



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 and 1C 17.30 – 19.00		
Conference Dinner Conference Suite 2B 19:00		

Programme

Thursday 11 th September		
Registration & Refreshments Registration – <i>Conference Suite 1C</i> Refreshments – <i>Conference Suite 1A/B</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		
Breaking: Research Updates and Ensuring Integrity Child of the North Report on Food Insecurity and Child Obesity Measuring Obesity Across the Lifecourse How to protect yourself against publications with research integrity issues <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, Exhibitions and Networking <i>Conference Suite 1A/B</i> 12.45 – 13.45		
PPIE Bookable Sessions* <i>Conference Suite 1C</i>		
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