



**ASSOCIATION FOR THE STUDY OF OBESITY
COLLABORATING CENTRE FOR OBESITY MANAGEMENT**

**2020 ASO COMs Meeting
Monday 20th April 2020**

Centre for Postgraduate Professional Education
Sherman Education Centre – Sherman Lecture Theatre
4th Floor Southwark Wing
Guy's Hospital
Great Maze Pond
London SE1 9RT

Programme

09:00 Networking coffee & tea, welcome and introduction

Session 1

09:30-10:00 **Dieting in obesity**
Adrian Brown, University College London

10:00-10:30 **Intermittent Fasting**
Rona Antoni, University of Surrey

10:30-11:00 **Psychology and obesity**
Samantha Scholtz, Imperial College London

11:00 **Coffee break**

Session 2 – Level 3 outcomes

11:30-11:55 **What leads to the decision to follow an optional total diet replacement intervention? – South London perspective**
Alistair Duncan, Guy's & St Thomas'

11:55-12:20 **Level 3 outcomes – Wales perspective**
Nadim Haboubi, University of South Wales

12:20-12:45 **Level 3 outcomes – Birmingham perspective**
Jonathan Hazlehurst, University of Birmingham

12:45 **Lunch break**

Session 3

13:45-14:15 **Stigma of Obesity**
Stuart Flint, University of Leeds

14:15 – 14:30 **Patient perspective session**
Maggie Clinton

14:30-14:50 **Cardiac issues in obesity**
James Crane, Guy's & St Thomas'

14:50-15:10 **Pregnancy in women obesity and following bariatric surgery**
Janine Makoaronidis, University College London

15:10-15:30 **Sleep in obesity**
Rachel Agius, Guy's & St Thomas'

15:30-16:00 Discussion and feedback

Current COMs

Abl Health Ltd.	Bolton
Aintree University Hospital	Liverpool
Aneurin Bevan Multi-Disciplinary Weight Management Centre	Caerleon
Aneurin Bevan Multi-Disciplinary Weight Management Centre	Ebbw Vale
Cancer Research UK	London
Cancer Research UK	London
Cardiff and Vale University Health Board	Cardiff
Central London Community Health NHS Trust	London
East Midlands Bariatric and Metabolic Institute	Derby
Fakenham weight management service	Fakenham
Grampian Weight Management Service	Aberdeen
Guy's and St Thomas' Hospital, NHS Foundation Trust	London
Heart of England NHS Foundation Trust/Birmingham Heartlands Hospital	Birmingham
Hywel Dda University Health Board	Carmarthen
Imperial Weight Centre	London
King's College Hospital NHS Foundation Trust	London
LighterLife UK Ltd	Harlow
More Life Ltd.	Leeds
Musgrove Park Hospital	Taunton
NHS Greater Glasgow and Clyde Weight Management Services	Glasgow
Norfolk and Norwich University Hospitals NHS Foundation Trust	Norwich
North Bristol Centre for Weight Loss, Metabolic & Bariatric Surgery	Bristol
Obesity Group of the British Dietetic Association	Birmingham
Plymouth Community Healthcare Weight Management Centre	Plymouth
Rotherham Institute for Obesity (RIO)	Rotherham
Slimming Workd	Alfreton
Southwark Psychological Therapies Service (SPTS)	London
Spire Healthcare - Southampton Hospital	
Spire Healthcare - Southampton Hospital	Southampton
The College of Contemporary Health	London
The Dudley Group NHS Foundation Trust	Dudley
Torbay and South Devon NHS Foundation Trust	Torquay
University College London Hospital NHS Foundation Trust	London
University Hospitals Coventry and Warwickshire (UHCW) NHS Trust	Coventry
University of Glasgow: School of Medicine	Glasgow
Weight Management Centre Ltd.	London