



ASSOCIATION FOR THE
STUDY OF OBESITY

10th UK Congress on Obesity 2025

**Understanding Obesity:
From Research to Clinical and Public
Health Practice**

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

UKCO

2025 ABERDEEN

Programme

Wednesday 10 th September		
Registration & Refreshments Conference Suite 1C 8.00 – 9.00		
Welcome Address Conference Suite 2A 9.00 – 9.15		
Plenary Lecture 1 9.15 – 10.00 Conference Suite 2A Research insights from mice and humans: macronutrient impacts on intake Professor John Speakman, University of Aberdeen		
Prize Awards and Talks 10.00 – 10.30 Conference Suite 2A ASO Best Practice Award ASO Ken Clare (Patient and Public Involvement and Engagement) Award		
Refreshments & Exhibition Conference Suite 1A/B 10.30 – 11.15		
Symposia & Oral Abstracts 11.15 – 12.30		
ASO Member-Led Symposium 1: Improving healthy and sustainable food choices in retail environments for people living with obesity and food insecurity— evidence from the FIO Food project Chair: Professor Charlotte Hardman Conference Suite 2A	Oral Abstracts: Medications for Obesity Management Meeting Room 4	Oral Abstracts: Mental Health and Emotional and Disordered Eating Meeting Room 7
Lunch, Posters, Exhibition & Networking Conference Suite 1A/B 12.30 – 14:00		
ASO Networks Meeting Meeting Room 4	PPIE Bookable Sessions* Conference Suite 1C	
Symposia & Oral Abstracts 14.00 – 15.15		
ASO Member-Led Symposium 2: A multidisciplinary approach to current issues in weight management Chair: Dr Kevin Deans Meeting Room 4	Oral Abstracts: Policy, Public Health and the Food System Conference Suite 2A	Oral Abstracts: Advancing Obesity Care with AI and Digital Technologies Meeting Room 7
Plenary Lecture 2 15.15 – 16.00 Conference Suite 2A Why lived experience should be front and central to obesity research Prof Louisa Ells and Mr Ken Clare, Leeds Beckett University		
Three-Minute ECR Competition 16.00 – 16.45 Conference Suite 2A		
Fellowship Award Presentation 16.45 – 17.30 Conference Suite 2A		
Drinks Reception & Poster Viewing Conference Suite 1A/B 17.30 – 19.00		
Conference Dinner Conference Suite 2B 19:00		

Rhythm, Juniper, Echosens and HeliosX have provided sponsorship to this conference's organisers to cover the costs of a promotional stand and have had no influence over the meeting agenda or arrangements except for any symposium session which is clearly indicated.

Programme

Thursday 11 th September		
Registration & Refreshments <i>Conference Suite 1C</i> 8.00 – 9.00		
Plenary Lecture 3 9.00 – 9.45 <i>Conference Suite 2A</i> Impacts of intentional weight loss: underestimated and poorly understood Professor Naveed Sattar, University of Glasgow		
Symposia & Oral Abstracts 10.00 – 11.15		
To be confirmed <i>Meeting Room 4</i>	Oral Abstracts: Highlighting the Lived Experience of Obesity and Patient Journey <i>Conference Suite 2A</i>	Oral Abstracts: Dietary and Health Inequalities <i>Meeting Room 7</i>
Symposia & Oral Abstracts 11.30 – 12.45		
ASO Member-Led Symposium 3: The MapMe Study: a very low-intensity intervention embedded within the National Child Measurement Programme delivered by local authorities Chair: Professor Louisa Ellis <i>Conference Suite 2A</i>	Oral Abstracts: Weight Management Services <i>Meeting Room 4</i>	ASO Member-Led Symposium 4: The role of psychological intervention in treatment for obesity Chair: Dr Becky Richards <i>Meeting Room 7</i>
Lunch, Posters, Exhibition & Networking 12.45 – 13.45 Lunch – <i>Conference Suite 1A/B</i> Posters, exhibition and networking – <i>Conference Suite 1C</i>		
PPIE Bookable Sessions*		
Rapid Fire Communications 13.45 – 14.15 <i>Conference Suite 2A</i>		
Plenary Lecture 4 14.15 – 15.00 <i>Conference Suite 2A</i> Working towards a healthier food environment for Scotland Dr Jules Goodlet-Rowley, Scottish Government Claire Hislop, Public Health Scotland Dr Gillian Purdon, Food Standards Scotland		
Prizes and Close of Conference <i>Conference Suite 2A</i> 15.00 – 15.30		

***PPIE Bookable Sessions are 1-2-1 sessions with patients living with overweight and obesity. These sessions provide conference delegates with the opportunity to gain insight into the lived experience of obesity. Details of how to book 1-2-1 PPIE sessions will be emailed to all registered delegates.**

ASO Member-Led Symposia

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ASO Member-Led Symposium 1

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 Symposium 2

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 Symposium 3

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 Symposium 4

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