



ASSOCIATION FOR THE STUDY OF OBESITY
COLLABORATING CENTRE FOR OBESITY MANAGEMENT

2018 ASO COMs Meeting Monday April 23rd - London

University of Liverpool in London
33 Finsbury Square, London, EC2A 1AG
Room: Seminar Room 9, 2nd Floor

Programme

09.15 Registration and Coffee

09.50 Welcome and Introduction

Session 1

Chair: Rachel Batterham, University College London

10.00 **The role of the primary care nurse in obesity management**
Debbie Cook, Redbridge and Waltham Forest CCGs

10.20 **The use of diet in the remission and treatment of Type 2 diabetes**
Adrian Brown, Imperial College London

10.50 **Exercise interventions in mx obesity**
Simon Williams, University of South Wales

11.10 **Mindfulness based interventions: Can they add something new to weight management protocols?**
Dr Jacqueline Doyle, UCLH Bariatric Centre for Weight Management and Metabolic Surgery

11.30 **Tier 3 mapping**
Matt Capehorn, Rotherham Institute for Obesity

11.50 Panel discussion

12.15 **Lunch – 7th Floor**

Session 2

Chair: Barbara McGowan, Guys and St Thomas' NHS Foundation Trust

13.00 **PHE Update Tier 2.3**
Jamie Blackshaw, Public Health England

13.30 **GP perspective on managing children and adolescents with obesity**
Rachel Pryke, Royal College of General Practitioners

13.50 **How do we reduce weight stigma and discrimination?**
Stuart Flint, Leeds Beckett University

14.10 **Sleep and obesity**
Abd Tahrani, University of Birmingham

14.30 **Coffee Break**

Session 3

Chair: John Wass, Oxford University

15.00 **Update on Pharmacological approaches**
Barbara McGowan, Guys and St Thomas' NHS Foundation Trust

15.20 **Bariatric surgery: What's new**
Rachel Batterham, University College London

15.40 Future collaborative research discussion and sum up

16.00 Close of Meeting