16th October 2014

Registration
8:00am - 5:00pm
Pre Function Area

Opening
8:30am - 8:40am
Endeavour 1&2
Welcome by COSA President, A/Professor Sandro Porceddu
Welcome to Country
Official opening by Professor Stephen K Smith, Dean Faculty of Medicine Dentistry and Health Sciences, University of Melbourne

Keynote Lecture 1
8:40am - 9:40am
Endeavour 1&2
Chair: Jerry Greenfield
8:40 AM
Ian Caterson
Report Card on progress in Obesity  abs# 1

ANZOS Young Investigator Award
9:40am - 10:00am
Endeavour 1&2
Chair: Tim Gill

Morning Tea
10:00am - 10:30am
Pre Function Area

The Colour of Fat - "Is beige the new brown?"
10:30am - 12:30pm
Endeavour 1
Chairs: Brian Oldfield & Michael Swarbrick
Stream: Metabolism & Integrative Physiology

10:30 AM
Greg Cooney
BAT in the Dark Ages: a biological context for the Renaissance  abs# 2
11:00 AM
Paul Lee
Fatty shades of brown colour metabolism in humans  abs# 3
11:30 AM
Shingo Kajimura
Molecular determinants of brown/beige fat function  abs# 4
12:00 PM
Nicole Wiedmann
Central neural pathways directed to white, brown and transformed brite / beige fat  abs# 5
12:15 PM
Dana Hutchinson
Functional significance of rosiglitazone treatment on β-adrenoceptor function on brite adipocytes derived from inguinal white adipose tissue  abs# 6

Obesity Controversies
10:30am - 12:30pm
Endeavour 2
Chairs: Tania Markovic & Jenny Gunton
Stream: Intervention & Clinical Studies

10:30 AM
Sanjoy Paul
Obesity paradox in people with type 2 diabetes  abs# 7
11:00 AM
David James
‘Systems biology – the next frontier in metabolic research’  abs# 8
11:30 AM
Sarah Garnett
The good, the bad and the ugly; intermittent fasting and severe energy restriction in adolescents  abs# 9
12:00 PM
Marina Reeves
Weight loss via the telephone – does it work? A systematic review and meta-analysis  abs# 10
12:15 PM
Megan Whelan
Feasibility, effectiveness, and cost-effectiveness of a telephone-based weight loss program delivered via a hospital outpatient setting  abs# 11

Addressing Socio-Economic Inequalities in Obesity
10:30am - 12:30pm
Endeavour 3
Chairs: Anna Peeters & Jen Reimers
Stream: Public Health & Policy

10:30 AM
Joel Berg
Emerging Approaches to Behaviour Change - Nudge and new technology
1:30pm - 3:30pm
Chairs: Jane Martin & Stefanie Vandevijvere
Stream: Public Health & Policy

1:30 PM  Caroline Horwath
Intuitive eating: is a shift away from dieting the answer to weight management?  abs# 32

2:00 PM  Simone Pettigrew
Using incentives to stimulate behavioural change  abs# 33

2:30 PM  Leisl Capper
Avatars to assist health behaviour change  abs# 34

3:00 PM  Anna Fiego
Jamie’s Ministry of Food reduces take-away/fast food expenditure  abs# 35

3:15 PM  Mu Li
Text message to promote breastfeeding and obesity-protective eating behaviours in young children: 12 and 24 months BMI results  abs# 36

Managing Chronic Pain Within a Lifestyle Context
1:30pm - 3:30pm
Chairs: Garry Egger & Felipe Luz
Stream: Lifestyle Medicine & Psychology

1:30 PM  Chris Hayes
A holistic model for dealing with chronic pain  abs# 37

2:00 PM  Terina Grace
Group visits for chronic pain  abs# 38

2:30 PM  Geoff Harding
Lifestyle medicine and the management of pain  abs# 39

3:00 PM  Lesley Gray
Getting taboo issues on the table: talking about overweight and obesity in New Zealand General Practice  abs# 40

3:15 PM  Ross Grant
Influence of carotenoids on oxidative damage, inflammation and [NAD(H)] in human cerebrospinal fluid with age  abs# 41

Afternoon Tea
3:30pm - 4:00pm
Pre Function Area

Keynote Lecture 2
4:00pm - 5:00pm
Chair: Brian Oldfield
Endeavour 1&2

4:00 PM  Shingo Kajimura
Engineering fat cell fate to fight obesity and metabolic diseases  abs# 42

Poster Session 1 & Welcome Reception
5:00pm - 7:00pm

Output Session Sponsor Type
John Dixon
Trends in self-reported health related quality of life among obese individuals with age

Yvonne Anderson
Effectiveness of current interventions in obese New Zealand children and adolescents

Kris Moller
Whanau Pakari: perception versus reality – how active are obese New Zealand children?

Ted Arnold
RAFG - Relative Adult Fat Gain

Clare Collins
Motivators and barriers to engaging in healthy eating and physical activity in young adult men

Nicole Edge
Obstetric and Gynaecologic care of women who are overweight or obese: A survey of practice.

Romy Gaillard
A 'Western' dietary pattern, adiposity and inflammation: pathways to depression and mental health problems in adolescents

Alice Gibson
Do ketogenic diets really suppress appetite? A systematic review and meta-analysis

Juliana Gomes Zabatiero
Patterns of Sedentary Behaviour and Physical Activity Before and Three Months After Bariatric Surgery

Juliana Gomes Zabatiero
Barriers and Facilitators for Physical Activity in Adults before Bariatric Surgery

Robyn Hemmes
Weigh Forward: A clinical audit of weight management in Australian general practice

Anne-Thea McGill
Translation of Basic Science Research into Brief Opportunistic Intervention and Follow-up for Pragmatic Primary Care Weight Management

Helen Parker
Efficacy of the Omega-3 Index in predicting NAFLD in overweight and obese adults: a pilot study

Hendrik Rensing
The neuro-endocrinology of eating

Megan Rollo
Dietitian Connect: a feasibility study to evaluate the addition of video consultations with a dietitian to a web-based weight loss program.

Marta Silvestre
PREVIEW: PREVention of diabetes through lifestyle Intervention in Europe and around the World – Where are we now?

Elizabeth Sturgiss
Treating overweight and obese adults in General Practice – a systematic review

Rebecca Venchiarutti
Assessing the effectiveness of a lifestyle weight loss intervention on an obese outpatient population in New South Wales

Heidi Bergmeier
A qualitative study of maternal views on preschoolers’ dietary self-regulation and feeding strategies

Andreas Heißel
Supportive Sport Climate Increases Competence, Relatedness, Internalisation of Motivation, and Physical Activity in Overweight Children

Kristen Murray
Report of the first 50 patients attending the ACT public Obesity Management Service

Kristen Murray
Development and Implementation of an Obesity Management Service in the ACT: A Preliminary Report

Jayanthi Raman
The clinical obesity maintenance model - an evaluation

John Lighton
Food “Micro-Intake” events: a common but underexplored aspect of ingestive behaviour in model animals  

Brittany Rasmussen
Duodenal linoleic acid sensing lowers glucose production in rats and mice via a CCK-independent neuronal network  

Hendrik Rensburg
The role of GH in Obesity  

Hendrik Rensburg
The role of rT3 in metabolism in obesity treatment  

Russell Rising
New integrated approach for whole room indirect calorimetry: Accuracy and usability  

Kylie Ball
EMPOWER: The development and pilot-testing of an evidence-based weight loss mobile telephone app  

Tara Boelsen-Robinson
The effectiveness of whole-of-community interventions by socioeconomic position  

Adrian Cameron

Yanrong Chen
Dietary calcium, diary intakes and childhood overweight/obesity in Chinese children and adolescents: a cross-sectional study  

Alexandra Chung
Trends in childhood obesity prevalence according to socioeconomic position: A systematic review  

Rachael Cox
A review of eating and food-related difficulties for young people in out-of-home care and their possible association with unhealthy weight gain  

Tessa Delaney
Identifying social influences on the implementation of canteen practices in primary schools  

Ruonan Duan
Cross-sectional association between eating behaviors and body composition among children and adolescents in South China  

Kerry Ettridge
The association between community awareness of obesity-related factors in cancer risk and obesity-related outcomes; changes from 2004-2012  

Chad Foulkes
One Local Government area, 180 health promoting schools, long day care and kindergartens - what it takes to deliver at scale  

Chad Foulkes
67 workplaces, 26,690 employees and we are a quarter of the way there: Delivering health promoting workplaces at scale as part of a systems interver  

Lisa Gibson
The role of GPs in preventing excessive gestational weight gain among obese women early in pregnancy  

Jessica Herbert
Jamie’s Ministry of Food  

Benjamin Chih Chiang Lam
Comparison of body mass index (BMI), body adiposity index (BAI), waist circumference (WC), waist-to-hip ratio (WHR) and waist-to-height ratio (WHtR) as predictors of cardiovascular disease in an adult population in Singapore  

Jennifer Marks
Obesity prevalence in a sample of low socioeconomic children: Cross sectional associations with physical activity, sedentary and eating behaviour  

Hamid Moayyed
Measuring the ‘healthiness’ of food outlet types in Australian suburbs’ community food environment  

Vanessa Shrewsbury
Healthy lifestyle behaviours and intentions in adolescents from Western Sydney  

Elizabeth Waters
Scope and characteristics of obesity prevention initiatives in Australia 2013  

Public Lecture
7:00pm - 8:30pm
Chair: Amanda Salis

What can you do to improve our nation’s diet for everyone? Lessons from Australian school canteens and the US on what not to do – and how to change it

Joel Berg, Executive Director, New York City Coalition Against Hunger
Dr Kieron Rooney, Faculty of Health Sciences and the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders, Sydney Medical School
Associate Professor Tim Gill, the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders, Sydney Medical School

Have you ever sneaked a peek into someone else’s trolley at the supermarket – or into a child’s school lunch – and wondered why people buy and eat that stuff? Poor eating habits are frequently attributed to a supposed lack of virtuous behavior, but there are numerous policies and economic factors that entrap people in nutrient-poor diets that lead to adverse educational and health outcomes. This talk draws on examples from the US nutrition safety program for low-income Americans, as well as on Australian policies governing what foods are available to children in school canteens, and highlights key areas where you can make the most impact to help improve our food environment for everyone.

The public lecture will be held at the University of Sydney

17th October 2014

Breakfast Symposium
7:00am - 8:30am
Chair: Amanda Salis

Stephen Simpson - "An integrative, systems-based, multi-disciplinary approach to tackling obesity: the Charles Perkins Centre project"

Q&A Session on the challenges of developing effective collaborative research partnerships to address complex societal problems such as obesity.
8:30 AM  Joel Berg  
Food Insecurity and Obesity in the U.S. – Flip Sides of the Same Malnutrition Coin  abs# 43

Early Career Researcher Presentations and Awards  
9:30am - 10:30am  
Endeavour 1&2  
Chairs: Anna Peeters & Amanda Salis

9:30 AM  Sylvia Gasparini  
The osteoblast: An important player in glucocorticoid-induced brown fat lipid accumulation  abs# 44

9:45 AM  Siah Kim  
The differential effect of socio-economic status on body mass index among Aboriginal children & adolescents  abs# 45

10:00 AM  Katrina Purcell  
The rate of weight loss does not influence long term weight maintenance: A randomised controlled trial  abs# 46

10:15 AM  Kristy Zwickert  
Technological support to enhance weight loss and weight loss maintenance among obese adults: A pilot randomised controlled trial  abs# 47

Morning Tea  
10:30am - 11:00am  
Pre Function Area

Identifying Drivers of Appetite and Obesity  
11:00am - 1:00pm  
Endeavour 1  
Chairs: Chris Maloney & Greg Cooney

Stream: Metabolism & Integrative Physiology

11:00 AM  Herbert Herzog  
Hypothalamic pathways for energy intake and expenditure including recent insights into circadian cycles  abs# 48

11:30 AM  Stephen Simpson  
The Geometry of Macronutrient Balance  abs# 49

12:00 PM  Andrew Holmes  
Diet intervention in obesity and the role of the microbial landscape  abs# 50

12:30 PM  Margaret Morris  
Postpartum stress during the early postnatal period has long-lasting effects on metabolic profile in rat dams  abs# 51

12:45 PM  Vicky Wang-Wei Tsai  
Macrophage inhibitory cytokine 1 (MIC-1/GDF15), a novel regulator of body weight and appetite and a potential therapeutic for obesity  abs# 52

Diet, Exercise and Pharmacotherapy - What advice is best?  
11:00am - 1:00pm  
Endeavour 2  
Chairs: Jerry Greenfield & Katrina Purcell

Stream: Intervention & Clinical Studies

11:00 AM  Clare Collins  
What do the NHMRC and DAA guidelines tell us about the best dietary approach for weight loss?  abs# 53

11:30 AM  Kathryn Ellis  
Physical activity levels and cognition in older adults at risk of cognitive decline  abs# 54

12:00 PM  Nathan Johnson  
HIIT and other novel exercise or non-sitting strategies: fact or fiction for the management of obesity?  abs# 55

12:30 PM  Joseph Proietto  
Efficacy and safety of liraglutide 3.0 mg for weight management in overweight and obese adults: the SCALE Obesity and Prediabetes, a randomised, double-blind and placebo-controlled trial  abs# 56

12:45 PM  Gary Wittert  
Liraglutide 3.0 mg improves body weight and cardiometabolic risk factors in overweight or obese adults without diabetes: the SCALE Obesity and Prediabetes randomised, double-blind, placebo-controlled 56-week trial  abs# 57

Prevention in Early Childhood  
11:00am - 1:00pm  
Endeavour 3  
Chairs: Elizabeth Denney-Wilson & Elaine Rush

Stream: Public Health and Policy

11:00 AM  Rachael Taylor  
Providing additional guidance and support to parents about sleep, diet and physical activity from birth to 2 years of age: the Prevention of Overweight in Infancy study  abs# 58

11:30 AM  Lisa Askie  
What does the EPOCH (early prevention of obesity in childhood) prospective meta-analysis tell us about early life obesity prevention?  abs# 59

12:00 PM  Chris Rissel  
Policy makers and early life obesity prevention. What are the issues?  abs# 60

12:30 PM  Kathryn Reilly  
Is the banning of unhealthy foods at school canteens associated with principal influence or school policy?  abs# 61

12:45 PM  Margarita Tsiros  
Are obese children really less fit? Influences of body composition and physical activity on cardiorespiratory fitness in obese and
Using Evidence-Based Psychological Treatments to Treat Psychological Comorbidities in Obese Clients – Do they need to be modified?
11:00am - 1:00pm
La Perouse
Chairs: Kristy Zwickert & Tracy Burrows

Stream: Lifestyle Medicine & Psychology

11:00 AM  Prasuna Reddy
How useful are psychological treatments in the management of depression?  abs# 63

11:30 AM  Delwyn Bartlett
Psychological treatments for insomnia and improving adherence in obstructive sleep apnea  abs# 64

12:00 PM  Louise Sharpe
Reduce weight gain and Ease the pain: The impact of comorbidity of pain and obesity on interventions  abs# 65

12:30 PM  Felipe Luz
Do people with morbid obesity have deep psychological problems? Apparently not.  abs# 66

12:45 PM  Helen O’Connor
The relationship between overweight, obesity and cognitive function in adults: a systematic review and meta-analysis  abs# 67

Lunch
1:00pm - 2:00pm
Pre Function Area

Free Communications - Basic, Cellular and intracellular drivers of metabolism and energy balance
2:00pm - 4:00pm
Endeavour 1
Chairs: Margaret Morris & Jon Whitehead

2:00 PM  Michael Swarbrick
Human gastro-oesophageal adipose tissue (GO fat): A depot enriched in thermogenic beige adipocytes  abs# 68

2:12 PM  Rae-Chi Huang
Genome wide methylation analysis identifies differentially methylated CpG loci associated with severe obesity in childhood.  abs# 69

2:24 PM  Andrew McAinch
O-1602 reduces plasma concentrations of leptin and ghrelin but increases AST, in diet-induced obese rats  abs# 70

2:36 PM  Mark Read
Elucidating how diet drives gut bacterial composition through computational simulation.  abs# 71

2:48 PM  Johanna Barclay
Induction of heme-oxygenase (HO-1) does not enhance adiponectin production in human adipocytes: evidence against an HO-1/adiponectin axis  abs# 72

3:00 PM  Kristine McGrath
Apolliporeptorin A-I mimetic peptides improved insulin sensitivity in high fat diet fed mice.  abs# 73

3:12 PM  Golam Mezbah Uddin
Impaired blood glucose clearance and mitochondrial function induced by high fat diet is improved by exercise and an ‘exercise mimetic’  abs# 74

3:24 PM  Chandramohan Govindasamy
Ameliorative effect of kaempferol a flavonoid against streptozotocin-generated oxidative stress induced diabetic rats  abs# 75

3:36 PM  Holger Henneicke
Disruption of glucocorticoid signaling in osteoblasts prevents age-associated metabolic dysfunction in mice  abs# 76

3:48 PM  Katherine Tonks
Bone phenotype of insulin-resistant and insulin-sensitive overweight and obese humans  abs# 77

Free Communications - Intervention & Clinical Studies
2:00pm - 4:00pm
Endeavour 2
Chairs: Kieron Rooney & Alice Gibson

2:00 PM  Shirley Alexander
A Pre-post Pilot Study Of Weight4KIDS - A Health Professional E-learning Program For Paediatric Obesity Management  abs# 78

2:12 PM  Malgorzata Brzozowska
Long term skeletal changes following different types of bariatric surgery  abs# 79

2:24 PM  Tami Cave
Whanaun Pakari: a multi-disciplinary intervention for obese children and adolescents - improved accessibility for Maori, but clear health disparities.  abs# 80

2:36 PM  Hoi Lun (Helen) Cheng
One-year longitudinal obesity trends of rural Australian adolescents: preliminary results from the ARCHER study  abs# 81

2:48 PM  Arpita Das
How low do you need to go? Carbohydrate restriction for appetite suppression during low energy diets in overweight and obese adults: a sub-study of the PREVIEW Study Australia  abs# 82

3:00 PM  Megan Gow
Early weight loss in obese adolescents participating in a lifestyle intervention and weight loss at 24 months: The RESIST study  abs# 83

3:12 PM  Natalie Lukas
Does bariatric surgery work in public hospitals?  abs# 84

3:24 PM  Kyla Smith
How effective was Curtin University’s Activity, Food and Attitudes Program at changing behaviours in overweight and obese adolescents?  abs# 85

3:36 PM  Matthew Tan
Bone loss post bariatric-surgery is better captured with QCT than DXA and delineates predominantly trabecular loss.

**Jessica Zibellini**

Muscle strength is reduced by an 8-week weight reducing diet in overweight and obese adults with pre-diabetes: a sub-study of the PREVIEW Study Australia

**Free Communications - Public Health and Policy**

**Suzanne Carroll**
Contributions of local-area fast-food availability and area-based weight and dietary norms to 10-year change in cardiometabolic risk

**Chad Foulkes**
Systematic review of incidental physical activity community interventions: results and contribution to government strategy

**Emma Gearon**
The role of dietary and physical activity behaviours in educational differences in weight gain among Australian adults – the Melbourne Collaborative Cohort Study

**Caroline Miller**
A Qualitative investigation of knowledge, beliefs and attitudes regarding sugar-sweetened beverages, including responses to potential regulatory measures aimed at curbing obesity

**Caroline Mills**
Changes to industry self-regulation of unhealthy food advertising to children in Australia: what the processed food and beverage industries hoped you wouldn’t notice in 2014.

**Belinda Morley**
Evaluation of the LiveLighter “Sugary Drinks” mass media campaign

**Bridget Morrissey**
Sleep duration and risk of overweight and obesity among Victorian Primary School children

**Stefanie Vandevijvere**
Food references and marketing in popular magazines for children and adolescents in New Zealand: A content analysis

**Free Communications - Lifestyle, Medicine and Psychology**

**Lisa Spencer**
Perceived healthy eating and physical activity factors influencing weight management in postpartum women; a mixed methods analysis.

**Stephanie Partridge**
Recruiting young adults into the TXT2BFiT trial for prevention of weight gain: effectiveness and cost strategies

**John Dixon**
The “Obesity Paradox” – it’s time to change the paradigm of ideal body weight

**Nghat Faruqi**
Better Management of Weight in General Practice – Study protocol

**Kirrilly Pursey**
The prevalence of food addiction as assessed by the Yale Food Addiction Scale: A systematic review

**Naomi Gandler**
A pilot study investigating the dietetic weight loss interventions and 12 month functional outcomes of patients undergoing total joint replacement

**Maurice Swanson**
LiveLighter Phase II “Sugary Drinks” mass media campaign

**Katharine Treves**
Whanaun Pakari: A multi-disciplinary intervention for children and adolescents with obesity – reports of pain (including headache) and sleep duration

**Jane Turner**
Body weight trends and physical activity levels in cancer survivors attending the Sydney Survivorship Clinic at Concord Cancer Centre

**Afternoon Tea**

**Keynote Lecture 4**

**Marianne Sumego**
Running Shared Medical Appointments for Diabesity

**Poster Session 2**

**Nouhad El-Haddad**
Improving health literacy for weight management in overweight or obese non-English speaking migrants in primary health care: A systematic review of quantitative and qualitative data
Abdullah Mamun
Excess gestational weight gain and its long term health impact- public health burden and policy  
Michelle Butler
Whanaupakari: Eating behaviours of obese children and adolescents in Taranaki  
Hsin-Fang Chung
Obesity paradox among type 2 diabetes: Link between obesity and chronic kidney disease  
Kira Edwards
Investigation of the impact of degree of weight loss on physiological adaptations to weight loss  
Chandramohan Govindasamy
Effect of camel milk on plasma glucose concentration and lipid profile in streptozotocin-induced diabetic rats: Camel milk may better therapeutic potential for obese diabetic patients  
Briony Hill
Creating a healthy home environment for preschool children: A qualitative study of parents’ perceptions of an intervention program  
Kate Holland
Challenges in weight management post renal transplant in paediatrics  
Nathalie Kizirian
Maternal diet and infant body composition in women at risk of gestational diabetes mellitus  
Nikki Milne
Modified Shuttle Test-Paeds: a valid cardiorespiratory fitness measure for children  
Jessica Roekeenes
The impact of plantar callosities, arm posture, and usage of electrolyte wipes on body composition by bioelectrical impedance analysis in morbidly obese adults  
Radhika Seimon
Changes in Body Weight and Pulse: Outcome Events in Overweight and Obese Subjects with Cardiovascular Disease  
Asa Short
Knowledge of risks during and preparation for pregnancy: a survey of overweight and obese women  
Elizabeth Sturgiss
Comparison and synthesis of current Australian guidelines on the management of obese adult patients in General Practice  
Sarah Taki
Smartphone applications and websites on infant feeding: A systematic analysis of quality, suitability and comprehensibility  
Rebecca Williams
Effectiveness of weight loss interventions – is there a difference between males and females: A Systematic review  
Lisa Wynter
Whanaupakari: a multidisciplinary intervention programme for child and adolescent obesity in Taranaki - results of the baseline assessments.  
Leanne Young
Under 5 energize programme: Using the RE-AIM framework to evaluate reach, adoption and implementation  
Skye McPhie
Motherhood and obesity: 8 years of weight gain  
Tegan Picone
Is dietary restraint deserving of a poor reputation?  
Kieron Rooney
Monitoring health and dietary behaviour during participation in an online lifestyle program  
Tracy Burrows
A review of Australian Adult Obesity Research Funding  
Adrian Cameron
The effect of changes to the school food environment on eating behaviours and/or body weight in children; a systematic review.  
Andrew Churchill
Evaluating a complex systems based approach to obesity prevention  
Maryam Delavari
Migration, acculturation and environment: Determinants of obesity among Iranian migrants in Australia.  
Elizabeth Denney-Wilson
Growing healthy: A week by week, m-health intervention for parents of infants 0-9 months  
Helen Dixon
Food marketing with movie character toys: effects on young children’s preferences for healthy and unhealthy fast food meals  
Chad Foukes
Lessons from Healthy Together Geelong: Delivering systems change at scale across two levels of government  
Chad Foukes
Systems interventions to halt and reverse rising trends in obesity what theories, methodologies and methods actually aid practice: Cases from Healthy Together Geelong  
Dimity Gannon
The Parents’ Jury Healthy Checkouts Campaign  
Alison Hayes
Age specific changes in BMI and BMI distribution among Australian adults using cross-sectional surveys from 1980 to 2008  
Yan Liu
Overweight and Obesity Status Among Children and Adolescents in South China and Its Characteristics  
Yan Liu
Cross-sectional Association of Grain and Tubers with Body Composition among Children and Adolescents in South China  
Penny Love
Co-creating evidence on obesity prevention implementation through case studies  
Winda Ng
The association between obesity and excessive daytime sleepiness in Australian workers  
Theo Niyonsenga
Change over time in wealth approximated by relative residential location factor is associated with changes over time in body mass index and waist circumference  
Roxanne Portolesi
Misperceptions about dairy foods and weight – are their differences between consumers and health professionals?  
Zahrasadat Rafiei
Factors contributing to the success of self-directed weight loss  
Melanie Sharman
Publicly funded bariatric surgery in Australia. What guidance is provided by the States and Territories?  
Stephanie Tanamas
Obesity and metabolic health risks: An exploration of body mass index and waist circumference combinations  
Sinu Thilak
Theory of model of care required for preventing paediatric overweight and obesity  
Stefanie Vandeliviere
The Healthy Food Environment Policy Index in New Zealand: Experts’ assessments of policy gaps and priorities for the Government  
Lennert Veerman
Making urban transport less obesogenic: The effect of a bridge on bicycle commuting  
Ekaterina Volkova
Effects of interpretive front-of-pack nutrition labels on food purchases: Starlight randomised controlled trial.  
Mingzhe Yang
Cross-sectional Association between Protein Intake and Body Composition among Children and Adolescents in South China  
Elizabeth Waters
An overview of systematic reviews of obesity prevention interventions  
Wendy Watson
Time for a coffee - Nutrient composition of café chain menus  
Jill Whelan
A map of community based obesity prevention initiatives in Australia following obesity funding 2009-2013  
Christopher Williams
Design and evaluation of a multi-component audit and feedback intervention for implementation of healthy food policy in school canteens  
Christopher Williams
Preventative care strategies for common risk factors of chronic disease and musculoskeletal pain in patients waiting for specialist consultation  
Deanna Messina
Multidisciplinary obesity management program improvements dietary outcomes at 10 weeks & 12 months in obese children and adolescents.
18th October 2014

GP Workshop
8:25am - 5:45pm

Chairs: Garry Egger & John Dixon

40 Category 1 QI&CPD Points. Note during the day sessions will break to smaller groups in Endeavour 3, Sirius 1, Sirius 2 and Supply rooms

BETTER, FASTER: shared medical appointments as a new way to manage clinically severe obesity – from childhood to old age

Program

8.00 am: Registration

**Session 1: The ‘why’ and ‘when’ of managing clinically severe obesity**

8.25 am: Introduction (John Dixon)
8.30 am: Childhood obesity – practical tips for GPs (Shirley Alexander)
8.45 am: Weigh management in older adults? Think before you act (Joe Proietto)
9.00 am: Panel discussion Shirley Alexander and Joe Proietto, Ian Caterson, John Dixon and Garry Egger – Combining therapies: lifestyle, meal replacements, med...

9.30 am: Morning tea

**Session 2: The ‘how’ of managing clinically severe obesity**

10.00 am: Rotation through four small group sessions consisting of 15-minute presentations followed by 15 minute group discussions on implementing the latest pr...

10.45 am: a) Meal replacements and very low energy diets (Joe Proietto)
11.00 am: b) Drugs: what’s available? What’s coming? How can we use them intelligently? (Ian Caterson)
11.15 am: c) Gastrointestinal interventions – devices and surgery (John Dixon)
11.30 am: d) Behavioural and lifestyle interventions for all (Garry Egger)

12.00 pm: Interactive case studies – how would you manage these patients? (Joe Proietto, John Dixon, Garry Egger)

12:30 pm: Lunch, including...

12.50 pm: Lunch Time Guest Speaker Brian Aitkin (Obesity Support Council) – The Importance of advocacy about obesity (25 minutes), plus interactive discussion i...

**Session 3: Shared Medical Appointments – introduction & theory**

1.30 pm: Introduction, and origins of Shared Medical Appointments (John Dixon)
1.45 pm: The American experience (Marianne Sumego)
2.15 pm: Fitting the American experience into the Australian environment (Garry Egger)

2.45 pm: The Australian story – so far (John Stevens)
3.00 pm: Panel Discussion – How can Shared Medical Appointments help you to deliver better and faster health care for patients with chronic conditions such as dia...

3.30 pm: Afternoon tea

**Session 4: Shared Medical Appointments – practical implementation: why, when, how**

4.00 pm: Practical demonstration including role-play of implementation of SMAs for diabesity (Marianne Sumego, Garry Egger, John Dixon, John Stevens)
5.30 pm: Summary discussion (key learnings), and evaluation
5.45 pm: Close

Output Session Sponsor No Type
President’s Debate: Dietary composition is critical for weight loss
8:30am - 9:30am
Endeavour 1&2
Speakers: Stephen Simpson, Amanda Sainsbury-Salis, Louise Baur, Tim Gill & Anna Peeters

Morning Tea
9:30am - 10:00am
Pre Function Area

Free Communications - Basic, Integrative aspects of control of energy
10:00am - 12:30pm
Endeavour 1
Chairs: Amanda Page & Stephen Kentish

10:00 AM  Virginie Lecomte
Male offspring from obese fathers develop growth defects associated with perturbation of the lipid metabolism.  abs# 109

10:12 AM  Stephen Kentish
Gastric vagal afferent satiety signals are modulated by endogenous and exogenous oestriadiol  abs# 110

10:24 AM  Jane Ng
A gold bullet to treat obesity related metabolic disorders  abs# 111

10:36 AM  Anne Turner
Cortisol response to food intake in men: Influence of overweight and obesity  abs# 112

10:48 AM  Elisabeth Lambert
Sympathetic overactivity and endothelial dysfunction in polycystic ovary syndrome is independent of obesity and metabolic profile
Sympathetic overactivity and endothelial dysfunction in polycystic ovary syndrome is independent of obesity and metabolic profile

11:12 AM  
Sarah Kim  
High dietary fat intake negatively affects bone mass in mice via osteoblastic glucocorticoid signalling  
abs# 114

11:24 AM  
Robert Boakes  
Access to glucose-sweetened yoghurt or solution produces enlarged fat pads in the rat.  
abs# 115

11:36 AM  
Michelle Isaacs  
Effects of bariatric surgery on adipokine profile over 12 months in humans  
abs# 116

11:48 AM  
Nada Cvijanovic  
Pyloric motility and energy intake responses to intraduodenal fat in lean, overweight and obese humans  
abs# 117

12:00 PM  
Shu Lin  
Daily cold exposure – a therapy to stimulate beige fat or a recipe for diabesity in mice?  
abs# 118

12:12 PM  
Michael Kendig  
Metabolic effects of access to 10% sucrose solution in female rats and transmission of some effects to their offspring  
abs# 119

Where evidence, practice and policy collide: The perfect storm in community prevention.

10:00 am - 12:30 pm  
Endeavour 2

Chair: Penny Love

The CO-OPS Collaboration, funded by the Federal Government, supports practitioners delivering obesity prevention initiatives in Australia. This interactive workshop will explore obesity prevention strategies from the ground up and the top down using real-life case studies, best practice principles and evidence for change. It will engage the audience to challenge where, how and why evidence, practice and policy intersect and debate appropriate future pathways.

Lunch  
12:30 pm - 1:30 pm  
Pre Function Area

Career Development Workshop  
1:30 pm - 3:30 pm  
Endeavour 2

How to optimise your applications for scholarships, fellowships, promotions or jobs: The art of showing off without showing off

Facilitator: Amanda Salis

Panel: Anna Peeters  
Clare Collins  
Brian Oldfield

Background

This Career Development Workshop is designed to help you with your applications for fellowships, promotions or grants.

In my 20 years’ experience of applying for and obtaining scholarships and fellowships, and of helping other people to write successful scholarship or fellowship applications, I have noticed that many people unfortunately undersell their achievements.

Drawing on insights from a panel of current fellowship holders, this workshop will show you how to showcase your achievements and expertise to their best advantage, in a way that doesn’t make your readers think you’re showing off. There’s a fine line between assertively stating your value, and making your reviewers want to cut you down (the ‘tall poppy syndrome’); in this interactive session the panel will show you how to walk that fine line with elegant confidence.

I look forward to seeing you at the workshop!

Amanda Salis  
NHMRC Senior Research Fellow  
Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders  
The University of Sydney