

The top half of the cover features a background image of a castle ruin, likely Broom's Barn, perched on a cliff overlooking the sea under a clear blue sky. A white horizontal line is positioned above the main title.

10th Annual UK Congress on Obesity 2025

Conference Programme

P&J Live, Stoneywood, Aberdeen
10th & 11th September 2025

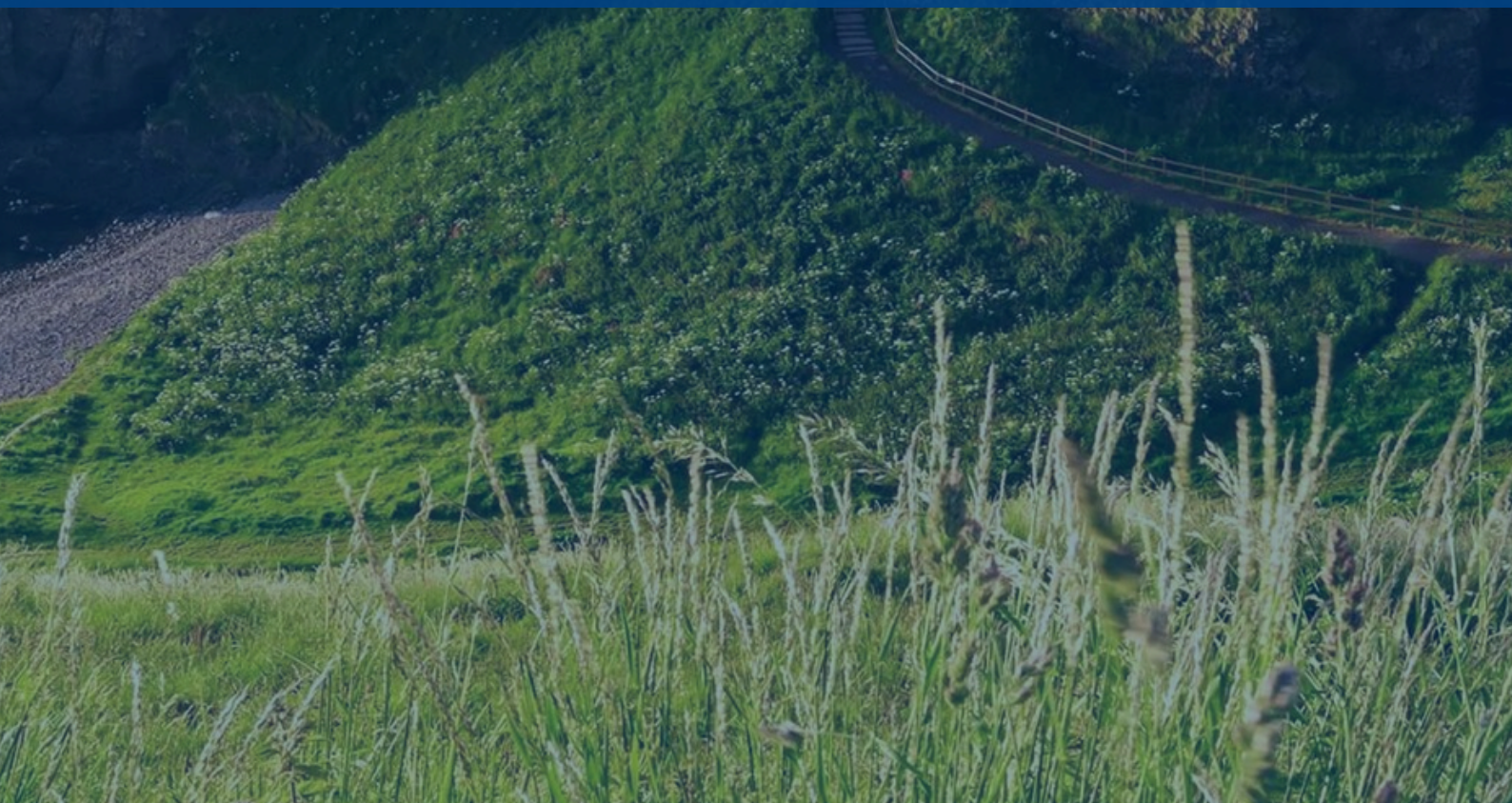


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ASO Member-Led Symposia Sessions - Day One

ASO Member-Led Symposium 1 - 11:15-12:30

Improving healthy and sustainable food choices in retail environments for people living with obesity and food insecurity—evidence from the FIO Food project

Chair: Charlotte Hardman

Lived Experience Co-Chair: Ken Clare

The People Behind the Pounds: A qualitative exploration of factors that help or hinder healthy, sustainable food purchases for people living with obesity and food insecurity in the UK

Dr Emma Hunter

Navigating the Aisles: Unpacking Supermarket Messaging for Those Living with Obesity and Food Insecurity

Dr Hannah Greatwood

Co-Designing Solutions for Obesity and Food Insecurity: A Case Study from the FIO Food Project

Dr Marta Lonnie

Preliminary analysis of supermarket transaction data to identify healthy and sustainable food and beverage swaps

Dr Emma Wilkins

ASO Member-Led Symposia Sessions - Day One

ASO Member-Led Symposium 2 - 14:00-15:15

A multidisciplinary approach to current issues in weight management

Chair: Dr Kevin A Deans

Experiences and Impact of Weight Stigma

Mrs Sophia Robertson

Psychological functioning before and after bariatric surgery

Dr Fiona Campbell

Fertility issues and pregnancy in people living with obesity

Ms Alice McGregor

Bariatric and metabolic surgery medical tourism: implications for specialist bariatric centres in the United Kingdom

Dr Kevin Deans

ASO Member-Led Symposia Sessions - Day Two

ASO Member-Led Symposium 3 - 11:30-12:45

The MapMe Study: a very low-intensity intervention embedded within the National Child Measurement Programme delivered by local authorities

Chair: Professor Louisa Ells

Lived Experience Co-Chair: Fiona Quigley

The MapMe Body Scales: The validity, reliability and use of a biometrically accurate, photorealistic set of child body size scales

Prof Martin Tovee

Parent and stakeholder views of embedding The MapMe child healthy weight maintenance intervention in the National Child Measurement Programme: A qualitative study

Dr Lorraine McSweeney

Embedding the MapMe intervention into the National Child Measurement Programme: A Within-Trial Cost Utility Analysis

Dr Laura Basterfield

A cluster randomised controlled trial testing the impact of including the MapMe intervention in the National Child Measurement Programme in England on child weight outcomes at one year

Prof Ashley Adamson

Mechanisms and outcomes of a very low intensity intervention to improve parental acknowledgement and understanding of child weight, embedded in the National Child Measurement Programme: sub-study within a large cluster RCT (MapMe2)

Dr Elizabeth Evans

ASO Member-Led Symposia Sessions - Day Two

ASO Member-Led Symposium 4 - 11:30-12:45

The role of psychological intervention in treatment for obesity

Chair: Dr Becky Richards

Lived Experience Co-Chair: Ann Vincent

The impact of a remotely-delivered specialist weight management service (SWMS) on psychological distress and emotional eating for patients in the National Health Service (NHS): A service evaluation

Miss Giulia Spaltro

Patient voices: The role of psychological support in a behavioural intervention for people living with severe obesity (PROGROUP)

Dr Lily Hawkins

Exploring the Effect of Weight Loss Pharmacotherapy on Eating Behaviours: A service evaluation using in-depth interviews

Miss Caitlin Cavallucci

Oral Sessions - Day One

Management Medications for Obesity - 11:15-12:30

- O1-01 **Understanding stages of change in patients starting a digital obesity management programme with GLP-1 medication prescription**
Mrs Zoe Griffiths
- O1-02 **Changes in Binge Eating and Depression Symptoms Over Six Months in Patients Treated with Semaglutide (Wegovy™) in a Specialist Weight Management Service**
Daniela R Alves
- O1-03 **The effect of caloric restriction and glucagon-like peptide-1 receptor agonist interventions on measures of muscle mass in individuals with type 2 diabetes and obesity**
Dr Oluwaseun Anyiam
- O1-04** **Once weekly Semaglutide in persons with obesity and knee osteoarthritis**
Dr Matthew Capehorn

Mental Health and Emotional and Disordered Eating - 11:15-12:30

- O2-01 **Longitudinal associations between eating behaviour traits, BMI, and adiposity in the Fenland cohort**
Dr Cara Ruggiero
- O2-02 **Understanding eating behaviours, mental health, and weight change in young adults: The YOUTH international longitudinal study**
Dr Zoe Kolokotroni
- O2-03** **An intensive weight loss programme with behavioural support for people with overweight/obesity and type 2 diabetes at risk of eating disorders: the ARIADNE non-inferiority randomised controlled trial**
Dr Dimitrios A Koutoukidis
- O2-04** **Impact of out-of-home calorie labelling on people with eating disorders and disordered eating in England - a mixed methods study**
Dr Tom Jewell
- O2-05** **A Mixed-Methods Feasibility Study of an Online Group Intervention for Emotional Eating in Adults with Obesity**
Ms Dawn Power

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Policy, Public Health and the Food System - 14:00-15:15

- O3- **Defining, identifying and regulating dark kitchens in the North of England:**
 - 01 **Perspectives from consumer, local authority and food business stakeholders**
Dr Jordan Beaumont
- O3- **Evaluating food system trials for healthier, sustainable diets: a modelling study**
 - 02
Dr Sarah Mounsey
- O3- **Digital Influence: Young People's Exposure to Marketing of High Fat, Salt, and Sugar (HFSS) Foods on Social Media**
 - 03
Mr Aleks Saunders
- O3- **Estimating the consumption and health impacts of 3 food tax policy scenarios in the UK**
 - 04
Miss Katharine Pidd
- O3- **Public perceptions of policies to address obesity and personal experiences of weight management on the Island of Ireland: A qualitative analysis of barriers and facilitators using the COM-B Framework**
 - 05
Dr Aoibhin Kelly

Advancing Obesity Care with AI and Digital Technologies - 14:00-15:15

- O4- **VITAL-COMS: Designing an AI-powered chatbot to support evidence-based communication about weight in healthcare settings**
 - 01
Dr Fiona Quigley
- O4- **The Virtual Patient: a training tool for healthcare staff to have helpful conversations about healthy weight using a Making Every Contact Count approach**
 - 02**
Mrs Stephanie Goodlet

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Oral sessions - Day Two

Highlighting the Lived Experience and Patient Journey - 10:00-11:15

- O5- **Delayed GDM Diagnosis in a Post-Bariatric Surgical Pregnancy**
01 Dr Sebastian Braithwaite
- O5- **How and why preconception health among people living with obesity could be improved by including obesity as a health condition**
02 Dr Heather Hopper
- O5- **Collaboration and Co production: The role and impact of Patient and Public Involvement in the FIO Food Project**
03 Dr Emma Hunter
- O5- **Weighing Up The Costs: Food Shopping Experiences of Those Living with Obesity and Food Insecurity in an Ethnically Diverse Community**
04 Dr Hannah Greatwood
- O5- **"Ew, looks sort of slobbish and unappealing...": A cross-sectional survey exploring the perceptions of health, weight and obesity**
05** Dr Beverley O'Hara

Dietary and Health Inequalities - 10:00-11:15

- O6- **Spatiotemporal Analysis of Food Insecurity and Childhood Obesity in London: A Geographically Weighted Regression Approach**
01 Miss Victoria To
- O6- **Bombarded by burgers: a survey of outdoor food and drink advertising across four local authorities in the UK**
02 Ms Nika Pajda
- O6- **Encouraging healthy weight for adults with learning disabilities: supporting the role of carers**
03 Dr Karen Coulman
- O6- **Overweight and Obesity Status of Nigerian Children Under Five Years: Mixed-Effect Cluster and Ranking Analyses of Individual and Contextual Characteristics**
04 Dr Phillips Obasohan

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Dietary and Health Inequalities (continued) - 10:00-11:15

- 06- **Development of a 'Systems Map' exploring the factors influencing excess weight in children 0-5 years: A Northern Ireland Perspective**
05 Laura McGowan
- 06- **Experiences of people from higher -risk groups engaging with targeted Tier 2 weight management services: a qualitative study**
06 Dr Lorraine McSweeney
- 06- **New obesity systems map for early years**
07 Prof Maria Bryant

Weight Management Services - 11:30-12:45

- 07- **Association between visceral adiposity reduction and improvements in cardiometabolic outcomes: findings from a dietary intervention study**
01 Dr Shazana Rifham Abdullah
- 07- **Supporting young adults (18-34 years) to manage their weight and wellbeing**
02 Miss Akidah Ayman
- 07- **Weight gain in children and young people referred to a Tier 3 Obesity service prior to first appointments**
03 Miss Harleen Kapoor
- 07- **Using system mapping to understand the barriers and enablers to long-term follow-up care for patients who have had bariatric surgery**
04** Dr Helen Parretti
- 07- **Real world implementation of a Type 2 Diabetes Remission Programme: an evaluation of two treatment intensity pathways**
05** Dr Naomi Brosnahan

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Three-Minute Early Career Researcher Competition

Day one - 16:00-16:45

- A3- **Evaluation of an Integrated Healthy Lifestyle Service for exercise referral**
01 Dr Anna Boath
- A3- **Weight Change from Early to Middle Adulthood and Cardiometabolic Disease Risk: Findings from the China Kadoorie Biobank**
02 Ms Yuanyuan Chen
- A3- **Genetic susceptibility, ultra processed food consumptions in childhood, and adiposity in young adulthood: A 17-year prospective cohort study of 3,061 individuals**
03 Ms Ziyi Zhou
- A3- **Digital engagement enhances efficacy, retention, and maintains a favorable safety profile in real-world tirzepatide and semaglutide users: a UK digital weight-loss service evaluation of over 72,000 adults**
04 Dr Hans Johnson
- A3- **Understanding the experience of living with obesity: A co-design photovoice exploration with obesity lived experience consumer group**
05 Dr Kimberley Norman
- A3- **Association between maternal food insecurity during pregnancy and gestational diabetes (GDM), and inequalities in adverse pregnancy outcomes among women experiencing GDM**
06 Dr Giang Nguyen
- A3- **Characterisation of genetic obesity in a cohort from a tertiary paediatric weight management clinic**
07 Dr Katherine Hawton
- A3- **First clinically relevant in vitro model mimicking the physio-pathological signature of visceral adipose tissue in obesity**
08 Miss Floricia Crusset
- A3- **Community perspectives on the use of GLP-1/GIP receptor agonist medications: a cross-sectional study of 1,297 adults**
10** Dr Ashley Clift

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Rapid-Fire Communication Sessions - 13:45-14:15

- RF01 **Reasons and predictive factors for hospitalisation while taking weight loss medication: Analysis of our cohort of 102,364 patients from January to December 2024, conclusions, and recommendations for best practice to identify those at risk and implement evidence-based preventative measures**
Dr Sue Kenneally
- RF02 **The effectiveness of family-based weight loss interventions for weight loss/ dietary and physical activity related behaviour change for mothers with overweight or obesity: A Systematic review**
Mrs Mai Haiba
- RF03 **Exploring Patient and Public Views on the Evidence Supporting the Health Benefits of Low-Level Weight Loss**
Ms Disha Dhar
- RF04 **Constructing Responsibility: A Qualitative Framing Analysis of Parents and Families in English Obesity Policies (2010–2020)**
**
Dr Andrea Smith
- RF05 **Addressing obesity in UK adult secure mental healthcare: a mixed-methods programme of research**
**
Dr Susanna Mills

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Poster sessions - 12:45-13:45

- P01 **A UK-Based Specialist Children Weight Management Approach: The Family and Parenting Groups**
Dr AB Sirin Ayva
- P02 **Comprehensive family based weight management intervention for children with Complex Health Needs: Service Evaluation, Tier 3 Children Weight Management Service**
Dr AB Sirin Ayva
- P03 **The Silent Conductor: Epigenetics and the Symphony of Mind, Behavior, and Body Weight**
Miss Sarish Zaitha Khan
- P04 **The Modernisation Paradox in Global Health and Obesity: Disparities in Life Expectancy, Nutrition Transitions, and Systemic Inequities in South America and LMICs**
Miss Sarish Zaitha Khan
- P05 **Diet inequalities and food consumption patterns in Scottish adults**
Alex Johnstone
- P06 **Quantifying the health and social impacts of obesity during childhood: a scoping review with evidence mapping**
Dr Jessica Packer
- P07 **Childhood Obesity and the ACT of transition**
Dr Omobolanle Kazeem
- P08 **Weight Stigma Environment and Equipment Checklist for Healthcare settings: a national survey of obesity healthcare experts and people with lived experience of obesity**
Dr Giang Nguyen
- P09 **Exploring the link between timing of physical activity, body composition, and cardiometabolic health in people with metabolically complicated overweight/obesity**
Dr Grigorios Panagiotou
- P10 **The challenge of providing long-term follow-up data from a service evaluation of a specialist multi-disciplinary weight management service based in primary care**
Dr Carly Hughes
- P11 **Exploring new strategies to meet the needs of people living with obesity: the role of yoga teachers in multi-disciplinary obesity primary care**
Dr Kimberley Norman
- P12 **The importance of relationships in attendance at follow-up weight assessments in a behavioural weight management trial. A qualitative study of participant and researcher perspectives**
Ms Claire Torrens

- P13 **Healthcare professionals' understanding, confidence and use of glucagon-like peptide-1 receptor agonists for obesity: a mixed-methods study**
Dr Ashley Clift
- P14 **Exploring perceptions and experiences of group-based support for people living with obesity from the PROGROUP randomised controlled trial**
Dr Shokraneh Moghadam
- P15 **Tirzepatide for weight loss in an adolescent with Alström Syndrome**
Dr Katherine Hawton
- P16 **Sociodemographic Determinants of Obesity: Investigating Regional Variations in Dietary Behaviours**
Ms Keiko Kanno
- P17 **A Case Study Linking HMGB1 to Skeletal Muscle Insulin Resistance in a Rodent Model of Multimorbidity**
Ms Maheen Wahid
- P18 **Time-restricted eating (TRE) and meal frequency to influence body weight and fat mass in adults living with overweight or obesity: a randomised crossover trial**
Mrs Nouf Alkhatabi
- P19 **Evaluating Eligibility for Anti-Obesity Medical Therapies in People with Obesity: Insights from Phase 1 Implementation**
Dr Raghavendar Palani
- P20 **Pregnancy Planning and Metabolic Optimisation in Women Living with Obesity -A Novel Pilot Pathway**
Dr Anjali Zalin
- P21 **Effectiveness of postpartum lifestyle interventions at reducing weight and fasting plasma glucose in women with a history of gestational diabetes mellitus**
Ms Ruya Abdulsalam
- P22 **AI-Assisted Rapid Review of Determinants of Childhood Obesity: A Novel Approach to Evidence Synthesis**
Dr Rebekah Rees
- P23 **Supporting Weight Management (SWiM): Evaluating the effectiveness, equity and cost-effectiveness of using acceptance-based guided self-help to improve long term outcomes of weight management interventions**
Dr Julia Mueller
- P24 **Maternity Healthy Lifestyle Pilot Study**
Dr AB Sirin Ayva
- P25 **Implementation Fidelity of a pilot Tier 3 Child Weight Management Service: A Process Evaluation**
Dr AB Sirin Ayva
- P26 **Morelife Physical Activity Club: an adventure therapy-based approach to tackle childhood obesity**
Dr AB Sirin Ayva

- P27 **Outcomes of Self-Guided Help Binge Eating Pilot with Client Insights**
Dr AB Sirin Ayva
- P28 **Outcomes of Physical activity referral scheme (PARS) pilot programme with Client Feedback**
Dr AB Sirin Ayva
- P29 **The efficacy of behavioural intervention in weight management in individuals with overweight and obesity in Asia: A systematic review**
Ms Zhao'an Cheng
- P30 **Prevalence of dynapenia, sarcopenia, and sarcopenic obesity among postmenopausal women at a tertiary care centre in North India**
Dr Ranveer Singh Jadon
- P31 **Exploring the Lived Experiences of People with Weight Loss Maintenance**
Ms Clair Hook
- P32 **Understanding the lived experience of children, young people, and families who attend Complications of Excess Weight clinics in England**
Dr Lucie Nield
- P33 **Exploring the lived experience of tier two weight management services in the UK: A qualitative systematic review**
Dr Jordan Beaumont
- P34 **Why define? A consensus definition of 'dark kitchens': implications for practice**
Dr Lucie Nield
- P35 **Management of women with obesity in pregnancy: a single centre retrospective audit**
Dr Taruna Agrawal
- P36 **Bidirectional relationship between childhood obesity and socio-emotional development: a prospective cohort study**
Miss Olivia Wood
- P37 **Empowerment in behavioural weight-management programmes: A scoping review**
Miss Corinne Bolland
- P38 **Exploring the use of social prescribing within Complications of Excess Weight (CEW) clinics to support children and young people living with severe obesity**
Miss Megan Garside
- P39 **Developing a Public Partner Inclusion strategy for housebound people living with obesity: An under-served population**
Dr Kath Williamson
- P40 **Development of an all-age healthy weight and treating obesity strategy across an integrated care system by the innovative Centre for Excellence at Humber and North Yorkshire Integrated Care Board**
Dr Michelle Horridge
- P41 **How to make a dietitian consultation's strategy for a specific person. How to choose initial recommendations and what eating behaviour changes can be postponed**
Mrs Anna Melekhina

- P42 **Managing Disordered Eating in Children with Excess Weight: Findings from Tier 3 Weight Management Services in England**
Ms Melissa Little
- P43 **Comparing outcomes between people with early versus later-onset type 2 diabetes (T2D) using Total Diet Replacement (TDR): a service evaluation of NHS Tayside's remission programme**
Dr Amy Malaguti
- P44 **Per- or Polyfluoroalkyl substances (PFAS) as potential drivers of the obesity epidemic**
Miss Amanda Jayne Mathieson
- P45 **High-fibre β -glucan supplementation during calorie restricted diet: impact on appetite, body weight and body fat in healthy women with overweight**
Mrs Nesreen Baobid
- P46 **Real-World Evaluation of Tirzepatide Use in a Tiered NHS Access Framework for Obesity and Type 2 Diabetes**
Dr Eleesha Varghese
- P47 **Improving obesity care through communication, decision-making and healthcare leadership: Scoping review**
Dr Anne Moorhead
- P48 **Exploring the Sources and Types of Weight Stigma and Their Relation to Adiposity Among Children and Adults: A Systematic Review**
Ms Yue Wang
- P49 **Psychosocial outcomes in adults maintaining weight loss: a systematic review**
Ms Mia Alexander
- P50 **Preliminary Outcomes of Postpartum Weight Management Service**
Dr AB Sirin Ayva
- P51 **Outcomes of 'My Life Plan' An Inclusive Digital Weight Loss Programme by Morelife**
Dr AB Sirin Ayva
- P52 **Pilot of a peer support group for parents of children who are selective eaters and / or have hyperphagia and are living with overweight or obesity**
Mrs Kate Roberts
- P53 **Beyond the Usual Suspects: Unraveling the Cardiovascular Conundrum in South Asians**
Miss Sarish Zaitha Khan
- P54 **Mental Health and Obesity: An Innovative Approach to deal with the Bidirectional Crisis**
Miss Sarish Zaitha Khan
- P55 **Whose priority is it?**
Miss Aisling Donnelly
- P56 **Evaluation of 25-hydroxy vitamin D levels and bone health in patients initiated on semaglutide in a tier 4 bariatric service**
Dr Zara Khan

- P57 **Analysis of hair zinc to guide assessment in a case of refractory zinc deficiency post metabolic bariatric surgery**
Dr Tatiana Christmas
- P58 **Bariatric Surgery in people with Type 1 Diabetes-two case reports**
Dr Louise Sarr
- P59 **The Yellow Card Biobank: How does genetics impact the safety of weight loss medications?**
Mrs Janette Mackay Macdonald
- P60 **The role of the NIHR Health Determinants Research Collaboration Aberdeen (HDRCA) in supporting the development of a Whole Systems Approach to obesity and health inequalities in Aberdeen City**
Dr Daniel R Crabtree
- P61 **A Scoping Review of Tools Assessing Healthcare Professionals' Knowledge, Attitudes, and Beliefs About Adult Obesity**
Mr Paul MacDonald
- P62 **Physical activity, fitness, and fatness: Results from a global analysis**
Mr Abdulwahab Alshallal
- P63 **Mapping weight management approaches used by local authorities to address obesity across the North East and Yorkshire Region**
Miss Stephanie Beecroft
- P64 **'We're not dietitians, we're not physiotherapy, we're an MSK service' - Developing obesity education with musculoskeletal physiotherapists: A theoretically informed intervention to promote transformative learning**
Miss Lucy Marquis
- P65* **The Healthy Habits in Pregnancy and Beyond (HHIPBe) pilot RCT: Trends in mediators of behavioural change in a habit-based behavioural intervention for pregnant women with overweight and obesity on the Island of Ireland**
Dr Clare B Kelly
- P66 **Real-world evaluation of weekly Semaglutide 2.4mg in adults with complex obesity: insights from Phase 1 implementation in a Specialist Weight Management Service**
Claudia Coelho
- P67 **Long-term outcomes of a digital weight management programme with tirzepatide: a 12-month observational cohort study**
Dr Rebecca Richards
- P68 **Self-Referral and Digital Delivery of a Diabetes Prevention Programme in NHS Tayside: Outcomes and Patient Satisfaction**
Miss Lucie Haines
- P69 **Changes in cardiometabolic parameters upon discontinuation of tirzepatide in SURMOUNT-4**
Sarah Vokes-Tilley
- P70 **Enhanced weight loss outcomes with GLP-1/GIP RA therapy through patient engagement with a digital health platform: a retrospective service evaluation**
Dr Ashley Clift

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- P71 **Maternal α -casein deficiency extends the lifespan of offspring and programs their body composition**
Dr Andreas Kolb
- P73 **The Role of Preoperative Weight Loss Interventions on Long-Term Bariatric Surgery Outcomes: A Systematic Review**
Dr Emma MacVicar
- P74* **Patient preferences for highly effective anti-obesity medications vs. bariatric surgery**
* Sarah Vokes-Tilley
- P75 **P75 Effectiveness and Safety of an Unsubsidized Semaglutide-Supported Digital Weight Loss Program in the UK: A 12-month Retrospective Analysis**
Dr Louis Talay

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