



9th UK Congress on Obesity 2024

**Breaking Barriers:
Shaping the future of obesity
prevention and management**

**Rhodes House, South Parks Road
Oxford**

24th & 25th September 2024

ASO

table of contents

03 welcome

04 acknowledgments

08 general information

12 full programme

14 awards

16 our speakers

18 poster presentations

30 SCOPE accreditation

31 10th UK Congress on Obesity

introduction

On behalf of the ASO Trustees, Operational Committee Members and Oxford Local Organising Committee it is with great pleasure to welcome you to the 9th UK Congress on Obesity (UKCO) at the beautiful Rhodes House, Oxford.

UKCO is the flagship annual conference of the ASO. This year the conference theme is "Breaking Barriers: shaping the future of obesity prevention and management". At a time when there have been recent advancements in the prevention and management of obesity, the programme will provide a review of these and explore where research and practice should focus to break the barriers in the coming years.

We are delighted to share that UKCO continues to expand year-on-year, selling out for the second year running and with a record number of abstract submissions. UKCO thrives on high-quality research, and this year has been no different with our programme spanning disciplines, providing discussion across a diverse audience of academics, clinical and public health practitioners, policy makers, ECRs and people with lived experience of obesity.

UKCO continues to embed lived experience with representation on the Local Organising Committee and co-chairing all sessions. We also continue to offer PPIE bookable sessions during UKCO, providing an opportunity for delegates to discuss research ideas, methods and findings with a lived experience representative.

On behalf of the ASO Trustees, Committee Members and Local Organising Committee, we are delighted to be hosting UKCO and hope that you have thought provoking time here in Oxford.



Professor Nicola Heslehurst
ASO President



Dr Nerys Astbury
UKCO Lead and LOC Lead

acknowledgments

Many thanks to all the following for their hard work in delivering this year's UK Congress on Obesity in Oxford.

ASO UKCO Team

Nerys Astbury, University of Oxford
Emilie Combet, University of Glasgow
Laura McGowan, Queens University Belfast
Zoë Bell, King's College London
Nadya Isack, Lived Experience Lead



ASO Communications Team

Kath Roberts, University of York
Sadia Ali
Rob Oxley, University of York
Hao Tang, University of Cambridge
Zainab Akther, Newcastle University



ASO Sponsorship and Partners Lead

Claudia Coelho
Anjali Zalin



UKCO Local Organising Committee

Dimitros Koutoukidis, University of Oxford
Melissa Little, University of Oxford
Elizabeth Morris, University of Oxford
Gina Wren, University of Oxford
Sam West, University of Oxford
Moscho Michalopolou, University of Oxford



Conference Collective

Aisling Cox
Alexandra Graves
Jacinta Scannell

sponsors & exhibitors

The congress has been instigated and organised by ASO. Sponsors have contributed funding towards this event in return for exhibition space. They have had no input into the agenda or the selection of speakers with the exception of any sponsored symposia which are clearly indicated.

gold sponsors

Rhythm[®]
PHARMACEUTICALS

Rhythm Pharmaceuticals is a commercial-stage biopharmaceutical company committed to transforming the care for patients living with rare genetic diseases of obesity.

For more information, please contact Fleur Taylor at ftaylor@rhythmtx.com
UK-RHY-2300002



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other sponsors

Lilly

Early Career Researcher Event

Each year ASO host a free event for Early Career Researchers. The event includes career progression talks from different perspectives and workshops on relevant transferrable skills. Thank you to ASO ECR Network lead Dr Julia Mueller for your hard work in organising this event.



Boehringer Ingelheim Ltd has provided funding for this independent ECR event and had no input or control over the agenda, attendees or choice of speakers.

Centres for Obesity Management Event

The 6th ASO COMS meeting will take place during UKCO. This is a great opportunity for clinicians to get an update on evidence and policies in obesity care and consider how to apply them in daily clinical care. Thank you to ASO COMS lead Dr Dimitris Papamargaritis for your hard work in organising this event.

J&J/Ethicon have contributed funding towards this event. Sponsors have had no input into the agenda or the selection of speakers with the exception of any sponsored presentations which are clearly indicated.



UKCO partners

The Nutrition Society

Society for Endocrinology

BDA Obesity Special Interest Group

Obesity and Weight Management Alliance - TBC

Obesity UK

All About Obesity

Obesity Empowerment Network

Irish Coalition for People living with Obesity



general information

venue

Our home for UKCO2024 is Rhodes House, the home of The Rhodes Trust- an educational charity which brings together and develops exceptional people.

registration

Please collect your registration badge at the registration desk located at the main foyer on the ground floor. Please wear your badge throughout the conference as this will give you access to the sessions and exhibition.

lunch and refreshments

Lunch will be served in the lightwells of the Conference Suite (lower ground floor). Refreshments will be served in the McCall McBain Hall.

wifi

Eduroam is available throughout the building, or to access Rhodes House Guest Wifi connection please visit the registration desk for more details.

social media

If you use X follow us @UK_ASO and please use the conference hashtag #UKCO2024

exhibition

Take time to visit and speak with our conference sponsors and partners. Sponsors are in the McCall and McBain Hall. Partners are in the Conference Suite.

posters and e-posters

Posters and e-posters will be on display in the McCall McBain Hall throughout the conference. Posters shortlisted for the ECR award will be on display in the Conference Suite (lower ground floor).

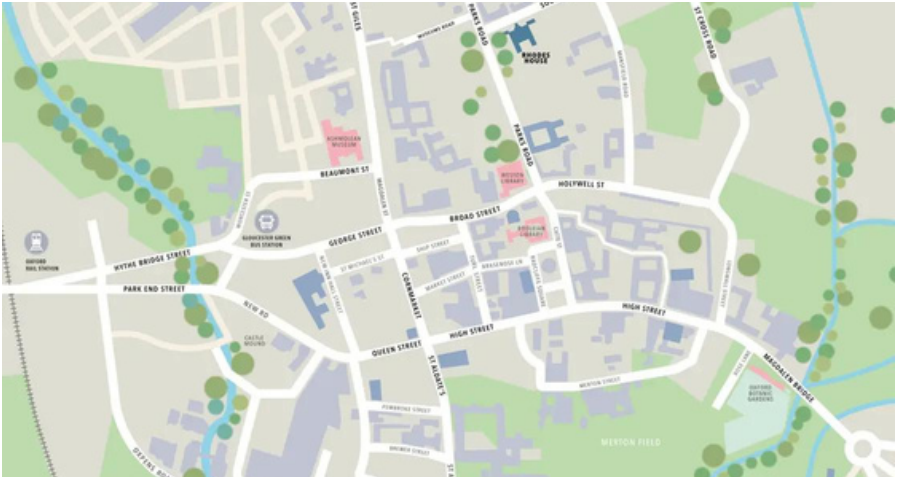
drinks reception

Drinks reception will be served between 17:30 - 19:00 in the McCall McBain Hall, Beit & Reception rooms on Tuesday 24th September.

cloakroom

There will be a cloakroom facility in the lower ground atrium for delegates. Please note that delegates leave coats, bags and other personal items entirely at their own risk.

getting here



By car

Please note, parking in Oxford city centre is very limited. If you are planning to drive, we highly recommend that you use one of the many the park and ride services which are located just within the ring road.



By rail

If you are travelling by rail, the nearest railway station is Oxford. Please note that there is a station named Oxford Parkway- but this is located north of the city centre.

Oxford railway station is approximately a 15 minute walk away or 10 minutes by taxi. to Rhodes House. Bikes or scooters can be hired at the train station or at various locations across the city.



By air

The airline bus runs regulary from London heathrow and London Gatwick airports directly to Gloucester Green Bus station. A National Express coach service runs from Birhmingham International airport to Gloucester Green Bus Station or alternatively you can get the train from Birmingham airport to Oxford. There is a National Express coach service from Stanstead Airport to Gloucester Green Bus station.

accessibility & inclusion

We strive to ensure that UKCO is accessible and inclusive.

If you have recommendations on how we can improve access and inclusion this in future years please contact us at ukco@aso.org.uk or speak with one of the ASO Operational Management Group during the conference

braille and audio support

Braille signage will be used where appropriate. All areas within the Conference Suite and the West Garden Pavilion are equipped with room microphones. Signal can either be transmitted to receiver neck-loops (these will be freely provided) or to hearing assistance apps, enabling delegates to utilise their preferred accessibility software such as zoomed text, augmented audio or live transcription. For those with in-ear induction technology, portable induction loops are freely available for use anywhere in the building. The main reception and residential lodge is also equipped with countertop induction loops.

bathrooms

Male, female and gender neutral toilets are available. Rhodes House also provides accessible toilets with flat and level access. Female and gender neutral bathrooms also provide provision of sanitary products.

prayer and contemplation room

There is a prayer and contemplation room off the conference foyer for delegates use. Please ask at registration desk for more details.



sustainability

ASO are committed to improving sustainability and reducing the carbon footprint of UKCO, with the long term goal of being carbon neutral. Below details some of the steps we have made towards this...

reduce, re-use and recycle

Conference badges are plastic free and we ask delegates to bring their own lanyard, or re-use an old one, donated to be re-used. We will recycle any lanyards that you leave at the end of the conference.

food choices

Catering offered at UKCO will be offer vegetarian and vegan served on non-disposable tableware.

certificates of attendance

Electronic certificates of attendance will be emailed to all delegates following the conference.

programme booklet and abstracts

We no longer providing printed conference booklets.

An outline of the conference programme is available on the following pages, whilst a detailed programme as well as conference abstracts can be downloaded or accessed here: :

<https://aso.org.uk/ukco>



programme - day 1

TUESDAY 24th SEPTEMBER		
Registration & Refreshments (8.15 - 9.00) Conference Suite		
Welcome Address (9.00 - 9.15) Professor Nicola Hessehurst - President ASO Conference Suite		
Plenary Lecture 1 (9.15 - 10.00) How to talk about weight Sarah le Broq & Associate Professor Charlotte Albury Conference Suite		
Prize awards and talks (10.00 -10.30) ASO Best Practice Award & Ken Clare Award Conference Suite		
Posters, exhibition & refreshments (10.30 - 11.15) McCall McBain Hall		
Symposia & Oral Abstracts (11.15 - 12.30)		
Symposia: New drugs, new questions for weight management interventions Conference Suite Centre	Oral Abstracts: Using Total Diet Replacement: from bench to bedside Conference Suite East	Symposia: Our food environment and obesity Conference Suite West
Posters, exhibition & networking (12.30 -13.15)		
ASO Networks meeting East Conference Suite	PPIE bookable sessions Conference Suite Atrium	
Lunch (13.15 - 14.00) Conference Suite		
Symposia & Oral abstracts (14.00 -15.15)		
Symposia: Barriers to accessing obesity treatments in the UK Conference Suite Centre	Oral Abstracts: Food marketing, policy and eating behaviours Conference Suite East	Industry-led symposia: Rhythm Pharmaceuticals: Bardet Beidl Syndrome Conference Suite West
Posters, exhibition & refreshments (15.15 -16.00) McCall McBain Hall		
ASO 3-minute thesis competition (16.00 -16.45) Conference Suite		
Plenary Lecture 2 (16.45 - 17.00) Pharmacological interventions Professor Baraba McGowan & Dr Laura Falvey Conference Suite		
Drinks reception, poster viewing & networking (17.30 - 19.00) McCall McBain Hall, Beit & Reception Rooms		

programme - day 2

WEDNESDAY 25th SEPTEMBER		
Registration & Refreshments (8.15 - 9.00) Conference Suite		
Symposia & Oral Abstracts (09.00 - 10.15)		
Symposia: The future of obesity policy: international perspectives Conference Suite Centre	Oral Abstracts: Obesity Services in the UK Conference Suite East	Symposia: Future directions in the management of bariatric surgery in the era of new medications Conference Suite West
Symposia & Oral Abstracts (10.15 - 11.30)		
Symposia: New and Emerging Research in Childhood and Adolescent Obesity Conference Suite Centre	Oral Sessions: Treatment Conference Suite West	
Posters, exhibition & networking (11.30 - 12:30)		
Lunch (12:30 - 13:15) Conference Suite		
Plenary Lecture 3 (13:15 - 14:00) Childhood Obesity & the brain Associate Professor Susan Carnell Conference Suite		
Rapid Fire Communications (14:00 - 14:30) Conference Suite		
Plenary Lecture 4 (14:30 - 15:15) Food Insecurity & Obesity Professor Alexandra Johnstone Rowett Institute, Aberdeen Conference Suite		

awards

Ken Clare Award 2024

The Ken Clare Award was established in 2023 and named in honour of Ken Clare, who has been a voice to patients who are experts by experience. Awarded annually at UKCO, the prize is given to a researcher or group of researchers who conduct excellent patient and public involvement and engagement with obesity research.



The Ken Clare Prize 2024 is awarded to Jack Joyce and the NewDAWN Group from the University of Oxford.



Jack is a qualitative researcher specialising in Conversation Analysis. His work uses qualitative methods to investigate healthcare communication, design, implement, and optimise communication interventions that helpfully support behaviour change.

New remission care pathway: Diabetes Adaptive Weight management network (NewDAWN) is a study to see whether offering people a new treatment service (NewDAWN) can help more people achieve remission, compared with the current best treatment offered by the NHS.



Identifying key moments in type 2 diabetes management: a qualitative study of the experiences of people with type 2 diabetes and diabetes health coaches

Objective: To inform the development of a new type 2 diabetes remission service aiming to increase uptake of and adherence to weight loss programmes for people newly diagnosed with type 2 diabetes by drawing on the experiences of people living with type 2 diabetes and overweight or obesity and coaches delivering type 2 diabetes prevention and remission programmes.

Research Design: A qualitative researcher and a lived-experience co-researcher conducted 37 narrative interviews with adults with type 2 diabetes (October 2022–June 2023) and 16 semi-structured interviews with health coaches delivering type 2 diabetes programmes in England. Participants were diverse in ethnicity, socio-economic status, age, gender, and years since diagnosis. Data were analysed using reflexive thematic analysis.

Participatory Approach: We centred the experience of people with type 2 diabetes and used participatory research methods. Participatory research is a “process which involves those being researched in the decision-making and conduct of research”(1). People with type 2 diabetes were involved through our PPIE and through co-research. “Co-research” is a participatory approach with research done with/by the public rather than about/for them(2). Lived experience co-researcher involvement aims to demystify, democratise, challenge traditional hierarchies and improve the quality of research(3) so any research impact does not exclude their voices(4). Our co-researcher complemented our academic reflections, producing rich results more relevant to people with type 2 diabetes.

Results: We developed 4 themes relating to moments in a person’s diabetes care: (1) coming to terms with diagnosis, (2) lightbulb moments, (3) sustaining change as normal, and (4) becoming expert/building confidence. We united these four themes under a high-level interpretivist theme: “Same journey, different experience”, capturing the mismatch between a rigid care pathway described by coaches and the diversity of experience of people living with type 2 diabetes.

Conclusions: Coaches and people with type 2 diabetes are aligned on their reports of key moments in adapting to diabetes. Participants’ desire for flexibility in their care contrasted with coach reports of rigid service provision. These insights may enable more people with type 2 diabetes to engage and adhere to weight management services aimed at diabetes remission.

our speakers



charlotte albury

Associate Professor
University of Oxford

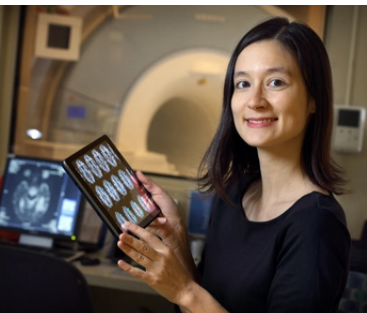
Charlotte is THIS Institute Fellow exploring ways to improve communication about weight loss in primary care at the Nuffield Department of Primary Care, University of Oxford



sarah le broq

Patient advocate & founder All about Obesity

Sarah understands what it is like to live with obesity. She is passionate about reducing weight stigma and raising the awareness of the complexities of obesity. She is a patient representative on many projects and works closely with a number of academics on obesity related projects



susan carnell

Associate Professor
Johns Hopkins University

Susan leads a program of research investigating eating behavior and obesity throughout the lifespan, including neuroimaging studies in infants, children and adolescents. at Johns Hopkins University, Baltimore.

barbara mcgowan

Professor and Consultant Endocrinology

Barbara is Consultant and Professor in Diabetes and Endocrinology at Guy's and St Thomas' Hospital where she leads the obesity bariatric service where she manages patients with complex obesity. Her areas of research interest include gut hormones and remission of type 2 diabetes post-bariatric surgery.



laura falvey

Medical Director - Reset Health

Laura is passionate and highly practical clinician with interests in obesity, digital health technology and disease prevention. She has worked with Reset Health, a digital start-up, since it's inception, where she has been involved with launching the technology platform and clinical programme, Roczen.



alexandra jonstone

Rowett Institute,

Alex is Theme Lead for Nutrition, Obesity and Disease at the Rowett Institute. She currently leads the £1.6M 'FIO Food' research grant, funded from UKRI, which is research on Food Insecurity and Obesity, with emphasis on the retail food sector.



poster presentations

Shortlisted ECR posters abstract numbers are highlighted in the following pages

- PO1 **Navigating weight management discussions in real-world GP- patient primary care consultations: A qualitative exploratory study in Australian general practice**
Kimberley Norman, Neha Giri, Divya Ramachadran, Nilakshi Gunatillaka, Kellie West, Elizabeth Sturgiss
- PO2 **Varying optimal power for height-standardisation of childhood weight, fat mass and fat free mass across the obesity epidemic**
Mohammed T Hudda, Julie Aarestrup, Christopher G Owen, Jennifer L Baker, Peter H Whincup
- PO3 **The Longitudinal Association of Body Weight Misclassification in Adolescence with Body Fat and Waist Circumference in Adulthood**
Abdulaziz D. Aloufi
- PO4 **Visceral Fat Loss of \geq 5% Improved the Cardiometabolic Outcomes in Malaysian Adults with Overweight and Obesity**
Shazana Rifham Abdullah, Ruziana Mona Wan Mohd Zin, Norhashimah Abu Seman, Nur Zati Iwani Ahmad Kamil, Nur Azlin Zainal Abidin, Liyana Ahmad Zamri, Siti Sarah Hamzah, Nur Hayati Azizul, Azahadi Omar, Zamtira Seman, Mohd Fairulnizal Md Noh
- PO6 **Feasibility and preliminary efficacy of N-Acetylcysteine for loss of control eating: an open label study**
Muthmainah Muthmainah, Diana Sketriene, Roberta Anversa, Andrea Gogos, Priya Sumithran, Robyn Brown
- PO8 **The effects of a home-based resistance training programme on body composition and muscle function during weight loss in people living with overweight or obesity: a randomised controlled pilot trial**
Ahmad Binmahfoz, Emma Dunning, Lynsey Johnston, Cindy M Gray, Stuart Gray
- P10 **Encouraging healthy weight for adults living with learning disabilities: supporting the role of carers**
Karen D Coulman, Justine Womack, Carly Atkinson, Briony Caffrey, Alison Tavaré, Nicola Powell, Roz Erskine-Gray, Amanda Owen-Smith

- P11 **Obesity Trends in England: An age-period-cohort approach to studying long-term trends in adiposity measures**
Laura A Gray, Magdalena Opazo Breton
- P12 **Behavioural Weight Management Interventions in Asian countries: A Systematic Review and Meta-Analysis of Randomised Controlled Trials**
Nurul Afiedia Roslim, Sufen Zhu, Min Gao, Charlotte Lee, Jadine Scragg, Michaela Noreik, Aryati Ahmad, Jamie Hartman Boyce, Susan Jebb
- P14 **Local health service leads and commercial provider staff experiences of the NHS Low Calorie Diet programme pilot: a qualitative exploration**
Louisa Ells, Kevin Drew, Susan Jones, Catherine Homer, Tamara Brown, Duncan Radley, Patricia Watson, Charlotte Freeman, Karina Kinsella, Maria Maynard, Chirag Bakhai
- P15 **Acceptance of novel bean-based meals in diverse primary school settings; a real-world observational study**
Natasha Bayes, John Ingram, Charlotte A. Hardman
- P16 **A qualitative exploration of children's acceptance of novel bean-based meals and educational activity in diverse primary school settings**
Natasha Bayes, John Ingram, Charlotte A. Hardman
- P17 **Evidence-based optimisation of PROGROUP, a group-based intervention for people living with severe obesity: Understanding fidelity to delivery and the patient experience**
Lily Hawkins, Dawn Swancutt, Shokraneh Moghadam, Rod Sheaff, Jonathan Pinkney, Mark Tarrant, Jenny Lloyd & The PROGROUP Study Team
- P18 **The effectiveness of family-based weight loss interventions for weight loss/ dietary and physical activity related behaviour change for mothers with overweight or obesity: Protocol for Systematic review**
Mai Haiba, David French , Nia Coupe, Michelle Harvie
- P19 **A quality improvement project on the prescribing and monitoring of Orlistat in the management of obesity in primary care**
Barkatullah Sahibzada
- P20 **The PROGROUP Randomised Controlled Trial reveals variability in provision, heterogeneity of design, and research readiness of UK Tier 3 services**
Jeanette Sanders, Wendy Ingram, Dawn Swancutt, Mark Tarrant, Jonathan Pinkney

- P22 **Co-designing a weight-neutral health intervention in Denmark**
Catharina Thiel Sandholdt, Rasmus Køster-Rasmussen, Lene Bomholt Meyer, Ann-Kathrin Lindahl Christiansen, Guðrún Ágústa Sigurðardóttir, Emma Katrine Frøhlke Steinbo, Frans Boch Waldorff
- P23 **Body weight reduction in women treated with tirzepatide by menopausal stage: A post hoc analysis from the SURMOUNT program**
Andreea Ciudin Mihai, Adam Stefanski, Luis-Emilio García-Pérez, Donna Mojdami, Irina Jouravskaya, Sirel Gurbuz, Rebecca Taylor, Julia P. Dunn, Alun Lloyd Davies
- P24 **Early weight loss and reported gastrointestinal adverse events in tirzepatide-treated participants in the SURMOUNT 1-2 trials**
Alexander Kokkinos, Tina Thethi, Dachuang Cao, Adam Stefanski, Clare Lee, Lisa M. Neff, Casey J. Mast, Angel Rodriguez, Amy Barteo, Simon Coates
- P25 **Challenges in obesity management and psychosocial impact: a real-world perspective among people with obesity and their physicians**
Swarna Khare, Esther Artime, Sarah Zimmer-Rapuch, Josefina Redig, Caragh Flannery, Victoria Higgins, Andrea Leith, Tamara Mensah, Simon Coates
- P26 **Evolving behavioural intervention research for patients living with severe obesity: The PROGROUP feasibility trial**
Dawn Swancutt, Jenny Lloyd, Rod Sheaff, Joanne Hosking, Wendy Ingram, Jeanette Saunders, Shokrane Moghadam, Lily Hawkins, Laura Hollands, Mark Tarrant, Jonathan Pinkney
- P27 **A fat-rich preload before a carbohydrate-rich meal increases the peak postprandial insulin concentration in people without diabetes after sleeve gastrectomy: A randomised, crossover study**
Dimitris Papamargaritis, Louisa Y Herring, Aikaterina Tziannou, Alice E Thackray, David Bowrey, Jenny Abraham, Vinod Menon, Oluwaseun Anyiam, Iskandar Idris, David J Stensel, David R Webb, Tom Yates, Melanie J Davies
- P28 **Assessing the evidence for health benefits of low-level weight loss: A systematic review**
Disha Dhar, Jessica Packer, Semina Michalopoulou, Joana Cruz, Russell Viner, Oliver Mytton, Simon Russell

- P31 **Mapping obesity care pathways and healthcare resource use in England: an observational real-world evidence study**
Alexander Dimitri Miras, Silvia Capucci, Sylwia Migas, Bozydar Wrona, Liwei Zhao, Johann Castañeda-Sanabria, Sam Bailey, Lise M Hagelund, Anette Varbo, Vasileios Antavalis, Camilla S Morgen
- P32 **Systematic review of evidence that environmental contaminant exposure impedes weight loss and glycaemic control during calorie-restricted diets in humans**
Kimberley Bennett, Calum Sutherland, Anne Savage
- P33 **Time for Change: How can we achieve integrated care for those living with serious mental illness and obesity?**
Jo Howe, Maura MacPhee, Geoff Wong, Hafsa Habib, Ian Maidment
- P36 **Supporting an NHS Specialist Weight Management Service (SWMS) with a Digital Weight Management Intervention: A Pilot Service Evaluation**
Lucie Haines, Michael Whitman, Rebecca Richards
- P37 **Effectiveness and implementation of lower-intensity weight management interventions delivered by the non-specialist workforce in postnatal women: a mixed-methods systematic review**
Mackenzie Fong, Ryan Kenny, Katie Thomson, Amrita Jesurasa, Maddey Patterson, Amber Lavans, Letitia Sermin-Reed, Giang Nguyen, Maria Raisa, Jessica Aquino, Emer Cullen, Hannah O'Keefe, Malcolm Moffatt, Nicola Heslehurst
- P38 **Emotional Eating interventions for adults living with overweight and obesity: A systematic review and meta-analysis of behaviour change techniques**
Dawn Power, Andrew Jones, Chris Keyworth, Pooja Dhir, Alex Griffiths, Kaydee Shepherd, Jo Smith, Gemma Traviss-Turner, Jamie Matu, Louisa Ells
- P39 **The Study of How Adiposity in Pregnancy has an Effect on outcomeS (SHAPES) Cohort: a comparison of BMI and anthropometric assessment of adiposity in early pregnancy to predict gestational diabetes (GDM) risk**
Giang Nguyen, Raisa (Raya) Vinogradov, Theophile Bigirumurame, Susan Lennie, Rebecca Tohill, Sophie Fowler, Anna Boath, Janine Smith, Luke Vale, Dawn Teare, Louise Hayes, John Allotey, Nicola Heslehurst

- P40 **A UK-Based Specialist Children Weight Management Approach: Initial Outcomes from the Family Therapy Pathway**
AB Sirin Ayva, Sophie Edwards, Nadine Heywood, Paul Gately, Kathryn Marshall
- P41 **MoreLife UK Emotional Eating Group Intervention Pilot: Three Case Studies**
AB Sirin Ayva, Sophie Edwards, Nadine Heywood, Paul Gately
- P42 **Service evaluation of an emotional eating group intervention pilot for adult weight management programme in the UK**
AB Sirin Ayva, Sophie Edwards, Nadine Heywood, Paul Gately
- P43 **Insights of Individuals Living with Obesity Completed an Adult Weight Management Programme in the UK**
Rupy Kaur, AB Sirin Ayva, Sophie Edwards, Paul Gately
- P44 **Preliminary Findings of a Community Tier 2 Weight Management Service for Clients with Severe Mental Illnesses: Client Insights**
AB Sirin Ayva, Emily Costelloe, Sophie Edwards, Paul Gately
- P45 **Intensive weight loss intervention versus usual care for adults with obesity: The trial design of the LightCOM randomised trials**
Carsten Dirksen, Carsten Dirksen, Paul Aveyard, Kirstine Nyvold Bojsen-Moller, Berit Heitmann, Susan Jebb, Kim Rose Olsen, Susanne Reventlow, Frans Boch Waldorff
- P46 **Impact of once-weekly subcutaneous semaglutide 2.4 mg on metabolic syndrome in the 2-year, randomised controlled STEP 5 trial**
Helen Ashby, Meena Bhatta, Thomas Holst-Hansen, Kristian Kandler, Georgia Rigas, W. Timothy Garvey
- P47 **Effect of weight loss interventions on the symptomatic burden and biomarkers of polycystic ovary syndrome: a systematic review and meta-analysis of randomised controlled trials**
Jadine Scragg, Alice Hobson, Lia Willis, Kathryn Taylor, Sharon Dixon, Susan A Jebb

- P49 **Misaligned attitudes and perceptions among adolescents living with obesity, caregivers, and healthcare professionals: ACTION Teens Australia survey study**
Cathy Kwok, Nicholas Bentley, Jacqueline Curran, Natalie Lister, Helen Truby, Louise Baur
- P50 **European Recommendations from Health Care Professionals and People Living with Obesity on Safe Practice for Bariatric and Metabolic Surgery Medical Tourism: A Modified Delphi Consensus Statement from EASO, IFSO-EC and ECPO**
Laurence J Dobbie, Ralph Peterli, Susie Birney, Cathy Breen, Sheree Bryant, Ken Clare, Andreea Ciudin, Daniel Moritz Felsenreich, Jason C G Halford, Helen Heneghan, Nicola Di Lorenzo, Vicki Mooney, Chetan Parmar, Jean O'Connell, Grace O'Malley, Euan Woodward, Volkan D Yumuk, Barbara McGowan, BMT Consensus Group
- P51 **Implementing a complex intervention for obesity management - a process evaluation**
Gritt Overbeck, Katrine Tranberg Jensen, Sofie Olsen, Rachael Drewery, Charlotte Albury, Paul Aveyard, Susanne Reventlow, Marius Brostrøm Kousgaard
- P52 **Provision and implementation of Local Authority Tier 2 weight management services in England following the introduction of additional government funding in 2021-22: a mixed-methods study**
Mackenzie Fong, Lorraine McSweeney, Charlotte Rothwell, Claire Mathews, Scott Lloyd, Simon Barrett, Ashley Adamson
- P53 **Impact of England's obesity policies on children and young people: preliminary qualitative results**
Rana Conway, Tiffany Denning, Ivonne Derks, Francesca Solmi, Dasha Nicholls, Andrew Steptoe, Clare Llewellyn
- P54 **Association between nutrition claims and weight loss: insights from a Nutrition Score in a mobile application**
Rodion Salimgaraev, Dimitri Nikogosov, Rosemary Huntriss
- P55 **Secondary exploratory analyses from a randomized clinical trial of text messages with financial incentives for men living with obesity: behavioural, health and socio-economic considerations**
Stephan Dombrowski, Claire Torrens, Alice MacLean, Catriona O'Dolan, Pat Hoddinott

- P56 **Development of the Malnutrition Screening Tool (MST) for assessment of obesity and undernutrition risk in people with severe mental illness: Findings from an evaluation in an English medium secure hospital.**
Gloria Rodriguez, Dr Lucy McCarthy, Dr Fiona McCullough
- P57 **Prevalence of, and effect of semaglutide on, features of non-alcoholic steatohepatitis in patients with obesity with and without type 2 diabetes: analysis of data from two randomised placebo-controlled trials using SomaSignal tests**
Jorn Schattenberg, Henning Gronbaek, Iris Kliers, Steen Ladelund, Michelle Long, Sune Boris Nygard, Arun Sanyal, Melanie Davies
- P58 **Understanding barriers in metabolic dysfunction-associated steatotic liver disease management: Insights from a multi-disciplinary survey of physicians in Europe | BARRIERS – MASLD**
Lazarus JV, Alazawi W, Bugianesi E, Caussy C, Federici M, Romero-Gomez M, Schattenberg JM, Basuroy R, Estulin D, Castera L
- P59 **Striving for ‘good’ as a family: the doing of collective healthy lives in East London, UK**
Meredith Hawking
- P61 **Similar weight loss with semaglutide regardless of diabetes and cardiometabolic parameters in individuals with non-alcoholic fatty liver disease**
Matthew Armstrong, Takeshi Okanou, Mads Sundby Palle, Anne-Sophie Sejling, Mohamed Tawfik, Michael Roden
- P62 **Understanding service user experiences of accessing GLP-1 receptor agonists in the context of a tier 3 multidisciplinary weight management service: insights for service development**
Gemma Budge, Dev Datta, Olivia Barnes, Megan Goodwin, Anne Govier, Rachael Smart, Helen Cordy, Hazel Barker, Mickey Brannigan
- P64 **Kingston Healthy Weight Clinic: design, development, and implementation of a NICE guidance compliant hospital based multidisciplinary weight management service**
Koteshwara Muralidhara, Francesco Villa, Ioannis Gerogiannis, Henry Lewith, Sharief Sharaf, Zoey Barlow, Emanuela Leyton, Ye Kyaw, Vasha Kaur

- P65 **Service user outcomes and experiences of a 12 session dialectical behavioural therapy group for emotional eating, in a level 3 weight management service**
Gemma Budge, Hazel Barker, Rachael Smart, Anne Govier, Lis Smart, Orla Adams, Rachel Webb
- P66 **The implementation of a Nationally Enhanced Service Incentive for weight management: a longitudinal qualitative study of the perceptions and experiences of primary care staff on weight management**
Jack Joyce, Anisa Hajizadeh, Rachna Begh, Kate Jolly, Susan A. Jebb, Paul Aveyard
- P67 **Sticking Together with Change: outcomes and service user insights from a 6 session weight maintenance intervention, delivered in a level two weight management service**
Gemma Budge, Hazel Barker, Olivia Barnes, Rachael Smart
- P68 **Pilot Tier 3 Weight Management Service for Leicester, Leicestershire and Rutland: Onboarding and evaluation outcomes of the first 16 weeks**
Franciskos Arsenyadis, Emma Redman, Ehtasham Ahmad, David Webb
- P69 **Enhancing Obesity Prevention in Urban Caribbean Communities: A Community-Based Approach to Culturally Adapting a Lifestyle Change Program in New York City**
Alana Grathwohl-Karl, Michaela Noreik, Margrethe F. Horlyck-Romanovsky
- P70 **Characterisation of an NHS Tier 4 weight management clinic cohort: Findings from a regional obesity service evaluation**
Khalid Alsadhan, Luke D. Boyle, Bader Ebrahim, Claudia Coelho, Piya Sen Gupta, Barbara McGowan
- P71 **Association of excess weight with clinical mental illness: a population-based cohort study of 11 million UK adults**
Xue Dong, Xue Dong, Paul Aveyard, Paul Aveyard, Mika Kivimaki, Shanquan Chen, Joseph Firth, Min Gao, Min Gao
- P73 **A fall in risk without a risk of falls: How to lose fat while preserving muscle, bone and physical function**
Franciskos Arsenyadis

- P75 **An evaluation of baseline PedsQL scores from two tier 3 paediatric weight management services**
Katherine Hawton, Louise Apperley, Lauren Carvin, Claire Semple, Meghan Owens, Jennifer Parkinson, Alanna Halt, Shelley Easter, Kate Clark, Kim Lund, Ellie Clarke, James O'Brien, Dinesh Giri, Senthil Senniappan, Julian Hamilton-Shield
- P76 **Public and Patient Involvement in a trial of remotely delivered weight management for people with Long Covid (ReDIRECT)**
Tracy Ibbotson, Jane Ormerod, Chris White, Laura Haag, Janice Richardson, Yvonne Cunningham, Heather Fraser, Naomi Brosnahan, Emma McIntosh, Kate O'Donnell, Naveed Sattar, Alex McConnachie, Michael Lean, David Blane, Emilie Combet
- P77 **Does how we eat affect how much we eat? Associations between covertly measured eating behaviours and food intake over 24 hours in a controlled residential setting**
Ruth Price, H Spence, S-D Zhang, T Redpath, F Naseer, A Boyd, M Martin, A Miras, C.W. Le Roux, A.C Spector, M.B.E Livingstone

e-poster presentations

The electronic poster display boards located in McCall McBain Hall will display our late breaking posters in a timed rotation

Co-development of an acceptance and commitment therapy-based intervention to increase intrinsic motivation of adolescents to change weight: the AIM2Change study

Elanor C Hinton, Jennifer S Cox, Aidan J Searle, Idoia Iturbe, Gail A Thornton, Ingram Wright, Claire Semple, Ken Clare, Julian P. Hamilton-Shield

A safety, feasibility and tolerability first-in-human study of an orally administered weight loss product for adults living with obesity

Elanor C Hinton, Rebecca L. Elsworth, Jeffrey M. Brunstrom, Julian P. Hamilton-Shield, Oliver Rider, Damian Tyler, Camilla Easter, Hutan Ashrafian, James Byrne

School Food Consumption of Children in the United Kingdom and Turkey

Zeynep Caferoglu Akin, Nicola Nixon, Sundus Mahdi, Rob Oxley, Busra Aslan Gonul, Wendy Burton, Bob Doherty, Maria Bryant

Motivation and Barriers to Weight Loss in a cohort of 1659 people taking GLP1 medication through a health tech company

Maneeha Naveed, Cecile Perez, Ehtasham Ahmad , Laura Russell, Catriona Maybury

Improving Access to Free School Meals: Evaluating the Implementation of a New Free School Meal Auto-Enrolment Process

Rob Oxley, Sundus Mahdi, Louise Padgett, Myles Bremner, Dayna Brackley, Bob Doherty, Annie Connolly, Maria Bryant

Are public health interventions which aim to prevent obesity differentially effective for school-aged children of ideal weight compared with children who are already living with overweight/obesity? A re-analysis of randomized trial data from two Cochrane reviews

Berit Lilienthal Heitmann, Annabel L Davies, Francesca Spiga, Fanney Thorsteinsdottir, Jennifer C Palmer, Sofus Christian Larsen, Russell Jago, Julian PT Higgins, Carolyn D Summerbell

Prospective Associations between Affect and Adiposity in Childhood and Adolescence: A systematic review

Emma Young, Alice R Kininmonth, Yue Wang, Jason C G Halford, Clare Llewellyn, Alison Fildes

NHS general practitioners' perspectives on GLP-1 agonists for obesity management: a qualitative study

Sabrina Keating, Cervante Wild, Jadine Scragg, Julian Treadwell, Sharon Dixon, Lisa Hinton, Susan Jebb

School food procurement contract types, what do we know about their impact on the quality of school meals?

Nicola Nixon, Maria Bryant, Laura Sheard, Louise Padgett, Bob Doherty

Mapping of local authority approaches to address obesity in the North-East and Yorkshire region

Stephanie Beecroft, Catherine Homer, Pete Nelson, Louisa Ells, Nicola Corrigan, Jordan Marwood

Designing and implementing a co-created toolkit to promote evidence-based policy making to reduce the prevalence of people living with obesity in the UK.

Kate Tudor, Anish Chacko, Katherine Parkin, Dr Patricia Beloe, Hugo Harper

The calorific content of popular meals from smaller UK out-of-home food outlets is excessive but not related to an area's deprivation level

David Dearlove, Kinza Mahmood, Lauren Orso, John Barber, Fede Andreis, Frances Bain

A re-analysis of randomized trial data from two Cochrane reviews to assess whether the effects of interventions aimed at the prevention of childhood obesity reduce inequities.

Jennifer C Palmer, Annabel L Davies, Francesca Spiga, Berit L Heitmann, Russell Jago, Carolyn D Summerbell, Julian PT Higgins and the Inequity in Obesity Prevention Trialists Collaborative Group

Factors associated with effectiveness of interventions to prevent obesity in children: a synthesis of evidence from 204 randomized trials.

Annabel L Davies, Francesca Spiga, Deborah M Caldwell, Jelena Savović, Jennifer C Palmer, Eve Tomlinson, Theresa HM Moore, Carolyn D Summerbell, Julian PT Higgins

Commonality of 25 Component Themes of integrated care systems and models for children, young people and families including those with a focus on obesity: rapid review of 170 models.

Evgenia Stepanova, Frances Hillier-Brown, Emily Owen-Boukra, Steven Hope, Steph Scott, Dougal Hargreaves, Dasha Nicholls, Russell M Viner, Carolyn Summerbell

How women who have undergone bariatric/metabolic surgery conceptualise weight loss success: a qualitative study

Karen Protopapa, S. Attersley-Smith, K.H. Hart, Jane Ogden

Psychological Outcomes of Children and Young People Accessing the Complications of Excess Weight (CEW) Service in South Tees

Katie Ness and Yasmin Tanfield

Trends on Adults Living with Overweight and Obesity: Scotland and England Health Survey (1998-2018)

Lastdes C F Sihombing, David N Blane, Emilie Combet

Psychological Outcomes of Children and Young People Accessing the Complications of Excess Weight (CEW) Service in South Tees

Katie Ness and Yasmin Tanfield

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