display an understanding of how commercial marketing to children contributes to pediatric obesity, and
- Have an understanding of the strategies to develop advocacy activities and be able to apply them in the protection of children from consumer marketing (and by extension to the promotion of healthy body weights and health promotion in general).

Ms. Monique Potvin Kent is a PhD Candidate in Population Health at the University of Ottawa. She has a background in political science, psychology and eating disorders and has been doing research on marketing directed at children in Canada for the past four years.

Ms. Suzie Pellerin is Manager and Spokesperson for the Québec Coalition on Weight-Related Problems. She launched her career in politics, and then moved on to various roles in communications management. In 2007, she decided to focus on children's health by joining CHU Sainte-Justine. She was then hired to pursue this vocation within the Weight Coalition, an initiative sponsored by the Association pour la santé publique du Québec.

Ms. Marie-Ève Nadeau has an Honours Degree in Communication from the University of Ottawa where she is currently a Master's student. She holds numerous assistantships and works on various research projects for the University of Ottawa. Currently she is researching the impact of television food advertising aimed at children (meta-analysis of studies on food advertising to children). Professionally, Marie-Eve has worked in communications (Media Relations and Public Affairs) for the Government of Canada.

Dr. Kim Raine is currently Professor in the Centre for Health Promotion Studies, School of Public Health, University of Alberta, Edmonton. She also holds a CIHR/HSFC Applied Public Health Chair. Her research program, Promoting Optimal Weights through Ecological Research (POWER) explores the social and environmental determinants of the emerging obesity epidemic. Her team's research explores the ways in which social conditions and people's behaviours (particularly food and eating behaviours) interact to transmit obesity and chronic diseases through social means.

François Décary-Gilardeau works as an Agri-Food Analyst for Option consommateurs. His work primarily consists of promoting and defending the interests of consumers. His areas of expertise include food safety and commercial

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law and practices in the food industry. Before joining Option consommateurs, Mr. Décarry-Gilardeau worked for the Chaire de responsabilité sociale et de développement durable at Université du Québec à Montréal (UQAM). François Décarry-Gilardeau earned a degree in Political Science from Université de Montréal, and is currently pursuing post-graduate studies at UQAM's Institut des sciences de l'environnement. He is trilingual, and has studied in Mexico and the United States.

Provincial Obesity Strategies: Challenges, Solutions and Surprises – Thursday, April 28

Full Day – Main Ballroom

Workshop Description:

- Explore the latest provincial obesity strategies through four case study presentations provided by BC, Alberta, Ontario and Québec
- Educate participants about the challenges of creating an obesity strategy
- Analyze lessons learned from the provinces

This workshop will be conducted in French/English with simultaneous English/French translation.

This full-day workshop will provide an interactive forum for:

- Sharing evidence related to obesity and successful reduction strategies
- Reviewing lessons learned from the various provinces, and
- Highlight key projects and initiatives happening in Canada

Panel Presentations and Debate:

In the first part of workshop four case studies will be presented. Case studies will include an environmental scan of provincial obesity reduction strategies. Key invited guests (panelists) will listen to the presentations and present a summary of what they've heard, including the strengths and weaknesses of each plan. Panelists will then debate and discuss the case study presentations. Panelists, key stakeholders and workshop participants will engage in debate on the issues and strategies presented.

Panel Presentations

- 8:00 – 8:05 am** **Welcome**
Dr Alain Poirier, Ministère de la Santé et des Services sociaux du Québec, Welcome to workshop participants
- 8:05 – 8:15 am** **Introduction**
Facilitators/Moderators: Introduction & Overview of Workshop
- 8:15 – 9:15 am** **Provincial Presentations**
Lyne Mongeau (MSSS), Richard Massé (MSSS), Environmental Scan Province of Québec
- 9:00 – 9:15 am** Moderated Q&A
- 9:15 – 10:15 am** **Brenda Gluksa (MOH)**, Environmental Scan – Province of Ontario
- 10:00 – 10:15 am** Moderated Q&A
- 10:15 – 10:30 am** – **BREAK**
- 10:30 – 11:15 am** **Angela Estey (AHS)**, Environmental Scan – Province of Alberta
- 11:15 – 11:30 am** Moderated Q&A
- 11:30 – 12:30 pm** – **LUNCH BREAK AND NETWORKING**
- 12:30 – 1:15 pm** **Lydia Drasic & Andrew Hazlewood (BC Ministry of Health Services)**, Environmental Scan – Province of British Columbia
- 1:15 – 1:30 pm** Moderated Q&A

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Panel Discussion

1:30 – 2:00 pm **Moderated Discussion,** Panel consisting of representatives from key stakeholder groups will summarize what they've heard from the case studies, highlighting strengths, weakness, and gaps.

2:00 – 2:15 pm – BREAK

2:15 – 3:45 pm **Moderated Discussion,** Panel will debate the research, models and programs presented, asking key questions of the presenters. Audience participation is encouraged.

Closing Remarks

3:45 – 4:00 pm Presented by moderators

Lydia Drasic has a background in Public Health Nursing, completed her Master's in Business Administration degree focusing on managerial leadership and organizational development and is a Certified Health Executive with the Canadian College of Health Services Executive. Her experience includes senior management positions both at the operations and strategic planning levels. Her current position as Interim Executive Director, Population Health Surveillance and Disease Control Planning with the Provincial Health Services Authority has a key focus on addressing chronic disease prevention issues through surveillance and knowledge synthesis translation and exchange initiatives.

Angela Estey is Executive Director, Provincial Chronic Disease Programs, in the Community & Rural, Primary Care & Chronic Disease Management portfolio of Alberta Health Services (AHS). With over 20 years of experience in health care, Angela has worked in a variety of leadership positions including administration and service delivery planning within different sectors of the health care system. Much of her work has focused on integration and change management both in the acute and primary care sectors.

Brenda Gluska has worked in the Ontario Public Service since 1993, beginning in Communications and Information at the Ministry of the Attorney General. In close to 15 years at the Ministry of Health and Long-Term Care Brenda has amassed wide-ranging experience in operational management, implementation and policy development in connection with numerous projects including physician payment and the Schedule of Benefits, Primary Care Reform, and the Out-of-Country Program. Brenda holds a Master's in Public Administration from Queen's University.

Andy Hazlewood began his public service career in 1972 with Saskatchewan Department of Health after receiving a Diploma of Technology from the British Columbia Institute of Technology. In 1985, he received his Bachelor of Applied Arts from the Ryerson Polytechnical Institute in Toronto. In 1986 he joined the British Columbia Ministry of Health as the Director of Environmental Health. Since that time, Andrew has held increasingly responsible positions in Public Health, and is currently Assistant Deputy Minister, Population and Public Health.

Currently, Andrew works closely with the Provincial Health Officer on Population and Public Health's core functions of health improvement; prevention of disease injury and disability; environmental health; and emergency management are implemented using a variety of strategies including: health promotion, health protection, preventive interventions, self-care initiatives, and health assessment and surveillance. As well, increasing the awareness of the health status of British Columbians, and addressing factors that lead to poor health, are part of Andrew's mandate. This is especially important within the Aboriginal population of British Columbia and for seniors and women.

Lyne Mongeau's background is in Nutrition and she holds a master and a Ph.D. in Public Health. Most of her work in the past 30 years has been on weight-related problems, at first as a clinician, then developing programs (What About Losing Weight? and Healthy Mind, Healthy Body). She did pioneer work in the surveillance field developing measures for body image in youth. Concomitant to her training in Public Health, she's been an advocate for the development of a global strategy on weight problems for Québec. Since March 2007, she's the Coordinator of the 2006-2012 Government Action Plan to Promote Healthy Lifestyle and Prevent Weight-related Problems, Investing for the Future, at the Ministry of Health and Social Services, Government of Québec. Her responsibilities include developing and supporting collaborative efforts between several ministries committed into the action plan, regional health authorities and other intersectoral partners. In January 2007, she was awarded the prestigious « Scientifique de l'année » Award by Radio-Canada for year 2006. In 2009, she received the Merit of the Québec Interprofessional Council in recognition of the excellence of her contribution to the professional system.

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Breaking the Obesity Cycle: Understanding the Origins in the Maternal/Infant Dyad – Thursday, April 28 Full Day – Salon C

Workshop Description:

The proposed workshop is designed to provide a forum for continuation of the interaction between scientists involved in research on the early determinants of adult health and disease (specifically obesity) and to develop a shared vision of niche areas for research in this field in Canada. An evaluation of translation of current knowledge into practice and policy will be addressed by engaging key stakeholders amongst health professionals and policy makers in discussion panels with the workshop.

Learning Objectives:

At the end of the workshop, participants should be able to:

- Understand the current evidence of the early origins of obesity from epidemiology, mechanistic (basic) and clinical research perspectives of fetal/neonatal exposures as determinants of obesity risk;
- Know to what extent current evidence supports recommendations for change in practice management or policy to improve the health of mothers during pregnancy or infants in early life with the goal of reduction in obesity risk;
- Recognize the key priorities for research in this field within Canada that reflect our demographic diversity; and
- Gain a perspective on how to foster collaborations among basic and clinical research scientists, clinical practitioners and public health policy makers with the goal of expediting knowledge into practice to benefit the health of mothers and children.

MORNING SESSION

8:00 – 8:15 am Introduction & Objectives of Workshop Stephanie Atkinson, Workshop Co-chair

Session I – Maternal Obesity and Pregnancy Outcomes
Co-Chairs: **Dr. Sarah McDonald** and **Michelle Mottola**

8:15 – 8:45 am **Sandeep Raha, McMaster University**, Maternal obesity contributes to poor neonatal health: The role of the placenta (insights from animal studies)

8:45 – 9:15 am **Anna-Mari Siega-Riz, University of North Carolina**, Determinants of gestational weight gain and post-partum weight retention

9:15 – 9:45 am **Julie Robitaille, University of Laval**, Maternal obesity, gestational diabetes and outcomes

9:45 – 10:15 am **Michelle Mottola, University of Western Ontario**, Maternal interventions to modify gestational weight gain

10:15 – 10:30 am – BREAK

10:30 am Panel Discussion for Session I
Moderator: **Dr. Alan Bocking**

A panel of experts including the speakers, clinical practitioner representatives from medicine, nursing, mid-wifery and nutrition, and government representatives from the Office of Nutrition Policy and Promotion, Health Canada will generate discussions of the interpretation of the current scientific evidence and implications for clinical practice and policy with regard to modifiable factors for pregnant women to improve health outcomes

AFTERNOON SESSION

Session II – Lifestyle Influences & Risk of Obesity in the Maternal/Infant Dyad
Co-chairs: **Dr. Stephanie Atkinson** and **Dr. Linda McCargar**

12:30 – 1:00 pm **Linda McCargar, University of Alberta**, Overview: Systematic review of early childhood biomarkers of adult obesity

1:00 – 1:30 pm **Lise Dubois, University of Ottawa**, Early determinants of childhood obesity in singletons and twins: a comparative analysis from Québec birth cohort data

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1:30 – 2:00 pm **Matthew Gillman, Harvard University, Boston, USA**, Growth velocity in early life and childhood obesity: Project VIVA

2:00 – 2:30 pm **Heather Dean, University of Manitoba**, Breaking the cycle of obesity and type 2 diabetes: Understanding the origins in the maternal-child dyad in Indigenous peoples.

2:30 pm – BREAK

3:00 pm Panel Discussion for Session II
Moderator: **Dr. Anne Junker**

To include the speakers, prenatal clinician caregiver (MD or midwife), pediatrician, dietitian and representative from infant formula industry to discuss with the audience the practical aspects of implementation of change in maternal/infant lifestyle factors targeted to reduction in obesity risk in the offspring.

4:00 pm **Closing Panel – Niche Directions for Canadian Research**
Facilitators: **Dr. William Fraser** and **Dr. Stephanie Atkinson**

A panel of scientists and practitioners will lead the audience in a discussion of how Canada can develop a leadership role through MICYRN and the relevant institutes of CIHR to “Break the obesity cycle targeted to the maternal/infant dyad”

Dr. Sandeep Raha holds the position of Assistant Professor in the Department of Pediatrics, along with Associate Member of the Department of Biochemistry and Biomedical Sciences, McMaster University. He is also serves as the Coordinator for the Medical Sciences Graduate Program, Nutrition and Metabolism division at McMaster University. Dr. Raha completed his PhD at the University of Toronto, Department of Biochemistry focussing on purinergic receptor signaling. His post-doctoral research was carried out at the Hospital for Sick Children in Toronto, studying how mitochondrial dysfunction results in the production of reactive oxygen species.

Dr. Anna Maria Siega-Riz, Professor of Epidemiology and Nutrition, Associate Chair of Epidemiology, University of North Carolina Gillings School of Global Public Health, Chapel Hill, NC

Dr. Anna Maria Siega-Riz is a Professor in the Department of Epidemiology and joint appointed in the Department of Nutrition in the Gillings School of Global Public Health at the University of North Carolina, Chapel Hill. Dr. Siega-Riz is a fellow at the Carolina Population Center and serves as the Associate Chair of the Department of Epidemiology and Director of the Nutrition Epidemiology Core for the Clinical Nutrition Research Center in the Department of Nutrition. She is also the program leader for the Reproductive, Perinatal and Pediatric Program in the Department of Epidemiology.

Julie Robitaille is a registered dietitian and member of the “Ordre professionnel des diététistes du Québec”. She completed a MSc (2002) and a PhD (2006) in nutrition at Laval University, Québec (QC) where she studied nutritional and genetic determinants of the cardiovascular disease risk profile including obesity, the metabolic syndrome and type 2 diabetes.

Dr. Michelle F. Mottola, PhD, FACSM is an Associate Professor with a Joint Position in the School of Kinesiology, Faculty of Health Sciences and the Dept. of Anatomy and Cell Biology, in the Schulich School of Medicine and Dentistry. She is also the Director of the R. Samuel McLaughlin Foundation – Exercise and Pregnancy Laboratory, at The University of Western Ontario, London, ON, Canada, which is the only lab in North America that specializes in the area of exercising pregnant and postpartum women.

Dr. Linda McCargar is a Professor of Human Nutrition in the Department of Agricultural Food and Nutritional Sciences at the University of Alberta. She is also Director of the Alberta Institute for Human Nutrition. Her research program investigates the effects of nutrition, physical activity, disease states and other factors on energy metabolism and body composition.

Dr. Lise Dubois, PhD is the Canada Research Chair in Nutrition and Population Health. She is Associate Professor in the Department of Epidemiology and Community Medicine at the University of Ottawa. She is also one of the principal scientists of the Institute of Population Health at the University of Ottawa. Dr. Dubois received her

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Bachelor of Science (nutrition) degree from the University of Montréal and a Ph.D. (sociology) degree from Laval University. She is a nutritionist (Ordre des Diététistes du Québec) and a health sociologist. Dr. Dubois' research interests include the study of social determinants and nutrition in populations, childhood obesity, food insecurity and nutrition policy.

Matthew Gillman, MD, SM Dr. Gillman is a Professor and Director of the Obesity Prevention Program in the Department of Population Medicine. His research interests include early life prevention of obesity, asthma, and adult chronic disease; behavior change interventions to prevent obesity; and childhood cardiovascular risk factors. He directs Project Viva, an NIH-funded cohort study of pregnant women and their offspring, focusing on effects of gestational diet and other factors on outcomes of pregnancy and childhood.

Dr. Heather Dean, MD, FRCP graduated from Medicine at Queen's University in Kingston, Ontario and pursued pediatrics and pediatric endocrinology training in Montréal, Ottawa and Winnipeg. She has been a full time academic clinician in Winnipeg since 1983. She is Assistant Dean (academic), Faculty of Medicine, Professor of Pediatrics and faculty liaison for the Interprofessional Education Initiative at the University of Manitoba. Her major research activities focus on the epidemiology, care, education, support and prevention of type 2 diabetes in children.

Dr. Stephanie Atkinson, PhD, FCAHS is Professor and Associate Chair (Research) in the Department of Pediatrics, and Associate Member in the Department of Biochemistry and Biomedical Sciences, Faculty of Health Sciences, McMaster University and Professional Staff in McMaster Children's Hospital. Dr. Atkinson's research explores nutrition, disease and/or drug exposures during fetal, neonatal and early childhood life as determinants of growth and development in childhood and as risk factors of chronic disease. Currently, she investigates early determinants of obesity, diabetes, and risk of cardiovascular disease and osteoporosis in children through a longitudinal birth cohort study. In related work, Dr. Atkinson co-leads the Canadian Birth Cohort Research Network initiative through the Maternal, Infant, Child and Youth Research Network (MICYRN).

Rhonda Bell, Professor in Human Nutrition, University of Alberta. My research focuses on human nutrition and diabetes and spans from basic physiology and biochemical aspects of nutrition to examining ways to promote a healthy lifestyle for the treatment of diabetes. My basic research examines the role that fructose, dietary fat, and other nutrients play in affecting the development and expression of insulin resistance, altered insulin secretion and Type 2 diabetes across the lifespan. My second area of research focuses on developing practical, efficacious and effective approaches to support healthy eating and increased physical activity in people with Type 2 diabetes.

Anne Junker, MD, FRCPC is an Associate Professor, UBC Department of Pediatrics and a clinical immunologist specializing in the genetic immunodeficiency disorders, with research experience establishing mother-infant cohorts for longitudinal studies of host immune-pathogen consequences of early infant infections with herpes group viruses. As Senior Medical Director for Pediatric Medical Specialties at BC Children's Hospital she managed a portfolio that encompassed 25 clinical programs associated with 10 subspecialty divisions in the Department of Pediatrics, with oversight of related inpatient, medical daycare, clinic and office facilities.

Mainstreaming the Sciences of the Brain and Society into Individual and Socio-environmental Obesity Prevention

Thursday, April 28 Full Day – Salon 4

The workshop will feature key components of the Brain-to-Society (BtS) model of motivated choice individual choice as the result of a complex and dynamic interplay between biology and environment. The BtS models views that organizational and collective choices made by a wide variety of societal systems define the choice architecture presented to biology and individual selfcontrol. It delineates (i) the critical role of brain and other biological systems in guiding individual food choices in response to environment; and (ii) the power of organizational and collective choices made by organizations and governments in health, education, agriculture, agri-business, transportation, urban planning, media and other sectors that shape the environment and define, at the aggregate level, the exposure conditions that shape individual-level decisions. The BtS model views the health, economic and others motives, processes and outcomes of individual, organizational and collective choices as a part of the same complex system in need of alignment to ensure a life-course of healthy eating for all.

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Moderator

Vural Ozdemir, Associate Professor, Department of Human Genetics, McGill University, Canada

MORNING SESSION

- 8:15 – 9:40 am** **The Brain-to-Society Approach to Obesity Prevention**
Laurette Dubé, James McGill Chair of Consumer Psychology and Marketing; Founding Chair and Scientific Director, McGill World Platform for Health and Economic Convergence, McGill University, Canada
- 8:45 – 9:10 am** **A Lifespan Perspective Based on Dopamine Gene Variation**
Robert Levitan, James McGill Chair of Consumer Psychology and Marketing; Founding Chair and Scientific Director, McGill World Platform for Health and Economic Convergence, McGill University, Canada
- 8:15 – 9:40 am** **Appetite System, Stress, and Modern environment**
Alain Dagher, Associate Professor, Montréal Neurological Institute, McGill University, Canada
- 9:40 – 10:00 am – BREAK**
- 10:05 – 10:30 am** **Computational Models of Reinforcement Learning and Their Application to Obesity Modeling**
Doina Precup, Associate Professor, School of Computer Science, McGill University, Canada
- 10:35 – 11:00 am** **Decision Neuroscience, Risk Assessment, Choice and Behavior**
Antoine Bechara, CRC Chair in Decision Neurosciences and Neuroeconomics; Professor, Department of Psychiatry, Faculty of Medicine, McGill University, Canada
- 11:05 – 11:30 am** **Genetics Determinants of Sensory Experience and Eating Behaviors**
Ahmed El-Sohemy, Associate Professor and Canada Research Chair in Nutrigenomics, Department of Nutritional Science, University of Toronto, Canada
- 11:35 – 12:30 pm – LUNCH BREAK**
- 12:35 – 1:00 pm** **Sleep Behavior and Obesity**
Reut Gruber, Assistant Professor, Department of Psychiatry, McGill University, Canada
- 1:05 – 1:30 pm** **Techniques to Control Food Cravings: Distraction and Acceptance**
Bärbel Knäuper, Associate Professor, Department of Psychology, McGill University, Canada
- 1:35 – 2:00 pm** **Ontology-based knowledge modeling: Integrating and Applying Knowledge of Obesity to Guide Decisions about Interventions**
Arash Shaban-Nejad, Post-Doctoral Fellow, McGill Clinical & Health Informatics, Department of Epidemiology and Biostatistics, McGill University, Canada
- 2:00 – 2:20 pm – BREAK**
- 2:25 – 2:50 pm** **People in places: Understanding the mechanisms linking neighborhoods to obesity in social epidemiological research**
Spencer Moore, Assistant Professor, School of Kinesiology & Health Studies, Queen's University, Canada
- 2:55 – 3:20 pm** **Social Network Modeling of Lifestyle Behaviors and Obesity**
Derek Ruths, Assistant Professor, Computer Sciences, McGill University, Canada
- 3:25 – 3:50 pm** **Health-Promoting Market Transformation: Exploring Food Supply and Demand Interactions and Policies using System Dynamics Modeling**
Jeroen Struben, Assistant Professor, Strategy & Organization, Desautels Faculty of Management, McGill University, Canada
- 3:55 – 4:20 pm** **Computational Systems Sciences for Obesity and Chronic Disease: Agent Based Modeling**
Ross Hammond, Professor of Agricultural Economics, McGill University, Canada
- 4:25 – 4:50 pm** **Computable General Equilibrium Modeling of a Healthy Diet**
Paul Thomassin, Director, Center on Social Dynamics and Policy, The Brookings Institution, USA
- 4:55 – 5:05 pm** **Concluding Remarks**
Laurette Dubé, James McGill Chair of Consumer Psychology and Marketing; Founding Chair and Scientific Director, McGill World Platform for Health and Economic Convergence, McGill University, Canada

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Vural Ozdemir, Associate Professor, Department of Human Genetics, McGill University, Canada Vural Ozdemir is Associate Professor at the Centre of Genomics and Policy, Department of Human Genetics at McGill University. His interest lies at the intersection of postgenomics medicine, society, policy and global public health. Present research centres on new governance and prospective policy approaches to emerging health technologies or novel applications of existing technologies.

Laurette Dubé, James McGill Chair of Consumer Psychology and Marketing; Founding Chair and Scientific Director, McGill World Platform for Health and Economic Convergence, McGill University, Canada Laurette Dubé is Full Professor and holds the James McGill Chair of consumer and lifestyle psychology and marketing at the Desautels Faculty of Management of McGill University, which she joined in 1995. Dr. Dubé received her Ph.D. from Cornell University in 1990, specializing in consumer and lifestyle psychology and marketing. She has received prior to her doctoral degree a MPS in Marketing and Management (Cornell University), a MBA in Finances (HEC), and a BSc in Nutrition (Laval). Dr. Dubé's lifetime research interest bears on the study of affects and behavioral economic processes underlying consumption and lifestyle behavior and how such knowledge can inspire more effective health and marketing communications in both real-life and technology-supported media.

Dr. Robert Levitan is a Senior Scientist and Section Head of the Mood and Anxiety Program as well as an Associate Professor of the Department of Psychiatry at the University of Toronto. Dr. Levitan is an expert on atypical subtypes of mood disorders characterized by depressed mood and increased eating behaviour, including atypical depression, chronic depression, seasonal affective disorder, and eating disorders such as binge eating disorder and bulimia nervosa.

Alain Dagher MD is a neurologist and associate professor at the Montréal Neurological Institute and faculty of Medicine of McGill University. He received his degrees from McGill University and University of Toronto. He did a residency in Neurology at Cornell and McGill and a fellowship in brain imaging and movement disorders at the Hammersmith Hospital in London. His research focuses on understanding the role of the basal ganglia in normal brain function and disease.

Doina Precup received her B.Eng. in Computer Science (1994) from the Technical University Cluj-Napoca, Romania and her MSc. (1997) and PhD. (2000) degrees from the University of Massachusetts-Amherst, where she was a Fulbright fellow. She joined the School of Computer Science at McGill in 2000, where she is currently an associate professor. Her research interests are in machine learning and artificial intelligence, as well as practical applications of these methods.

Antoine Bechara, PhD, research focus is on "decision neuroscience", or how the brain makes decisions. This field integrates the study of brain physiology with behaviour and enriches the understanding of a variety of human decisionmaking events including the development of economic theories, and political or legal decisions. He developed a decision-making task, the Iowa Gambling Task, which is the first tool to detect and measure a decision-making deficit observed in many patients with frontal lobe syndrome.

Ahmed El-Sohemy is an Associate Professor in the Department of Nutritional Sciences with University of Toronto. He earned his PhD in Nutritional Sciences from the University of Toronto in 1999 and completed a postdoctoral fellowship at the Harvard School of Public Health. The goal of his research is to identify biomarkers of dietary exposure and elucidate the genetic basis for variability in nutrient response and dietary preferences.

Reut Gruber, PhD is a Professor of Psychology at McGill University. Her research looks at how sleep deprivation has consequences for our health and daytime functioning. She is examining the association between sleep and attention in infants, toddlers, children and adolescents, the role of sleep in attention deficit hyperactivity disorder (ADHD) and the genetics of sleep.

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Dr. Knäuper is Associate Professor of Psychology in the Department of Psychology at McGill University and Adjunct Assistant Research Scientist at the Institute for Social Research, University of Michigan. Her research focuses on emotional and cognitive determinants of health self-management and health behavior.

Arash Shaban-Nejad received his Ph.D. in Computer Science from Concordia University, Montréal, Canada. His primary research interest is knowledge representation and semantic web, particularly ontologies and knowledge bases, description logics, category theory, agents, reasoning and inferencing, with special emphasis on applications from health and biomedical domains.

Spencer Moore, an Assistant Professor in the School of Kinesiology and Health Studies at Queen's University and CIHR Institute of Aging New Investigator, is a social epidemiologist with expertise in social networks, social capital, and socioeconomic inequalities in health. He is PI of a CIHR-funded study examining at multiple levels the differential influence of Montréal neighborhood environments on the health of older adults.

Derek Ruths is an Assistant Professor in the School of Computer Science at McGill University. He received his PhD in Computer Science from Rice University in the spring of 2009. In his research, he focuses on developing predictive models of complex networks. While a major ongoing research direction is biochemical networks, particularly those that aid the search for better treatments for cancer, he is very also very interested in networks with social and political relevance.

Jeroen Struben is an Assistant Professor in the Strategy & Organization Area at the Desautels Faculty of Management, McGill University. Jeroen is also research affiliate in MIT's Sloan School of Management, co-leading a project on alternative energy and transportation transitions. Jeroen received a doctorate in management from the Sloan school and a graduate degree in physics from Delft University of Technology.

Ross A. Hammond is a Senior Fellow in Economics Studies at The Brookings Institution, where he is Director of the Center on Social Dynamics and Policy. His primary area of expertise is modeling complex dynamics of social, economic, political, and public health systems using mathematical and agent-based computational methods. His current research topics include: obesity, behavioral epidemiology, corruption and anti-corruption policies, ethnocentrism and intergroup relations, and two of four the dynamics of trust.

Paul Thomassin is an Associate Professor in the Agricultural Economics Program at McGill University. He received his PhD and MSc from the University of Hawaii at Manoa and his BSc (Agriculture) from McGill University. His research area includes consumer willingness to pay for food attributes, macroeconomic analysis of food and agriculture policies, and environmental economics.

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Our Health, Our Future – A National Dialogue on Healthy Weights (by invitation only) **Thursday, April 28** Full Day – Salon A/B

The Dialogue will look to explore with participants the themes and strategies contained within “Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights.” The dialogue will be a mix of presentations, small group and plenary discussions, with a focus on actions that could be taken to address the current childhood obesity epidemic in Canada.

This dialogue is a collaboration between the Public Health Agency of Canada, the Public Health Network Council and the Canadian Obesity Network. The session will be professionally facilitated by Ascentum.

The workshop will cover the following themes:

Theme One: Decreasing Marketing to Children

- What could be done to decrease the marketing of foods and beverages high in fat, sugar and/or sodium to children?

Theme Two: Creating Supportive Environments

- What could be done to make social and physical environments where children live, learn and play more supportive of physical activity and healthy eating?

Theme Three: Improving Access to Nutritious Foods

- What could be done to look at ways to increase the availability and accessibility of nutritious foods?
- How could nutritious foods be made more available to vulnerable populations in Canada, particularly in Canada’s northern and remote communities?

Theme Four: Taking Early Action

- What could be done to identify the risk of overweight and obesity in children and address it early?

FRIDAY, APRIL 29

Building Trust to Address the Epidemic of Obesity: Challenges and Opportunities

Afternoon Only – Salon Lamartine

Hosted by: Diane Finegood

This session will engage participants in the Building Trust Initiative which began in November 2008, with the first of a series of meetings on Building Trust to Address the Epidemic of Obesity. The workshop will open with a presentation which gives the background and lessons learned from the initiative thus far. Participants in this workshop will then contribute to the progress of the building trust effort through a series of table discussions designed to surface the differences in sector paradigms as they relate to important topics such as marketing to children, portion size, weight bias and stigma and the social determinants of health. The session will end with a moderated panel discussion with the audience about the challenges and opportunities of building trust to address obesity. Panel members will represent government, the private sector, non-governmental organizations and academia.

1:30 – 2:15 pm **Presentation:** “Why Building Trust as a means to address obesity?” **Presentation by Diane Finegood**, including video interviews from Building Trust 3

2:15 – 3:30 pm Table discussions to surface perceived and actual sector perspectives on some key leverage points for change. Participants will be asked to self-identify their primary perspective (government, NGO, academia, private sector, other) and move through a series of short small group discussions designed to help participants understand multiple perspectives on two to three key issues. Results of the table discussions will be collected and used to stimulate the discussion at future Building Trust Workshops.

3:30 – 4:30 pm **Panel Discussion and audience Q&A** on “The Challenges and Opportunities for Building Trust to Address Obesity”. Moderated by Diane Finegood, with: Richard Ellis, McDonalds; Jon Kerner, Canadian Partnership Against Cancer; John Spence, University of Alberta; Anton Hart, Canadian Obesity Network and Longwoods Publishing.

Please note once this workshop starts the doors will remain closed to new arrivals because the set-up of the workshop is such that it would be difficult for late comers to join the conversation and also to respect those who are already into debates.

Diane Finegood As a Professor in the Department of Biomedical Physiology & Kinesiology, Dr. Finegood leads the Chronic Disease Systems Modeling Lab (CDSM) which houses staff and students working to build maps, models, and solution-orientated frameworks to help address the problem of obesity. Dr. Finegood also serves as Executive Director of the CAPTURE Project (CANadian Platform To increase Usage of Real-world Evidence) (www.thecaptureproject.ca). This strategic initiative, funded by the Canadian Partnership Against Cancer (<http://www.partnershipagainstcancer.ca/index.html>), will build a system to support the collection and use of practice and policy-relevant, “real world” evidence

In December 2008, Dr. Finegood completed her eight year tenure as Scientific Director of the Canadian Institutes of Health Research, Institute of Nutrition, Metabolism and Diabetes (INMD). During her appointment, she guided Canada’s health research agenda across INMD’s mandate and within its strategic priority on obesity and healthy body weight. Dr. Finegood’s efforts helped to grow Canada’s obesity research and knowledge transfer efforts through support for research, development of innovative research programs (including intervention research on natural experiments), development of key partnerships (with public and private sector organizations including the Public Health Agency of Canada, Heart and Stroke Foundation of Canada and Kraft Foods) and innovative projects like Canada on the Move (<http://journal.cpha.ca/index.php/cjph/issue/view/252>) and the Building Trust workshop series.

workshops

Richard Ellis as Senior Vice President, Communications and Public Affairs at McDonald's Canada, Richard Ellis brings more than 20 years of expertise in guiding a multifaceted team in its efforts to foster an open dialogue and build a stronger connection with internal and external stakeholders. In addition to his leadership of the Communications, Government and Environmental Affairs teams, Mr. Ellis also serves as President, Ronald McDonald House Charities of Canada (RMHC). Prior to returning to the Canadian system where he began his McDonald's career, Mr. Ellis held the position of Vice President, Communications, for McDonald's USA for three years, where he further elevated his reputation as a strong leader, a great people advocate and a trusted counselor. Before joining McDonald's Canada as Vice President in 2003, a position he held for two years, Richard spent 12 years leading the McDonald's account team for public relations agency, Golin Harris. Mr. Ellis began his communications career as Community Relations Officer at Ontario Hydro in Toronto, Canada. Following his time with Ontario Hydro, Richard was Director of Communications at General Mills Restaurants (Canada) Limited and Vice President at Marshall Fenn Communications

Jon Kerner chairs the Partnership's Primary Prevention Advisory Group and is the Senior Scientific Advisor for Cancer Control and Knowledge Translation for the Partnership. Dr. Kerner previously served as Deputy Director for Research Dissemination and Diffusion of the Division of Cancer Control and Population Sciences at the U.S. National Cancer Institute, which is part of the U.S. National Institutes of Health (NIH). Before joining the National Cancer Institute in 2000, Dr. Kerner spent 20 years as a peer-reviewed and funded researcher at two National Cancer Institute-designated Comprehensive Cancer Centers: Memorial Sloan Kettering Cancer Center and Georgetown University's Lombardi Cancer Center. He also served as a peer reviewer on many National Cancer Institute and National Institutes of Health special emphasis panels and study sections. This includes chairing the NIH Community Prevention and Control Study Section (now known as the NIH Community-Led Health Promotion Study Section).

Dr. John Spence, Associate Dean, Research with the University of Alberta

- Background in psychology and behavioural medicine. Focus of research is in the exercise and health psychology domain
 - Research focus on the determinants and benefits of physical activity participation, changes in affect and self in relation to exercise participation in both the laboratory and community settings
 - Dr. Spence is associated with the Sedentary Living Lab
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Anton Hart is Publisher & CEO of Longwoods Publishing Corporation and Chair of the HealthcareBoard. Longwoods publishes academic, scientific and professional journals and information about health care and services. The HealthcareBoard produces related learning programs to translate research, ideas and best practices in support of providers, managers, and policy makers of health care and health services.

He is chair of the Ontario Task Force on Methadone Maintenance Treatment Practices and a member of the board of the Ontario Hospital Association, the board of the Sherbourne Health Centre in Toronto and the Health Information Exchange Education Task Force for the Health Information.

workshops

Obesity in Later Life – Trends, Impacts, and Actions

Friday, April 29 Afternoon Only – Salon Hemon

Objectives

- To present the recent trends and evidence on obesity and healthy weights in older adults and its public health implications; and
- To engage the community of practice in its further exploration and identification of promising future work.

1:30 – 1:40 pm

Trends in obesity in seniors, the obesity picture

Mitulika Chawla, Division of Aging and Seniors, PHAC

- Background – DAS Health promotion and seniors
- What is obesity in seniors (BMI) and why it is an issue
- Recent trends in obesity among seniors

1:40 – 2:20 pm

Living with obesity in senior years – implications on individual and public health

Rob Petrella, Aging, Rehabilitation, and Geriatric Care Research Centre

- Physiology of obesity paradox in seniors
 - Issues of functional disability
- Measures of obesity and evidence in-terms of morbidity
- Co-morbidities
- Treatment – non pharmacological as well as surgery

2:20 – 3:00 pm

What is a healthy weight in senior years?

Helene Payette, Faculté de médecine et des sciences de la santé, Université de Sherbrooke

- Healthy weights in old age – Epidemiological evidence & controversy
- Obesity and frailty
- Weight loss, dietary restriction and their consequences
- Implications on public health message
- Opportunities to understand the issues further

3:00 – 3:40 pm

Managing obesity in senior years, role of physical activity

Clara Fitzgerald, Director – Canadian Centre for Activity and Aging – University of Western Ontario

- Overview of the Canadian Centre for Activity and Aging and the revised physical activity guidelines for older adults in Canada
- Review of the literature related to physical activity, aging and obesity
- Exercise and its important role in weight management, obesity and mortality in the older adult population
- Implications for practice – take action

3:40 – 4:00 pm

Closing remarks

- Implications
- Other aspects that determine obesity – built environments and Age Friendly Communities
- Sum it up

4:00 – 4:30 pm

Questions, Roundtable

Dr. Payette is Professor in the Department of Community Health Sciences, Faculty of Medicine and Health Sciences at University of Sherbrooke and Director of the Research Centre on Aging of the Health & Social Services Center – University Institute of Geriatrics of Sherbrooke. She specializes in nutrition, epidemiology and aging. Her research interests include healthy eating and its determinants, body composition and functional capacities in the aging individual.

Dr. Robert Petrella, MD, PhD, FCFP, FACSMM is the Beryl and Richard Ivey Research Chair in Aging, Rehabilitation, and Geriatric Care (ARGC) at the University of Western Ontario, as well as Assistant Director at the Lawson Health Research Institute. He is also Medical Director of the Canadian Centre for Activity and Aging, and Past President of the Canadian Coalition for High Blood Pressure Prevention and Control. Dr. Petrella holds a CIHR Chair in “Healthy Lifestyles: Healthy Aging.”

workshops

Clara Fitzgerald is a graduate of the University of Toronto and Brock University. She is an active member of a variety of groups working to improve the lives of seniors in Canada. She has been affiliated with the Active Living Coalition for Older Adults (ALCOA) for over 12 years and is currently a Guardian on the ALCOA board of directors. Clara is also a member of the Seniors Health Research Transfer Network (SHRTN) in Ontario, as a Community of Practice Leader.

Mitulika Chawla, B.Sc., M.Sc. is a Policy Analyst at the Public Health Agency of Canada. She has a Bachelor and a Master in Science and is currently pursuing a Masters in Public Health from University of Waterloo. At the agency she has worked on various files such as the surveillance of HIV/AIDS, strategic policy, health promotion related to obesity and other public health issues pertaining to seniors.

SATURDAY, APRIL 30

Collaborative Action on Childhood Obesity

Afternoon Only – Salon Joyce

Overview

The CACO project is a coalition of six national, provincial, and territorial organizations with expertise in policy, research, prevention/promotion and clinical practice.

The project reflects a socio-ecological perspective and is guided by the framework from the Robert Wood Johnson Foundation Bridging the Gap initiative. The objectives for this interactive workshop are to showcase the project plan, present early findings, highlight the knowledge products that will be created, while engaging the audience for inputs, insights, and feedback on our approaches and results to date.

- 1:30 – 1:45 pm** **Introduction:** Addressing childhood obesity and its causes
- 1:45 – 2:15 pm** **Overview:** Highlighting the project plan and specific aims
- 2:15 – 2:55 pm** **School Based Interventions/Programs:** SipSmart, Screen Smart, Drop the Pop
- 2:55 – 3:35 pm** **Partnering First Nations Communities:** Local food solutions, food security and food intake
- 3:35 – 4:15 pm** **Policy Options:** Taxation, Zoning, Advertising to children
- 4:15 – 4:30 pm** **Closing Remarks:** Summary and next steps

Tom Warshawski, MD is a consultant pediatrician practicing in Kelowna, British Columbia. Dr Warshawski is an associate clinical professor of Pediatrics with the University of British Columbia and is the current chair of the Childhood Obesity Foundation and a member of the Healthy Active Living committee of the Canadian Pediatric Society. He is a past president of the BC Pediatric Society and of the Society of Specialist Physicians and Surgeons of BC.

Malek Batal, PhD is a professor of community nutrition at the Faculty of Health Sciences. He currently holds funding from the International Development Research Centre (IDRC), the Canadian Partnership Against Cancer, the Consortium national de formation en santé (CNFS), the Canadian Foundation for Innovation, and the Canadian Institutes of Health Research (CIHR). His research focuses on the social, cultural, economic and environmental determinants of nutrition and their relation with the health of humans and ecosystems. Most of his work takes place within the Indigenous Health Group, a multidisciplinary research team representing fields from Ethnology, Physiology, Biology, Toxicology, Immunology and Nutrition Sciences.

Patti-Jean Naylor, PhD is currently an Associate Professor in the School of Exercise Science, Physical and Health Education at the University of Victoria. Dr. Naylor is the Principal Investigator for the CACO Screen Smart intervention trial and has been involved in obesity prevention research with children for the last seven years. Dr. Naylor's expertise is in obesity and chronic disease prevention, implementation and knowledge exchange research.

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Craig Larsen MHA, BSN is the Executive Director of the Chronic Disease Prevention Alliance of Canada, with a particular interest in childhood obesity, marketing of unhealthy foods and beverages to children, and food security. He has also held leadership roles with the Health Association of BC, the Canadian Institutes for Health Research, and the Canadian Agency for Drugs and Technologies for Health.

Francine Forget-Marin P. Dt., MBA is Director Health Promotion and Research at the Heart and Stroke Foundation of Québec, a volunteer-based health charity who leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy. Prior to her work at the Heart and Stroke Foundation, Francine has been working as a clinical dietitian, Chief clinical dietitian and Head of the dietetic department in an acute care hospital in Montréal. Francine is a clinical dietitian; she holds a B. Sc. in Dietetic and Nutrition and a Master in Business Administration (MBA).

Suzie Pellerin is Manager and Spokesperson for the Québec Coalition on Weight-Related Problems. She launched her career in politics, and then moved on to various roles in communications management. In 2007, she decided to focus on children's health by joining CHU Sainte-Justine. She was then hired to pursue this vocation within the Weight Coalition, an initiative sponsored by the Association pour la santé publique du Québec. Her functions at the Coalition combine all her interests and allow her to tangibly take action and impact quality of life for future generations.

Jennifer Bradbury is the Executive Director of the Childhood Obesity Foundation (COF), a Canadian registered charity whose mission is to identify, evaluate and promote best practices in healthy nutrition and physical activity to reduce the prevalence of childhood obesity. A partner in the "Collaborative Action on Childhood Obesity (CACO)", an initiative of the Canadian Partnership Against Cancer's 'Coalitions for Linking Action and Science for Prevention (CLASP) initiative, Jennifer coordinates the COF's activities within the CACO initiative.

Amanda Douglas is the Healthy Schools Project Coordinator in Yellowknife, Northwest Territories. Her position is comprised of two separate projects. The first component of her job is in partnership with Collaborative Action on Childhood Obesity (CACO), with whom she is working on contextualizing BC's Sip Smart and Screen Smart programs, which will soon be implemented throughout the NWT. The second component of her job is to work with schools and communities in the NWT, on behalf of Green Communities Canada, to promote their School Travel Planning Model that encourages safe and active transportation.

Emmanuelle Dumoulin is a health promotion project coordinator at the Heart and Stroke Foundation of Québec. As member of the Collaborative Action on Childhood Obesity group (part of the Coalitions linking action and science for prevention project), she is working on the adaptation and implantation of educative programs in elementary schools. Sip Smart, Screen Smart and Drop the Pop are hands-on programs develop for teachers in order to raise children's awareness about healthy drink choices and physical activity which are important factors link with childhood obesity. She holds a B.Sc. in Nutritional Sciences from the McGill University.

workshops

A Fine Balance: Engaging and Empowering Parents in Pediatric Weight Management **Saturday, April 30** Afternoon Only – Salon Kafka

Effective treatment of pediatric obesity necessitates the involvement of both children and parents to make sustainable individual and environmental changes. While parent involvement has long been seen as necessary, the exact role of parents in treatment varies according to childrens' age and stage. This presentation will focus on developmentally appropriate roles for parents and children in pediatric weight management and ways these can be encouraged by clinicians. This will include matching parenting strategies, and communication skills, for addressing weight and lifestyle habits to the developmental abilities of the child. In addition, treatment strategies for working with children and parents at different stages of motivation and commitment will be presented. This presentation includes interactive components and will provide participants with practical skills for teaching parenting strategies and treatment planning with families.

This workshop will include different session activities (didactic information, discussion, case examples) and is geared towards health care professionals from diverse disciplines.

1. Overview of family systems approach to pediatric weight management and rationale for involving the entire family system in treatment regardless of the age of the child.
2. Interactive group discussion: Common parent and child reactions to weight management and responsibility taking.
3. Strategies for developing relationships with parents and engaging them in treatment.
4. Overview of developmental abilities and challenges of children at different ages (elementary school, middle school, high school).
5. Matching the family's stage of change to type of treatment. Introduction of matrix heuristic for working with children and parents at different stages of motivation. This heuristic takes into account parent motivation and ability, child motivation and ability, and child developmental stage.
6. Strategies for parents of elementary aged children. Focus on environmental change, normalization, structure and limits.
7. Strategies for parents of high school aged children. Focus on teaching parents motivational interviewing skills, appropriate responsibility taking, and identification of situations when they do and do not have influence.
8. Case Examples: Interactive group treatment planning and identification of parenting strategies for families at different ages and stages.

Dr. Rachel Keaschuk is a registered psychologist working in the Pediatric Centre for Weight and Health at the Stollery Children's Hospital. She completed her Master's and Doctorate in Clinical Psychology at Baylor University. Her residency was completed in child psychology at the State University of New York, Upstate Medical Centre. Dr. Keaschuk is active clinically with children and families who are making lifestyle changes to improve weight-related health concerns.

SUNDAY, MAY 1

Weight Loss in Older Adults: Other Than Body Composition and Metabolic Profile, What are the Implications? – Morning Only – Salon Kafka

- 8:00 – 8:10 am** **Danielle Bouchard**, Introduction and presentation of the sessions
- 8:10 – 8:50 am** **Daniel Birch**, Procedural selection specific to older adults and what do we do with the excluded patients?
- 8:50 – 9:30 am** **Raj Padwal**, Pros and cons of weight loss in the setting of chronic disease
- 9:30 – 10:10 am** **Danielle Bouchard**, Weight loss in older adults and effects on and physical capacity
- 10:10 – 11:00 am** **Valerie Taylor**, Weight loss in older adults and effects on psychological and cognitions aspects
- 11:00 – 11:50 am** **Ian Janssen**, Weight loss in older adults and mortality risk

Dr. Ian Janssen is an Assistant Professor in the Department of Community Health & Epidemiology at Queen's University, with a joint appointment in the School of Kinesiology & Health Studies. Dr. Janssen was appointed to Queen's University in 2004 under its prestigious National Scholars program. His research program focuses on the population and public health importance of obesity in children and adults. In particular,

Dr. Janssen research includes obesity surveillance, examination of the key determinants and outcomes of obesity, the relevance of sarcopenic-obesity, and the clinical assessment of obesity. He has published over 75 research articles and book chapters in these topic areas. In 2002 he was awarded the Governor General's Academic Gold Medal for his doctoral dissertation and in 2005 he was awarded an Early Researcher Award from the Ontario Ministry of Innovation.

Dr. Raj Padwal is an Assistant Professor in the Division of General Internal Medicine at the University of Alberta. He obtained his MD at the University of Saskatchewan and fellowship training in Internal Medicine at the University of Alberta. Afterwards, he trained in Clinical Pharmacology and Clinical Epidemiology at the University of Toronto.

Currently, he serves as the Director of the Hypertension Clinic at the University of Alberta and the Medical Lead for the Alberta Health Authority Regional Obesity Program.

Research interests include pharmacotherapy for obesity and the epidemiology of obesity in Canada.

Danielle Bouchard

Weight loss in older adults: physical capacity and disability

Maintaining independence to be able to achieve daily task such as walking a ¼ mile or climbing stairs is important to optimize quality of life and avoid disability in older adults. Obesity is associated to lower physical capacity than normal weight individuals. This presentation will explore the literature on the short and long term beneficial impact of weight loss to improve physical capacity in specific older adults sub groups as well as other elements that have to be considered such as physical activity and strength.

At the end of this presentation, participants should be able to establish if weight loss should be recommended or not to improve physical capacity, delay or avoid disability in older adults.

Dr. Valerie Taylor is an Assistant Professor in Psychiatry and Behavioral Neurosciences at McMaster University, where she also heads the Mood Disorders Wellness Program and is the new director of the weight loss surgery psychiatry program. She obtained an Honours degree in Biology/Biochemistry at Memorial University, where she also attended medical school. She completed her FRCPC training in psychiatry at McMaster University in 2004 and a 2-year post-doctoral research fellowship in Mood Disorders with the Faculty of Psychiatry and Behavioral Neuroscience in 2006. Her primary research focus is on the association between physical illness, obesity and chronic mental illness.

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Dr. Taylor is involved in clinical and research work at the Bariatric Clinic at the Hamilton General Hospital and with the weight loss surgery program at St. Joseph's Healthcare. There she is involved in research looking at the associations between addiction, obesity and mental health. She has also integrated mental health research with a variety of different medical subspecialties.

Dr. Taylor has published extensively in peer-reviewed journals and is the recipient of numerous academic and research awards and fellowship. She also serves as an obesity expert in Mental Health and Psychology for the Canadian Obesity Network and is a regular columnist for The Hamilton Spectator.

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Daniel W Birch MD completed his surgical residency at McMaster University in Hamilton in 1998. He has completed a Fellowship in minimally invasive surgery at the Minimal Access Training Unit (MATTU) in Guildford Surrey, UK with Mr Michael Bailey and at The University of Kentucky in Lexington, Kentucky with Dr Adrian Park. He was appointed Assistant Professor in the Department of Surgery, McMaster University and Associate Director for the Center for Minimal Access Surgery (CMAS) St Joseph's Hospital in 1999. He was recruited to Capital Health in July 2004 as an Associate Professor in the Department of Surgery, University of Alberta, to lead the development of a centre of excellence in minimally invasive surgery. This centre, CAMIS (The Centre for the Advancement of Minimally Invasive Surgery) is based at the Royal Alexandra Hospital. He has been the Chair of the CAGS (Canadian Association of General Surgeons) Committee on Laparoscopy and Endoscopy since 2005 and Secretary of the Canadian Association of Bariatric Physicians and Surgeons (CABPS) since. He completes advanced minimally invasive procedures for a wide variety of gastrointestinal disease including Bariatric Surgery and is an author on over 30 peer-reviewed publications. He has recently been granted tenure at the University of Alberta in the Department of Surgery.

Canadian Pediatric Weight Management Registry – Towards Improving Practice Nationwide Sunday, May 1 Morning Only – Salon Jarry

This workshop will introduce the Canadian Pediatric Weight Management Registry (CANPWR) currently under development. The session will discuss what we know and what we don't know regarding the management of childhood obesity and how the CANPWR could assist in advancing our knowledge and improving clinical practice. What a registry is and how it can be used will be presented and experiences with similar registries will be provided. The origin, development, feasibility testing and aspirations of CANPWR will be described. Using interactive technology, attendees will contribute to the development of the CANPWR by responding to questions regarding information needs, data gaps, important measures, logistical challenges and future directions.

- 8:00 – 8:40 pm** **Dr. Stasia Hadjiyannakis**, CHEO and University of Ottawa: Best practices in the treatment of childhood obesity – what do we know? What do we not know?
- 8:40 – 9:20 pm** **Dr. Gary Catlin**, Statistics Canada: Health Registry 101: What is it? Why have it? How could it be used and how could it help?
- 9:20 – 10:00 am** **Dr. Reinhard Holl**: German Experience with the Pediatric Obesity Treatment Registry
- 10:00 – 10:30 am** – **BREAK/NETWORKING**
- 10:30 – 11:15 am** **Dr. Katherine Morrison**, McMaster University, Hamilton: CANPWR: Origin, Development, Feasibility Testing and Aspirations
- 11:15 – 12:00 pm** **Dr. Dr. Mark Tremblay**, CHEO Research Institute, Ottawa, Interactive feedback session – questions will be posed to the audience to gather input on CANPWR regarding information needs, data gaps, important measures, logistical challenges and future directions. Instantaneous feedback will be gathered using clicker technology and results will be discussed.

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Dr. Stasia Hadjiyannakis is Chief of the Division of Endocrinology at the Children's Hospital of Eastern Ontario (CHEO) and an Assistant Professor of Pediatrics at the University of Ottawa. She has been an active member of the Department of Pediatrics at CHEO in the division of endocrinology since November 2001 and is the Medical Director of the Pediatric Obesity and Lipid Clinics. Her clinical, advocacy and research interests are in the area of pediatric obesity and related co-morbidities such as metabolic syndrome, dyslipidemia, Type 2 diabetes and polycystic ovarian syndrome.

Dr. Gary Catlin is the Director General of the Health, Justice and Special Surveys Branch at Statistics Canada. The Branch has an extensive household survey program including the Canadian Community Health Survey and the Canadian Health Measures Survey. There is also a broad program of special projects covering diverse subject matters such as child development, financial issues and the environment. The program also includes extensive administrative data such as the Canadian Cancer Registry, Birth and Mortality Registries and extensive crime and justice statistics collected through cooperative arrangements with federal, provincial, territorial and local jurisdictions. There are regular publications through Health Reports and Juristat.

Dr. Reinhard Holl is a pediatric endocrinologist working at the University of Ulm, Germany, in the Department of Epidemiology. He is head of the working-group computer-assisted quality monitoring in medicine and has a 15-year experience in standardized prospective documentation for patients with diabetes (DPV software), obesity (APV-software) as well as congenital hypothyroidism and congenital adrenal hyperplasia. Main research interests are health care research, medical quality management, hierarchical mixed modeling in observational studies, longterm course in chronic disorders (diabetes, obesity, endocrine), especially medical comorbidities in obese adolescents. In addition to epidemiology-oriented research, he sees pediatric patients with endocrine disorders, obesity or diabetes in a private practice.

Dr. Katherine Morrison is a pediatric endocrinologist and Associate Professor in the Department of Pediatrics at McMaster University. Her clinical and research interests relate to the determinants, adverse health consequences and treatment of childhood obesity and lipid disorders in children. Dr. Morrison completed her medical school and pediatric training at the University of Calgary, and her endocrinology training at Stanford University, California. She has held clinical and research positions at the University of Manitoba and the University of Munich. She completed a post-doctoral fellowship in Preventive Cardiology at the Population Health Research Institute, McMaster University with Drs. Yusuf and Teo.

Dr. Morrison is the Principal Investigator in the study Determinants of Change in Childhood Obesity (DECCO) examining the biological, behavioural and social factors which influence the presence of obesity-related health consequences in youth. Their influence on outcome during a two-year treatment program will also be examined. She is also Co-investigator in the CIHR-funded FAMILY study examining the early life determinants for the development of obesity and cardiovascular risk factors. Dr. Morrison is also interested in improving the translation of knowledge to other health care practitioners, the general public and the families who attend her clinics, and is researching ways to improve this communication. She was on the steering committee for the development of the recently published Canadian Clinical Practice guideline for the Prevention and Management of Obesity in Adults and Children, and continues to work on the dissemination of that guideline.

She is active clinically in the Pediatric Lipid Clinic and the Overweight at Risk Clinic at McMaster Children's Hospital. Dr. Morrison is supported in her work by the Heart and Stroke Foundation of Canada and the Canadian Institutes of Health Research.

Dr. Mark Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children's Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chief Scientific Officer of Active Healthy Kids Canada, Chair of the ParticipACTION Research Work Group, Chair of the Canadian Physical Activity Guidelines Project and former Dean of Kinesiology at the University of Saskatchewan.

Dr. Tremblay was the Scientific Director for the Canadian Health Measures Survey currently being conducted by Statistics Canada and currently Chairs its Expert Advisory Committee

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Bariatric Surgery for Adolescents: Canadian and US Perspectives

Sunday, May 1 Afternoon Only – Salon Jarry

The growing number of obese adolescents in Canada combined with the lack of weight loss success of most lifestyle and behavioural interventions has generated a high level of interest in developing and evaluating the efficacy and effectiveness of bariatric surgery for this age group. Emerging evidence from around the world has shown that surgical interventions can induce dramatic weight losses and improvements in a number of physical, metabolic and psychosocial outcomes in obese adolescents. To provide an updated perspective in this area, leading clinicians and researchers from Canada and the US will present up-to-date information and outcomes based on their work.

12:30 – 1:00 pm **Dr. Jean-Pierre Chanoine**, University of British Columbia; **Dr. Geoff Ball**, University of Alberta; Introduction/Review of what's happening in Canada and Internationally

1:00 – 1:45 pm **Evan P. Nadler**, MD, The George Washington University School of Medicine & Health Sciences; Surgical care for obese adolescents

1:45 – 2:30 pm **Dr. Jill Hamilton**, University of Toronto; Developing a bariatric surgery clinic for obese adolescents

2:30 – 2:45 pm – BREAK

2:45 – 3:30 pm **Dr. Beth Dettmer**, University of Toronto; Surgical intervention and motivation for behaviour change in obese adolescents

3:30 – 4:15 pm Panel Discussion

Dr. Geoff Ball completed his BSc in Dietetics at the University of British Columbia in 1995. He then went on to complete a dietetic internship in Capital Health in Edmonton, AB in 1996. After receiving a PhD in Nutrition and Metabolism from University of Alberta in 2002, he completed post-doctoral training in Preventive Medicine at the University of Southern California in Los Angeles in 2004. Geoff is an Assistant Professor in the Department of Pediatrics, an Adjunct Professor in the Department of Agricultural, Food and Nutritional Science at the University of Alberta, and the Director of the Pediatric Centre for Weight and Health at the Stollery Children's Hospital in Edmonton, AB. He is also a Population Health Investigator with the Alberta Heritage Foundation for Medical Research (AHFMR) and a New Investigator with the Canadian Institutes of Health Research (CIHR). Currently, his research is supported by grants from AHFMR, CIHR, the Stollery Children's Hospital Foundation and the Alberta Centre for Child, Family and Community-Based Research. Geoff's research interests include the study of body composition and body fat distribution and their influence on risk factors for type 2 diabetes and cardiovascular disease in pediatrics with a specific focus on the role of puberty in disease risk. His clinical research involves the design, delivery and evaluation of pediatric weight management programs for overweight children, youth and their families.

Dr. Jean-Pierre Chanoine is a Pediatrician who graduated from the Free University of Brussels, Belgium in 1982. He joined the University of British Columbia in 1998 as Clinical Professor and Head of the Endocrinology and Diabetes Unit at British Columbia's Children's Hospital. Dr Chanoine is Director of the subspecialty research component attached to the center for Healthy Weights Program, Shapedown BC, a clinical program addressing the needs of overweight children at British Columbia Children's Hospital. He is also director of the Pediatric component of the Canadian Obesity Network. His previous experience includes a fellowship at the University of Massachusetts Medical Center in Worcester, USA; Pediatric Endocrinologist at Hôpital des Enfants Reine Fabiola in Brussels; and Medical Director for Novo Nordisk Belgium. He is presently President of the Canadian Pediatric Endocrine Group. Dr Chanoine's research is focusing on the role of hormonal and nutritional factors in the development of childhood overweight. The main line of research includes laboratory-based projects aimed at understanding the physiological role of ghrelin, an orexigenic peptide, during the fetal and early postnatal period and clinical projects looking at the role of appetite-regulating hormones in the development and treatment of childhood and adolescent overweight. Dr Chanoine is also principal investigator of "Healthy Buddies", a peer-led curriculum aiming at preventing the development of overweight in elementary school children.

workshops

Evan Nadler, MD, is a pediatric surgeon and researcher. Dr. Nadler recently joined Children's National Medical Center and serves as Co-Director of the Obesity Institute. Dr. Nadler performs bariatric surgery on adolescents who meet certain criteria. He works closely with the multidisciplinary team of pediatric specialists in the Obesity Institute.

Dr. Nadler's basic science research focuses on the liver fibrosis associated with biliary atresia. His clinical and translational science investigates the systems biology of obesity surgery, and the safety and effectiveness of various weight loss procedures in adolescents. Dr. Nadler has published widely in the above-mentioned areas."

Dr. Jill Hamilton received her medical degree at The University of Ottawa, Ontario and Paediatric specialty degree at The University of Toronto. She trained in Paediatric Endocrinology at The Hospital for Sick Children, Toronto.

She is currently Staff Physician in the Division of Endocrinology, Department of Paediatrics and Associate Professor, University of Toronto and Associate Scientist at the Research Institute at The Hospital for Sick Children.

Beth Dettmer PhD, C. Psych is a psychologist with the Division of Adolescent Medicine. She completed her doctorate in Biopsychology at the University of Georgia in 1995, a 3-year, specialty, postdoctoral fellowship in the Behavioral Medicine Program at the University of Miami in 1998, and her clinical psychology internship at the Boston VA hospital in 1999. Since that time she served as the director of the Behavioral Medicine Service at the New Mexico VA Healthcare System and recently joined the team at SickKids in August of 2006.

Dr. Dettmer's clinical and research activities have focused on health psychology issues such as coping with chronic illness, the psychological impact of medical disorders, and the psychology of behavioral change and adherence. She has played a part in many large research grants investigating health psychology issues and most recently served as the primary investigator on a grant to study the co-morbidity of depression and diabetes.

Québec Charter for a Healthy and Diverse Body Image Sunday, May 1 Full Day – Ballroom

The objective of this workshop is to give participants the tools to counter images of extreme thinness conveyed to the public and prevent obesity simultaneously making the sociocultural environment more conducive to adopting a healthy lifestyle.

8:00 – 8:15 am **Word of welcome**

8:15 – 8:45 am Integrating mental health promotion into the prevention of weight related disorders: Implications for research, practice and policy

Gail McVey, Ph.D. Psychologist and Health Systems Research Scientist, Community Health Systems Resource Group, The Hospital for Sick Children; Director, Ontario Community Outreach Program for Eating Disorders

8:45 – 9:00 am Obesity and excessive weight preoccupation: Two sides of the same coin

Marie-Claude Paquette, Scientific Advisor, Institut National de Santé Publique du Québec

9:00 – 9:30 am Developing the Québec Charter for a Healthy and Diverse Body Image

Gina Morency, Director, Direction de la coordination et de l'administration, Secrétariat à la condition féminine

9:30 – 10:00 am Perceived barriers and facilitators of industry stakeholders to the Québec Charter

Marie-Claude Paquette

10:00 – 10:45 am Strategies to prevent the negative effects of the cult of thinness

Yannik St-James, Assistant professor, Department of Education Marketing, HEC Montréal
François Lagarde, Social marketing and communications consultant and trainer

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10:45 – 11:00 am – BREAK

11:00 – 11:30 am Implementing the Charter: From communications activities to the action plan
Gina Morency, Director, Direction de la coordination et de l'administration, Secrétariat à la condition féminine

11:30 – 12:30 pm – LUNCH

12:30 – 1:15 pm Reach and Possible Impact of the Dissemination of the Québec Charter for a Healthy and Diverse Body Image: Results of an Evaluative Study
Lise Gauvin, Professor and Researcher, Department of Social and Preventive Medicine, CR-CHUM (Research Center of the University of Montréal Hospital Center, Université de Montréal)

1:15 – 2:45 pm Implementing the Québec Charter: Some sample initiatives
Bien dans sa tête, bien dans sa peau : a program promoting positive self-image for teens and the adults in their environment
Marilyn Manceau, R.D., M.Sc., Project Manager – Youth program and Training, Groupe d'action sur le poids Équilibre
Ton influence a du poids: a social marketing campaign aimed at changing social standards associated with weight and body image
Fannie Dagenais, R.D., M. Sc., Director and Spokesperson, Groupe d'action sur le poids Équilibre
Projects that comply with Charter principles
Speakers TBA
Question period

2:45 – 3:30 pm How the Charter dovetails with the Government Action Plan to promote healthy lifestyle and prevent weight-related problems 2006-2012
Brigitte Lachance, R.D., Lifestyles and Chronic Diseases Advisor, Ministère de la Santé et des Services sociaux du Québec

3:30 – 3:45 pm – BREAK

3:45 – 4:45 pm Panel discussion: What is the mix of strategies and stakeholders that will change sociocultural standards regarding thinness?
Guests :

- 1 Government representative
- 1 Healthy Body Image representative
- 1 Youth representative
- 2 Industry representatives

4:45 – 5:00 pm Question Period

5:00 pm CLOSE: **Ms. Thérèse Mailloux**, sous-ministre adjointe du Secrétariat à la condition féminine

Dr. Gail McVey is a Psychologist and Health Systems Research Scientist in the Community Health Systems Resource Group at The Hospital for Sick Children (SickKids). She is also Director of the Ontario Community Outreach Program for Eating Disorders, and holds an appointment as a Scientist in the SickKids Research Institute and as an Associate Professor in the Dalla Lana School of Public Health at the University of Toronto.

Dr. McVey currently holds a five-year Mid-Career Award funded by the Canadian Institutes of Health Research (Institute of Gender and Health) and the Ontario Women's Health Council. She conducts research in the area of prevention of disordered eating. She is the recipient of the Ontario Mental Health Foundation's Paul Christie Memorial Prize in recognition for outstanding research in the field of mental health research, and was honored last year by the Eating Disorder Association of York Region for her loyalty, professionalism and dedication to the battle against eating disorders. Dr. McVey has published studies on longitudinal research on school-based prevention programs including a recent web-based training tool for elementary school teachers. She is a member of the Body Image Coalition of Peel, the Ontario Healthy Schools Coalition, and the Canadian School Physical Activity and

workshops

Nutrition Network. She is co-author of a prevention manual for girls called the Every BODY is a Somebody's. Marie-Claude Paquette, Dt.P, Ph.D. est conseillère scientifique à la Direction du développement des individus et des communautés, unité Habitudes de vie, de l'Institut national de santé publique du Québec. Dans le cadre des travaux du GRMS, elle a réalisé une étude exploratoire des sentiments de culpabilité et de confusion des Québécois en lien avec les messages sur la saine alimentation.

Yannik St-James is an Assistant Professor, Department of Marketing Education at HEC Montréal. She has a M Sc (gestion internationale), HEC Montréal and a Ph D (marketing), Queen's University. Her area of expertise is in:

- * Consumer behavior: Consumers' identity projects; Cultural and experiential facet of consumption
 - * Brand management
 - * Food marketing and consumption
 - * Qualitative methods in marketing research
-

François Lagarde (MA) is one of Canada's leading social marketers. After working for a number of community-based and health promotion organizations, he worked from 1984 to 1991 for ParticipACTION (a national health and physical activity promotion agency) where he served as vice-president and manager of national media campaigns.

Since 1991, he has been a consultant and trainer for over 160 organizations, primarily in the health, philanthropy and development aid fields. More specifically, he has contributed to the design, implementation and evaluation of social and behavioural change initiatives through his social marketing practice. In his capacity as a trainer and facilitator, he has delivered over 120 workshops and 100 conferences in all Canadian provinces and twelve other countries. His client list includes Health Canada and the Public Health Agency of Canada, numerous provincial, regional and local health departments and agencies, the Chagnon Foundation (Canada's largest private foundation), Centraide/United Way and the YMCAs. Lise Gauvin PhD is a Full Professor in the Department of Social and Preventive Medicine at the Université de Montréal, a Researcher at the Centre de recherche of the Centre Hospitalier de l'Université de Montréal (CRCHUM), an Associate Researcher in the GRIS (Interdisciplinary Research Group on Health), and an Associate Researcher at the Léa-Roback Center on Social Inequalities of Health.

She completed her doctoral work in Physical Activity Sciences at the Université de Montréal in 1985. In addition to her current academic position at the Université de Montréal, she has held positions at Queen's University and Concordia University.

Her research focuses on socio-environmental determinants of involvement physical activity, interventions to promote physical activity at the population level, and social determinants of disordered eating. Methodologically, her work draws upon innovative quantitative and epidemiologic methods including multilevel modeling methods, econometrics, and ecological momentary assessment.

Marilyn Manceau, RD, M. Sc. Chargée de projets – Programmes Jeunesse et Formations Project Manager - Youth Programs and Courses Marilyn Manceau is a dietitian by training. Her career has allowed her to gain experience in different areas of health including public health, project management, training and communications. Between 2002 and 2008, she was closely involved in the design and development of the Centre's website on human nutrition-Department of Nutrition at the University of Montreal. She also served as content specialist component "healthy food" website of the Canadian Health of the Public Health Agency of Canada, coordinated by Dietitians of Canada. She is now responsible for youth issues and continuing education programs for Equilibre.

Fannie Dagenais, RD, MSc is a dietitian and, since 2004, director and spokesman of Equilibre. Prior to joining the Equilibre team, she worked in the Office of National Public Relations as a consultant in communications, marketing and public relations for clients in food industry. She has extensive experience in designing, planning and project coordination, strategic communications, event planning, research and in developing programs and educational tools for the public and health professionals.

workshops

Healthy Canada by Design: Cross-Sector Innovation, Collaboration, and Evaluation in the Building of more Active Communities

Sunday, May 1 Full Day – Salon A/B/C

Workshop Description:

To move forward in integrating health promoting policies into land use planning practice, a national coalition of health units and NGOs came together in 2009 under the Canadian Partnership Against Cancer's CLASP program. This session provides an interactive, hands-on overview of this pioneering initiative and evolving approaches to translating research into policy tools, as well as a thought-provoking platform to discuss the strengths and limitations of various approaches to integrate health into planning.

The proposed workshop will include:

- a) An overview of the latest evidence on the linkages between health and the built environment with particular emphasis on implications for the obesity community;
- b) An introduction to the Healthy Canada by Design CLASP initiative and the tools available to practitioners and policy-makers interested in promoting healthier built environments;
- c) An overview of Public Health Agency of Canada's efforts and publications in this field;
- d) An in-depth presentation of research efforts to map and evaluate community-based interventions to promote more walkable urban neighbourhoods;
- e) A presentation of recent tools developed by the Heart and Stroke Foundation of Canada to support multi-stakeholder mobilization translating the latest research on health and the built environment into policy and action to create more walkable, active communities;
- f) A hands-on "walkability audit" of Montréal neighbourhoods based on the Heart and Stroke Foundation's Shaping Active, Healthy Communities' Checklist and Montréal Public Health's Exploratory Walks Auditing Tool; and
- g) A facilitated dialogue with workshop participants.

Learning Objectives:

At the end of the workshop, participants should be able to understand:

- The current evidence on the linkages between health and the built environment;
- How urban planning strategies can be used to help promote physical activity and obesity prevention;
- The potential role of citizen mobilization to promote healthier built environments; and
- The strengths and limitations of various knowledge translation and change management efforts in this field.

8:00 – 8:10 am **Manuel Arango**, Welcome and Introductions

8:10 – 8:30 am **Louis Drouin**, Presentation: the linkages between health and the built environment

8:30 – 9:00 am **Alice Miro**, Presentation: The Healthy Canada by Design CLASP Initiative

9:00 – 9:30 am **Britt Erickson**; presentation: Bringing Health to the Planning Table and other PHAC tools

9:30 – 10:15 am **Transportation Planning Expert: TBD**; presentation: importance of integrating land use and transportation planning

10:15 am – 10:30 – BREAK

10:30 – 11:30 am **Manuel Arango**; World Café Dialogue: small, roundtable groups of six to eight workshop participants discuss a set of questions to identify barriers, facilitators, "spheres of influence" and leverage points in the built environment field.

11:30 – 12:30 pm – LUNCH

12:30 – 1:15 pm **Louise Drouin**; Presentation: Mapping and evaluating community-based interventions to promote more walkable, active communities

1:15 – 2:00 pm **Alice Miro**; Presentation: The Heart and Stroke Foundation of Canada's Built Environment Toolkit
Sophie Paquin; Presentation: comparing the Heart and Stroke Foundation and Montréal Public Health walkability tools for the public

workshops

- 2:00 – 3:15 pm** **Interactive activity: walkability audits!** Participants take a walking tour of the neighbourhood and assess the extent to which it is walkable using the HSFC's BE Toolkit's Neighbourhood Active, Healthy Design Checklist and Montréal Public Health's Exploratory Walks Auditing Tool.
- 3:15 – 3:45 pm** **Manuel Arango**, World Café Dialogue: small, roundtable groups of six to eight workshop participants discuss a set of questions to explore the role of 'neighbourhood mobilization' in built environment work and potential involvement of the health sector with these efforts.
- 3:45 – 3:55 pm** **Manuel Arango**, Report back on key themes/insights from the World Café Dialogue
- 3:55 – 4:00 pm** **Manuel Arango**; Wrap-up and evaluations
- 4:00 – 4:15 pm** **Adjourn**

Alice Miro is Project Manager, CLASP Initiative—Built Environment and Health at the Heart and Stroke Foundation of Canada. Prior to this role, she led Smart Growth BC's Healthy Communities initiative and strategic communications.

Britt Erickson is a Policy Analyst in the Healthy Living Unit at the Public Health Agency of Canada. Her current work includes policy development in the area of healthy built environments and active transportation.

Dr. Louis Drouin obtained his Master's degree in public health from Harvard University, and has been a physician specializing in community health since 1982. He is also Clinical Associate Professor at the Université de Montréal. Since 2005, he has been the head of the Urban Environment and Health sector at Montréal Public Health.

Dr. Sophie Paquin holds a PhD in Urban Planning. She has conducted several research, training and projects for municipalities and public organizations interested to new approaches in urban planning. At Montréal Public Health, she is conducting research and transfer knowledge activities on urban planning and public health for institutional and community leaders.

George McKibbin has over 35 years of planning experience and is a graduate of the University of Guelph (M.Sc., Rural Planning and Development) and York University (Masters in Environmental Studies). He is a Registered Professional Planner in Ontario, a member of the American Institute of Certified Planners in the United States.

Manuel Arango is the Director, Health Policy at the Heart and Stroke Foundation of Canada (HSFC), responsible for the health policy, health promotion and the government relations/advocacy functions at the HSFC. His role is to ensure that effective policy and government relations decisions are undertaken by the Foundation.

workshops

Physical Activity for Canadians: New Science, New Guidelines, New Approaches Sunday, May 1 Full Day – Salon Drummond

This full-day workshop will update participants on the latest science, the newest guidelines and emerging approaches for promoting physical activity. Recently released evidence from the Canadian Health Measures Survey on the physical activity of Canadians will be summarized to position the importance of the work of the Canadian Society for Exercise Physiology and partners over the past four years to review the science and update physical activity guidelines for Canadian children, youth, adults and older adults. The process used to develop the new guidelines will be reviewed and linked with comparable international initiatives. The research leading to the new guidelines will be described. Recommended adaptations to the guidelines for obese populations will be presented followed by an interactive discussion. New research on the importance of combating sedentary behaviour, in contrast to promoting physical activity, will be explored. The importance of additional work to establish physical activity and sedentary guidelines for infants, toddlers, preschoolers, pregnant women, and disabled and vulnerable populations will be described with the hope that collaborative discussions lead to action on these gap areas.

Chair: **Dr. Audrey Hicks**, McMaster University, CSEP President

8:30 – 8:35 am **Dr. Audrey Hicks**, Introduction and Overview of Workshop

8:35 – 9:15 am **Dr. Rachel Colley**, The Physical Activity of Canadian Children and Adults

9:15 – 9:55 am **Dr. Mark Tremblay**, Process for Developing Canada's Physical Activity Guidelines and Linkages to International Initiatives

9:55 – 10:15 am – BREAK

10:15 – 10:55 am **Dr. Ian Janssen**, Canada's Physical Activity Guidelines for Children and Youth

10:55 – 11:35 am **Dr. Darren Warburton**, Canada's Physical Activity Guidelines for Apparently Healthy Adults

11:35 – 12:35 pm – LUNCH BREAK

12:40 – 1:20 pm **Dr. Don Paterson**, Canada's Physical Activity Guidelines for Older Adults

1:20 – 2:00 pm **Dr. Bob Ross**, Adapting Physical Activity Guidelines for Obese Populations: Theory and Practice,

2:00 – 2:40 pm **Dr. Mark Tremblay**, Canada's Sedentary Behaviour Guidelines: The Other Side of the Coin,

2:40 – 3:00 pm – BREAK

3:00 – 3:40 pm **Dr. Audrey Hicks**, Physical Activity Guidelines Gap Areas and Future Plans

3:45 pm **Adjourn**

Dr. Audrey Hicks is a Professor and Associate Chair (Undergraduate Studies) in the Department of Kinesiology at McMaster University. Her doctoral training was in neuromuscular physiology, but for the past 20 years her research (and teaching) has focused primarily on exercise rehabilitation in special populations. Dr. Hicks is the founding Director of the MacWheeler's exercise program, a community-based exercise service program for people with spinal cord injury that is offered through the Centre for Health Promotion and Rehabilitation at McMaster University.

Dr. Rachel Colley is currently the Scientific Officer for Active Healthy Kids Canada and led the research and writing of the 2008, 2009 and 2010 Report Cards on Physical Activity for Children and Youth. She is presently leading the physical activity analysis team for the Canadian Health Measures Survey at Statistics Canada. She has recently initiated a new study investigating the influence and interplay of fitness, motor skills, activity preferences and self-efficacy on physical activity engagement in healthy weight and overweight children. Dr. Colley completed her PhD in Brisbane, Australia in 2007 at the Queensland University of Technology.

Dr. Ian Janssen received his PhD in Exercise Physiology from Queen's University in 2002 at which time he was awarded the Governor General's Academic Gold Medal for his dissertation research. Dr. Janssen completed his postdoctoral training in Nutrition and Physical Activity Epidemiology at Tufts University in Boston. He is currently an Associate Professor and CIHR New Investigator in the Kinesiology and Epidemiology departments at Queen's University.

workshops

Dr. Donald H. Paterson is a Professor in the School of Kinesiology (Faculty of Health Sciences) at the University of Western Ontario and also is Research Director of the Canadian Centre for Activity and Aging. In addition he has served as Associate Dean of the Faculty of Health Sciences. Dr. Paterson's research is in integrative human physiology. Over the years research has focused on cardiorespiratory responses to exercise, initially with emphasis on the cardiovascular system and respiratory function, and more recently on muscle metabolism.

Dr. Robert Ross obtained a Bachelor's degree in Physical Education from McGill University, Master's (1988) and PhD in Exercise Physiology from the Université de Montréal in 1992. He is currently a Professor within the School of Kinesiology and Health Studies and the Department of Medicine, Division of Endocrinology and Metabolism at Queen's University. His research program focuses on the identification and management of obesity and related co-morbid conditions.

Dr. Mark Tremblay is the Director of Healthy Active Living and Obesity Research (HALO) at the Children's Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. Dr. Tremblay has a Bachelor of Commerce degree in Sports Administration and a Bachelor of Physical and Health Education degree from Laurentian University. His graduate training was from the University of Toronto where he obtained his MSc and PhD from the Department of Community Health, Faculty of Medicine with a specialty in exercise science.

Dr. Darren Warburton is the Co-director of the Physical Activity and Chronic Disease Prevention Unit at the University of British Columbia (UBC). He is also the founder and director of the Cardiovascular Physiology and Rehabilitation Laboratory at UBC and was the director of the Sport Cardiology and Musculoskeletal Assessment Research Team (SMART 2010) for the 2010 Olympic and Paralympic Games. His research spans the spectrum of elite athletic performance, childhood health, quality of life in the elderly, and the treatment of patients with chronic disease and/or disability. For further information on Dr. Warburton and his research program please visit www.healthandphysicalactivity.com.

awards and grants

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 banquet of the National Obesity Summit, and will deliver the opening keynote address.

CANADIAN OBESITY NETWORK NEW INVESTIGATOR AWARD

The Canadian Obesity Network – Réseau canadien en obésité (CON-RCO) New Investigator Award aims to highlight the success that the CON-RCO Summer Boot Camp has had in helping to launch student and new professional research careers. The Boot Camp is an intense nine-day training programme that has been held annually since 2006. It is designed to transfer the latest research information to top students and early-career professionals and to create a sense of community among the next generation of obesity researchers. Graduates of the Boot Camp currently number over 100 young researchers and professionals working across Canada and beyond.

The inaugural Canadian Obesity Network New Investigator Award will be presented to one nominee. The recipient will receive a plaque of recognition, a \$500 award and up to \$1000 to offset travel to the Summit. The award recognizes a Boot Camp graduate who demonstrates excellence in educational training and a high quality of initial independent research productivity. The ideal recipient will have made contributions in all or many of the following: 1) significantly contributed to our understanding of obesity, 2) exemplify knowledge translation, such as peer-reviewed publications, author of a book, host of a blog, visible/vocal advocate. 3) a history of scholarship and/or grant funding, 4) evidence they are a mentor to students or trainees and 5) show promise at continuing to reduce the burden of obesity in Canada.

FACULTY SUPERVISOR AWARD

This award aims to reward and recognize faculty members across Canada who have demonstrated excellence in their teaching, research and service to the University, community and their trainees (students, clinical or post-doctoral fellows). These awards also recognize faculty members who have excelled in nurturing trainee research development in her/his discipline, who demonstrate outstanding teaching abilities and who exhibit a passion and enthusiasm for teaching and learning.

STUDENT POSTER AWARDS

The Best Student Poster Awards will be given for the best poster presentations at the 2nd National Obesity Summit. The decision will be made by a board of referees and the awards will be presented at the dinner on Saturday April 30, 2011.

prix et bourses

PRIX DE L'EXPERT EN OBÉSITÉ

Le Prix de l'expert en obésité du CON-RCO est décerné pour souligner les contributions exceptionnelles au milieu de la recherche en obésité au Canada. Le récipiendaire du prix sera annoncé lors de la réception d'ouverture du Congrès national sur l'obésité et aura également l'honneur de prononcer le discours d'ouverture.

PRIX DU NOUVEAU CHERCHEUR DU RÉSEAU CANADIEN EN OBÉSITÉ

Le Prix du nouveau chercheur du Canadian Obesity Network – Réseau canadien en obésité (CON-RCO) vise à mettre en valeur le succès de son programme d'été intensif pour faire décoller les carrières en recherche des étudiants et des nouveaux professionnels. Il s'agit d'un programme intensif de neuf jours qui a lieu chaque année depuis 2006. Il est conçu, d'une part, pour transférer les données issues des recherches les plus récentes aux meilleurs étudiants et professionnels en début de carrière et, d'autre part, pour inspirer à la prochaine génération de chercheurs en obésité, un sentiment d'appartenance à la communauté. Le programme intensif compte quelque 100 diplômés, soit de jeunes chercheurs et professionnels œuvrant un peu partout au Canada et ailleurs dans le monde.

La première bourse du nouveau chercheur du Canadian Obesity Network – Réseau canadien en obésité (CON-RCO) sera remise à une personne. À ce titre, le récipiendaire recevra une plaque de reconnaissance, un prix de 500 \$ et jusqu'à 1 000 \$ pour compenser les frais de déplacement qu'il aura engagés pour assister au congrès. La bourse souligne les efforts d'un diplômé du programme intensif qui fait preuve d'excellence en formation éducative et dont la productivité de la recherche indépendante initiale est d'une qualité exceptionnelle. Le récipiendaire idéal devra avoir réalisé des contributions dans l'ensemble ou plusieurs des facettes suivantes : 1) il a contribué de façon marquée à notre compréhension de l'obésité; 2) il a contribué au transfert des connaissances, notamment par la rédaction d'une publication évaluée par les pairs, la rédaction d'un livre, l'animation d'un blogue, la défense manifeste / active d'intérêts; 3) il a déjà reçu des bourses et / ou des subventions; 4) il a fait preuve de mentorat auprès d'étudiants ou de stagiaires et; 5) il a déployé des efforts qui semblent prometteurs pour atténuer progressivement le fardeau de l'obésité au Canada.

PRIX DU CORPS PROFESSORAL

Ce prix vise à récompenser et à reconnaître les membres du corps professoral universitaire d'un bout à l'autre du Canada qui ont fait preuve d'excellence dans leurs enseignement, recherche et service auprès du milieu universitaire et de leurs stagiaires (étudiants, fellows en stage clinique ou postdoctoral). Par ailleurs, ce prix met en valeur les membres du corps professoral universitaire qui se sont surpassés lorsqu'il s'agit de favoriser le perfectionnement professionnel d'un chercheur stagiaire dans sa discipline, qui possèdent d'excellentes habiletés d'enseignement et qui se passionnent pour l'enseignement et l'apprentissage.

PRIX DES MEILLEURES AFFICHES D'ÉTUDIANTS

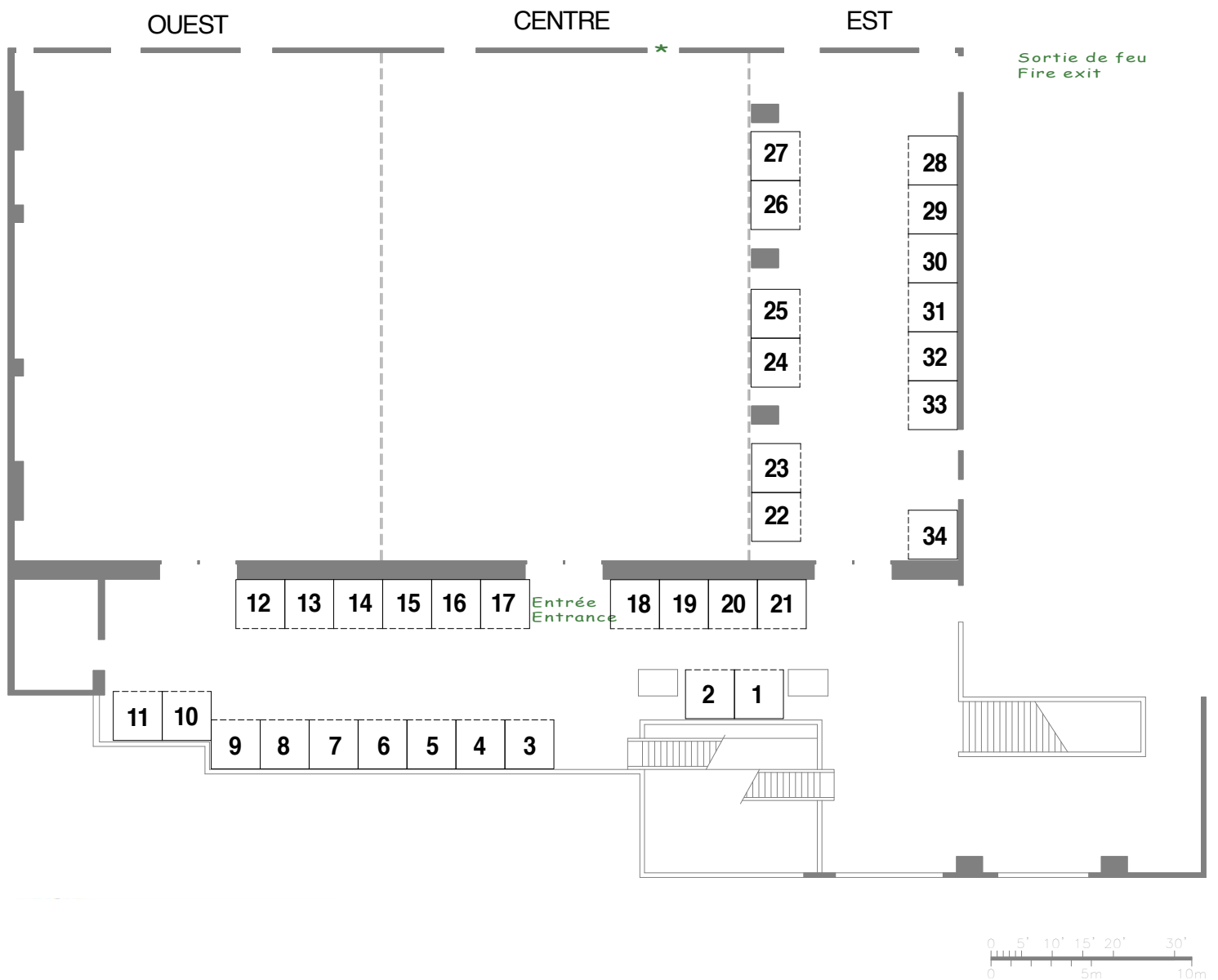
Les Prix des meilleures affiches d'étudiants seront remis aux auteurs des meilleures œuvres artistiques à l'occasion du 2^e Congrès national sur l'obésité. Il reviendra à un conseil arbitral de nommer les récipiendaires des prix qui seront décernés pendant le souper d'honneur du samedi 30 avril 2011.

exhibitors list with booth assignments

BOOTH NUMBER	EXHIBITORS
9	Allergan Canada Inc.
39	Arthritis Society
24	Bariatric Advantage
10	Bariatrix Nutrition Inc.
25	Bioclinic Naturals
11	Canadian Diabetes Association
18	Canadian Obesity Network – Students and New Professionals (CON-SNP)
36	Canadian Society for Exercise Physiology
8	Chicken Farmers of Canada
37	Chronic Disease Prevention Alliance of Canada
17	Coalition québécoise sur la problématique du poids
40	Cochrane Collaboration
38	Coordinated Approach to Child Health (CATCH)
14	Covidien
22	Craving Change
21	Dairy Farmers of Canada
15	Ethicon Endo-Surgery
13	GlaxoSmithKline Inc.
34	Groupe d'action sur le poids EquiLibre
28	Hill-rom Canada
33	Hologic Inc.
2	Institut national de santé publique du Québec
27	Loblaws Companies Limited
29	ManthaMed Inc.
7	Nestlé Canada
12	NovoNordisk Canada Inc.
26	NRC Research Press
30	PronoKal Canada
3	Public Health Agency of Canada/Agence de la santé publique du Canada
4	Public Health Agency of Canada/Agence de la santé publique du Canada
5	Public Health Agency of Canada/Agence de la santé publique du Canada
6	Public Health Agency of Canada/Agence de la santé publique du Canada
1	Ministère de la Santé et des Services sociaux du Québec
35	StepsCount
23	Sunrise Medical
31	Take off Pounds Sensibly
19	Treatment and Research of Obesity in Pediatrics in Canada (TROPIC)
32	W. L. Gore and Associates

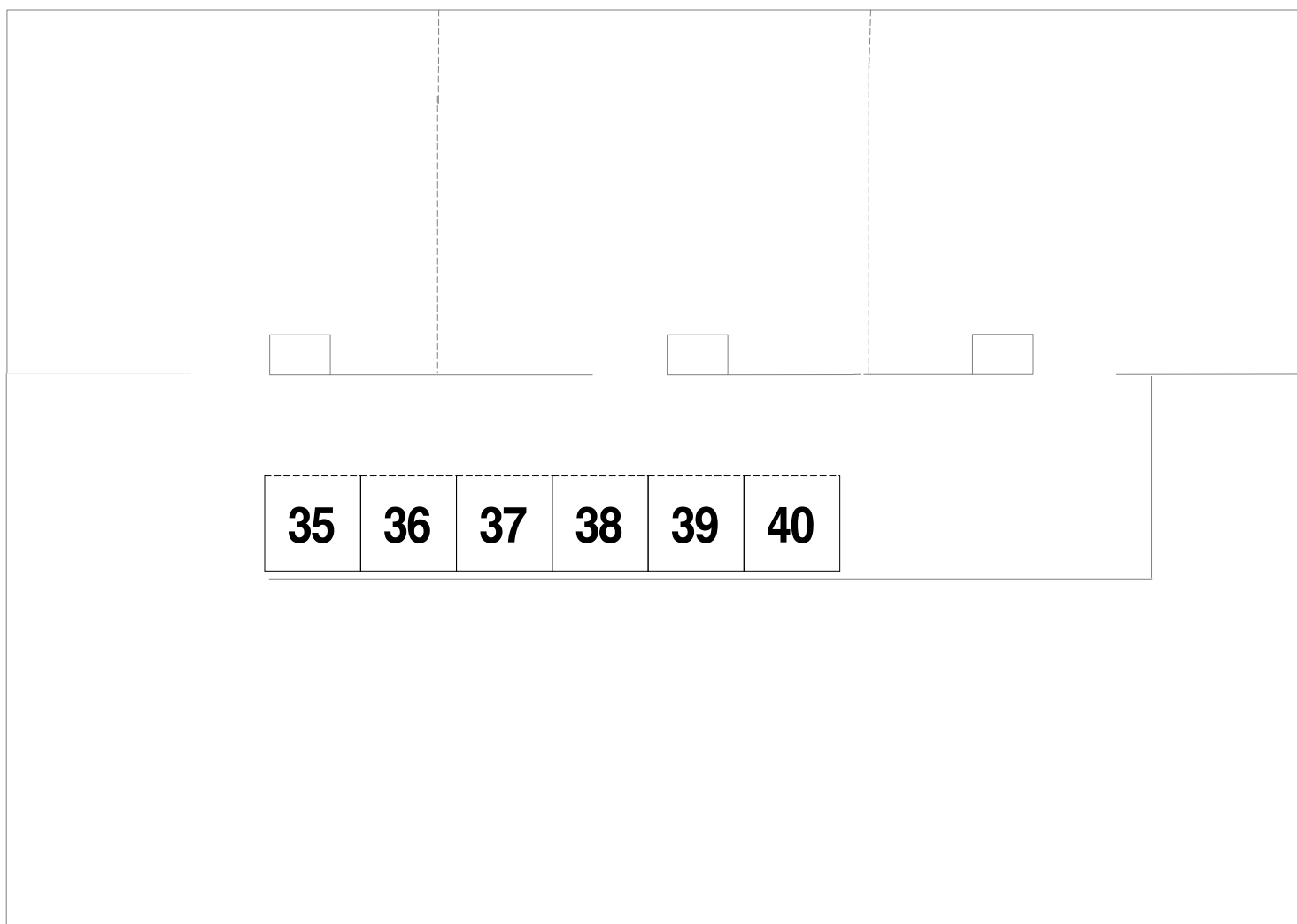
exhibitor map

CENTRE SHERATON MONTRÉAL – BALLROOM FOYER/FOYER DE LA SALLE DE BAL



exhibitor map

CENTRE SHERATON MONTRÉAL - NIVEAU/LEVEL B





L'ASSOCIATION CANADIENNE
des MEDECINS et CHIRURGIENS BARIATRIQUE
The CANADIAN ASSOCIATION of
BARIATRIC PHYSICIANS and SURGEONS

The *Canadian Association of Bariatric Physicians and Surgeons (CABPS)* represents Canadian specialists interested in the treatment of obesity and severe obesity for the purposes of professional development and coordination and promotion of common goals. Membership is open to physicians, surgeons and allied health care professionals who express an interest in the clinical management of obesity or who have a research interest in any aspect of obesity or its related co-morbid diseases.

www.cabps.ca



Une initiative parrainée par l'Association pour la santé publique du Québec

La Coalition québécoise sur la problématique du poids (Coalition Poids) agit afin de prévenir l'obésité et les problèmes de poids. Elle travaille, avec ses partenaires, à créer des consensus et à revendiquer des lois, des réglementations et des politiques publiques afin de modifier les environnements pour favoriser la saine alimentation, l'activité physique et des normes sociales favorables à la santé.

La Coalition Poids cible entre autres le marketing alimentaire, le transport actif sécuritaire des jeunes, les politiques alimentaires dans les institutions publiques et la consommation de boissons sucrées.

The mission of the Quebec Coalition on Weight-Related Problems (Weight Coalition) is to prevent obesity and weight-related problems. Together with its partners, it strives to create consensus and to demand laws, regulations, and public policies geared to bringing about environmental changes that will foster sound eating habits, physical activity, and healthy social norms.

The Weight Coalition focuses its actions on food marketing, safe active transportation for youths, food policies in public institutions, and the consumption of sugar-sweetened beverages

www.cqpp.qc.ca

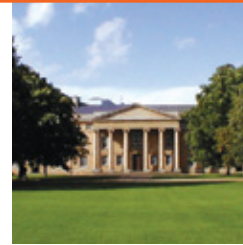
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Places are limited! First come, first served rule applies.

REGISTRATION PACKAGE

- Three day course
- Lunches and coffee breaks
 - String quartet entertainment
 - Cocktail reception and Gala dinner
- 3 nights accommodation at Downing College
- Delegate bag
- Certificate of attendance

REGISTRATION FEES AND DEADLINES

Early bird registration rate: £650

Deadline: payment to be received by **Friday 15th April**

Standard registration rate: £800

Deadline: payment to be received by **Friday 8th July**

For further information please contact: scopesummerschool@iaso.org

www.iaso.org/scopesummerschool2011



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For further details, contact:

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Website: diabetes.ca/for-professionals/conference

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- * Focus on interdisciplinary care
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