



**ASO Launch of the London Regional Group and the Adult COMs Network
Wednesday 2 December, 2015
University of Liverpool London Campus, London**

- 9.00 Welcome and Introduction**
- 9.15 ASO Adult Centres of Obesity Management (COMs) Network**
Professor Pinki Sahota, ASO Chair and Professor of Nutrition and Childhood Obesity, Leeds Beckett University
- 10.00 London Regional Group - Novel Approaches to Behaviour Change in Obesity**
Welcome and Introduction – Dr Clare Llewellyn, ASO Trustee and Lecturer at University College London.
- 10.15 Obesity – 'Slim chance' of return to normal weight from obesity**
Dr Helen Booth, Research Associate at King's College London.
- 10.45 Coffee break**
- 11.15 The role of habit formation in weight management**
Dr Ben Gardener, Senior Lecturer at King's College London.
- 11.45 The role of parent feeding and child eating behaviour in paediatric obesity**
Dr Silje Steinsbekk, Associate Professor at the Norwegian University of Science and Technology; visiting Research Fellow at University College London.
- 12.15 The potential impact of taxing sugar-sweetened beverages in the UK**
Malcolm Clark, co-ordinator of the Children's Food Campaign at Sustain.
- 12.45 Close - Dr Clare Llewellyn**