

SCOPE

2015 / School

COURSE GUIDE

24TH – 25TH SEPTEMBER
THESSALONIKI



SPECIALIST CERTIFICATION OF OBESITY PROFESSIONAL EDUCATION (SCOPE)

SCOPE is the official education programme of World obesity developed by global obesity experts to educate health professionals. Registration is free and it provides:

- / Knowledge of obesity from leading obesity experts
- / The only internationally-recognised qualification in obesity management
- / CPD and CME points for continued professional development
- / Register today at www.worldobesity.org/scope

What's included?

- / 30 e-learning modules
- / Evidence-based education on obesity management across all disciplines
- / Recognition of obesity expertise through SCOPE Certification and Fellowship

Endorsements

- / 53 national obesity organisations representing 55 countries endorse SCOPE to their members
- / NHS commissioning guidelines on severe and complex obesity 2012/13 and 2013/14 endorse SCOPE
- / SCOPE is accredited by the Association for Nutrition
- / SCOPE is accredited by the CPD and CME service
- / SCOPE is mentioned in the Action on Obesity Report by the Royal College of Physicians
- / SCOPE is recommended for further study by the Royal College of GP's

CERTIFICATION

SCOPE Certification recognises an international standard of excellence in obesity prevention and management. To qualify:

- / Provide evidence of 6 months practical experience relating to obesity management within a healthcare profession
- / Earn a total of 12 SCOPE points through e-learning or live-training

SCOPE covers a wide range of topics including:

- / Motivational Interviewing
- / Facilitating Behaviour Change
- / Patient-Centered Physical Activity
- / Dietary Interventions
- / Diabetes
- / Reducing Sedentary Behaviour
- / Obesity and Mental Health
- / Obesity in Pregnancy
- / Childhood and Adolescent Obesity
- / Bariatric Surgery
- / Challenging Prejudices of the Obese
- / Obesity and Sleep Apnea
- / Obesity and Hypertension



Nick Finan

Chair of Clinical Care

Dear Colleagues,

On behalf of the World Obesity Federation (formerly IASO), we are delighted to welcome you to the tenth SCOPE School. SCOPE (the Specialist Certification of Obesity Professional Education) is the internationally recognised standard of excellence in obesity prevention and management. SCOPE helps health professionals understand, treat, manage and prevent obesity.

This SCOPE School will focus on the role diet plays in the management of obesity. Topics will include diet and eating patterns, diet and prevention of obesity and diabetes, and dietary management in obese pregnant women.

Healthcare professionals and patients need to work together effectively, in order to manage excess weight and its associated conditions - this SCOPE School will equip you with the knowledge, skills and techniques to do so.

We have brought together a faculty of internationally recognised experts in different areas of obesity treatment. We create an environment in which you can engage with experts and colleagues and take home knowledge that will transform your patient outcomes.

To qualify for SCOPE Certification, you must earn 12 SCOPE Points by completing SCOPE e-learning modules and attending SCOPE courses. You also need to provide evidence of your practical experience of working with obese patients. Attending this SCOPE School will earn you four SCOPE Points. The SCOPE e-learning facility is a valuable resource featuring bite-sized modules developed by leading obesity experts, key articles and forums in which to network and share best practices. With SCOPE, you can create a customised learning programme to address your knowledge gaps and areas of interest.

We hope that you enjoy the programme and the opportunity to network with your colleagues and the faculty.

Nick Finan, Chair of Clinical Care

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SCOPE School 2015: Thessaloniki

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Useful Information

Wifi Details

Username: GRANDHOTELPALACE

Password: GRAND2014

Professional Development

Attendance Provides 4 SCOPE Points and 16 CPD points.

Venue Information

The conference will take place at the Grand Palace Hotel, Thessaloniki, Greece.

All scientific sessions will take place in the Voula Patoulidou II. All refreshment breaks and lunches including the cocktail reception will take place in Voula Patoulidou I.



CONFERENCE SCHEDULE

Thursday 24th September

| | Start Time |
|--|------------|
| AM | |
| Registration | 09:00 |
| Welcome | 09:30 |
| Basic concepts: Macronutrients, GI index, energy density, energy balance <i>Aimilia Papakonstantinou</i> | 10:00 |
| Refreshment Break | 11:00 |
| Assessing diet and eating patterns <i>Georgios Valsamakis</i> | 11:30 |
| PM | |
| Lunch | 12:30 |
| Which diets for preventing diabetes and obesity? <i>Alex Miras</i> | 13:00 |
| Conventional diets in management (efficacy) <i>Maria Hassapidou</i> | 14:00 |
| Refreshment Break | 15:00 |
| Intensive lifestyle interventions <i>Sousana Papadopoulou</i> | 15:30 |
| Case Studies | 16:30 |
| Cocktail Reception | 19:00 |

Friday 25th September

| | Start Time |
|---|------------|
| AM | |
| Welcome | 09:30 |
| Meal replacements and VLCD <i>Nick Finer</i> | 10:00 |
| Refreshment Break | 11:00 |
| Diets in the bariatric surgery population <i>Dimitris Pournaras</i> | 11:30 |
| PM | |
| Lunch | 12:30 |
| Vitamin problems in the obese <i>Alexander Kokkinos</i> | 13:00 |
| Dietary Management in obese pregnant women <i>Lena Doumala</i> | 14:00 |
| Refreshment Break | 15:00 |
| Panel Discussion/Wrap Up | 15:30 |
| Finish | 17:30 |

WORLD OBESITY

WHAT WE DO

/ MEMBERSHIP

- / 53 member associations
- / Representing 56 countries
- / Discounted publications
- / Discounted event registration
- / Access to prevalence data and research support
- / Discounted registration for Specialist Certificate of Obesity Professional Education (SCOPE)
- / Briefings and advocacy support

/ INTERNATIONAL CONGRESS & MEETINGS

- / International Congress on Obesity (ICO)
- / SCOPE Schools
- / Hot Topic Conferences
- / STOCK Conferences
- / For more information visit:
www.worldobesity.org/events/

/ JOURNALS & PUBLICATIONS

- / Clinical Obesity
- / Obesity Reviews
- / Pediatric Obesity
- / International Journal of Obesity
- / Reduced subscription fees are available for members

/ RESEARCH & PROJECTS

- / Global centre compiling the latest statistics on obesity prevalence
- / Comprehensive and current data in the form of maps, charts, tables and slides for review and download
- / Research projects on topics such as marketing to children and investigating the benefits of modest weight loss

/ EMAIL US
enquiries@worldobesity.org

OUR MISSION IS TO LEAD AND DRIVE GLOBAL EFFORTS TO REDUCE, PREVENT AND TREAT OBESITY.

/ SCOPE

- / Internationally acclaimed high-quality education programme aimed at improving the treatment of obese and overweight patients
- / Open to all health professionals
- / Take a course in our new e-learning environment
- / Bite-sized modules, expert lectures and interactive assessments
- / Earn CPD points
- / Keep up to date, visit:
www.worldobesity.org/scope/

/ POLICY & PREVENTION

- / Research-based think tank of international obesity experts
- / Advocacy for effective prevention of obesity at national, regional and global levels
- / Officially collaborating with the World Health Organisation

/ CLINICAL CARE

- / Provision of SCOPE, a high-quality, internationally recognized course to educate health professionals in the management and prevention of obesity
- / Recognise the importance and expertise of healthcare professionals in the field of obesity management through fellowship of SCOPE
- / Develop international consensus statements and management strategies using evidence-based techniques and producing management guidelines for use by healthcare professionals

EXHIBITOR PROFILES

EXHIBITOR

Hellenic Medical Association for Obesity

Address:

46, Kifissias Ave.,
115 26 Athens, Greece

Contact:

Andriana Tsimpouki
info@hmao.gr

Hellenic Medical Association for Obesity (HMAO), founded in 1991 is a non-governmental scientific association, operating on a non-profit basis in Athens, Greece. According to its Memorandum, HMAO aims to promote "the scientific research and study of obesity and the metabolic diseases in Greece" as well as "the scientific research in the field of healthy nutrition of the contemporary individual".



HMAO is a member of the European Association for the Study of Obesity (EASO) and the World Obesity Federation (Formerly IASO). Its members come from various areas of professional expertise, such as physicians, dieticians and other health professionals.

HMAO was one of the many national companies which have signed in June, 2015 Milan Declaration: A Call to Action on Obesity.

There have also been scheduled two scientific meetings, entitled: "Obesity: the root cause of various disorders of metabolic syndrome" in Alexandroupolis on October 31, 2015 and in Lamia on December 12, 2015 respectively.

For the World Obesity Day, HMAO intends to inform and sensitize the Greek public with a weekly media campaign for the Health Impact of Obesity. HMAO will continue to be dedicated to the understanding, prevention and treatment of obesity in Greece and aims to develop furthermore the promotion of this action.

EXHIBITOR

World Obesity

Address:

World Obesity Federation,
Charles Darwin 2, 107 Gray's Inn
Road, London, WC1 X8TZ

Contact:

Natasha Joyner
enquiries@worldobesity.org

World Obesity Federation represents professional members of the scientific, medical and research communities from over 50 regional and national obesity associations. Through our membership we create a global community of organisations dedicated to solving the problems of obesity.



Our mission is to lead and drive global efforts to reduce, prevent and treat obesity. We collate, conduct and disseminate world-leading research into obesity, its impact, causes, treatment and prevention. We influence policy of academics, government and business at global, regional and national levels. We bring rigour, consistency and credibility to the field through educational programmes, practical training, publications, conferences and accreditation.

World Obesity offers an internationally recognised online obesity education programme for health professionals, providing evidence-based content developed by leading obesity experts.

www.worldobesity.org

www.worldobesity.org

/ Knowledge Solutions Action

SPEAKER BIOGRAPHIES



Aimilia Papakonstantinou

Aimilia Papakonstantinou is a Lecturer in Nutrition and Metabolism at the Department of Food Science and Human

Nutrition of the Agricultural University of Athens. During her 9 years of stay in the U.S.A., after graduating from the Department of Foods and Nutrition at the University of Georgia U.S.A., and during and after the completion of her graduate studies, she worked as a Graduate Research and Teaching Assistant until 2003 at the same University. Upon her return to Greece she got her PhD from the Department of Dietetics – Nutrition at Harokopio University Athens and worked at the Lab of Nutrition and Clinical Dietetics as a Research Associate until 2006. From 2006 up to 2013 she gained priceless clinical and research experience working as a clinical dietitian at the 2nd Department of Internal Medicine, Research Institute and Diabetes Center, Athens University at Attikon University Hospital. Her research interest and her clinical experience in the **prevention and dietary treatment of obesity and diabetes** have placed her as an expert in this field. Her research has been published in numerous international peer reviewed journals, while she has participated in more than 70 national and international meetings/conferences as an invited speaker. Her research is focused on issues involving the dietary management of obesity and diabetes mellitus and insulin resistance. She is currently the Secretary General of the Hellenic Medical Association for Obesity



Alexander Kokkinos

Alexander Kokkinos is Assistant Professor of Internal Medicine, specializing in obesity and diabetes, at the

First Department of Propaedeutic Medicine of the University of Athens, Greece. He studied Medicine and specialized in Internal Medicine at the same University. He then trained in diabetes and obesity, and participated in research locally, as well as the Department of Metabolic Medicine, Hammersmith Hospital, Imperial College London, UK.

He has published a substantial number of papers and given many congress presentations in these fields, in addition to numerous national and international congress abstracts. He was certified as a SCOPE European Fellow in 2011.



Alex Miras

Dr Alexander Miras graduated from medical school at Imperial College London, UK, and trained as a junior doctor and Specialist Registrar in Diabetes and Endocrinology

in the London deanery rotations between 2002-2010. In 2010, he was awarded with a Medical Research Council (MRC) Clinical Research Training PhD fellowship, which enabled him to investigate the effects of bariatric surgery on food reward using functional neuroimaging and behavioural methodologies both in humans and rodents. He is currently a Clinical Lecturer in Endocrinology at Imperial College London and interested in the mechanisms through which bariatric surgery and medical devices improve weight, metabolic control and diabetes-related microvascular complications.

SPEAKER BIOGRAPHIES



Dimitri Pournaras

Dimitri Pournaras graduated from the Aristotle University of Thessaloniki, Greece and undertook all his postgraduate training in the UK, obtaining the Fellowship examination

for the Royal College of Surgeons of England. He was awarded a Royal College of Surgeons of England Research Fellowship to conduct research on obesity, diabetes and metabolic surgery

He completed his PhD in the Department of Investigative Medicine, Hammersmith Hospital, Imperial College London and is currently a surgical registrar in the East of England rotation. He participated in the European Obesity Academy program. He is currently in the editorial board of the Clinical Obesity.



Eleni Doumala

Doumala Eleni is an Endocrinologist consultant. Entered medical school of Democritus University of Thrace in 1992 in the 6th position and finished in 1998.

Attended PENN University in Philadelphia for short time. Worked as manager of the medical department in Nutritional Education and Dieting Company for six years in Greece and focused on nutritional management and education of healthcares, school teachers and community. Finished Endocrinology specialty at Theagenion Anticancer Hospital of Thessaloniki in 2011. Attended the department of Bariatrics and Nutritional education of St Mary's Hospital in UK with honorary contract in 2012. Now working as freelancer and also for the Phd Thesis at Aristotelian University of Thessaloniki on Ω3-Ω6 fat acids in nutrition and their correlation with breast cancer. Participated in many papers and several conferences as speaker. Shows great interest for obesity and diabetes.



Georgios Valsamakis

Georgios is " University Scholar" in Aretaieion Hospital and a research and international scientific collaborations coordinator for the postgraduate

course "Research in Gynecologic Reproduction and Endocrinology" of Athens Medical School. His research is in endometrial metabolic environment and its consequences on fetal growth.

He is a Consultant Endocrinologist in Evgenideion Hospital and European Scope Fellow for "World Obesity". He collaborates as a visiting academic with Warwick Medical School.



Nick Finer

Professor Finer is a Consultant Endocrinologist and Bariatric Physician at University College Hospital, London, and Honorary Professor in the Institute of

Cardiovascular Science, University College London. Finer chairs World Obesity - Clinical Care (formerly IASO EMTF), and is past-chair of the UK Association for the Study of Obesity. He was awarded the Bisset Hawkins Medal 'for work in advancing sanitary science or in promoting public health' by the Royal College of Physicians. Finer co-authored the recent Royal College of Physicians report 'Action on obesity: comprehensive care for all', and is a member of the UK Government Advisory Group on Obesity, the NHS England Clinical Reference Group on commissioning of specialist obesity services, and the NICE Public Health Advisory Group. Prof Finer is editor-in-chief of Clinical Obesity. Finer's research focuses on clinical aspects of obesity and associated endocrine disease with over 170 peer-reviewed scientific papers, 3 books and 18 book chapters.

SPEAKER BIOGRAPHIES



Maria Hassapidou

Maria Hassapidou is currently professor of Nutrition and Dietetics in the department of Nutrition and Dietetics of the Alexander Technological Educational Institution of

Thessaloniki (ATEI), Greece. She is also director of the Human Nutrition Laboratory and vice-president of the research committee of the same institution.

She has coordinated and/or participated in several research projects funded by the E.U. (Europe against cancer, Health, Diets I and II, Healthgrain, Eurreca), the research committee of ATEI, the Greek Ministries of Health, Education, Research and Technology, food and pharmaceutical companies, especially in the areas of dietary assessment and nutritional evaluation, dietary treatment of obese patients and childhood obesity. She is the national coordinator for Greece for COSI (WHO European Childhood Surveillance Initiative), member of the EASO Childhood Obesity Task Force, member of the executive board of ECOG (European Childhood Obesity Group) and co-chair of the European Specialised Dietetic Network (ESDN) on Obesity.

She has been the author of several books and has published more than 100 scientific papers (referred papers in journals and conference proceedings) in the areas of nutrition and obesity. She is also a reviewer in many related European and International journals.

She is a member of the executive board of the Hellenic Medical association for Obesity, of the Hellenic College of sports Medicine and deputy secretary general of the society of Atherosclerosis of Northern Greece.

SCOPE School Vancouver

30th April 2016

Vancouver Marriott Pinnacle
Downtown Hotel, Vancouver, Canada

The theme of this SCOPE School is 'How can we optimise weight loss outcomes in patients receiving pharmacotherapy?'

This will include topics from 'What are the pharmacological tools now available', 'Optimising diet with pharmacotherapy for best outcomes', 'When and what exercise and activity programme to maximise benefits' and further interesting topics.

Our programme unites experts from across the world in addressing the assessment, treatment and prevention of obesity.

This intensive one day course covers the many features and varieties of obesity management that professionals encounter today. SCOPE School provides greater knowledge of effective patient management and of the vital role of professionals in tackling obesity.

This event is SCOPE and CPD accredited.

Registration fees:-

ICO 2016 attendee: £60

World Obesity member: £90

Standard: £135

ABSTRACTS

Basic Concepts: Macronutrients, GI index, energy density, energy balance

Aimilia Papakonstantinou, Greece

According to the World Health Organization there are over 1 billion overweight adults worldwide with 400 million adults being obese. The main treatment of obesity is dieting, alone or in combination with physical activity. The ultimate goal of all diet plans is to encourage life-style changes with the use of cognitive behavioral therapy. A negative energy balance is the most common strategic plan for weight loss. This can be achieved with various dietary patterns, including very low calorie diets (<800 calories daily), low fat diets, low carbohydrate diets or Mediterranean – type diets, all of which have in common the reduction of daily calories from 500 to 1000 calories daily in order to achieve a moderate weekly weight loss of about 0,5 to 1 kg. The adoption of programs with lower energy density and low GI choices seem to play a significant role. A meta-analysis by Franz et al. found that by calorie restriction and exercise, weight loss of 5-8,5 kg was observed 6 months after intervention, with most of it being maintained up to 48 months afterwards, without significant differences among the dietary patterns used or the macronutrients composition of the proposed diets. A recent meta-analysis by Johnston et al. also found that weight loss differences between individual diets were minimal; supporting that significant weight loss can be achieved with all energy reduced diets. These results encourage dietitians to give individualized plans to their overweight/obese patients, which lead to better compliance to the prescribed dietary plan. Furthermore, a diet plan is typically associated with prescribed timing of food intake and partitioning of the energy and macronutrients throughout the day. Recent data has shown that the time of feeding, particularly of the main meal, is predictive of weight loss and this effect is independent from total 24-hour caloric intake. In conclusion, an individualized energy reduced nutrition plan with emphasis on feeding time can produce significant weight loss and be beneficial for the overall health of an individual. Weight loss and weight maintenance are the

biggest challenges of this century. Adoption of a nutrition plan, accompanied by advice for increasing physical activity, and cognitive behavioral therapy may be the most appropriate method for combating the obesity battle.

Assessing diet and eating patterns

Georgios Valsamakis, Greece

Dietary patterns reflect habitual exposure of foods and nutrients and are a preferred means to assess diet and disease relations, providing a comprehensive alternative to the traditional approach based on single nutrients. Patterns characterized by fruit/vegetable/whole grain/fish/poultry consumption generally have been reported to relate to micronutrient intake, and to selected biomarkers of dietary exposure and disease risk in the expected direction. Data from studies indicate reasonable reproducibility and validity of the major dietary patterns defined by factor analysis with data from a Food Frequency Questionnaire.

Studies show that breakfast consumers had lower energy density of the day's dietary intake. Furthermore students with high income were more likely to consume vegetarian/low calorie diets in a Mediterranean country. Prospective studies show that high intake of red meat, processed meat, refined grains, sweets and dessert, French fries, and high-fat dairy products predict risk of cardiovascular heart disease (CHD) and cancer independent of other lifestyle variables and are related to plasma concentrations of markers of inflammation and endothelial dysfunction. In addition viscous fibre has consistently been associated in studies with serum cholesterol reduction and reduced postprandial glucose and insulin responses. Increasing consumption of dietary fiber with fruits, vegetables, whole grains, and legumes across the life cycle is a critical step in stemming the epidemic of obesity found in developed countries.

Finally popular diets such as Atkins may be less advantageous for CHD risk reduction when compared to the Ornish and South Beach diets. Mediterranean diet, which shows more favorable effects on glycemic control, and low-carbohydrate diets (favorable effects on lipids) may be effective

ABSTRACTS

alternatives compared to low-fat diets. Long term weight loss maintenance with additional metabolic benefits should be the aim of any professional.

Which diets for preventing diabetes and obesity?

Alex Miras, United Kingdom

The scope of this session will be to present and critically assess the evidence for the effects of dietary interventions on the prevention of type 2 diabetes mellitus and obesity at high risk populations, i.e. in patients with impaired glucose handling. Emphasis will be given on long term randomised controlled clinical trials and an attempt will be made to isolate the effects of the dietary intervention from other lifestyle changes that usually accompany them. The data will be synthesised in order to provide evidence for public health and clinical interventions.

Conventional diets in management (efficacy)

Maria Hassapidou, Greece

The dietary treatment of obesity is a part of a comprehensive program of weight control that includes increased physical activity, lifestyle modification, appropriate intakes of nutrients to minimize chronic disease risk, and eating patterns that maximize quality of life. The dietary treatment should be personalised and the obese patient has to develop a healthy, balanced, stable relationship with food and diet. According to their caloric content diets are divided to low calorie diets(LCDs):1200-1400 Kcals for women,1200-1600 Kcals for men and very low calorie diets(VLCDs):<800 Kcals. VLCDs are prescribed as a form of intensive diet therapy, which require close medical supervision, and should not be used long-term. Based on their Macronutrient distribution diets can be low or restricted in carbohydrate, low in fat, high in protein and have a low glycemic load. Consumption of vegetables, legumes, fruits, whole grains, lean sources of protein, and water should be encouraged, with emphasis on balance and moderation. Most studies have shown that the

macronutrient composition of the diet does not appear to play a major role in overall weight loss; reduced-calorie diets result in clinically meaningful weight loss regardless of which macronutrients they emphasize, with the exception over the short term of the low carbohydrate diets that are ketogenic, and may cause a greater loss of body water than body fat . Dietary composition on reducing diets should be geared towards decreasing risks of nutrient inadequacy and diet-related chronic diseases. Dietary strategies like the Mediterranean diet demonstrated in many studies significant decreases in body weight, blood pressure, and waist circumference, as well as improvements in lipid profiles when compared with other diets.

Meal replacements and VLCD

Nick Finer, United Kingdom

The use of very low energy (calorie) diets has a 40 year history with increasing acceptance by clinicians and dietitians based on research and clinical experience. They were originally developed as protein sparing modified fasts to avoid the dangers of complete fasting. Their use is regulated in Europe. Comprising an energy content of 600-800 kcals/day with more than 50g protein they are often formulated as liquid meal replacements. They prove highly acceptable to patients who report hunger suppression and enhanced well-being together with rapid weight loss and improvement in obesity-related diseases. Weight regain when 'regular' foods are reintroduced to the diet is problematic although there is no evidence that their use results in more rapid weight regain than after conventional diets. The addition of pharmacotherapy can effectively enhance weight loss maintenance.

Diets in the bariatric surgery population

Dimitri Pournaras, United Kingdom

The challenges in the follow-up of patients undergoing weight loss surgery will be introduced. The limited data available and personal experience of the speaker will be presented. "Real life" cases/patient journeys will be part of the lecture. The issue of weight gain postoperatively and the approach to

ABSTRACTS

this with dietary, pharmacological, endoscopic and surgical interventions will be discussed. Unpublished data on the effect of Very Low Calorie Diet compared to weight loss surgery will also be presented. The value of the multidisciplinary approach in the postoperative follow-up will be highlighted.

In the second part of this talk, recent data on long-term outcomes after weight loss surgery will be presented demonstrating that recurrence of type 2 diabetes following initial remission is an issue. The need for aggressive treatment of type 2 diabetes postoperatively with reduction in cardiovascular risk will be highlighted. The paradigm of cancer treatment with combination treatment, surgical and medical will be discussed. Comparative data of best medical therapy compared to best medical therapy combined with weight loss surgery will be described. The need to focus on hard endpoints such as micro-vascular complications as an outcome measure after weight loss surgery will be suggested, as with all other treatment modalities used for type 2 diabetes.

Vitamin Problems in the obese

Alexander Kokkinos, Greece

Obesity is characterized by energy overconsumption, usually coupled with decreased physical activity. However, increased energy intake is usually in the form of fat and refined carbohydrates, leading to serious imbalances in the diets of obese individuals.

Growing evidence points to serious micronutrient deficiencies in overweight and obese individuals, especially regarding vitamins. Indeed, deficiencies have been reported for almost all vitamins. For some of these, inverse associations with obesity indices (BMI, waist circumference, etc), have been shown in adults, children, and adolescents alike.

The mechanisms are not entirely clear. Reduced vitamin intake in the setting of an unbalanced diet is certainly one of the most plausible, but reports also point to vitamin sequestration in adipose and other tissues, "dilution" in a larger corporeal volume, and depletion in order to alleviate oxidative stress. Whatever the reason, vitamin deficiency may account for part of obesity-related morbidity.

Vitamin D deficiency has been extensively studied in the setting of overweight/obesity. Apart from the above mechanisms, it may also result from poor sunlight exposure related to decreased outdoor physical activity. Additionally, it has been proposed that low vitamin D may underlie obesity-related insulin resistance, and some reports implicate it in the pathogenesis of obesity itself.

Bariatric surgery is the most effective long-term treatment for morbid obesity, but modalities that include a malabsorptive element may lead to serious exacerbations of vitamin deficiencies, rendering close monitoring and proper supplementation imperative. Dietary counseling regarding proper vitamin intake in patients undergoing lifestyle or pharmaceutical approaches is also very important.

Dietary Management in obese pregnant women

Eleni Doumala, Greece

Introduction to obesity in pregnancy and important co-morbidities for women and infants' health, followed by the guidelines and the up to date literature. Also, introduction to the basic knowledge of the effective dietary management of obesity and overweight in pregnancy, understanding the role of the healthcare professionals in the problem and presentation of short cases in interactive session.



WORLD OBESITY DAY

OVERCOMING THE BIGGEST CHALLENGE

SAVE THE DATE! 11TH OCTOBER 2015

/ What is World Obesity Day?

World Obesity Day is being launched to stimulate and support practical actions to help people to achieve and maintain a healthy weight and reverse the global obesity crisis.

We have just 10 years to meet the WHO target to halt the rise in obesity by 2025. We need to act today to ensure a healthier future for all. We Must Act Now!

World Obesity Day will highlight the role everyone can play in overcoming obesity and helping to meet the global targets.

/ The objectives of World Obesity Day are to

- Increase knowledge and understanding of the challenge of obesity, and what can and should be done to overcome it
- Encourage member associations and supporters to get involved with advocacy and campaigning on obesity-related issues
- Share national experiences of campaigning to enable the spread of best practices

For all of this and much more, visit www.worldobesity.org or email [Hannah Brinsden](mailto:Hannah.Brinsden@worldobesity.org), Head of Advocacy & Public Affairs, hbrinsden@worldobesity.org

Follow @WorldObesity and use #WorldObesityDay to help spread the message

/ Get involved with World Obesity Day

Key information, resources and messages to help with your own World Obesity Day activities are available at www.worldobesity.org

This includes:

- Template press release
- Template letter to ministers
- Tweet suggestions
- Infographics with key messages
- Map of World Obesity Day activities around the world
- Weekly polls linked to the key messages
- Data and maps on obesity and risk factors
- World obesity campaign pack
- Country-specific data (on request)
- Weekly e-bulletin 'Countdown to World Obesity Day' to help you stay informed on what's going on.

ICO
2016
1 - 4 MAY 2016
VANCOUVER
CANADA



SAVE THE DATE!
1 - 4 MAY 2016
VANCOUVER, CANADA

FOR FURTHER INFORMATION PLEASE CONTACT: ICO@worldobesity.org • www.worldobesity.org

WORLD
OBESITY



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Twitter: @WorldObesity

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