



Obesity Management Workshop for Health Professionals

by the Boden Institute of Obesity,
Nutrition, Exercise & Eating Disorders
The Charles Perkins Centre

When

Fri 17 November –
Sat 18 November 2017

Where

Level 6 Seminar Room
Charles Perkins Centre D17
The University of Sydney

[View map](#)

Program

Day 1 is on [page 3](#) and
Day 2 is on [page 5](#)

Cost

Early Bird rates until 27 October
and regular rates can be found on
[page 2](#)

Register

Please register ASAP to avoid
disappointment.

[Click here to register](#)

Speaker list

See [page 7](#) for details

Background

With 25% of children and 63% of adults in Australia afflicted by weight problems, our nation's health professionals have an urgent need to become experts in the identification and treatment of overweight and obesity.

World obesity experts from the University of Sydney's [Boden Institute](#) are pleased to offer an exciting, evidence- and case-based interactive **two day professional training workshop** that will bring health professionals up to speed on the latest practical ways to recognise when weight is a problem for their clients, and what to do about it then.

Who will benefit from attending

Licensed health professionals with clients that would benefit from weight loss, including:

- General practitioners, physicians and surgeons
- Dietitians
- Psychologists
- Nurses
- Social workers
- Other allied health professionals such as pharmacists, physiotherapists and occupational therapists



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COST TO REGISTER (includes pre-course materials and lunch)	EARLY BIRD RATE expires 27-10-17 (GST incl)	REGULAR RATE from 28-10-17 (GST incl)
2 day registration for current University of Sydney (USYD) or Local Health District (LHD) staff or students	\$380	\$470
2 day registration for non-USYD/LHD staff/students	\$425	\$525
1 day registration for USYD/LHD staff/students	\$285	\$325
1 day registration for non-USYD/LHD staff/students	\$315	\$360

Registration

Please [register](#) and pay for this course online using a credit card thank you.

Cancellation policy

- We regret that cancellations will only be accepted under exceptional circumstances and a cancellation fee of \$100 applies. All cancellation requests must be sent in writing to the workshop contact (details below).
- No deferrals can be provided but if you are unable to attend the workshop, you may send a replacement if you notify the workshop contact (details below) 5 working days or more prior to the workshop.
- You may change your registration from 2 days down to 1 day if you notify the course contact (details below) 5 working days or more prior to the workshop, and an administration fee of \$60 applies.

Workshop contact

If you have questions about this course, please contact Melanie Symons
boden.admin@sydney.edu.au (02) 8627 1933

For information about the Boden Institute please go to our [website](#).



Obesity Management Workshop for Health Professionals

PRE-COURSE Online Lectures & Reading

1. Epidemiology of obesity in Australia
2. The physiology of energy balance and weight gain; why is it difficult to maintain a reduced weight?
3. The process and tools required to effectively manage overweight and obesity
4. Existing guidelines and recommendations around obesity management
5. Preventing weight gain in the first place

Pre-course knowledge assessment

DAY 1 PROGRAM ► FRI 17 November 2017

PRINCIPLES OF EFFECTIVE OBESITY MANAGEMENT

Aim: To explain the latest research findings around weight loss and translate these into practical advice for better weight management

Chair: [Professor Timothy Gill](#)

9.00 – 9.15

Course Opening

[Professor Ian Caterson](#)

9.15 – 9.45

What we now know about energy balance

- New understanding on how and why we gain and lose weight

[Associate Professor Amanda Salis](#)

9.45 – 10.45

New understanding on diet and weight loss

1. Dietary behaviours to recommend for patients with obesity (30 min) [Professor Timothy Gill](#)
 2. Intermittent fasting is it a real solution or just a fad? (15 min) [Dr Radhika Seimon](#)
 3. What is all the fuss about low carb/ketogenic diets? (15 min) [Ms Claudia Harper](#)
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DAY 1 PROGRAM ► FRI 17 November 2017

10.45 – 11.00 **MORNING TEA**

11.00 – 11.30 **Does Exercise have a role in weight loss?**

- How much exercise is required to lose weight?
- Interval training vs strengthening vs aerobic for health

Dr Nathan Johnson

11.30 – 12.30 **Psychological aspects of weight control**

1. **Psycho-social stress and obesity (30 min)** (Speaker TBA)
2. **Binge eating and disordered eating in obesity (30 min)** **Dr Sarah Maguire**

12.30 – 13.00 **Are drugs of any use in obesity management?**

- Update on drugs currently available in Australia and drugs that are likely to come on the market, including how to prescribe them

Associate Professor Samantha Hocking

13.00 – 14.00 **LUNCH**

14.00 – 15.30 **Management of obesity in youth**

1. **Update on Obesity in Children and Adolescents (45 min)**
Professor Louise Baur
2. **Partnerships in care (15 min)** **Dr Kyra Sim**
3. **NSW Health weight management resources for professionals (15 min)** (Speaker TBA)
4. **Obesity in Youth Q and A (15 min)** (Panel TBC will include **Professor Louise Baur, Dr Kyra Sim**)

15.30 – 16.00 **AFTERNOON TEA**



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DAY 1 PROGRAM ► FRI 17 November 2017

- 16.00 – 17.15 **Is surgery the magic bullet?**
1. **Update on surgical management of obesity (30 min)** **Dr David Martin**
 2. **Endoscopic Sleeve Gastrectomy (30 min)** (Speaker TBA)
 3. **Q and A (15 min)** (Speaker TBA)

DAY 2 PROGRAM ► SAT 18 November 2017

PRACTICAL OBESITY MANAGEMENT

Chair: Associate Professor Tania Markovic

10.00 – 10.30 **New Obesity Guidelines and their rationale**
Professor Stephen Colagiuri

10.30 – 11.00 **Bariatric Surgery work up/patient selection/follow up**
Associate Professor Tania Markovic

11.00 – 12.00 **What does it really take to change behaviour?**
Dr Elizabeth Hall

12.00 – 12.45 **LUNCH**



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DAY 2 PROGRAM ► SAT 18 November 2017

12.45 – 15.00

Interactive clinical case discussion

- **3 case studies highlighting diverse and challenging problems related to obesity management**

Format for each case: case presentation (10 min); small group discussion (15 min); each group to present management strategies; expert panel discussion (20 min)

(Panel TBC will include **Ms Gabrielle Maston, Dr Elizabeth Hall, Dr Namson Lau, Dr Georgia Rigas, Dr Kyra Sim**)

15.00 – 15.15

AFTERNOON TEA

15.15 – 16.00

Considerations in funding services or using Medicare rebates for obesity management

- **Shared Medical Appointments**

Dr Georgia Rigas, Professor Garry Egger

16.00 – 16.30

What and where now?

Professor Ian Caterson



Obesity Management Workshop for Health Professionals

SPEAKER LIST

Prof Louise Baur	Professor of Child & Adolescent Health Associate Dean and Head, The Children's Hospital at Westmead Clinical School, The University of Sydney Consultant Paediatrician, Weight Management Services, The Children's Hospital at Westmead
Prof Ian Caterson AM	Director and Program Leader Obesity, The Boden Institute Boden Professor of Human Nutrition Academic Clinical Director, Charles Perkins Centre, The University of Sydney Deputy Clinical Stream Director Aged Care & Rehabilitation/Ambulatory and Chronic Care, Endocrinology, Andrology, General Medicine and General Practice, Sydney Local Health District President, World Obesity Federation
Prof Stephen Colagiuri	Professor of Metabolic Health and Program Leader Diabetes, The Boden Institute Co-Director, WHO Collaborating Centre on Physical Activity, Nutrition & Obesity Director, Solutions Domain, Charles Perkins Centre, The University of Sydney
Prof Garry Egger AM	Professor of Lifestyle Medicine and Applied Health Promotion, Southern Cross University, Queensland
Prof Timothy Gill	Professor of Public Nutrition, Research Programs Director and Program Leader Public Health Nutrition, The Boden Institute Principal Research Fellow, Prevention Research Collaboration, The University of Sydney
Dr Elizabeth Hall	Clinical Psychologist, Peter Beumont Eating Disorders Day Program, RPAH
Ms Claudia Harper	Dietitian PhD candidate, The Boden Institute, The University of Sydney
A/Prof Samantha Hocking	Endocrinologist Associate Professor Diabetes NSW, Central Clinical School and the Boden Institute, The University of Sydney
Dr Nathan Johnson	Course Director, Exercise and Sport Science, The University of Sydney
Dr Namson Lau	Honorary Visiting Medical Officer, RPAH Clinical Trials Unit Medical Officer, The Boden Institute, The University of Sydney Staff Specialist, Department of Diabetes & Endocrinology, High Risk Foot Service, Liverpool Hospital



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SPEAKER LIST

Dr Sarah Maguire	Clinical Psychologist Director, Eating and Dieting Disorders, The Boden Institute, The University of Sydney NSW Statewide Eating Disorder Co-ordinator
A/Prof Tania Markovic	Director, Metabolism and Obesity Services, Royal Prince Alfred Hospital (RPAH) Clinical Associate Professor, Clinical Trials, The Boden Institute, The University of Sydney
Dr David Martin	Laparoscopic, Upper GI Surgeon, consultant surgeon at Concord and Royal Prince Alfred Hospitals, Sydney
Ms Gabrielle Maston	Dietitian and Exercise Physiologist, Metabolism & Obesity Services, RPAH
Dr Georgia Rigas	General Practitioner and trained surgical assistant, Upper GI Surgery, Kogarah
A/Prof Amanda Salis	NHMRC Senior Research Fellow, The Boden Institute, The University of Sydney
Dr Radhika Seimon	NHMRC Early Career Fellow, The Boden Institute, The University of Sydney
Dr Kyra Sim	Dietitian Manager, Childhood Obesity Prevention and Management, Sydney Local Health District