

# The International Association for the Study of Obesity Newsletter

January 2014

## Greetings

Welcome to IASO's January Newsletter. We are pleased to share our latest news with you and our first projects for 2014, please see our highlights below:

- ICO 2014 Update;
- SCOPE School UK: Integrating Primary and Private Care into Obesity Management;
- New SCOPE e-learning certification;
- New IASO Briefing Paper - The prevention of obesity and NCDs: challenges and opportunities for governments;
- INFORMAS Update
- Data portal updates;
- Seeking Editor in Chief for new obesity journal;
- Download the latest papers from our leading journals;
- Latest articles of Obesity in the News;
- Member survey.

## ICO 2014



### 12th International Congress on Obesity

17 - 20 MARCH 2014: Kuala Lumpur, Malaysia



### International Congress on Obesity (ICO)

[Register here](#) for what will be the most important Obesity meeting in 2014.

With the excellent scientific programme, varied symposia sessions and a chance to discuss cutting edge data during poster sessions this will be an event not to be missed.

In addition to building your obesity knowledge there will be ample time to network and catch-up with your peers during our Welcome Reception and Cultural Showcase.

Late breaking abstracts for ICO 2014 will open soon so watch this space!

## SCOPE School UK: Integrating Primary and Private Care into Obesity Management

Save the Date! IASO's next SCOPE school will take place in London from the 27th-28th October 2014.

This event is a must for all clinicians, dieticians, nutritionists, GPs and all who work with the obese patient in a primary care setting.

## SCOPE e-learning



In January SCOPE will be publishing a list of SCOPE Certified health professionals on our website [www.iaso.org/scope](http://www.iaso.org/scope). Patients will be able to verify if a medical professional is SCOPE Certified and health professionals will have the ability to prove their credentials. We will also be releasing a new module on the topic of prejudice towards obese patients in medical practice. This video module will be instructed by Prof Nick Finer.

## New IASO Briefing Paper

The prevention of obesity and NCDs: challenges and opportunities for governments

The major non-communicable diseases (NCDs) now account for more than 36 million deaths (65% of all deaths) and considerable ill-health every year, most of which occurs in low- and middle-income countries. Such burdens on society and on individuals are not inevitable. Good health depends on health promoting environments, shaped by policies at local, national and international levels, and may be undermined by markets and economic operators who promote the consumption of products which raise the risk of chronic disease.

With governments committed to tackling NCDs and obesity at the UN General Assembly, a new Policy Briefing published by IASO and its policy group the International Obesity TaskForce explores the challenges and opportunities that governments face when creating health promoting policies. It makes a series of recommendations to governments, starting with measures to strengthen the case for action, develop cross-departmental action plans, set standards for protecting nutrition security, use central purchasing power to help shape markets, develop market controls and pricing interventions, and strengthen public health legislation to allow greater regulatory action.

The content of the briefing is based on a symposium Obesity and non-communicable diseases: Learning from international experiences, which was held in New York in September 2013. IASO received support for this meeting from the Aetna Foundation, a national foundation based in Hartford, Connecticut, USA, that supports projects to promote wellness, health and access to high quality care for everyone.

The paper published today is available [here](#).

## INFORMAS Update

INFORMAS - the International Network for Food and Obesity / Non-communicable Diseases Research, Monitoring and Action Support - is a project lead by IASO's policy arm, the International Obesity Taskforce. See [here](#) for more information.

A Food Environment Policy Index (Food-EPI) is being created to evaluate government policies. It includes a 'policy' component (food composition, labelling, promotion, provision, retail, affordability, trade) and an 'infrastructure support' component (governance, leadership, workforce, monitoring, funding and resources, interaction platforms, health-in-all-policies). Within each domain good practice statements have been proposed, which can be developed into benchmarks for assessing government food policies.

The first pilot test of the Food-EPI was undertaken in New Zealand in 2013, and included a workshop of public health NGO representatives and researchers who rated the degree of implementation against the good practice statements. Based on this pilot test, the good practice statements will be revised and updated. Countries interested in applying the Food-EPI are encouraged to contact Professor Boyd Swinburn [boyd.swinburn@auckland.ac.nz](mailto:boyd.swinburn@auckland.ac.nz)

Other updates

- \* The Next INFORMAS meeting will take place in Auckland 13-14 March 2014 to discuss the protocols and pilot studies for each of the modules
- \* If you want to learn more about INFORMAS' progress, you can join the IOTF breakfast session at ICO2014 on Thursday 20 March 0745-0900h
- \* INFORMAS offers exciting opportunities for PhD and master students - contact Professor Boyd Swinburn [boyd.swinburn@auckland.ac.nz](mailto:boyd.swinburn@auckland.ac.nz)

## Data portal updates

This month we have updates on adult data in England, Jordan, Malawi, Scotland and Tajikistan. Updates are available in Children in Poland & Scotland. To view these updates and explore the other resources that are now available please visit our obesity data portal page at <http://www.iaso.org/resources/obesity-data-portal/>

## Seeking Editor-in-Chief for new journal

IASO and TOS are recruiting the inaugural Editor-in-Chief for their new joint open access obesity journal, published by Wiley.

This new journal will publish original research, reviews and perspectives on all disciplines related to obesity.

Applications are welcomed from those working in the field of obesity, and the deadline for submitting your CV with a covering letter is 31st January 2014. For full details please read the [job description](#).

## Journals

### Clinical Obesity...

A message from Professor Nick Finer, Editor-in-Chief...



Call for papers!

Clinical Obesity is the journal of choice for clinical researchers and practitioners. It is an international peer-reviewed journal publishing high quality translational and clinical research papers and reviews focusing on obesity and its co-morbidities.

Participate today! Submit your paper via our online peer-review system [here](#).

View the latest Clinical Obesity issue [here](#).

*[Submit your paper to Clinical Obesity today...](#)*

## Obesity Reviews...

A message from Professor David York, Editor-in-Chief...



Happy New Year to everyone. We start the year with a relish. The January edition of Obesity Reviews contains 6 reviews plus two articles giving contrasting views on how professional societies should interact with the food industry. In addition we have a bumper supplement on China's health and nutrition transition over the last 2 decades. First the journal:

The two articles on relationships to the food industry should provide plenty of opportunity for thoughtful discussion. Should we keep them at arm's length or attempt to work with them? Bergmeier et al then present a systematic review on associations between child temperament, maternal feeding practices and preschool infants BMI. This is followed (Myre and Imbeault) by a review of the interrelationships between organic pollutants, adipose tissue hypoxia and the inflammatory process associated with obesity. Herring et al then review the role of genetics in adoption and adherence to exercise programs which highlights the role of the pleasure/reward systems in the brain. This is followed by another systematic review (Hoare et al) of the associations between obesity risk factors and depression, providing new insight into the developing literature on mental health and obesity. A Systematic review of the effects of overweight and obesity on musculoskeletal problems (Paulis et al) highlights the consequences of overweight even in childhood. Finally, a review for everyone involved with RCTs. Affuso et al review the association of run in periods with weight loss and identify the detrimental effect they may have in identifying the outcomes of interventions.

Then to send the year off to a flying start we are publishing a supplement, guest edited by Barry Popkin, on the transition in diet, activity, body composition and chronic disease in China from 1991- to 2011. The 7 review articles result from a conference convened by IUNS in 2013 and is based up on data from the ongoing China Health and Nutrition Survey. The authors make all of the data available on line for anyone wishing to utilize this invaluable data base for their own studies. The Supplement is available on line at the Obesity Reviews web site.

To read articles online or find out more visit *Obesity Reviews* on Wiley Online Library [here](#).

*[Submit your paper to Obesity Reviews today...](#)*

## Pediatric Obesity...

A message from Professor Michael Goran, Editor-in-Chief...



View the latest issue of Pediatric Obesity [here](#).

Submit your best work to the leading journal in the field, via our online peer-review system [here](#).

Follow Pediatric Obesity's Editor (@michaelgoran) on Twitter!

*[Submit your paper to Pediatric Obesity today...](#)*

## International Journal of Obesity...



The *International Journal of Obesity* (IJO) provides a multi-disciplinary forum for basic, clinical and applied studies focusing on obesity and related disorders, including a quarterly pediatric highlights issue.

Author benefits at a glance include:

- Quick and easy online submission
- Online supplementary material allows you to add greater depth to your article
- Fast editorial turnaround
- Advance Online Publication within 25 days of acceptance
- Open Access option: You now have the option to make your article freely available immediately upon publication
- Increased article visibility through inclusion in the Table of Contents e-alert received by over 55,000 recipients, selected press releases, and promotion alongside related content from other NPG journals
- Inclusion in the leading abstracting and indexing services

*[Submit your paper to IJO today...](#)*

## Obesity in the News

Latest articles of obesity in the news...

**[UK: Overseas Development Institute report links diet to rising obesity levels in developing countries](#)**

The Overseas Development Institute (ODI) has published a report exploring the implications of the nutrition transition for developing countries, and the role that changing diets and lifestyle are playing in the rising levels of obesity seen in many low and middle income countries. The report calls for stronger policies to address factors known to be linked to poor health and in particular suggests that regulation and taxation are the most effective policies for diet.

### **England: Government campaign focuses on 'simple swaps' to improve diet**

The latest instalment of the Change4Life campaign in England is focusing on simple swaps to help members of the public reduce their intake of sugar, fat and salt. Suggested swaps by the campaign include switching from sugar-sweetened beverages to diet versions, full-fat to low-fat dairy products, full -fat to semi-skimmed or skimmed milk and choosing breakfast cereals which are lower in sugar.

Please note that all external links are provided for information only, their inclusion is not indicative of IASO endorsement.

To see more of the latest articles of obesity in the news please visit our news page [here](#).

## **Other News**

### **What do you think? What do you do? We need your help!**

IASO members around the world are being invited to participate in a survey of attitudes and practices in the management of people who are overweight or obese. Over the next few weeks, you will be contacted by email and asked to complete a short questionnaire. By participating in this exciting initiative from IASO, which is supported by an unrestricted educational grant from Novo Nordisk A/S, you will be helping to build a better understanding of current practice and the challenges of helping people achieve their weight management goals.



The information you provide will help the Education and Management Taskforce to prioritise educational activities as well as inform a wider audience as to current needs in obesity management. So, please complete the questionnaire when it arrives in your inbox. Tell us what you think, what you do and what would help you to do even more for your patients. If you would like to participate but think we may not have your email, please send it to [enquiries@iaso.org](mailto:enquiries@iaso.org).

If you have any comments or information you would like us to include in the next IASO newsletter please contact:

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Research and Information Manager  
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**Join us on LinkedIn and Twitter**



### **Stay in touch!**

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