Child & Adolescent Obesity Conference

CHILDHOOD & ADOLESCENT OBESITY:
A WHOLE-SYSTEM, STRATEGIC APPROACH

28 February - 1 March 2011
Hotel InterContinental Abu Dhabi, UAE
Dear Colleagues,

I am delighted to welcome you to this exciting event in Abu Dhabi. We have chosen to hold the conference in the UAE as statistics show that there is both an escalation of the problem, but also a real determination to deal with the issue and turn it round. With the help of best practice examples, delegates will have opportunity to discuss with international leaders from the field, the emerging evidence to support whole system strategic approaches and will explore what good systems should look like. The conference will prove invaluable to strategic planners and commissioners, but will also resonate with practitioners who deal directly with children and their families. It will develop skills to deal with these sensitive issues with confidence, a sense of purpose and the knowledge that without their vital contribution and that of other stakeholders, the strategy is simply rhetoric.

Dr. Azhar Ali
Chairman
Director of Clinical Affairs and Quality, Ambulatory Healthcare Services
SEHA, Abu Dhabi, UAE

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### Day 1 - What is behind the strategy – Why whole system, strategic approaches? What does a good strategy look like?

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<td>08.30</td>
<td>Registration and refreshments</td>
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<tr>
<td>09.30</td>
<td>Welcome&lt;br&gt;<strong>Conference Chair</strong> - Dr Ali Abdulkarim Al Obaidli&lt;br&gt;Chief Clinical Officer for SEHA</td>
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<td>09.40</td>
<td>Conference opening&lt;br&gt;<strong>H.E. Saif Al-Qubaisi</strong>&lt;br&gt;Chairman of SEHA</td>
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<td>09.50</td>
<td>Opening remarks - Economic impact of obesity&lt;br&gt;<strong>H.E. Zaid Daoud Al Siksek</strong>&lt;br&gt;CEO Health Authority Abu Dhabi (HAAD)</td>
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<td>10.05</td>
<td>Keynotes: Childhood obesity in the Gulf States&lt;br&gt;Prevalence and trends&lt;br&gt;<strong>Professor Tawfik Khoja</strong>&lt;br&gt;Director of the GCC Health Council</td>
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<td>10.35</td>
<td>Coffee and networking,&lt;br&gt;Change4Life podcasts in the main auditorium</td>
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<td>11.15</td>
<td><strong>Conference Chair</strong> - Dr Omar Al-Hashemi&lt;br&gt;Family Physician &amp; Manager, BAJ Clinic, Ambulatory Healthcare Services - SEHA</td>
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<td>11.25</td>
<td><strong>The UNICEF approach</strong>&lt;br&gt;Lara Hussein&lt;br&gt;Chief of Child Protection &amp; Officer in Charge for UNICEF Gulf Area Office</td>
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CHILDHOOD & ADOLESCENT OBESITY: A WHOLE-SYSTEM, STRATEGIC APPROACH

11.40  **Plenary: HAAD strategic approach**  
Dr. Jennifer Moore  
Section head of the Family and School Health at Health Authority Abu Dhabi (HAAD)

12.10  Lunch and networking  
12.40: Poster presentations

13.40  **Conference Chair - Dr Omar Al-Jabri**  
Consultant Family Physician, Medical Affairs Director  
Ambulatory Healthcare Services - SEHA

13.50  **Plenary: UK strategy - whole systems approach to childhood obesity what does good look like?**  
Kim Hastie  
Lead for National Support Team (UK) – Childhood Obesity

14.20  **Plenary: Medical consequence of childhood obesity**  
Dr. Asma Deeb  
Consultant Paediatric Endocrinologist and the paediatric residency program director at Al Mafraq Hospital, Abu Dhabi

14.50  **Plenary: Psychological consequences of childhood obesity**  
Prof. Andrew Hill  
Head of Academic Unit of Psychiatry and Behavioural Sciences, University of Leeds

15.20  Coffee and networking  
Change4Life podcasts in the main auditorium

16.15  **Panel discussion**

16.50  Summary and close Day 1

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**Theme:**

This interactive conference will explore the need for a strategic approach to tackling childhood obesity. With the help of an internationally acclaimed line up of experts in the field of childhood obesity we will look at the elements that are involved in designing a ‘best practice’ strategy. We will look at definitions of obesity and the importance of monitoring childhood obesity trends at a population level and also how to identify and deal with obesity at an individual level and how to work constructively and sensitively with families to get sustainable change. The conference will explore the evidence base around predisposing factors and how we might work with the evidence to prevent the development of obesity. Delegates will be guided through an exploration of early years prevention and intervention where required to establish or re-establish healthy feeding and lifestyle choices.

With the use of best practice examples we will examine which school and community based interventions, social marketing approaches and environmental factors are effective in reducing childhood obesity rates.

The final theme will look at what can be done for those children in middle and later childhood who have become obese in terms of weight reduction plans and physiological support to restore emotional and physical health and quality of life.
Day 2 - Putting strategy into action. A strategy is only as good as its delivery – the case for scaling up the action. – next steps

09.20 Welcome
Conference Chair - Dr. Azhar Ali
Director of Clinical Affairs and Quality,
Ambulatory Healthcare Services SEHA, Abu Dhabi, UAE

09.30 Plenary: Tackling childhood obesity – Establishing a systems approach using high quality services.
Prof. Paul Gately
Chairman of National Obesity Forum (UK), Professor at Leeds Metropolitan University and CEO of Carnegie Weight Management Centre

10.00 Plenary: Early years – the evidence for efficacy of early intervention in the establishment of good lifestyle habits in the early years – family based approaches
Dr. Jamal Al Jubeh
MD, FAAP, Senior Consultant Paediatric Endocrinologist
SKMC, Abu Dhabi, UAE

10.30 Coffee and networking

11.15 Conference Chair - Dr. Wejdan Mansoor
Family Physician & Clinical Lead, KCA Clinic
Ambulatory Healthcare Services - SEHA

11:25 Plenary: The UNICEF national awareness campaign on Childhood Obesity in the UAE
Mayada Wahsh
Programme Officer UNICEF

11:55 Let’s Change4Life Programme - Sheffield: How a whole system anti-obesity strategy has been applied in one city
Dr. Robert Copeland
Principal Research Fellow, Sheffield Hallam University

12.25 Lunch and networking
12.55: Poster presentations
13:40
**Group A: Seminar**
*Main Auditorium:*
Tracking whole population trends in obesity

or

**Group B: Workshop 1 - 4**
*Workshop rooms 1 - 4*

14:20
Change over

14:30
**Group B: Seminar**
*Main Auditorium: Seminar:*
Tracking whole population trends in obesity

or

**Group A: Workshop 1 - 4**
*Workshop rooms 1 - 4*

15:10
Reconvene in main auditorium:
Instructions for action planning

15:20
**Action planning in groups (extended coffee break)**
Delegates break to network in pairs or small groups and discuss over extended coffee break three actions they can personally take away with them to put into their own practice.

16:10
**Panel discussion: Where now?**

16:30 - 16:45
Conference summary & close
Seminar:

**Tracking whole population trends in obesity**

Dr Jennifer Moore and team

Section head of the Family and School Health at Health Authority Abu Dhabi

Using cumulated data from individual measurements to track whole population status on obesity. Using trend data to compare regionally, nationally and internationally. Setting baselines and targets to reduce obesity and how to use these to measure the impact of the whole system strategy.

The interpretation of trends.

This is likely to appeal to public health and strategic personnel, but some front line professionals would benefit from an appreciation of the whole population tracking, especially where they are responsible for staff training or motivation or have to report on target achievement.

Workshop 1:

**Measuring and plotting individual children’s BMI. Plotting and interpreting results and communicating them sensitively to parents**

Manal Ali

SEHA Nursing Education Department

The accurate measurement and recording of individual children’s BMIs will be discussed on 2 levels. Firstly, as a precursor to interpreting the findings and what the significance is to the child and their family, including sensitive delivery of the information and signposting to appropriate advice, help and intervention. Secondly, the importance of the practitioners role in contributing to the whole population growth monitoring. (this workshop is likely to appeal to front line practitioners).

Workshop 2:

**Bariatric surgery.**

Dr. Abdelrahma Nimeri

Director SKMC Bariatric and Metabolic Institute and team

Whilst acknowledging that bariatric surgery is a last resort for young people and that prevention and change of lifestyle is the preferred option we cannot get away from the fact that for some young people bariatric surgery is the only option.

The need for a holistic multi-agency team approach to screening and selection for bariatric surgery, preparation, surgery and aftercare is paramount for young people.

With the help of his highly acclaimed multi-agency team, Dr Abderlrahma Nimeri will describe the role of the team members and how they work together to achieve high quality care and aftercare for such young people. This will of course under normal circumstances be family focused.

(this workshop is likely to have wide appeal, particularly with medical delegates, but strategists and front line workers would also benefit from understanding what would be involved for clients that they may refer).
Workshop 3:  

**Parental perceptions of childhood obesity**  
Salma Al Nuami  
AHS  

Salma Al Nuami will discuss the findings of her research on 1097 parents in the Emirate of Abu Dhabi particularly Al Ain City and the research around parents perception and stress related obesity in children. The research centered on children who were obese (aged from 6-11 years old). Salma Al Nuami will discuss with delegates what the implications of her research are for both front line practitioners and what they can add to the evidence base of what actions are required at strategic level.  
This workshop will be of interest to both front line practitioners and those whose role involves setting out strategies or delivering strategic aims.

Workshop 4:  

**The overweight child’s perspective**  
Laurel Edmunds  
PHD, Oxford University UK  

Dr. Laurel Edmunds is a psychologist with a background in education. Dr Edmunds review of the intervention literature, interview-based research and her review of treatment and prevention studies for 12 years have culminated in her commitment to evidence based child/family centred interventions. She will explore the psycho-social aspects of childhood obesity and what the findings have to add to the evidence base for effective interventions.

Note:  
Please make your workshop choice while booking the conference on our homepage. Please select your 1st and 2nd choice to avoid disappointment. We guarantee a place in one of the workshops but we can not guarantee a place in the workshops you selected.
DRIVING DIRECTIONS

Hotel is located 23 miles (37 KM) from Abu Dhabi International Airport. Take Airport Road west bound. The hotel is sitting on the only hill in Abu Dhabi over looking a beautiful Marina and a sandy beach.

TRANSPORTATION
Dubai International Airport (DXB)
Distance 165 KM / 102.53 MI SOUTH to Hotel
Taxi Charge (one way): 80.00 (AED)
Time by taxi: 30 minutes
Take Sheikh Zayed Road from Dubai into Abu Dhabi - In Abu Dhabi get on Al Khaleej Al Arabi Street direct to the hotel

Abu Dhabi International Airport (AUH)
Distance 37 KM / 22.99 MI SOUTH to Hotel
Taxi Charge (one way): 80.00 (AED)
Time by taxi: 25 minutes
HOTEL IS LOCATED 23 MILES (37 KM) FROM ABU DHABI INTL AIRPORT. ROUTING MAY BE TAKEN ALONG AIRPORT ROAD HIGHWAY WEST BOUND.
Cancellation of booking

- Written confirmation received 6 weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.
- If written cancellation is not received 6 weeks prior to the conference full payment will still be due irrespective of whether the delegate attends.

Sponsorship opportunities

Please contact us for details about sponsorship opportunities for this conference.

Registration form

- For multiple bookings please attach a list of delegate names and job titles.
- I would like to secure my place at CHILDHOOD & ADOLESCENT OBESITY: A WHOLE-SYSTEM, STRATEGIC APPROACH on 28 February - 1 March 2011.
- Title (Dr., Mr., Mrs., etc.)_________________________Forenames_________________________
- Surname___________________________________________
- Job Title__________________________________________
- Full address_________________________________________
- Post code__________________________________________
- Telephone__________________________________________
- Email______________________________________________
- With my signature I accept the booking conditions.
- Signature____________________________________________

CONFERENCE FEES

Price
- GBP450,00 (appx. AED 2650,00) incl. tax
- GBP350,00 (appx. AED 2070,00) incl. tax

Workshop choice:
- 1st choice #:_____
- 2nd choice #:_____

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- Invoice
- Requesting an invoice and signing this form will secure your place at the conference.
- All invoices must be paid in full before the event. See booking condition 6.
- If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.
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