

**REGIONAL
CONFERENCE 2019**
Women & Children First
5 December 2019 | Sheraton, Sultanate of Oman

**WORLD
OBESITY**

Addressing Obesity as a Pathway to Better Health

Register Now
<https://regionalconfoman.worldobesity.org/>

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Obesity is a women's health issue; the prevalence of obesity is higher in women than men and excess abnormal body fat drives risk for more than 200 diseases, some specific to women. Importantly, obesity impacts fertility and impairs healthy childbearing. Further, obesity and its metabolic changes during pregnancy can increase risk of their children developing obesity, diabetes and cardiovascular disease, and carrying increased risk into adulthood. Thus, obesity can be a transgenerational disease.

Women also play a role in creating a healthy family culture in creating a healthy food and physical activity environment for children and other family members. The prevalence of childhood obesity is rising in many countries with ominous health implications.

It is imperative that policy makers and health care providers address obesity prevention and treatment as a continuum. This conference will highlight the problems of obesity in women and children with an emphasis on the regional prevalence and impact, along with up-to-date approaches to obesity management.



Learning Objectives:

The objective of the event is to provide education to health care providers of the Gulf region regarding the health and social implications of obesity in women. At the end of the school, participant will be able to:

- Discuss the prevalence of obesity in men and women across the globe and in the region;
- Discuss the factors that predispose women to higher rates of obesity than men;
- Describe the biologic underpinnings of obesity that make weight loss difficult and weight gain common;
- Describe some of the proven public health and policy measures from countries around the world that have produced reduction in rates of obesity in children;
- Discuss the Barker Hypothesis and relate its meaning with regard to healthy weight during pregnancy;
- Describe weight gain recommendations and the strategy for effective weight management during pregnancy;
- Discuss the approach to diagnosis of obesity in children and adolescents;
- Discuss various treatment approaches to childhood obesity, including using addiction as a model and other medical and surgical management approaches;
- Relate the principles of nutritional counselling for weight management in women and children; and
- Discuss the potential for reversal of type 2 diabetes with medical or surgical management.

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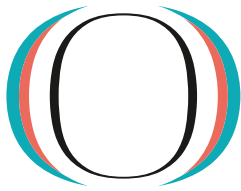
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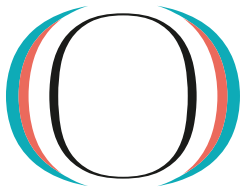
PROVISIONAL PROGRAMME:

07:15 - 08:00	Registration Tea/Coffee	
08:00 - 08:05	Welcome to Regional Conference 2019 Dr Noor Al Busaidi, Conference Chair, (Oman)	
08:05 - 10:00	Session I – Obesity in Women and Children: Scope and Challenge Session Chair: Abdullah Al Futaisi (Oman) Tamima Al Dughaishi (Oman)	
08:05 - 08:45	Keynote Lecture Obesity in Women – Challenges from a Global Perspective:	Caroline Apovian (USA)
08:45 - 09:05	The Role of Prenatal and Early Infancy for Epigenetic Programming of Risk for Obesity in Adulthood (Barker hypothesis)	Sara Suliman (UAE)
09:05 - 09:25	Psychological treatment for obesity in youth and adults	Abdullah Al Ozairi (Kuwait)
09:25 - 09:40	World Health Organizations Perspective on Obesity in Women and Children	TBC
09:40 -09:55	Patient Perspective and Panel Discussion: What are the regional barriers to obesity prevention and treatment in women and children? Discussion Leader: Noor Al Busaidi Patient Representative: Zubaida Khalfan Al Sharji Panelists: Caroline Apovian Sara Suliman Abdullah Al Ozairi	
Inauguration Session		
10:00 – 10:05	Holy Quran	
10:05 – 10:10	Speech: President of Oman Diabetes Association and National Endocrine Center	Al Sayadaa Noor Al Busaidi (Oman)
10:10 – 10:15	Speech: President of Gulf Obesity & Metabolic Surgery Society	Salman Al Sabah (Kuwait)
10:15 – 10:20	Speech: President of the 6th Annual GOSS Conference	Bader Al Hadhrami (Oman)
10:20 – 10:25	Speech: WHO Representative-Oman	Akjemaal Magtymova (Turkmenistan)
10:25 – 10:40	Keynote: Time for a new Narrative about Obesity: President of World Obesity Federation	Donna Ryan (USA)
10:40 – 10:50	Honorary Recognition	
10:50 – 11:00	Coffee break	
11:00 – 12:40	Session II – Obesity in Women and Children: Prevention and Adult Treatment: Opportunity and Challenge Session Chairs: Noor Al Busaidi (Oman) Sara Suliman (UAE)	
11:00 – 11:20	Precision Medicine in Obesity	Nasreen Al Faris (KSA)
11:20 – 11:40	Understanding the Challenge (Why is weight loss so difficult and regain so common? Why are women at increased risk? What are the lessons for prevention and treatment programs?)	Donna Ryan (USA)
11:40 – 12:00	Dietary Intervention in the Treatment of Obesity	Maya Barake (Lebanon)

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12:00 – 12:20	Principles of Treatment for Adult Obesity	Donna Ryan (USA)
12:20 – 12:40	Patient Perspective and Panel Discussion Patient Representative: Zubaida Khalfan Al Sharji Panelists: Nasreen Al Faris Donna Ryan Maya Barake	
12:40 - 14:00	Session III - Obesity in Children and Adolescents: Diagnosis, Medical Treatments and Surgical Treatments Session Chairs: Hind Al Majrafi (Oman) Mohammed Al Sibani (Oman)	
12:40 - 13:00	Overweight and Obesity in Childhood: Principles of Treatment	Robert Pretlow (USA)
13:00 - 13:20	Bariatric Surgery for Pediatric Obesity	Aayed Al-Qahtani (KSA)
13:20 - 13:40	Obesity in adolescents (Food or eating addiction)	Robert Pretlow (USA)
13:40 – 14:00	Panel Discussion: Where are the opportunities for prevention and treatment? Discussion Leader: Sara Suliman Patient Representative: Zubaida Khalfan Al Sharji Panelists: Robert Pretlow Aayed Al-Qahtani	
14:00 - 15:00	Lunch Break	
15:00 – 17:00	Session III: Workshops	
15:00 - 15:30	WORKSHOP: Lifestyle Intervention for Adults	Caroline Apovian (USA)
15:30 - 16:00	WORKSHOP: Medical Management of Obesity: Using All the Tools in the Toolbox for Weight Management in Adults	Ebaa Al-Ozairi (Kuwait)
Plenary – Closing Session Session Chairs: Bader Al Hadarami (Oman) Khalid Al Amri (Oman)		
16:00 - 17:00	Hot Topic Debate: Weight loss has been shown to prevent and reverse Type 2 diabetes. Are bariatric surgery procedures better than medical approaches (diet, physical activity, behaviour therapy and pharmacotherapy) for diabetes reversal or management? Aye or Nay In support of Aye: Surgical Therapy Speaker, Salman AlSabah (Kuwait) In support of Nay: Medical therapy Speaker, Ebaa Al-Ozairi (Kuwait)	
17:00	End of Conference	

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