

## Childhood obesity – a window of opportunity for action

8<sup>th</sup> & 9<sup>th</sup> December 2020

**The Childhood Obesity Atlas predicts that by 2030, 254m children (5-19 years old) will be living with obesity.**

The overall objective of this event is to advance knowledge on how to effectively treat and manage obesity and overweight in this age group.

Aimed at healthcare professionals, the course ensures that by the end of the event you will:

- / Understand the global prevalence of child and adolescent obesity.
- / Recognise the behavioural risk factors for excess weight gain in this age group.
- / Understand the role of nutrition and physical activity in the management of child and adolescent obesity.
- / Understand a range of strategies for the prevention of childhood obesity.
- / Discuss country specific challenges and clinical scenarios encountered during diagnosis and treatment.



### Date

8<sup>th</sup> December, 2020

### Cost

£30 / £35

### Venue

Online

For full details and to register visit:  
[www.worldobesity.org/scope-school-global](http://www.worldobesity.org/scope-school-global)

*This event is partially supported by a grant from Novo Nordisk*

Speakers will also expand on the prevention of childhood obesity, as swift action is needed to reverse these trends and prevent progression of obesity, alongside associated NCDs later down the life course.

With a focus on the global problem, we will also focus on regional spotlights, specifically India, one of the countries currently experiencing the so-called 'Double Burden of Malnutrition'.

## Programme:

### / **8 December:** Risk factors and complications of childhood obesity

*All times displayed in GMT*

<b>08:00 – 08:20</b>	Introduction to the global state and prevalence of childhood obesity <i>Prof Louise Baur</i>
<b>08:20 – 08:40</b>	Regional spotlight: Childhood obesity in India and the double burden of malnutrition <i>Dr Monika Arora</i>
<b>08:40 – 09:00</b>	<b>Q&amp;A</b>
<b>09:00 – 09:10</b>	Comfort break
<b>09:10 – 09:30</b>	Early risk factors and the interpretation of growth charts <i>Dr Marie Laure Frelut</i>
<b>09:30 – 09:40</b>	<b>Q&amp;A</b>
<b>09:40 – 10:15</b>	Clinical Case Studies: 'Raising the issue of obesity, and engaging families' <i>Prof Louise Baur &amp; Dr Marie Laure Frelut</i>
<b>10:15 – 10:30</b>	Summary of the day <i>Prof Louise Baur</i>

### / **9 December:** Prevention and treatment of childhood obesity

*All times displayed in GMT*

<b>08:00 – 08:05</b>	Opening Remarks <i>Prof Louise Baur</i>	
<b>08:05 – 08:25</b>	Physical activity, fitness and function in the management of child and adolescent obesity <i>Dr Grace O'Malley,</i>	
<b>08:25 – 08:45</b>	Nutritional Management of child and adolescent obesity <i>Dr Megan Gow</i>	
<b>08:45 – 09:05</b>	<b>Q&amp;A</b>	
<b>09:05 – 09:15</b>	Comfort break	
	<b>Break out group 1</b>	<b>Break out group 2</b>
<b>09:15 – 10:00</b>	Clinical Case Studies: Deep dive into nutrition and physical activity <i>Dr Marie Laure Frelut, Dr Grace O'Malley, Dr Megan Gow</i>	Panel Discussion: Preventing Childhood Obesity in the clinic and beyond <i>Prof Louise Baur, Dr George Msengi, Dr Monika Arora</i>
<b>10:00 – 10:45</b>	Panel Discussion: Preventing Childhood Obesity in the clinic and beyond	Clinical Case Studies: Deep dive into nutrition and physical activity
<b>10:45 – 11:00</b>	Closing remarks and assessment <i>Prof Louise Baur</i>	

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