

# Liverpool Childhood Obesity Conference

13-14th May 2021 (virtual)

**NHS**

**Alder Hey Children's  
NHS Foundation Trust**

- **2 day** (4 hours each) **virtual conference** aimed at health professionals, researchers and policy makers working to support the care of children and young people with obesity
- Sessions delivered by **national and international experts** with extensive experience
- Opportunities to interact throughout the event
- CPD points & certificate of attendance will be made available after the event

**Register early to book your free place!**

[https://realchemistry.zoom.us/webinar/register/WN\\_aixbAgGjRNytpqIHv1c5vA](https://realchemistry.zoom.us/webinar/register/WN_aixbAgGjRNytpqIHv1c5vA)

For enquiries, please contact  
[theacademy@alderhey.nhs.uk](mailto:theacademy@alderhey.nhs.uk)

**Conference Chair:**

Dr Senthil Senniappan  
Clinical Specialty Director  
for Endocrinology,  
Alder Hey Children's Hospital &  
Honorary Associate Professor,  
University of Liverpool

**Alder Hey  
Academy**

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## Thursday 13th May, 09:30 – 13:30 BST

09.30-09.35	<b>Opening Remarks &amp; Welcome</b>	<b>Dr Nicki Murdock</b> Medical Director, Alder Hey Children's Hospital <b>Dr Senthil Senniappan</b> Clinical Lead, LOOP Weight Management Service
<b>Session 1</b>		
09.35-9.50	<b>GOALS Family Programme - What did we learn?</b>	<b>Dr Paula Watson</b> Senior Lecturer in Exercise & Health Psychology, Liverpool John Moores University
9.50-10.00	<b>Psychological perspectives on obesity: Addressing policy, practice and research priorities: BPS Report &amp; Recommendations</b>	<b>Dr Lisa Newson</b> Reader in Applied Health Psychology, Liverpool John Moores University
10.00-10.15	<b>Whole System Approach to tackle Obesity</b>	<b>Dr Melisa Campbell</b> Public Health Consultant, Liverpool City Council
10.15-10.30	<b>Primary care perspectives &amp; Local Commissioning for Obesity Services</b>	<b>Dr Simon Bowers &amp; Alison Williams</b> <sup>1</sup> General Practitioner & Former Chair, Liverpool CCG <sup>2</sup> Children's Commissioner, Liverpool CCG
10.30-10.45	<b>National Commissioning for Tier 3 weight management services in England</b>	<b>Prof Simon Kenny &amp; Sophie Solti</b> CYP Transformation Programme, NHS England
10.45-11.00	<b>Q&amp;A for Session 1</b>	
<b>Session 2</b>		
11.00-11.15	<b>Understanding the Genetic &amp; Syndromic causes of Obesity in Children</b>	<b>Dr Agatha van der Klaauw</b> Clinical Lecturer in Metabolic Medicine, MRC Institute of Metabolic Science, University of Cambridge
11.15-11.30	<b>Investigating Children with Obesity</b>	<b>Prof Tetyana Chaychenko</b> Kharkiv National Medical University, Ukraine
11.30-11.45	<b>Managing Type 2 Diabetes in Children &amp; Young People – what are the options?</b>	<b>Dr Billy White</b> Consultant in Adolescent Diabetes and Obesity, UCLH, London
11.45-12.00	<b>Managing Pre-Diabetes and the Metabolic co-morbidities</b>	<b>Prof Tim Barrett</b> Consultant Paediatric Endocrinologist, Birmingham Children's Hospital
12.00-12.15	<b>Q&amp;A for Session 2</b>	

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## Thursday 13th May, 09:30 – 13:30 BST (cont.)

Session 3		
12.15-12.30	<b>Link between Childhood Obesity and Mental Health: Treatment Implications</b>	<b>Dr Charlotte Hardman</b> Senior Lecturer, Psychological Sciences, University of Liverpool
12.30-12.45	<b>Non-alcoholic Fatty Liver disease – how to tackle?</b>	<b>Dr Sanjay Rajwal</b> Consultant Paediatric Hepatologist, Leeds Teaching Hospitals
12.45-13.00	<b>Neurological Implications of Obesity in children</b>	<b>Dr Ram Kumar</b> Consultant Paediatric Neurologist, Alder Hey Children's Hospital
13.00-13.15	<b>Investigating and Managing Obstructive Sleep Apnoea related to obesity</b>	<b>Dr Clare Halfhide</b> Consultant Respiratory Physician, Alder Hey Children's Hospital
13.15-13.30	<b>Q&amp;A for Session 3 &amp; End of Day 1</b>	

## Friday 14th May, 09:30 – 13:30 BST

Session 1		
09.30-09.45	<b>Obesity treatment and Eating disorder risk in Adolescents</b>	<b>Prof Louise Baur</b> Professor of Child & Adolescent Health, Sydney, Australia
09.45-10.00	<b>'Walk in my shoes' – Empathic approach to weight management</b>	<b>Kath Sharman</b> Managing Director, SHINE health academy, Sheffield
10.00-10.15	<b>'Real weight loss' – How to achieve it?</b>	<b>Prof Paul Gately</b> Professor of Exercise and Obesity, Leeds Beckett University
10.15-10.30	<b>Food marketing and the restrictive policies – are they effective?</b>	<b>Dr Emma Boyland</b> Senior Lecturer, Psychological Sciences, University of Liverpool
10.30-10.45	<b>Q&amp;A for Session 1</b>	
Session 2		
10.45-11.00	<b>Dietary Management-what works?</b>	<b>Karen Erlandson-Parry</b> Specialist Dietician, LOOP @ Alder Hey Children's Hospital
11.00-11.15	<b>Psychological Interventions – Why, What &amp; How?</b>	<b>Dr Lucy Gait</b> Clinical Psychologist, LOOP @ Alder Hey Children's Hospital
11.15-11.30	<b>Case Scenarios – Challenges vs Success</b>	<b>Dr Louise Apperley</b> Clinical Research Fellow, LOOP @ Alder Hey Children's Hospital
11.30-11.45	<b>Developing an Individualized Exercise Plan for weight loss</b>	<b>Ellie Clarke</b> Physician Associate, LOOP @ Alder Hey Children's Hospital
11.45-12.00	<b>Patient perspectives – how could the health professionals help better?</b>	<b>Peter Laing &amp; Kelly Cassidy</b> Advanced Nurse Practitioner & Specialist Nurse, LOOP @ Alder Hey
12.00-12.30	<b>Q&amp;A for Session 2</b>	
Session 3		
12.30-12.45	<b>Bariatric Surgery in Children &amp; Adolescents – Is it effective?</b>	<b>Mr Ashish Desai</b> Consultant Bariatric Surgeon, Royal London Hospital
12.45-13.00	<b>Newer Therapeutic Options for Managing Obesity in Adults</b>	<b>Prof John Wilding</b> University of Liverpool and Consultant Physician, Aintree Hospital
13.00-13.15	<b>Newer Therapeutic Options for Managing Obesity in Children &amp; Adolescents</b>	<b>Dr Claudia Fox</b> Center for Pediatric Obesity Medicine, Minnesota, USA
13.15-13.30	<b>Q&amp;A for Session 3 &amp; End of Day 2</b>	