THE CANADIAN OBESITY NETWORK PRESENTS:

THE 1st NATIONAL OBESITY SUMMIT

MAY 7–10, 2009 | DELTA LODGE, KANANASKIS, AB

THEME 1: Obesity & Mental Health

THEME 2: Behavioural & Biological Determinants

THEME 3: Obesity Management

THEME 4: Health Economics & Public Policy

FINAL PROGRAM

Canadian Population Health Initiative

Understanding the factors that affect the health of Canadians

Understanding what makes Canadians healthy is as important as understanding what makes them sick. Population health is an approach that looks at the determinants of health—such as income and social environment. In doing so, it aims to reduce inequities among different groups and improve the health of the entire population.

policy synthesis and analysis

www

An Introduction to Population Health

Key themes

2007 to 2012

- > Mental Health and Resilience
- > Reducing Gaps in Health
- > Place and Health
- > Promoting Healthy Weights

Canadian Institute for Health Information
Institut canadien d'information sur la santé

www.cihi.ca

CIHI—*taking health information further*

Alberta

The Government of Alberta is a proud sponsor of the 1st National Obesity Summit

The province fosters the health of Albertans through many initiatives including these from the Ministry of Alberta Advanced Education and Technology:

- Funding for food and health research through the Alberta Life Sciences Institute and Alberta Agricultural Research Institute
- Connecting researchers with industry through the Life Sciences Industries Branch
- Encouraging commercialization activities through Alberta's Action Plan: *Bringing Technology to Market*

For more information, please visit www.technology.gov.ab.ca or call 780-415-9820.

Together, we can help people to realize healthy possibilities.

Government of Alberta
Canada

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message from the Chair of the Board and Scientific Director

Anton Hart,
Chair of the Board of Directors,
Canadian Obesity Network

Arya Sharma,
Scientific Director,
Canadian Obesity Network

On behalf of the 3,500 members of the Canadian Obesity Network (CON-RCO), our partners and sponsors, we welcome you to the First National Obesity Summit – Canada's only scientific conference dedicated entirely to obesity prevention and treatment.

Researchers, practitioners and other stakeholders from a wide range of disciplines and interests have come to Kananaskis to share with and learn from their peers in a unique and interactive environment. We thank all of you for making the trek to the foothills of the Rockies for what promises to be the first of many biennial Summits in the years to come.

Over the next three days, almost 300 Canadian obesity researchers and practitioners will present their work in oral presentations, poster sessions, workshops and seminars. These contributions represent a fascinating cross-section of thought and novel findings on many of the key issues in obesity today. We think you will find the program informative and inspiring, just as you will enjoy the unique social aspects of the Summit.

We are proud to note that many Summit presenters selected through the conference's rigorous peer review process are CON-RCO members who have made important contributions to the development of the Network since its inception in 2006. We hope that everyone leaves the Summit as a member – you can join via www.obesitynetwork.ca. If you are not familiar with CON-RCO and what we have accomplished, be sure to pick up a copy of our Progress Report 2009, available throughout the conference facility.

Enjoy the conference – we look forward to your feedback, and to seeing you at the Second National Obesity Summit in Montreal in 2011.

message from the First National Obesity Summit Local Planning Committee

Bill Colmers

Kim Raine

Keith Sharkey

A conference like the First National Obesity Summit is long overdue in Canada. It is a confirmation of the innovative, world-class thinking going on across the country towards addressing the obesity crisis.

Whether or not you work in health care delivery, research, industry, academe or the policy and not-for-profit sectors, we hope that the Summit provides valuable insights into the latest knowledge on the causes, prevention and treatment of obesity – and how it impacts what you do on a day-to-day basis. We know that the Summit will afford all delegates an unparalleled networking opportunity, and the chance to interact and share knowledge with like-minded professionals you may not otherwise have met.

The fantastic response to our calls for abstracts and our invitations to keynote and guest speakers was overwhelming; we are sure the diversity of the presentations, workshops and lectures will add to your understanding of obesity in Canada, and what it will take to achieve our shared vision of a healthier future for all Canadians.

The Planning Committee would like to thank all speakers and presenters for their interest in the Summit, as well as our sponsors and Canadian Obesity Network staff and volunteers, without whom the conference would not have been possible.

general information

REGISTRATION HOURS:

THURSDAY	MAY 7	8:00 am – 6:00 pm
FRIDAY	MAY 8	7:30 am – 6:00 pm
SATURDAY	MAY 9	7:30 am – 6:00 pm
SUNDAY	MAY 10	7:30 am – 1:00 pm

ATTENDANCE VERIFICATION:

Do you need proof of attendance? Stop by the registration area Saturday May 9, 2:00 – 6:00 pm or Sunday May 10, 7:30 am – 1:00 pm for a letter verifying your attendance.

BUSINESS CENTER:

Please see Guest Services at the Delta Lodge at Kananaskis for all your faxing, copying and shipping needs.

AREA INFORMATION:

The Guest Activities Desk in the Main Lobby of the Delta Lodge is a useful service for those individuals interested in recreational activities in the beautiful backyard of Kananaskis.

NEWS ROOM/ SPEAKER READY ROOM:

POCATERRA ROOM

The News Room/Speaker Ready Room provides a workplace for media and speakers. Speakers are urged to contact the News Room immediately if they receive a message regarding an interview request. Direct your question regarding all interviews, and/ or operation of the News Room to Brad Hussey, Canadian Obesity Network's Communication Officer. Speakers are required to check in at the Speaker Ready Room at least 2 hours before the start of their plenary session/concurrent oral session.

LOST AND FOUND:

Any inquiries regarding Lost and Found items should be directed to the registration desks. Guests are responsible for all shipping charges associated with the return of a "found" item.

LUGGAGE CHECK:

Please check your luggage with the hotel bell stand.

AGE RESTRICTIONS

Children under the age of 16 will not be admitted to the Plenary or Oral Presentations. Please arrange for childcare in advance by contacting the concierge at the hotel. The Canadian Obesity Network does not assume responsibility for childcare.

Babysitting provided by Delta Lodge at Kananaskis Request notices are required – Rates: $10.00/hour for up to two children

**Please note: It is recommended that guests request this service at the time their reservation is made. Guests should then call the hotel directly 24 hours prior to arrival to confirm whether or not they have been able to get a commitment on a sitter. Last minute requests are very difficult to fill.

PARKING:

Self-service and valet (for a fee) parking are available at the hotel. Underground, self-parking is subject to a daily charge of $9.00 per day/vehicle. Valet parking is subject to a daily charge of $15.00per day/vehicle. Complimentary onsite self-parking is available in surface lots.

SHUTTLE SERVICE:

Transportation from the airport to/from Kananaskis is available by two (2) shuttle bus services. CON-RCO shuttle or the local Brewster Shuttle

The CON-RCO has booked the following shuttles:

- Wed May 6, 2009 departs Calgary International Airport to Delta Lodge at 5:30 pm
- Thursday May 7, 2009 departs Calgary International Airport to Delta Lodge at 12:00 pm
- Thursday May 7, 2009 departs Calgary International Airport to Delta Lodge at 3:30 pm
- Sunday May 10, 2009 departs Delta Lodge to Calgary International Airport at 12:30 pm

Please note the cost for the CON-RCO shuttle is $45 (one-way).
CON-RCO shuttle should be pre-booked by emailing gunther@obesitynetwork.ca. If there are still spaces available they may be booked at the registration desk. First booked and paid, first served.
The Brewster shuttle may be booked by contacting the Delta Lodge.

Hotel information:

The Delta Lodge at Kananaskis is made up of three buildings situated only 40 feet from one another. The first building is the "Lodge" portion of the resort, the second building is our Signature Club, and the 3rd is the Mount Kidd Manor.

Check-in time is 4 pm. Check-out time is 11 am.
Early check-ins and late check-outs are based on availability and are at the discretion of the Front Desk.

GROUP EXERCISE OPPORTUNITIES:

We are pleased to offer the following Group Exercise Activities during the National Obesity Summit:

Pilates

The sessions will be taught by certified Pilates instructor Linnie Sharma. Please note that the sessions are on a first come first served basis. So, be there early to make sure you get a spot. Each session is approx. one hour.

Schedule:
Beil Room located in the Village Centre
Thursday, May 07 at 4 pm
Friday, May 08 at 7 am
Saturday, May 09 at 7 am
Sunday, May 10 at 7 am

Running

Offered and led by Kim Raine. Attendees please meet in the lobby for the approx. 45 min run.

Schedule:
Thursday, May 07 at 6:45 am
Saturday, May 09 at 6:45 am

For more information please contact the registration desk

MEALS AND BREAKS:

Please remember to wear your badge and bring your ticket for all meals.

special events

THURSDAY MAY 7

CON Student and New Professional (CON-SNP) Welcome Event
2:00 pm – 5:00 pm
The CON-SNP Executive will be hosting a Welcome Event on the first afternoon of the conference (May 7, 2009) from 2:00 – 5:00 in the Dawson/Stewart Room.

Have a chance to get your bearings in beautiful Kananaskis country, meet CON-SNP members from across Canada, reconnect with Obesity Boot Camp alumni and have a bit of time to relax and have fun before the conference kicks off! Refreshment and prizes will be available.

Open to Boot Camp Alumni, Students and New Professionals* only.
*New professional is defined as within 5 years of graduation of highest degree.

Opening Reception/Dinner and CON-RCO Distinguished Lecture Award
6:00 pm
Join your colleagues for a reception/dinner to kick off the 2009 National Obesity Summit in the Olympic Ballroom. Please note that this is a ticket event (no charge for registered attendees; attendee badge and ticket required). **The CON-RCO Distinguished Lecturer Award winner will be presented.**

FRIDAY MAY 8

CON-RCO Members Annual General Meeting
7:30 am – 8:00 am
Join us for breakfast and meet the CON-RCO Board of Directors in the Olympic Ballroom. Find out what CON-RCO has done over the past years and planned future directions.

Breakfast Talk: Regulating the Weight Loss Industry?
8:15 am – 8:45 am
Yoni Freedhoff MD CCFP Dip ABBM is the founder and Medical Director of the Bariatric Medical Institute in Ottawa, Ontario – a multi-disciplinary behavioural weight management program. Formally trained in family medicine, since 2004 his practice has been exclusively dedicated to the treatment of overweight and obesity.

Dr. Freedhoff has been referred to as a "nutritional watchdog" by the Canadian Medical Association Journal and his advocacy efforts therein have found him testifying in front of the Canadian House of Commons, a regular commentator in the national media, a blogger for CTV and a repeat guest on CBC's national investigative journalism show Marketplace.

Dr. Freedhoff explores issues pertinent to nutrition, obesity, public policy and advocacy in his daily blog Weighty Matters (bmimedical.blogspot.com) which has been ranked among the world's top health blogs and was voted the top Canadian health blog of 2008 by the Canadian Blog Awards.

Lunch Talk: ACCELERATE MITACS Internship Program
12:45 pm – 1:20 pm
Are you a graduate student, supervise graduate students or work for a company that would like to tap into some highly educated minds? Come join Duncan Phillips in the Explorer Room for this informative session on the *Mathematics of Information Technology and Complex Systems (MITACS) Network* MITACS ACCELERATE program. The Canadian Obesity Network is a member of the ACCELERATE Consortium. Find out what that means for network members and partners

The talk will include:
- A brief history of the MITACS ACCELERATE program
- What funding is available and how to access it
- Support provided by MITACS for preparing and submitting proposals
- Other funding available from MITACS

Dinner Talk: Translating Research into Practice – Dealing with Obesity in the Age of the Internet, Social Networks and Global Communications
6:30 pm
At the dawn of the 21st century, perhaps for the first time in history, we are facing a pandemic of obesity that is expected to result in unaffordable demand for health services and, more dramatically, in the first generation of people in a century that will die at an earlier age than their parents.

The concerns about the potentially harmful effects of obesity are fueling major changes in policy, in industry and research. However, the messages that the public

special events

FRIDAY MAY 8 (continued)

receives from these three sectors frequently conflict with each other, creating confusion and mistrust.

How did we reach this point? How valid are our concerns about our diet? What should we eat? What should we study? What are the most important trends in terms of the relationship between food, genes, the environment and health? How could we meet the expectations of the public? How could we meet the needs of our next generation? Who should we believe?

In this presentation, Dr. Alejandro (Alex) Jadad will describe how the Internet, mobile communication devices, and emerging powerful social networking tools (e.g., wikis, and resources such as Wikipedia, YouTube and FaceBook) are creating unprecedented opportunities to deal with these questions. He will also illustrate innovative initiatives that are turning locally generated knowledge into lessons of global value, while enhancing our capacity to bring the best the world has to offer to local communities.

Film Screening: America The Beautiful
approx. 8:30 pm (after the Dinner Talk)
Explorer Room - Running Time: 105 mins.
Q&A with the Darryl Roberts will follow the film
www.americathebeautifuldoc.com

Filmmaker Darryl Roberts goes on a two year journey to examine America's new obsession; physical perfection. In America the Beautiful, we learn secrets, confessions, and strikingly harsh realities as Roberts unearths the origins and deadly risks of our nation's quest for physical perfection. Follow Darryl as he asks Paris Hilton, Jessica Simpson, Julianne Moore, Michael Beach, Mena Suvari, Martin Short, and other celebrities and experts in cosmetics, fashion, media, and self-esteem the major question at hand…

Does America have an unhealthy obsession with beauty?

By juxtaposing his personal obsessions with beauty with those of people like Martin Short, Michael Beach, Mena Suvari, Anthony Kiedis, Tisha Cambell and Aisha Tyler, Roberts illustrates that, to varying degrees, we all fall victim to this superficial social phenomenon.

WHAT THE CRITICS ARE SAYING:
"AN IMPORTANT MESSAGE NOT JUST FOR WOMEN, BUT FOR EVERYONE" – CBS

"A FILM THAT MIGHT RESCUE THE LIVES OF SOME GIRLS AGEs 12 AND UP"
– Roger Ebert, Chicago Sun-Times

"…CAPTIVATING…" – LA Times

Today Show: http://www.msnbc.msn.com/id/21134540/vp/25966129#25966129
Sponsored by the Eating Disorder Education Organization
www.edeo.org

SATURDAY MAY 9, 2009

Lunch Talk: Grants: How to Include Knowledge Translation (KT) or Plan for KT in your Research Proposal
12:45 pm – 1:20 pm

This brief presentation by Paul Belanger, Canadian Institute of Health Research (CIHR), Institute of Nutrition, will provide an overview of knowledge translation (KT) at CIHR and describes the two broad definitions of KT used at CIHR: Integrated KT and End-of Grant KT. In addition, it will provide information on how and when to incorporate a knowledge translation plan into your research proposal as well as the criteria the CIHR peer reviewers will use to evaluate your plan. Linda Piazza, Director of Research, Heart and Stroke Foundation Canada (HFSC) will follow with information from the HFSC perspective.

special events

Dinner & Evening Entertainment:
Join the Canadian Obesity Network for a fun-filled evening of awards presentations and evening entertainment. Watch for surprise guests performing with the Consonance! Please remember to bring your ticket for this event.

THE CONSONANCE

The Consonance began as six Jazz students from Grant MacEwan College in Edmonton, Alberta, meeting for a carefree jamming environment. They began writing songs and quickly formed the hip-hop/jazz band called The Consonance. With smooth melodic lines, catchy lyrics, and danceable grooves, The Consonance captivates their audiences.

Sensing great chemistry early in their songwriting process, they began recording and gigging immediately. The Consonance quickly recorded and released their first EP the "More Alive EP" in March 2009. Along with constantly writing new material, The Consonance is playing numerous cover and original shows all over Alberta. Playing a mix of funk, rock, pop, hip hop, country, and blues, The Consonance can pull the right songs for any occasion. The Consonance also plans to tour Western Canada in the summer of 2009. With a drummer that raps while playing, a saxophone player that doubles on the violin, and the occasional full band vocal harmony, The Consonance is an exciting, and original band ready to spice up any occasion.

Booking Contacts: theconsonancemusic@gmail.com
www.myspace.com/theconsonancegroove
(780) 264-7810 – Justin McDonough

MITACS ACCELERATE

Is your organization falling behind its competitors?

Do you want to make your R&D budget go further?

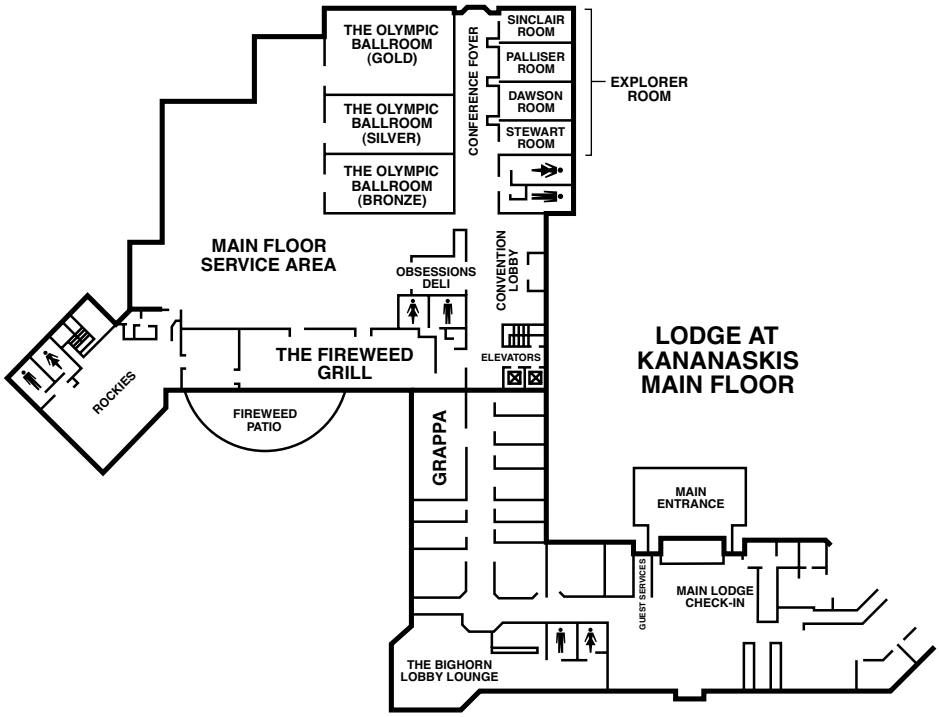
Could your organization benefit from collaborating with leading academic expertise?

MITACS ACCELERATE: A unique cost-shared internship program delivered in partnership with the Canadian Obesity Network and MITACS Inc, which connects companies, governments and community organizations with the vast research expertise in Canada's universities, from applied sciences, engineering, social sciences, business, arts, life sciences and much more.

www.mitacsaccelerate.ca

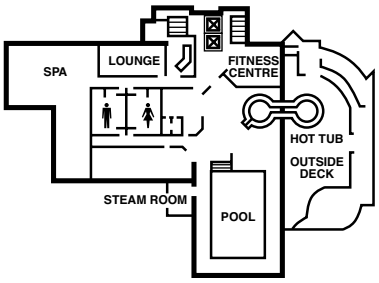
map

DELTA
LODGE AT KANANASKIS

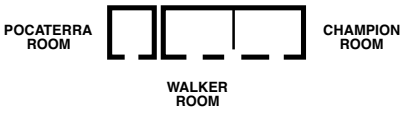


LODGE AT KANANASKIS MAIN FLOOR

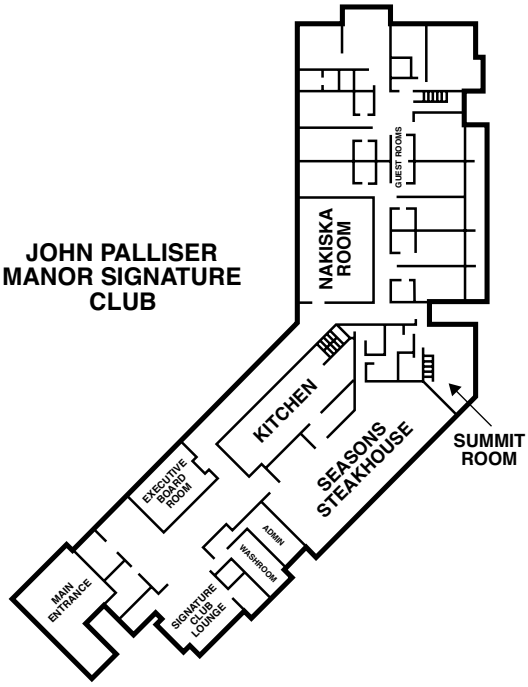
SUMMIT SPA AND FITNESS CENTRE COMPLEX LODGE LOWER LEVEL

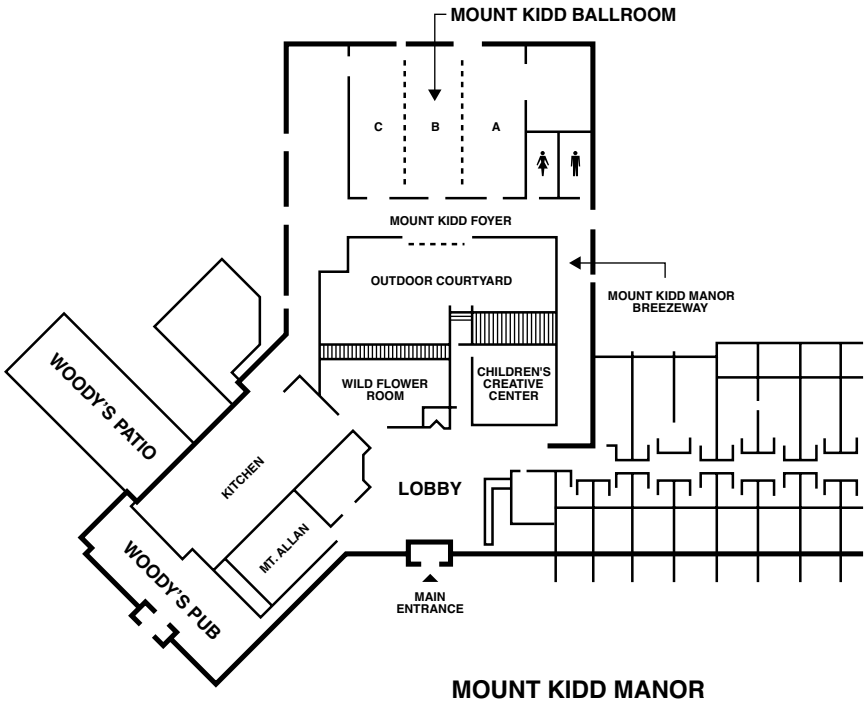


LODGE AT KANANASKIS SECOND FLOOR MEETING ROOMS



JOHN PALLISER MANOR SIGNATURE CLUB





MOUNT KIDD MANOR

schedule at a glance

WEDNESDAY, MAY 6

8:00 am – 4:00 pm

SATELLITE MEETING DELTA LODGE - NAKISKA ROOM
Addressing Childhood Obesity through Research and Networking (ACORN) (CLOSED meeting – by invitation only)

THURSDAY, MAY 7

9:00 am – 4:30 pm GOLD ROOM
Canadian Obesity Network / Réseau Canadien en Obésité (CON-RCO) Obesity Management in Primary Care Workshop

9:00 am – 3:00 pm SINCLAIR/PALLISER
Canadian Obesity Network / Réseau Canadien en Obésité (CON-RCO) Board of Directors Annual Meeting (CLOSED meeting – by invitation only)

3:00 pm – 4:30 pm SINCLAIR/PALLISER
CON-RCO Board of Directors /
Science Committee Meeting
(CLOSED meeting – by invitation only)

4:00 pm – 5:30 pm SINCLAIR/PALLISER
CON-RCO Science Committee Meeting
(CLOSED meeting - by invitation only)

2:00 pm – 5:00 pm
Arrival and Registration in MAIN LOBBY

Welcome event for CON-RCO Students and New Professionals / Boot-Camp Alumni Event
DAWSON/STEWART

6:00 pm OLYMPIC BALLROOM
Scientific Director's Welcome

Opening Reception / Dinner*
CON-RCO Distinguished Lecturer Award

FRIDAY, MAY 8

7:00 am – 9:00 am CONVENTION FOYER
Breakfast*

7:30 am – 8:00 am OLYMPIC BALLROOM
CON-RCO Members Annual General Meeting

8:00 am – 8:15 am
Break*

8:15 am – 8:45 am OLYMPIC BALLROOM
Breakfast Talk
Regulating the Weight Loss Industry?

9:00 am – 10:30 am OLYMPIC BALLROOM
PLENARY I: OBESITY & MENTAL HEALTH

10:30 am – 10:50 am CONFERENCE FOYER
Break

10:50 am – 12:20 pm OLYMPIC BALLROOM
PLENARY II: BEHAVIOURAL & BIOLOGICAL DETERMINANTS OF OBESITY

12:20 pm – 1:30 pm LUNCH IN MT KIDD / TALK IN EXPLORER
Lunch Talk*
ACCELERATE MITACS Internship Program

FRIDAY, MAY 8 (continued)

1:30 pm – 4:30 pm
CONCURRENT ORAL PRESENTATIONS

5:00 pm – 6:30 pm MT. KIDD BALLROOM
Wine & Cheese* Poster Session

6:30 pm OLYMPIC BALLROOM
Dinner Talk*

Translating Research into Practice – Plenary Evening Session
Dealing with Obesity in the Age of the Internet, Social Networks and Global Communications

Film Screening: America The Beautiful
EXPLORER ROOM (film will be shown after dinner)

SATURDAY, MAY 9

7:00 am – 9:30 am
Breakfast* CONFERENCE FOYER
Industry Breakfast (by invitation only)
EXPLORER ROOM

9:00 am – 10:30 am OLYMPIC BALLROOM
PLENARY III: OBESITY MANAGEMENT

10:30 am – 10:50 am CONFERENCE FOYER
Break*

10:50 am – 12:20 pm OLYMPIC BALLROOM
PLENARY IV: HEALTH ECONOMICS & POLICY OF OBESITY

12:20 pm – 1:30 pm LUNCH IN MT KIDD / TALK IN EXPLORER
Lunch Talk*
Knowledge Translation Grants: How to Include Knowledge Translation (KT) or Plan for KT in your Research Proposal

1:30 pm – 4:30 pm
CONCURRENT CROSS-THEME ORAL PRESENTATIONS

5:00 pm – 6:30 pm MT. KIDD BALLROOM
Wine & Cheese* Poster Session

6:30 pm OLYMPIC BALLROOM
Dinner* and Evening Entertainment

SUNDAY, MAY 10

7:00 am – 8:00 am CONFERENCE FOYER
Breakfast*

8:00 am – 12:00 pm
CONCURRENT WORKSHOPS**

MEETING ADJOURNED – HAVE A SAFE TRIP HOME!

* breaks / meals included with registration
** please note: some workshops may start or end earlier or later please check the daily schedule for detailed information

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MAY 7–10, 2009 | DELTA LODGE, KANANASKIS, AB

daily schedule

WEDNESDAY, MAY 6

8:00 am – 4:00 pm

SATELLITE MEETING DELTA LODGE - NAKISKA ROOM
Addressing Childhood Obesity through Research and Networking (ACORN) (CLOSED meeting – by invitation only)

THURSDAY, MAY 7

9:00 am – 4:30 pm GOLD ROOM
Canadian Obesity Network / Réseau Canadien en Obésité (CON-RCO) Obesity Management in Primary Care Workshop
Chairs: Marie-France Langlois & Keith McNicol

9:00 am – 3:00 pm SINCLAIR/PALLISER
Canadian Obesity Network / Réseau Canadien en Obésité (CON-RCO) Board of Directors Annual Meeting (CLOSED meeting – by invitation only)

3:00 pm – 4:30 pm SINCLAIR/PALLISER
CON-RCO Board of Directors / Science Committee Meeting (CLOSED meeting – by invitation only)

4:00 pm – 5:30 pm SINCLAIR/PALLISER
CON-RCO Science Committee Meeting (CLOSED meeting - by invitation only)

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Welcome event for CON-RCO Students and New Professionals/ Boot-Camp Alumni Event
DAWSON/STEWART

6:00 pm OLYMPIC BALLROOM
Scientific Director's Welcome
Arya M. Sharma, CON-RCO

Opening Reception / Dinner
CON-RCO Distinguished Lecturer Award

daily schedule

FRIDAY, MAY 8

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7:30 am – 8:00 am OLYMPIC BALLROOM
CON-RCO Members Annual General Meeting

8:00 am – 8:15 am
Break

8:15 am – 8:45 am OLYMPIC BALLROOM
Regulating the Weight Loss Industry?
Chair: Arya Sharma, Speaker: Yoni Freedhoff

9:00 am – 10:30 am OLYMPIC BALLROOM
PLENARY I: OBESITY & MENTAL HEALTH
Chairs: William F. Colmers & Denis Richard

Obesity and Addictive Behaviours
Speaker: Caroline Davis (York University)

Homeostasis and Motivation: Functional Brain Imaging Studies of Appetite
Speaker: Alain Dagher (McGill University)

An Overview of Mental Health Treatments for Patients with Obesity: Gains and Losses
Speaker: Valerie Taylor (McMaster University)

10:30 am – 10:50 am CONFERENCE FOYER
Break

10:50 am – 12:20 pm OLYMPIC BALLROOM
PLENARY II: BEHAVIOURAL & BIOLOGICAL DETERMINANTS OF OBESITY
Chairs: Angelo Tremblay & Terry Graham

Micronutrients and Obesity
Speaker: Genevieve Major (Nestlé Research Center)

Obesity in Aboriginal People: Possible Causes, Consequences and Solutions
Speaker: Noreen Willows (University of Alberta)

Sleep and Childhood Obesity
Speaker: Jennifer McGrath (Concordia University)

12:20 pm – 1:30 pm LUNCH IN MT KIDD / TALK IN EXPLORER
Lunch Talk ACCELERATE MITACS Internship Program –
Speaker: Duncan Phillips

1:30 pm – 4:30 pm
CONCURRENT ORAL PRESENTATIONS
(see pg. 18 & 19 for detailed information)

Behavioural & Biological Determinanats EXPLORER ROOM
Chair: Keith Sharkey

Environmental & Socio-Cultural Determinants SILVER ROOM
Chairs: Ian Janssen & Mark Tremblay

Health Economics & Policy BRONZE ROOM
Chair: Kim Raine

Prevention, Treatment & Rehabilitation GOLD ROOM
Charis: Raj Padwal & Peter Sargious

5:00 pm – 6:30 pm MT KIDD BALLROOM
Wine & Cheese Poster Session

6:30 pm OLYMPIC BALLROOM
Dinner Talk *Chair: Kim Raine*

Translating Research into Practice – Plenary Evening Session
Dealing with Obesity in the Age of the Internet, Social Networks and Global Communications
Speaker: Alex Jadad (University of Toronto)

Film Screening: America The Beautiful EXPLORER ROOM
Director: Darryl Roberts (Running Time: 105 mins.)
Q & A with Director will follow

daily schedule

SATURDAY, MAY 9

7:00 am – 9:00 am
Breakfast CONFERENCE FOYER
Industry Breakfast (by invitation only) EXPLORER ROOM

9:00 am – 10:30 am OLYMPIC BALLROOM
PLENARY III: OBESITY MANAGEMENT
Chairs: Arya M. Sharma & Richard Tytus

The Cardiac and Metabolic Benefits of Exercise
Speaker: Robert Ross (Queen's University)

Obesity Management: Whose Responsibility is it Anyway?
Speaker: Sara F.L. Kirk (Dalhousie University)

Potential Use of Obesity Biomarkers or Phenotypic Characteristics for Categorizing Clinically Relevant Subsets of Obese Patients
Speaker: Rémi Rabasa-Lhoret (Université de Montréal)

10:30 am – 10:50 am CONFERENCE FOYER
Break

10:50 am – 12:20 pm OLYMPIC BALLROOM
PLENARY IV:
HEALTH ECONOMICS AND POLICY OF OBESITY
Chairs: Lise Gauvin & John C. Spence

Popular Representations of Obesity and Genetics: Cause for Concern?
Speaker: Timothy Caulfield (University of Alberta)

Cost of Obesity to the Healthcare System, Employers, and Workers
Speaker: John Cawley (Cornell University)

Cost of Investing or Not Investing in Public Health Interventions to Address Obesity
Speaker: Alan Shiell (University of Calgary)

12:20 pm – 1:30 pm LUNCH IN MT KIDD / TALK IN EXPLORER
Lunch Talk: How to Include Knowledge Translation (KT) or Plan for KT in your Research Proposal
Speakers: Paul Belanger, CIHR Institute of Nutrition, Metabolism and Diabetes; Linda Piazza, Director of Research, Heart & Stroke Foundation of Canada

1:30 pm – 4:30 pm
CONCURRENT CROSS-THEME ORAL PRESENTATIONS
(see pg. 20 & 21 for detailed information)

Approaches to Weight Management GOLD ROOM
Chair: Yoni Freedhoff

At Risk Populations SILVER ROOM *Chair: Scott Lear*

Central, Emotional and Addictive Aspects of Obesity
BRONZE ROOM
Chairs: Caroline Davis & Brian Stonehocker

Pediatric Obesity and School-Based Programs
SINCLAIR/PALLISER *Chair: Jean-Pierre Chanoine*

Public Health Interventions for Promoting Healthy Body Weights: Integrating Research, Policy and Practice
DAWSON/STEWART *Chairs: Sylvie Stachenko & Kim Raine*

5:00 pm – 6:30 pm MT KIDD BALLROOM
Wine & Cheese Poster Session

6:30 pm OLYMPIC BALLROOM
Dinner and Evening Entertainment

SUNDAY, MAY 10

7:00 am – 8:00 am CONFERENCE FOYER
Breakfast

8:00 am – 12:00 pm
CONCURRENT WORKSHOPS
(see pg. 22-27 for detailed information)

awards

DISTINGUISHED LECTURER AWARD

The CON-RCO Distinguished Lecturer Award will be presented in recognition of outstanding contributions to the obesity research community in Canada.

The recipient will be announced at the opening banquet of the National Obesity Summit, and will deliver the opening keynote address.

FACULTY SUPERVISOR AWARD

Nominations for outstanding faculty supervision were accepted from students and new professionals attending the summit.

TWO awards will be presented at the Dinner on Saturday May 9, 2009 by the CON-SNP Executive.

This award aims to reward and recognize faculty members across Canada who have demonstrated excellence in their teaching, research and service to the University, community and their trainees (students, clinical or post-doctoral fellows). These awards will also recognize faculty members who have excelled in nurturing trainee research development in her/his discipline, who demonstrate outstanding teaching abilities and who exhibit a passion and enthusiasm for teaching and learning.

Letters of recommendation were submitted by trainees expressing how their supervisor/mentor has actively promoted excellence in education and research through excellence in supervision.

BEST POSTER AWARDS

The Best Poster Awards will be given for the best poster presentations at the National Obesity Summit. The decision will be made by a board of referees and the awards will be presented at the Dinner on Saturday May 9, 2009.

The Canadian Obesity Network acknowledges the generous educational support from the following organizations:

Alberta Tourism, Parks, and Recreation
Ethicon Endo-Surgery, Inc.
Alberta Heritage Foundation for Medical Research
Eli Lilly
Canadian Population Health Initiative - Canadian Institute for Health Information

*concurrent oral sessions

FRIDAY MAY, 8 *BEHAVIOURAL AND BIOLOGICAL DETERMINANATS EXPLORER ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	Duggan G, Hittel DS, Lee RK, Tunnicliffe JM, Vogel HJ & **Shearer J**	University of Calgary	Contribution of diet to abnormal metabolomic profile in dietary-induced insulin resistance
2	**Pierce WD**, Proctor S, Russell JC, & Heth CD	University of Alberta	Resistance of obese prone rats to the challenge of limited food supply and wheel running
3	**Yasari S**, Wang D , Jankowski M, Gutkowska J, Prud'homme D, Tesson F & Lavoie JM	University of Ottawa	Exercise training increases plasma triacylglycerol levels after fasting-re-feeding-high carbohydrate in female rats
4	**Jacobs RL**, Zhao Y, Koonen DPY, Sletten T, Lingrell S, Kennedy B, Dyck JRB & Vance DE	University of Alberta	A role for choline in diet induced obesity
5	**Barra NG**, Reid S, Mackenzie R, Werstuck G, Holloway A, Trigatti B, Richards C & Ashkar AA	McMaster University	Interleukin-15 contributes to the regulation of adipose tissue, independent of NK cells and food intake
6	**Shah IH**, Taqi E, Wallace L, Zheng H, Berthoud HR, Koopmans HS, Sigalet DL & Chelikani PK	University of Calgary	Roux-en-Y gastric bypass surgery produces a sustained weight loss in a rat model
7	**Chee MJS**, Myers Jr MG & Colmers WF	University of Alberta	Convergence of inhibitory Neuropeptide Y and glucose signalling at leptin receptor-expressing neurons in the ventromedial nucleus of the hypothalamus
8	**Crosby KM**, Bains JS & Pittman QJ	University of Calgary	Cholecystokinin signaling in the dorsomedial hypothalamus

FRIDAY MAY, 8 *ENVIRONMENTAL AND SOCIO-CULTURAL DETERMINANTS SILVER ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Slater J**, Green C, Sevenhuysen G, O'Neil J, Edginton B	University of Manitoba	Overweight and obesity in Canadian adults: Is everyone at risk?
2	**Patton, IT**	University of Western Ontario	Canada's active schools: A review of school-based physical activity interventions in Canada
3	**Asanin Dean J** & Elliott S	McMaster University	Environmental determinants of obesity: Using a mixed methods approach to assess the role of neighbourhood
4	**Pouliou T** & Elliott SJ	McMaster University	The role of the built environment in community interventions for obesity prevention
5	**Nykiforuk C**, Raine K, Schopflocher D, Vallianatos H, VanSpronsen E & Flaman L	University of Alberta	Building obesity in Canada: neighbourhood as a determinant of recent trends
6	**Harrington DW** & Elliott SJ	McMaster University	Beyond individual risk factors: Weighing the importance of neighbourhood-level determinants of overweight and obesity in Ontario, Canada
7	Kirk S, Penney TL & **McHugh T-LF**	Dalhousie	Characterizing the obesogenic environment: The state of the evidence
8	**Gasevic D**, Teo K, Yusuf S & Lear SA	Simon Fraser University	Perceived and objective determinants of the built environment in the relation to physical activity, measured anthropometry and glucose

*concurrent oral sessions (continued)

FRIDAY MAY, 8 *HEALTH ECONOMICS AND POLICY BRONZE ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	Malhi L, **Buhler H**, Matteson C, Karanfil Ö, Chen X, Dube L & Finegood DT	Chronic Disease Systems Modelling Lab	Places to intervene to prevent childhood obesity
2	**Wu X**, Ohinmaa A & Veugelers P	University of Alberta	The impact of residential area, sociodemographic characteristics and BMI on health related quality of life of Alberta children
3	**Woo J**, Ohinmaa A, Raine K & Veugelers P	University of Alberta	Challenges in the design of an economic evaluation for an integrated health promotion project, the Healthy Alberta Communities
4	**Barriault D**, Micholuk C & Johnston C	Alberta Health Services	Healthy Eating Guidelines in the Alberta Health Services: Calgary Health Region - A system wide change.
5	**von Tigerstrom, B**	University of Saskatchewan	Nutrition information disclosure for restaurant foods: Legal and policy issues
6	**Gervais C** & Laguë J	Institut national de la santé publique du Québec	Assessing the impact of Québec's agricultural policies on health: The case of obesity
7	**Hall, J**	Queen's University	The reduction of artificial trans fat from the Canadian food system: A policy analysis

FRIDAY MAY, 8 *PREVENTION, TREATMENT AND REHABILITATION GOLD ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Friedman A** & Ball G	University of Alberta	Portion size measurement aids: Can individuals remember the size of common objects when thinking about food?
2	**Langlois MF**, Grant A, St-Cyr-Tribble D, Xhignesse M, Carpentier AC, Donovan D, Fortin M, Simoneau-Roy J, Brown C, Champoux A & Baillargeon JP	Université de Sherbrooke	Changes in reported patient care in primary care settings following preceptorships and virtual community participation
3	**Wharton S**, Sumanac D & Vanderlelie S	Wharton Medical Clinic	Bariatric educators in a community bariatric medicine clinic
4	**Dent RR**, McPherson R, Akinsulie S, Blackmore A, Harris N, Yetizir L & Wells G	Ottawa Hopital Weight Management Clinic	What can I expect from the Ottawa hospital weight management program?
5	**Cobourn, C**	Surgical Weight Loss Centre	Out-patient laparoscopic adjustable gastric band surgery results of 2000 consecutive cases in Canada
6	**Estey A**, Sharma A, Sargious P & Pawlyshyn J	Alberta Health Services, Edmonton Area	Strategic design for optimal obesity management in Alberta
7	**Aiken AB**, Harrison MM, Brouwer B, Groll D & Pukall C	Queen's University	Obesity and knee replacement surgery
8	**Kuk JL** & Ardern CI	York University	Are metabolically normal but obese individuals at lower risk for all-cause mortality?

*concurrent oral sessions (continued)

SATURDAY MAY, 9 *APPROACHES TO WEIGHT MANAGEMENT GOLD ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Russell-Mayhew S**, Scott C, Carter R & Cullingham C	University of Calgary	A snapshot of interprofessional practice in the obesity field
2	**Burns SL**, Chan S, Mc Queen K, Naruki- van Velzen M, Kam C, Graham A, Frohlich J, Ignaszewski A & Bondy G	St. Paul's Hospital, Providence Health Care	Targeting weight management and obesity in an innovative, interactive and patient focused multidisciplinary metabolic syndrome program
3	**Lovely JJE**, White K, Suranyi Y & Miller M	Alberta Health Services	The impact of orientation sessions on enrollment in the Weight Wise obesity treatment program
4	**Knight, H**	University of Alberta	Eating behaviour change in chronic disease management
5	**Brauer PM** & Dietrich L	University of Guelph	Short-term outcomes of nutrition counselling among overweight primary care patients
6	**Farias-Godoy A**, Kohli S & Lear SA	Simon Fraser University	Determinants of changes in body mass index and waist circumference from an extensive lifestyle management intervention following cardiac rehabilitation
7	**Boan J**, Stuckey H, Esposito J, Lehman E & Sciamanna CN	Penn State College of Medicine	Successful habits for weight loss maintenance using positive deviance: The successful weight loss habits questionnaire
8	**Hivert MF**, Carpentier AC, Xhignesse M & Langlois MF	Université de Sherbrooke	Design and implementation of a lifestyle counselling program in medical school

SATURDAY MAY, 9 *AT RISK POPULATIONS SILVER ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Ekong J**, Russell-Mayhew S & Arthur N	University of Calgary	Combating obesity: Exploring how cultural sensitivity can help
2	**Robidoux MA**, Haman F, Blais JM, Pal S, Seabert T, Krümmel EM, Batal M, Thériault A & Imbeault P	University of Ottawa	An examination of land-based dietary practices in two Northern First Nations communities and their potential contribution to the reduction of obesity and type 2 diabetes
3	Naylor PJ, **Scott J**, Bridgewater L, McKay H & Panagiotopoulos D	University of Victoria	AS! BC in rural, remote Aboriginal communities in BC: How did it go?
4	**Oosman SN**, Fisher KL, Humbert ML, Lavallee J & Chad KE	University of Saskatchewan	Team spirit: Engaging young Aboriginal women in sport
5	Pal S, Robidoux M, Blais J, Kruemmel E, Seabert T, **Haman F** & Imbeault P	University of Ottawa	Effects of dietary behavior on exogenous glucose kinetics in two Oji-Cree communities of Northwestern Ontario
6	Haman F, Robidoux M, Blais J, Kruemmel E, Seabert T, **Pal S** & Imbeault P	University of Ottawa	Associating persistent organic pollutants with chronic inflammation and type 2 diabetes in two First Nations communities in Northern Ontario
7	**Lear, SA**	Simon Fraser University	Unraveling the differences in body composition among four ethnic groups and the impact on metabolic risk
8	**Kohli S**, Farias-Godoy A & Lear SA	Simon Fraser University	Differences in abdominal subcutaneous adipose tissue compartments between Aboriginal and European populations

*concurrent oral sessions (continued)

SATURDAY MAY, 9 *CENTRAL, EMOTIONAL & ADDICTIVE ASPECTS OF OBESITY BRONZE ROOM

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Curtis C**, Davis C, Patte K, Reid C, Levitan R, Carter J, Kaplan A & Kennedy JL	York University	A study of addictive traits and behaviours in obesity
2	**Raspopow K**, Abizaid A, Matheson K & Anisman H	Carleton University	The development of emotional eating, and potential implications for obesity
3	**Reid C**, Davis C, Patte K, Curtis C, Levitan RD, Carter J, Kaplan AS & Kennedy JL	York University	Symptoms of seasonality in binge eating disorder
4	**Naef L**, Moquin L, Gratton A & Walker CD	McGill University	Long-term consequences of perinatal exposure to high-fat on mesolimbic dopamine function
5	**Min DK**, Tuor UI, Koopmans HS & Chelikani PK	University of Calgary	Functional magnetic resonance imaging of the rodent brain in hunger and satiated states.
6	**Rodríguez-Flores M**, García E, Kaufer-Horwitz M, Méndez JP, Vázquez-Velázquez V, Reynoso R, Zamora M, González L, Manjarrez I, Soriano R, Soto V & Rocha I	Instituto Nacional de Ciencias Médicas y Nutrición (Mexico)	Analysis of psychosocial factors and its relation to success in patients attending an obesity program in Mexico City
7	**Patte K**, Davis C, Levitan RD, Kaplan AS, Carter J, Curtis C, Reid C & Kennedy JL	York University	A genetic study of the attention-deficit/hyperactivity disorder(ADHD)-obesity co-morbidity: The role of the dopamine transporter (DAT) and catechol-o-methyltransferase (COMT) genes
8	**Frank TC**, Krzemien AA & Van Vugt DA	Queen's University	Effect of food pictures on corticolimbic brain activity: influence of the menstrual cycle

SATURDAY MAY, 9 *PEDIATRIC OBESITY & SCHOOL-BASED PROGRAMS SINCLAIR/PALLISER

ORDER	AUTHOR	INSTITUTION/ ORGANIZATION	TITLE
1	**Twells L** & Newhook L	Memorial University of Newfoundland	What is the most reliable and valid index for the classification of childhood obesity?
2	**Durant MA**, Campagna P, Murphy R, Rehman L, Thompson A & Wadsworth L	Acadia University	Dietary intake reporting accuracy by BMI-classification of Nova Scotia youth
3	**Tomas, D**	funfitkids inc.	Tackling childhood obesity from the ground up
4	**Van Hulst A**, Barnett TA, Gauvin L & Lambert M	Université de Montréal	Neighbourhood income, household income and weight status among high risk Québec youth
5	**Thomas HM**, Tucker T, Fellner L & Dip N	Middlesex- London Health Unit	Healthy eating and active living: Practices of after-school childcare providers
6	Killough G, **He M**, Battram D, Kurtz J, Mandich G, Francis L & Khoshaba L	Middlesex-London Health Unit, University of Texas at San Antonio	Pause-2-Play: A school-based obesity prevention program
7	**Ball GDC**, Mackenzie KA, Newton MS, Plotnikoff RC & Goran MI	University of Alberta	A comparison of two individualized coaching interventions for overweight youth
8	**Sacher PM**, Chadwick P, Kolotourou M, Cole TJ, Lawson M, Lucas A & Singhal A	MEND Central	Preventing and Controlling Childhood Obesity Using a Family and Community Based Approach: MEND

PUBLIC HEALTH INTERVENTIONS FOR PROMOTING HEALTHY BODY WEIGHTS: INTEGRATING RESEARCH, POLICY AND PRACTICE DAWSON/STEWART ROOM

This session will share examples of the Alberta experience in community-university-government partnerships to develop, implement and evaluate "real world" public health interventions to prevent obesity and promote healthy weights. Community, school and policy contexts will be highlighted. *Co-Chairs: Sylvie Stachenko and Kim Raine*

Community Perspective: Kim Raine, U of A: Healthy Alberta Communities: A community-academic partnership
Mary-Frances McLellan-Wright, PHAC: A case study of two diabetes prevention initiatives in ethnocultural communities
Pat Martz, Project Manager, Healthy Living Branch, Alberta Health & Wellness: 'The Alberta Healthy Weights Initiative for Children and Youth"

Policy Perspective: Candace Nykiforuk, U of A: The Alberta Policy Coalition for Cancer Prevention: Implications for Obesity
Lisa Petermann, AB Health Services (National Policy Perspectives)

School Perspective: Margaret Schwartz, U of A: The APPLE Schools Project

on-site workshops

THURSDAY MAY 7 GOLD ROOM

Obesity Management in Primary Care Workshop

Full-Day Obesity Update for Primary Care Practitioners and Allied Health

Course Overview:
Obesity is a chronic disease that has become a major health problem in Canada because of its high prevalence, causal relationship with serious medical illnesses, and economic impact.

Weight loss is the treatment of choice for obese patients. Many of the beneficial effects are apparent after only modest weight losses of 5% to 10% of initial body weight. The current therapeutic tools that are available for weight management include behavior management to change diet and physical activity habits, pharmacotherapy, and surgery. The difficulty in achieving long-term weight management with lifestyle modification has led to an increased interest in pharmacotherapy and surgery for obesity.

The **CON-RCO Obesity Management in Primary Care Committee** conducted an on-line survey targeting health professionals to identify topics of interest to be discussed in using a facilitated interactive discussion format. The survey was distributed to health professional associations and CON-RCO members. There were over 200 individual suggestions for topics to offer in the form of interactive discussions or in the form of more formal presentations of research findings. Workshop topics not covered in the main scientific program of the National Obesity Summit include: assessment of obesity and related comorbidities; obesity staging system; psychiatric and emotional disorders; dietary assessment and interventions; the role of physical activity; behaviour change/barriers to change; pharmacotherapy; bariatric surgery: preparation and follow-up; and how to set up an obesity-friendly practice.

Based on the survey results, the Committee has prepared a compelling program that will address the practice and research topics identified by survey respondents.

The objective of this program is to educate participants about the prevalence and health consequences of obesity, the health benefits of weight loss, and currently accepted treatment approaches that can lead to effective weight loss and improved health in obese patients.

Educational Objectives: Upon completion of this CME activity, participants should be able to understand:

- The pathophysiology of obesity and its comorbid disorders
- The relationship of obesity to mental, physical and socioeconomic health
- The non-pharmacologic, pharmacologic and surgical approaches to treatment of obesity

The above mentioned objectives have been selected based on the needs assessment distributed to Canadian Obesity Network physician members and Alberta Health Services/Primary Care Obesity Management meetings.

Target Audience: This CME activity is designed to meet the educational needs of primary care physicians (general medicine, internal medicine, family practice), specialists in obesity and diabetes, and other healthcare professionals providing healthcare services to obese patients.

Program Outline:

9:00 am Participants Welcome (Dr. K. McNichol)

9:05 am Initial Evaluation and Weight Management Objectives (Dr. MF Langlois)
At the end of this presentation, the participant will be able to:

THURSDAY MAY 7 GOLD ROOM (continued)

diagnose obesity in children and adults;
- Assess obesity and related comorbidities – obesity staging system
- Identify and evaluate obesity-related conditions (including the prescription of laboratory workup);
- Determine, with the patient, a realistic weight management goal.

9:50 am Behavioural approach to lifestyle modifications and barriers to lifestyle modification (Dr. B Stonehocker)
At the end of this presentation, the participant will be able to:
- Understand potential psychiatric and emotional disorders associated with obesity
- Evaluate the intention and readiness of the patient to engage in lifestyle modification
- Develop strategies to support their patients considering or engaged in lifestyle modification

10:30 am Health Break

10:40 am Practical Tips for dietary assessment and nutritional intervention (C. Brown)
At the end of this presentation, the participant will be able to:
- Identify nutritional changes that will have the most impact for their patient in the context of weight management

11:05 am The Role of Physical Activity and Practical Tips for physical activity intervention (Dr. M. Tremblay)
At the end of this presentation, the participant will be able to:
- Propose simple and adapted physical activity to patients in the context of weight management

11:30 am Pharmacotherapy (Dr. R. Padwal)
At the end of this presentation, the participant will be able to:
- Define optimal use and therapeutic targets of pharmacotherapy of obesity
- Choose appropriate and individualized pharmacotherapy of obesity

12:00 pm Lunch (with nutritional comments)

1:00 pm Bariatric Surgery (Dr. R. Padwal)
At the end of this presentation, the participant will be able to:
- Understand Bariatric surgery, including appropriate preparation and follow-up
- Recognize benefits of/and indications for bariatric surgery

1:30 pm Group Presentations and case discussions: cases scenarios will be presented and discussed. (All)
At the end of this presentation, the participant will be able to:
- Apply evaluation and management strategies in the context of obesity and overweight patients

2:00 pm Things to consider when setting up an obesity-friendly practice (Dr. MF Langlois)
At the end of this presentation, the participant will be able to:
- Understand difficulties obese and overweight patients face to primary care practice

2:20 pm Question and answer period

3:45 pm Evaluation

4:00 pm Closing Remarks

SUNDAY MAY 10, 2009 – CONCURRENT WORKSHOPS

CON-RCO Bariatric Rehabilitation Workshop MT KIDD BALLROOM

The **CON-RCO Bariatric Rehabilitation Committee** conducted an on-line survey targeting rehabilitation professionals to identify topics for discussion for this workshop. The survey was distributed to health professional associations in the areas of occupational therapy, physical therapy and nursing. A total of 80 people responded to the survey.

Workshop topics not covered in the main scientific program of the National Obesity Summit identified as specific areas of interest in the area of rehabilitation include: best practices for the prevention and treatment of obesity and the role of rehabilitation professionals; occupational health and safety; health professional attitudes toward obesity; accessible environment and universal design and; bariatric equipment (seating, mobility equipment, beds, lifts and funding).

The specific objectives of this **Bariatric Rehabilitation Workshop** are to:
1. translate current research and best practices in the area of bariatric rehabilitation;
2. discuss and identify further research and practice gaps and opportunities in the are of bariatric rehabilitation;
3. provide a networking platform for information sharing and exchange between researchers, practitioners and industry stakeholders.

The workshop will include interactive discussions and focused research presentations.

Program Outline:

7:30 am Breakfast

8:00 am Welcome & Introduction, Chair: Dr. Martin Ferguson-Pell, University of Alberta

8:10 am Accessible Environments for Obese Patients **Speaker: Dr. Lili Liu, University of Alberta**
- Universal design and the impact of the built environment on persons with obesity.

8:30 am Bariatric Equipment and Design **Speaker: Leslie Pickett, PT, Ergonomics and Injury Prevention Specialist**
- Access to mobility equipment, medical devices and furniture in the home and institutional environment.

8:50 am Occupational Health & Safety in Bariatrics
Speaker: Gail Archer-Heese, O.T. Reg (MB), Occupational Therapist & Ergonomic Consultant
- Lifting and transfer techniques that protect patients and staff along with strategies for effective mobilization of patients with obesity in the community, home and institutional settings.

9:10 am Break

9:30 am Health Professional Attitudes Toward Obesity **Speaker: Lorraine Watson, RN, PhD, University of Calgary**
- The experience of living with obesity and ways in which healthcare providers can promote an environment of care and compassion for patients with obesity.

9:50 am Obesity and Mental Health **Speaker: Dr. Denis Prud'homme, University of Ottawa**
- Pharmacotherapy and weight gain and impact on rehabilitation.

10:10 am **Panel Discussion: How do rehabilitation practitioners fit within an inter-professional multidisciplinary obesity management team?**

Panelists:
1. Mary Forhan, McMaster University, Canadian Association of Occupational Therapists
2. David Dyer, Glenrose Rehabilitation Hospital, Canadian Association of Rehabilitation Nurses
3. Chiara Singh, Canadian Physiotherapists Assocation

SUNDAY MAY 10, 2009 – CONCURRENT WORKSHOPS (continued)

Waisting Away: Weight Management Strategies to use with Your Patients BRONZE ROOM

Weight Management Strategies for the Registered Dietitian and other Health Care Professional in Patient Self Care

This session is offered by HC Nutrition Consulting & Wellness

This ½ day workshop is specifically designed for the Health Care Professional working with overweight and obese patients. The target audience is for **Registered Dietitian** but also for other health care professionals such as **Nurses and Physiotherapists** who want to help their overweight patients better manage their health. Traditionally, our training, our schooling as health care professionals did not include much information on weight/obesity and certainly, did not teach us how to effectively counsel our patients toward healthier weight loss goals. This workshop is truly hands on to **help you help your patients** in weight management techniques.

"Waisting Away" will give you many take home weight management strategies to use with your patients; **hands on & practical**. You will learn:

- the mechanisms of obesity;
- the "what, why, how to implement weight management strategies" that your patients and clients will truly adapt to help improve their weight and their health;
- how to work with your patients in changing behavior to healthy thoughts for a healthy body.

You will also receive various tools to help your patients lose weight and be healthier.

Speaker: Hélène Charlebois, BSc, RD

Helene is a Registered Dietitian- Nutrition Consultant specializing in coaching healthy lifestyles. A graduate of McGill University, she has over 20 years experience as an obesity specialist in the prevention and treatment of Metabolic Syndrome, Cardiovascular Disease, Diabetes & Hypertension, and just recently, PCOS is a focus. Her home is Ottawa where she developed the EMERALD Weight Management Program which focuses on Therapeutic Lifestyle Changes: diet, exercise and lifestyle restructuring. She is also a media spokesperson and write various fact sheets, newsletters, webletters & nutrition resources. She is on the Board of Dietitians of Canada and is past President of the Consulting Dietitians of Canada.

Agenda:

8:00 am – 9:00 am	Introduction – Bariatrics Defined – Unfolding the Obesity Hormones
9:00 am – 10:00 am	Waisting Away: Weight Management Strategies Revealed
10:00 am – 10:15 am	Nutrition Break
10:15 am – 11:15 am	Waisting Away Strategies Continued – What! Why? And How to Implement
11:15 am – 11:45 am	Intuitive Eating – Behavior Modification Techniques
11:45 am – 12:00 pm	Questions, Evaluation, Adjournment

SUNDAY MAY 10, 2009 – CONCURRENT WORKSHOPS (continued)

A Funny Thing Happened on the Way to the Top: The Insider's Tell-All Career Guide to Working in Government, Academics, Industry, and More EXPLORER ROOM

Workshop Facilitator: Dr. Arya Sharma & Canadian Obesity Network Students and New Professionals

Join fellow CON-SNPs for an in-depth, open discussion on what it takes to land your dream job – and what it's really like once you're there. In a open and frank discussion, speakers from across disciplines and sectors will talk about the pros and cons and trials and tribulations of their career path, and what they wished they knew when they started out!

Panelists:
1. Academia: Keith Sharkey, University of Calgary
2. Government: Susan Russell, Public Health Agency of Canada
3. Non-Profit: Kevin Willis, Canadian Stroke Network
4. Industry: Michael Lyon, PGX

The Canadian Best Practices Portal for Health Promotion and Chronic Disease Prevention SILVER ROOM

Workshop Facilitator: Public Health Agency of Canada

This workshop will demonstrate to participants that the Canadian Best Practices Portal (CBPP) for Health Promotion and Chronic Disease Prevention is a tool to assist them in their efforts to tackle the growing epidemic of obesity in their context and settings. A variety of interventions and resources addressing obesity related risk factors will be showcased in this dynamic and interactive workshop. Using laptops to explore the CBPP, participants will be guided through a planning process that incorporates the use of these resources, tools and successful initiatives to help address obesity prevention at the community level. Case study scenarios will focus on obesity related interventions found on the CBPP. By the end of the workshop, participants will have developed: an awareness of the various interventions, resources and tools available through the CBPP; a greater understanding of how the CBPP can become an integral part of the program planning process, along with the benefits derived from doing so, and; skills related to applying evidence to decisions as it specifically concerns obesity prevention.

Built Environment, Obesity and Health: Researcher Interaction Workshop – SATELLITE WORKSHOP in Calgary

Workshop Facilitator: Heart and Stroke Foundation of Canada

This satellite conference will take place in Calgary, AB on Sunday May 10th, 2009.
Registration is closed, as this workshop is full.

The design of neighborhoods and communities, the proximity of schools, recreation facilities, grocery stores and other amenities to where we live as well as the safety and accessibility of sidewalks and playgrounds all impact our level of physical activity, our eating patterns and ultimately our health and well-being.

Also, policies like zoning bylaws, transportation investments, and park requirements determine how land is used in our communities and govern the specifics of how communities are designed. Research evidence on the health impacts of such policies can, and should, play a role in influencing policy decisions at various levels of government.

The Heart and Stroke Foundation of Canada, in partnership with the Canadian Institutes of Health Research, launched a strategic research competition called Built Environment, Obesity and Health in 2006. This unique initiative encouraged collaborative, "horizontal" teams of researchers, urban planners, government and non-governmental organizations to conduct policy-relevant research to explore how the built environment influences our health and well-being.
(continued on next page)

SUNDAY MAY 10, 2009 – CONCURRENT WORKSHOPS (continued)

This workshop, aimed at faciliating knowledge transfer and exchange, will showcase nine funded projects. Investigators will share their emerging research findings and lessons learned.

Purpose:

- to better understand the relationship between the way our communities are designed (e.g. walkability of neighbourhoods) and obesity and health.
- to learn about Canadian research underway in the area of the built environment, obesity and health.
- to understand the issues and encourage individuals to consider ways that they can help to make their own communities healthier, safer places to live, work and play.

Thinking Outside the Box in Childhood Obesity GOLD ROOM

Workshop Facilitators: Katherine Morrison & Jean-Pierre Chanoine

8:00 am – 9:30 am Recent Publications That May Change Your Clinical Practice

This symposium will discuss the most important studies published over the last 2 years in the field of prevention and treatment of childhood obesity. We will present key papers from the literature on nutrition, activity, risk factors for and health consequences associated with childhood obesity. The aim is to put novel concepts into perspective and to provide the busy health professional with data that might change his/her approach to the obese child and his/her family. From intestinal flora to brain perception, from new obesity genes to the importance of sleep, we will review for you and discuss with you these papers you may not have read … but should have!

9:30 am – 10:00 am Break

10:00 am – 11:30 am We Were All Once Adolescents. But Can We Talk To Them?

Speaker: Dr Jorge Pinzon, University of Calgary

Adolescence is defined as the period between childhood and adulthood, encompassing not only reproductive maturation, but also cognitive, emotional, and social maturation. It is a critical, high risk period for the development of excess body weight that almost invariably tracks into adulthood. In his presentation, Dr Pinzon will build on his personal experience of dealing with adolescents and their families. He will address common practical issues in adolescent care with regard to unhealthy weight gain and its complications such as:

- You discover a high BMI in an adolescent: now what? Practical approach to the problem, talking "adolescent", focus on healthy behaviour vs focus on weight
- Recent insights on brain development during the adolescent years
- Confidential health care for adolescents in a family-center context and its interface with the medico-legal framework in Canada
- Addressing resistance when dealing with an adolescent
- Promoting adherence with the proposed treatment plans
- How common is ambivalence in this context, and how best to approach it
- How to handle parents-adolescent conflicts with regard to weight and healthy behaviours

This interactive presentation will assist you in providing the best care to this important age-group.

poster presentations MOUNT KIDD BALLROOM

FRIDAY MAY, 8 5:00 pm – 6:30 pm

AUTHOR	INSTITUTION	TITLE	POSTER BOARD #
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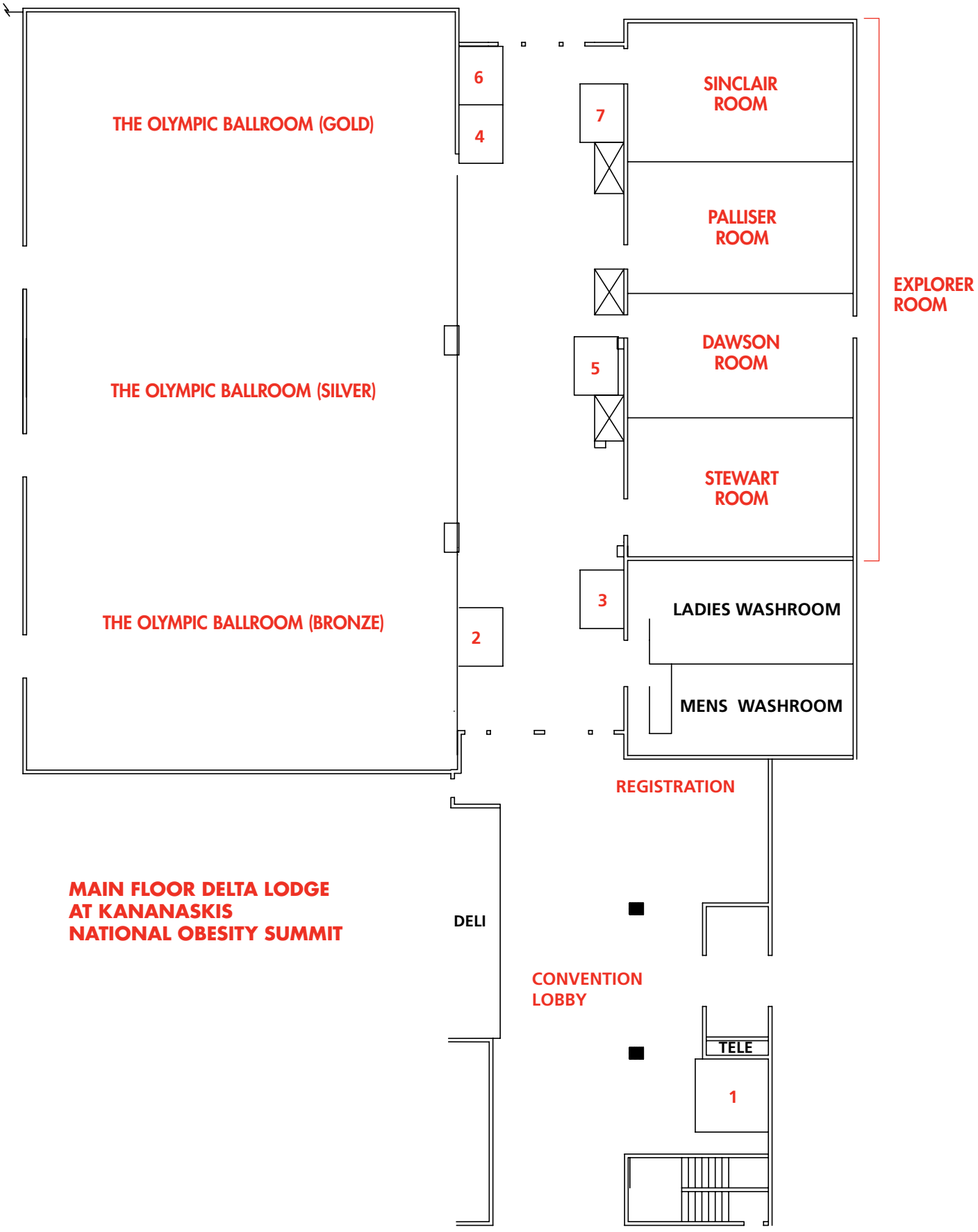

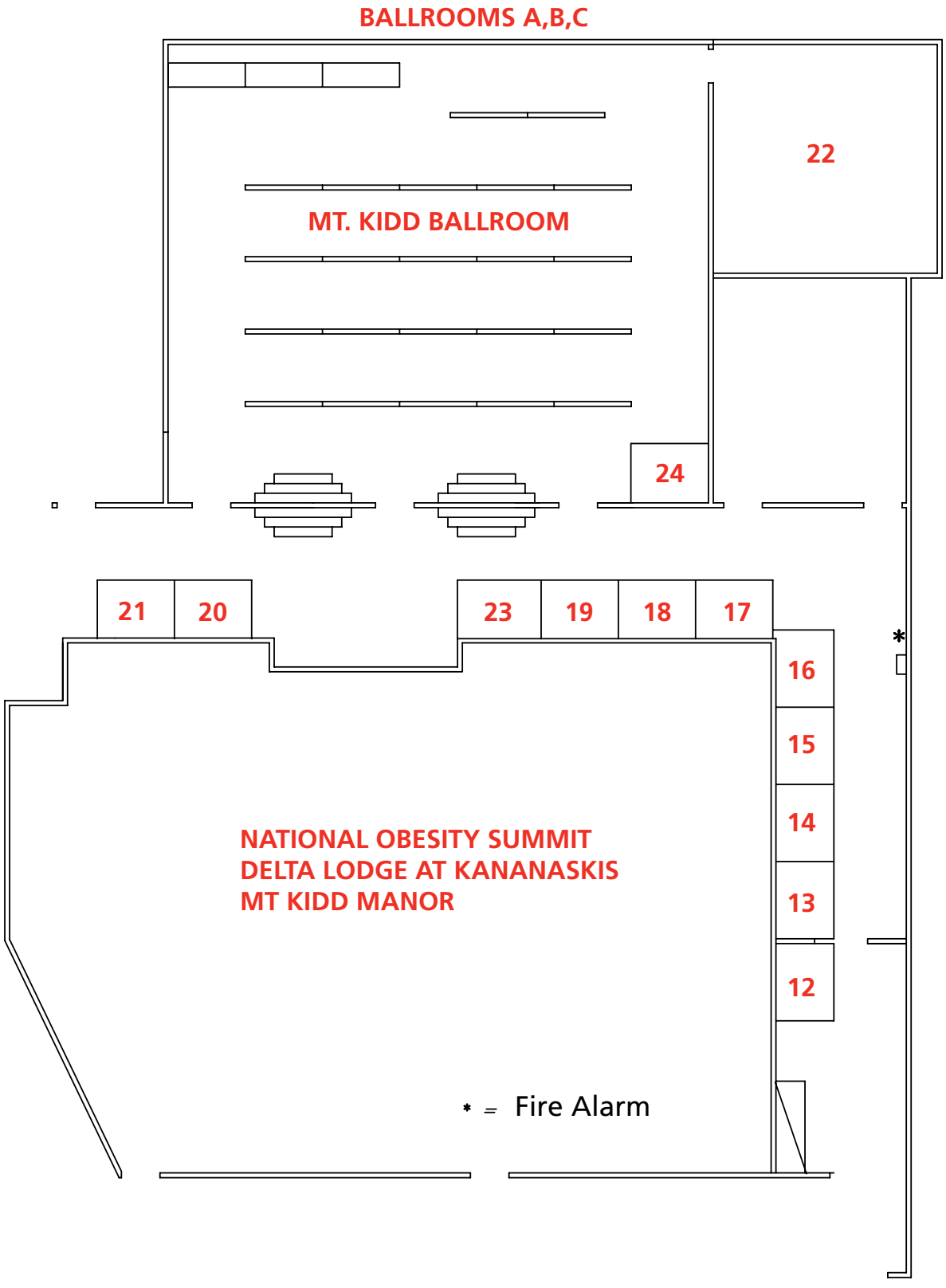

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announcements

2ND CANADIAN OBESITY STUDENT MEETING

Wednesday June 9th to Saturday June 12th, 2010
University of Ottawa, Ottawa, ON

In partnership with the University of Ottawa, Canadian Obesity Network, CIHR Research Chair in Obesity, and CIHR Training Program, this biennial conference is planned by and for CON-RCO's Student and New Professional organization.

The SNP initiative serves as the conduit through which new Canadian obesity professionals can connect across disciplines for the advancement of obesity education, research, treatment and management.

Details coming soon at www.con-snp.ca.

2ND NATIONAL OBESITY SUMMIT

Thursday April 28th to Sunday May 1st, 2011
Montreal, QC

4TH CANADIAN OBESITY NETWORK/LAVAL UNIVERSITY OBESITY SUMMER BOOT CAMP

Sunday July 12 to Monday, July 20, 2009
Station touristique Duchesnay, PQ

Building on the overwhelming success of the first three annual Canadian Obesity Network/Laval University Obesity Summer Boot Camps, CON is pleased to announce that the fourth instalment will take place from July 12-July 20, 2009.

This year, we expect another great response from the obesity community – the first three events received more than 150 applications each from obesity students, young researchers, clinical fellows, clinical researchers and young health professionals.

The 4th Obesity Summer Boot Camp is open to 20 MSc/PhD students, young researchers, clinical fellows, clinical researchers and young health professionals in their last year, or within five years of, completing their training.

The boot camp will cover all aspects of obesity, ranging from epidemiology and public health to cell biology, energy regulation, clinical management and health policy.

INTERPROFESSIONAL PRACTICE IN THE FIELD OF OBESITY SURVEY

Please take this short survey to share your views and experiences: www.conippsurvey.ca
If you are interested in learning more about this research, please contact the co-investigators from the University of Calgary, Dr. Shelly Russell-Mayhew (mkrussel@ucalgary.ca) and Dr. Jenny Godley jgodley@ucalgary.ca

CLINICAL PRACTICE GUIDELINES SURVEY

Take a short survey on use of Canadian obesity clinical practice guidelines (CON-RCO/PHAC)!

The Canadian Obesity Network with funding from the Public Health Agency ofCanada (PHAC) are conducting an online survey looking at how the 2006 Canadian Clinical Practice Guidelines on the Management and Prevention of Obesity in Adults and Children (2006) are being implemented in practice, and what factors may influence their use. The questionnaire can be completed by any clinician, researcher, administrator and practitioner who leads an adult weight management program/service. To access the survey, please visit http://con-initiatives.com and log-in using the following information:

Login as: cpguser | Password: cpgcon0903

Computers are set up at the Registration Desk in the Main Lobby where you can access and complete this survey.

Many kids spend 42 hours a week in front of a TV or computer screen. But we're changing that. ***At My Best***™ is a new in-school program developed by PHE Canada and AstraZeneca Canada, that brings physical activity, nutritional education and emotional well-being right into the classroom. To learn more about the program and how to keep kids healthy, visit **atmybest.ca**.

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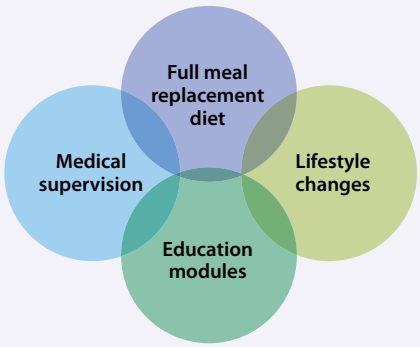

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Learning Objectives:

- Identify factors for increased rates of obesity in society.
- Discuss existing weight loss methods.
- Identify the role of pharmacists in dealing with weight loss issues.
- Discuss opportunities for pharmacists to become more involved in evidence-based weight management counseling.
- Discuss and explore the menu of options and opportunities for pharmacist involvement in weight management strategies using the principles of the Canadian Obesity Clinical Practice Guidelines.
- To understand methods which promote treatment and rehabilitation of obesity.

This program has been accredited by Canadian Council on Continuing Education in Pharmacy (CCCEP – 2.5 CEU) and Ordre des pharmaciens du Quebec (1.5 CE).

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