

出國類別：開會

2024 年國際肥胖大會
2024 International Congress on
Obesity

服務機關：衛生福利部國民健康署

姓名職稱：李嘉慧組長、黃湘芸科長

派赴國家/地區：巴西/聖保羅

出國期間：113年6月23日至7月2日

報告日期：113年9月25日

摘 要

2024 年世界肥胖大會(2024 International Congress on Obesity)在巴西聖保羅舉行為期 4 天的會議，本次大會由世界肥胖聯合會(World Obesity Federation)籌辦，該聯合會在促進肥胖領域的研究、教育和合作方面有著悠久的歷史。40 多年來，世界肥胖大會一直是肥胖領域交流想法、知識和創新的重要平台，本屆大會將有來自世界各地的頂尖專家、研究人員和政策制定者共同討論和解決全球日益嚴重的肥胖盛行問題，主題包括肥胖研究、預防策略、臨床治療和公共衛生方面的最新進展。

衛生福利部國民健康署以「於基層醫療院所試辦肥胖防治流程 (A Trial of Adult Obesity Prevention Procedure in Primary Medical Institutes)」進行口頭報告，分享我國肥胖防治之經驗。

會議前 1 日另參加大會辦理之 SCOPE school 訓練課程，來自世界各地專家與第一線工作者(初級保健專業人員、研究人員、公共衛生專業人員、政策制定者等)，分享和交流討論肥胖科學的最新實證、全球肥胖政策與各項影響因素，以及衛生系統推動康體位機會與培養健康識能重要性。

目 次

壹、目的.....	3
貳、過程.....	4
參、會議重點.....	5
一、SCOPE school 訓練專題演講重點摘要.....	5
二、ICO 第一天專題演講重點摘要.....	7
三、ICO 第二天專題演講重點摘要.....	10
四、ICO 第三天專題演講重點摘要及我國參與之口頭報告內容.....	13
六、ICO 第四天專題演講重點摘要.....	17
肆、心得及建議.....	20
附件 1 會議議程.....	23
附件 2 本署口頭報告簡報.....	60
附件 3 相關相片.....	64

出席「2024 年世界肥胖大會」

出國報告

壹、目的

- 一、 過重及肥胖已成為全球公共衛生的一大挑戰，而台灣的肥胖率也逐漸上升，對於國民健康及醫療資源造成壓力。通過參與 2024 世界肥胖大會，可深入了解全球肥胖問題的最新研究成果、預防與治療策略，並與國際專家進行交流，學習國際上先進的研究與經驗，有助於應用在國內肥胖防治的公共衛生及健康促進政策制定，降低相關慢性疾病的發生率，提升整體國民健康。
- 二、 另外，SCOPE（肥胖管理專業能力標準）是全球認可的專業訓練計畫，目的在提升專業人員對於肥胖的知識與技能。本次於世界肥胖大會前一日參加 SCOPE School 一日訓練課程，集結本屆世界肥胖大會重要領域講者，密集提供對過重及肥胖防治的世界趨勢，有助於在大會前深入學習過重及肥胖的綜合管理與最新研究發現。
- 三、 本次大會，本署運用委辦計畫成果，以「於基層醫療院所試辦肥胖防治流程（A Trial of Adult Obesity Prevention Procedure in Primary Medical Institutes）」主題進行口頭報告，分享我國 2023 年於 10 處基層醫療院所試辦「成人肥胖防治治療流程」，於介入前後之體重、腰圍、空腹血糖、血壓、三酸甘油脂等指標之改善成效，有助於優化流程及醫療院所運用於推動肥胖防治，並在國際上提供台灣經驗。

貳、過程

日期	地點	行程
6/23 (日)	臺灣桃園→阿拉伯聯合 公國杜拜	1. 桃園國際機場啟程
6/24 (一)	阿拉伯聯合大公國杜拜 →巴西聖保羅	1. 抵達杜拜國際機場 2. 杜拜國際機場啟程至巴西聖保羅
6/25 (二)	巴西聖保羅	SCOPE school 訓練
6/26 (三)	巴西聖保羅	參與大會主題演講
6/27 (四)		參與大會主題演講
6/28 (五)		1. 參與大會主題演講 2. 本署投稿主題口頭報告
6/29 (六)		參與大會主題演講
6/30 (日)		巴西聖保羅→阿拉伯聯 大公國杜拜
7/1 (一)	阿拉伯聯合大公國杜拜	杜拜國際機場啟程
7/2 (六)	→臺灣桃園	抵達桃園國際機場

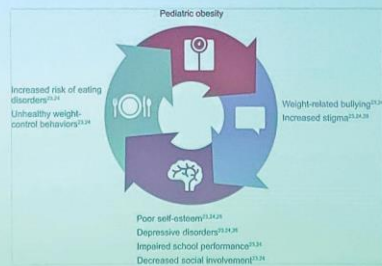
參、會議重點

一、6月25日 SCOPE school 訓練

專題演講重點摘要

- (一) 肥胖是多面向成因，肥胖問題本身非常複雜，包括基因、內分泌、飲食、代謝、睡眠、壓力、社會文化、心理等多重因素，各國正致力於實施針對肥胖問題的國家策略，介入方式應是多層次的，包括：調整飲食結構、增加日常身體活動、養成健康的生活習慣、對於特定患者使用藥物來改善代謝、對於重度肥胖患者施以手術等，這些策略需根據個案需求進行綜合考量管理，以達到最佳防治效果。
- (二) 肥胖與多種慢性疾病密切相關，引發代謝紊亂及多種健康問題，如第二型糖尿病、心血管疾病、部分癌症、關節炎、呼吸系統疾病等，並顯著增加患病風險，且會縮短壽命和降低生活品質。全球有 16 億人過重，10 億人有肥胖問題，2019 年有 500 萬人死於肥胖相關的非傳染性疾病（NCDs）。全球零增長的目標無法達成，體位管理對於預防非傳染性疾病至關重要，將是未來 5 年的重點。
- (三) 肥胖兒童除了面臨健康問題，亦常常面臨心理壓力，影響情感發展與社交能力，可能導致學習表現不佳，影響長期的個人發展。兒童肥胖需要早期介入，兒童體位管理需要家庭參與，長期培養健康的飲食習慣和身體活動習慣，不僅有助於改善他們的健康狀況，並有助於減少成年後慢性疾病的發生。
- (四) 另外，需注意肥胖污名問題，可能導致在工作、教育、醫療等方面遭受不公平待遇，並對其心理健康產生負面影響，因此減少社會對肥胖者的偏見，推廣正確的健康觀念至關重要。

Negative feedback loop in pediatric obesity



Child_Obes. June 2021.17(4): 229-240.

Abeso actions: World Obesity Day campaigns



INDICE	ASSOCIAÇÃO	PAÍS
1	Associação Médica Brasileira	Brasil
2	Federação Brasileira das Ass. de Ginecol e Obstetria	Brasil
3	Sociedade Brasileira de Arritmias Cardíacas	Brasil
4	Sociedade de Cardiologia do Estado de São Paulo	Brasil
5	Sociedade Brasileira de Dermatologia	Brasil
6	Sociedade Brasileira de Diabetes	Brasil
7	Sociedade Brasileira de Hepatologia	Brasil
8	Sociedade Brasileira de Hipertensão	Brasil
9	Sociedade Brasileira de Imunologia	Brasil
10	Sociedade Brasileira de Imunizações	Brasil
11	Sociedade Brasileira de Ortopedia e Traumatologia	Brasil
12	Sociedade Brasileira de Pediatria	Brasil
13	Sociedade Brasileira de Pneumologia	Brasil
14	Sociedade Brasileira de Urologia	Brasil

- Associação Médica Brasileira
- Federação Brasileira das Ass. de Ginecol e Obstetria
- Sociedade Brasileira de Arritmias Cardíacas
- Sociedade de Cardiologia do Estado de São Paulo
- Sociedade Brasileira de Dermatologia
- Sociedade Brasileira de Diabetes
- Sociedade Brasileira de Hepatologia
- Sociedade Brasileira de Hipertensão
- Sociedade Brasileira de Imunologia
- Sociedade Brasileira de Imunizações
- Sociedade Brasileira de Ortopedia e Traumatologia
- Sociedade Brasileira de Pediatria
- Sociedade Brasileira de Pneumologia
- Sociedade Brasileira de Urologia

2021

END WEIGHT STIGMA

A joint effort by all stakeholders is needed to promote educational, regulatory and legal initiatives aimed at combating weight stigma

Roots of Obesity



www.cammyn.cl

Perception of obesity as a disease

All Global HCP (n=2,785)

Obesity is a chronic disease



A loss of 5-10% body weight would be extremely beneficial to the overall health of a PwO



Garrison W et al. *Obesity (Rev Med Biol)*. 2021. 30(1): 111-117. doi: 10.1093/obm/knab012

WORLD OBESITY

www.worldobesity.org

The Global Obesity Challenge

In 2019, 5 million obesity-related deaths from NCDs - 12% of all NCD deaths.

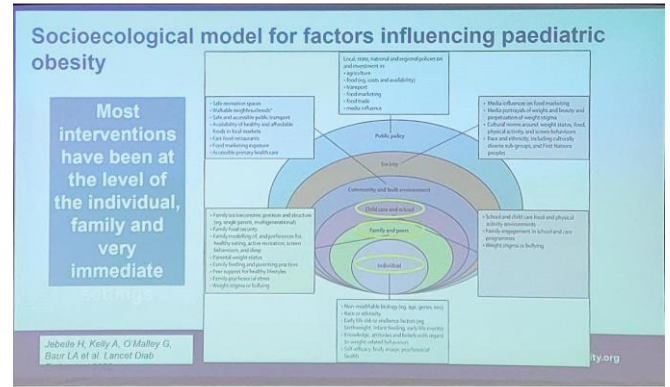
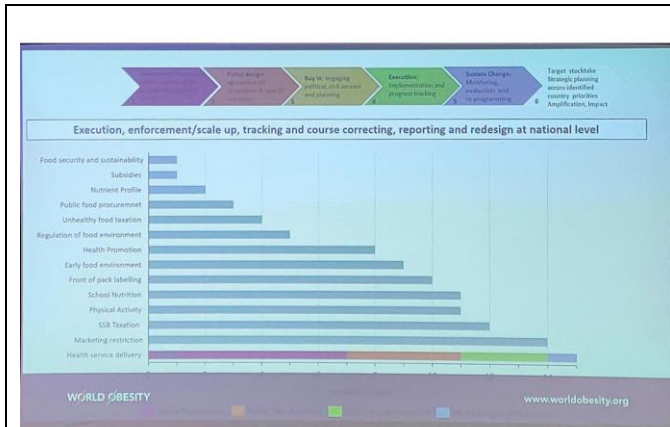
- 8.1 Billion World Population
- 1 Billion People with Obesity
- 1.6 Billion People with Overweight



Global costs are predicted: US\$ 3 trillion per year by 2030

WORLD OBESITY

www.worldobesity.org



Example of one country's resource for clinicians/ families – what is available in your region?

8 Healthy Habits

Address healthy eating, activity, screens and sleep. In line with national guidelines.

8 Healthy Habits: Core messages for anticipatory guidance developed by New South Wales Dept Health, for use anywhere

See this and other resources at: pro.healthysids.nsw.gov.au

Available in English and in Arabic, Burmese, Chinese (simplified and traditional), Farsi, french, Hindi, Karen, Korean, Nepali, Swahili, Thai and Vietnamese

WORLD_OBESITY www.worldobesity.org



二、 6月26日ICO 2024 第一天

(一) 本次大會共分為 6 大領域並同時進行平行場次，會議秘書處規範有意願參加者，須事先提交工作證明說明目前工作領域專業屬性，經大會秘書處審核後參與，故本署主要參與公共衛生領域場次。

(二) 專題演講重點摘要

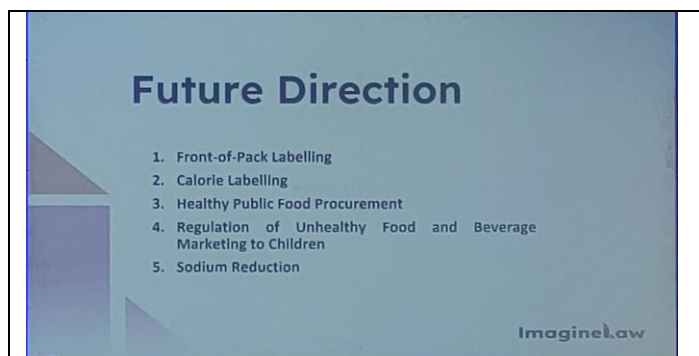
公共衛生領域各場次主題是拉丁美洲的全球視野與宣傳策略，上午主要由各國分享其肥胖防治經驗，包括牙買加、紐西蘭、西班牙、墨西哥、智利、巴貝多、菲律賓及南非，下午進行平行討論及主辦地巴西介紹該國肥胖盛行及防治情形。重點摘要如下：

1. 探討食物生產、購買、經濟消費及日常飲食決策等問題，強調建立食物系統的重要性，除了減少不健康食品消費，還需推動健康食品的促銷，促進蔬果消費。
2. 有關制定法規與政策實施方面，部分國家目前正在研究食品標籤、健康食品採購、兒童食品飲料廣告規範等多項公共健康政策，以減少肥胖和不健康飲食相關問題。墨西哥提案食品標示政策立法已投票通過，制定新的指導方針。智利倡議兒童食品標示法，主張向消費者發出不健康食品警示，由衛生部召集專家提出解決方案。巴貝多青年總理 Pierre Kevin Cooke, Jr. 發起「兒童肥胖權利議程」，賦予年輕倡導者權力，包括在聯合國大會上演講及與全球衛生組織的合作，並以營養為重點的行動納入全球健康框架，努力實現全球解決兒童肥胖問題的系統性變革。菲律賓 HealthJustice 專案經理 Beverly Samson 倡議食品包裝正面標籤政策，Mikhail Laurence Millan 律師協助菲律賓制定消除工業生產反式脂肪的國家政策法案。各國相關法律通過只是開始，必須實施和維持相關法規，持續評估，並發現及解決漏洞。
3. 學術界擁有豐富的經驗，在規範政策中扮演重要角色，需評估和建議改進措施，由學術界主導發展新方法來測試和工作，持續創新，結合學術界、公民社會和非政府組織，更好地設計和評估公共政策，通過衡量政府的表現來加強問責機制。在培訓專業人才方面，進行講師訓練，確保他們具備技術討論能力，特別是在複雜的議題上，並邀請本地和國際專家分享經驗，推動政策制定。學術界應建構衛教資源平臺，結合拉丁美洲不同國家的經驗，生成數據，並提供媒體獲得資訊的管道，將證據轉化以促進民眾採取行動，加強倡導力量，以簡單、直接的方式向公眾宣導，強調信息推廣的

重要性，提升民眾識能，讓民眾、老師、活動倡議者等更了解相關資訊，並推動更好的政策。

4. 領導和決策者合作的組織經驗很重要，建立專業知識以成為政策制定過程中不可或缺的一部分，並培養政策擁護者以確保政策推動的持續性。跨部門合作十分關鍵，例如菲律賓透過國家衛生部、國家營養委員會、國會議員、地方政府合作，於 2019 年成立建立健康飲食聯盟，並進行市政廳會議和聯誼活動以獲得多部門支持，包括媒體及非政府組織，共同支持消除反式脂肪和其他健康政策。美國在聯邦政策層面主要關注「治療和減少肥胖法案」，旨在擴展美國醫療保險對肥胖治療的覆蓋範圍，但國會尚未通過；在州層級，面對州衛生系統對利用率預期不足的挑戰，提出科學和數據支持的解決方案；地方層面則與企業合作，擴展員工的醫療保障覆蓋範圍，尤其關注公共衛生系統內部的覆蓋盲點。
5. 跨國經驗分享：拉丁美洲國家通過不斷改進法規，展示了持續改進的重要性。如：巴貝多在學校實施健康食品選項的政策，並進行 6 個月到 1 年的監測，收集證據以供政府決策，過程中遭遇成本挑戰和學生對新選項的不滿，這些挑戰在部分學校通過教育和持續推動得以解決，然而尚需時間與擴大實施範圍，以更多實證呈現介入效益。此外拉丁美洲國家共面對肥胖議題，目前正著手彙集不同國家的經驗，建立資訊傳遞平台，方便搜尋與利用這些資訊。另外，也與國際企業合作，推動企業內合作與改變，並在不同國家之間溝通，以建立更好的區域健康系統。
6. 小結：肥胖問題是複雜的挑戰，解決非常困難，需要持續研究、合作與創新來推動公共政策的制定和實施。通過關注、建議話題和參與討論等方式加入，持續參與與支持，目標是為未來的健康做出貢獻。強調與政府和其他合作伙

伴合作的重要性，並訓練年輕倡導者傳遞信息，讓他們理解問題並充滿熱情地推動營養政策方面的變革。



● ICO 2024 第二天 (6/27)

一、專題演講重點摘要

(一) 在健康系統對肥胖流行病的因應議題上，巴西糖尿病專家 Mark Barone 分享跨部門和多方利益相關者的合作，並有肥胖患者的參與，作為解決肥胖盛行的一種方式，並關注健康飲食生產以及健康飲食稅收取消的問題，而聖保羅大學公共衛生學院營養系教授 Patricia Constante Jaime 分享肥胖護理的健康服務交付框架，整合的跨專業和網絡化方法，透過基層醫療保健單位，提供篩檢訪問及治療，同時建立治療計畫及衡量指標與財務計畫，綜合護理涉及提出針對肥胖的護理級別建議，包括不同的護理設備，健康系統中可用的技術，通過促進工作和生活方式改善，也涉及護理、藥物治療、手術、術前和術後護理，以及管理隨肥胖發展而來的身體和心理狀況，同時通過克服肥胖護理過程中存在的不平等，如性別、性取向、社會不平等，以及行動不便者在參與社會控制和公共政策管理，如醫療保健和醫療護理現代化過程中的低參與率；南非 Nomathemba Chandiwana 博士分享以 HIV 的照護模式作為健康系統中應對肥胖的參考，肥胖和 HIV 在過去都是顯著且日益增長的公共衛生威

脅，非洲地區過重和肥胖大約有 1 億人，需要緊急關注和行動，首先是全面的檢測和診斷，肥胖預防、使用抗肥胖藥物、人口層面的政策都非常重要；世界衛生組織營養與食品安全司 Jorgen Johnsen 顧問分享健康系統對肥胖流行病的因應，改善飲食質量的政策，重點在於減少高糖、鈉、飽和脂肪和卡路里的食物攝入，並鼓勵健康食品的消費；阿根廷肥胖專科內分泌專家 Maria Eugenia Anselmi 分享思考拉丁美洲肥胖治療中融入患者的實際經驗。

(二) 健康稅收、標籤與推動肥胖的法規議題方面，美國北卡羅來納大學營養學教授 Barry Popkin 分享健康稅收和政策，觀察 40 多個國家實施稅收政策，已有超過 46 個國家和 16 個城市或地區設有平均稅率，涉及非必需食品、垃圾食品等，對不健康飲料和食品徵稅，許多國家對含糖飲料徵稅（如墨西哥和智利）；荷蘭也對糖儲備徵收類似稅收；匈牙利和索馬里也在考慮類似的稅收政策。對於未經加工或「基本」食品的徵稅仍有限制，大多數國家認為稅收過少，無法顯著影響，因此很少提供補貼，智利開始有相關法律和規定並發表論文；以色列在 2015 年通過法律，1920 年正式採用，秘魯、墨西哥、巴西、阿根廷、德國、加拿大、哥倫比亞也採用了類似政策。智利是唯一實施全面市場營銷法規的國家，最初禁播兒童電視廣告，後來擴展到 6 點到 23 點的全面禁令，英國也採用禁止針對兒童的食品廣告的電視禁令，並制定了更強的社會營銷法律。智利 Camila Corvalan 醫師分享市場行銷與食品標籤，最有效的是結合限制行銷的包裝正面標示，能夠顯著減少不健康食品的購買，這些政策旨在綜合運用多種策略來減少不健康食品的消費，減少卡路里、鈉、飽和脂肪和總糖的攝入量，並鼓勵選擇更健康的食物，通過提供信息、限制向兒童推廣不健康食品及在學校和日托中心推廣更健康的食品環境，並

採取對兒童的食品廣告限制；印度正在實施基本的標籤政策，受到行業壓力，可能會推出警告標示；巴西聖保羅大學教授 Maria Laura da Costa Louzada 分享學校供餐、環境與巴西學校供餐計畫，學校 30%的食品來自當地農民的健康食品。

(三) 關於推動社區預防兒童肥胖及城市角色，加拿大 Gil Penalosa 博士分享為兒童塑造健康的城市社區，並有丹麥、巴西等國專家參與討論塑造兒童健康城市環境的關鍵因素，及識別影響社區介入的障礙與解決方案。改變飲食習慣的關鍵在於學校和醫院，提到在學校和公共醫院中推廣健康飲食和營養教育的重要，環境中的營養介入已被證實能有效改善健康飲食習慣。綜合措施旨在減少熱量、鈉、飽和脂肪和總糖的攝入量，方法包括三個層面的行動：提供信息、限制對兒童推廣不健康食品，以及促進學校和日間照顧中心的健康食品環境。

Deliver of health services to prevent and manage obesity

- Reorganization of tasks among clinical and community team members including people and families living with obesity
- Integration with innovative technology to expand the service delivery framework and increase access for the population
- Extension of health service delivery platform to school-based programmes, pharmacies, workplaces
- Participatory input of people and families living with obesity in the design and delivery of the services

Operational model applied

- Phase 1: Inter-country Dialogues (ICD) in 6 WHO regions for identification of national priority interventions and targets
- Phase 2: Virtual individual support through regional and country offices to finalize national roadmaps
- Phase 3a: Inter-regional thematic workshop for deep technical dives for frontrunner countries selecting the area as priority, followed by 100-day challenges
 - Istanbul, November 2023 – Health System and Service Delivery
 - Athens, June 2024 - Regulation of marketing of unhealthy foods
 - Washington, September 2024 - SSB taxation
 - Pipeline: Breastfeeding, physical activity, FOPL
- Phase 3b: Individual country support (in a small subset upon country request)
- Phase 4: Execution, enforcement/scale up, tracking and course correcting, reporting and redesign

Theoretical models

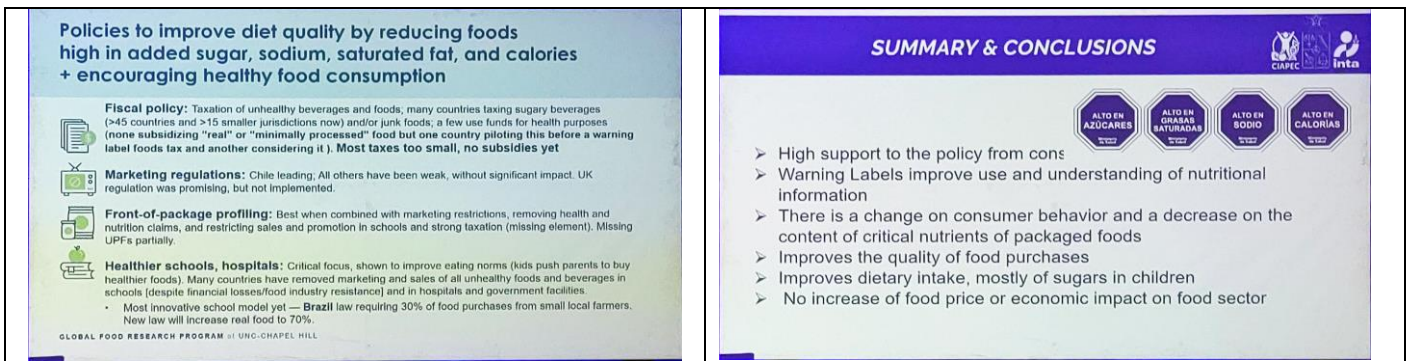
Figure 1. Actions required to address challenges in health services for people who seek treatment for obesity

Fig. 1. The ideal weight management system in England. Adapted from [10] (2015)

CONTEXT: LATIN AMERICA

Obesity determinants in Latin America: Social inequality, Economic and political context, Food insecurity, The urban environment, Urbanization, Culture, Limited access to scientific knowledge, Unhealthy eating habits, Sedentary lifestyle, Physical inactivity, and Lack of physical activity opportunities.

Industry hinder health policies: Transition from traditional diets to Westernized diets rich in UPF, Pollution, deforestation, and urbanization, Endocrine-disrupting, Long working hours and commuting.



● ICO 2024 第三天 (6/28)

一、專題演講重點摘要

(一) 針對久坐習慣問題，巴西 Bruno Gualano 博士提出「Exercise snacks」是減少久坐和改善結果的一種方法，策略會因年齡、習慣等因素而異，即使再小的活動都有效果。

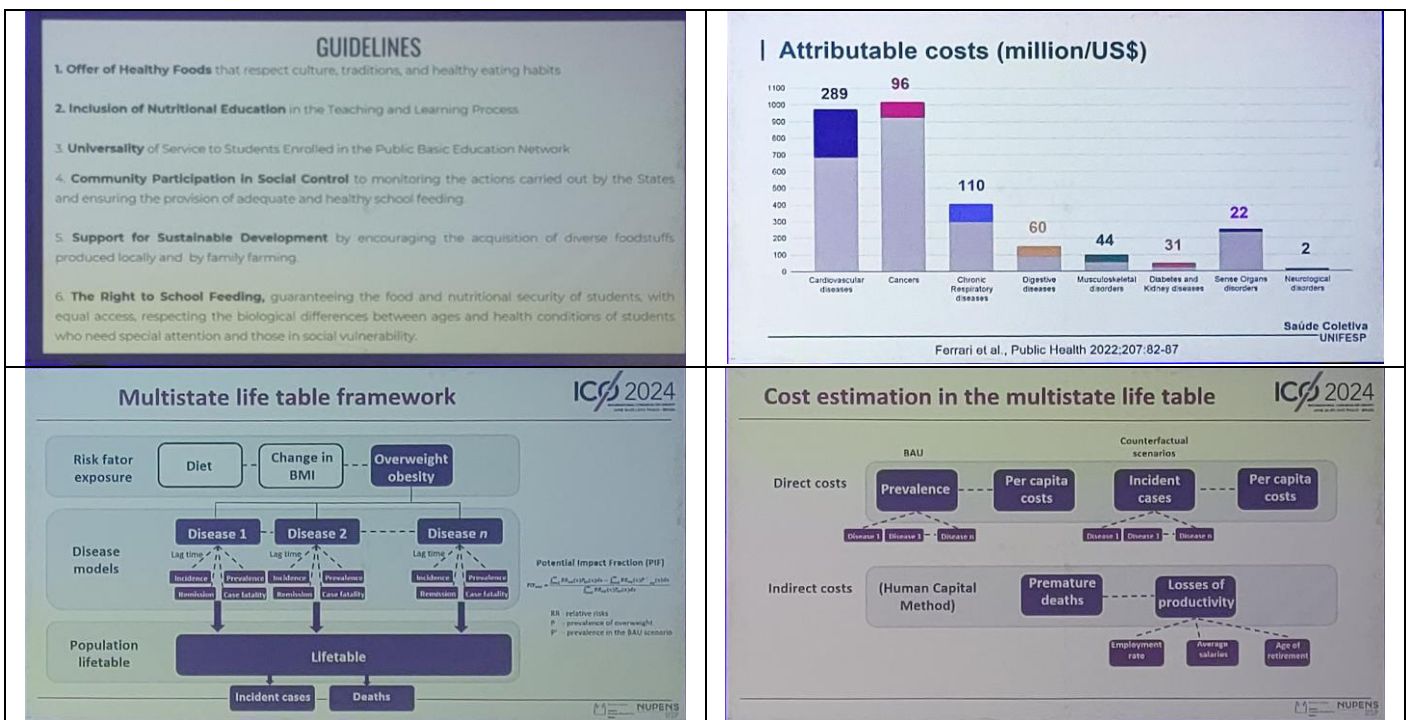
(二) 關於肥胖的經濟影響，巴西 Eduardo Augusto Fernandes Nilson 博士分享預測巴西超重和肥胖公共政策的成本和經濟影響；聖保羅聯邦大學預防醫學系 Leandro Fornias Machado de Rezende 教授分享肥胖的經濟負擔。加拿大多倫多大學營養科學系 Mary R. L'abbé 教授分享解決肥胖和非傳染性疾病的不同政策的健康和經濟成本，為因應不健康飲食導致非傳染性疾病(NCDs)的高發生率，加拿大在 2016 年發布了「健康飲食策略」，引入新的食品規章，禁止在食品中使用氫化油，限制向兒童營銷不健康食品，包括電視和社交媒體網頁，2024 年推出自願減少食品中鈉含量的計畫。

(三) 解決權利、不平等、性別、種族和健康的社會決定因素，美國 O'Neill 國家和全球衛生法研究所副主任 Isabel Barbosa 分享巴西成年人肥胖與

憂鬱、性別和種族交叉點之間的關聯，並與美國、巴西、巴貝多、南非之學者專家討論。

(四) 有關解決各種形式營養不良的財政措施，巴西 ACT 健康促進健康飲食計畫 Marilia Sobral Albiero 協調員及 Gisele Bortolini 營養師分享巴西稅收改革及財政措施，以及民間社會倡導健康與永續飲食。

(五) 結合藥物與手術方面，科威特 Dasman 糖尿病研究所首席醫療官 Ebaa Al Ozairi 探討有效的現代藥物療法是否會取代代謝手術，所有已知的併發症多數都取決於真正嘗試解決的問題，藥物還有一些協同作用，新開發藥物也並非完美。愛爾蘭都柏林大學代謝醫學組 Carel Le Roux 主任發表改善添加藥物治療的結果，發現藥物在手術後甚至比手術前效果更好，但仍然可以看到接受 10% 藥物治療的人中約有 20% 對形成性療法沒有反應，國民健康服務系統 (NHS) 會治療肥胖，預防或逆轉肥胖的併發症，因此也必須繼續營養療法和攝取多種維生素，有助於遏止肥胖，或至少保持不惡化。



Final remarks ICS 2024

- The direct and indirect costs of overweight and obesity in Brazil are increasing in all age groups.
- Studies on the costs of overweight and obesity are important tools for policymakers and for advocacy.
- Models can be adapted to different countries and contexts, depending on data availability.
- Next steps: modeling more policy scenarios (taxation, subsidies, FOPL, school meals etc.)

NUPENS

ICS 2024
International Congress in Obesity

USP

Exercise snacks as an approach to reduce sedentarism and improve outcomes

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Center of Lifestyle Medicine

potential benefits of exercise snacks

Islam et al., 2021, Exercise and Sport Sciences Reviews

Center of Lifestyle Medicine

Take-home message

- exercise snacks is a tool to replace sitting
- strategies should be personalized (consider age, routine, preferences, basal conditions etc)
- Intensity is a factor, but every move counts

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Sedentary behavior (l) at work and coronary artery disease and early mortality

Category	Drivers	Conductors
Coronary circulation	~1.4	~0.5
Early mortality (within 3 days of MI)	~1.0	~0.4

Center of Lifestyle Medicine

Reduced activity impairs metabolic health

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Take-home messages

1. Sedentary behavior occupies a high proportion of adults' waking hours, and its effects can be examined distinctly from lack of exercise or physical activity.
2. Sedentary behavior has detrimental effects on multiple systems – people performing exercise while undergoing intensive sedentary behavior still present some deleterious outcomes.
3. Reducing/interrupting SB has been shown to improve different aspects of physiology. These seem to be small for most outcomes and evidence for health outcomes is limited, as well as for most population groups, namely, children, adolescents, older adults, and clinical populations.

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Take-home messages

4. Nevertheless, reducing/interrupting SB is a low-risk strategy of clinical and population health relevance and can serve as a stepping stone to regular participation in moderate-to-vigorous intensity PA.

EVERY MOVE COUNTS

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二、我國口頭報告內容

本次出席大會，國民健康署運用委辦計畫成果，以「於基層醫療院所試辦肥胖防治流程 (A Trial of Adult Obesity Prevention Procedure in Primary Medical Institutes)」主題進行口頭報告，分享我國 2023 年於 10 處基層醫療院所試辦「成人肥胖防治治療流程」，於介入前後之體重、腰圍、空腹血糖、血壓、三酸甘油酯等指標之改善成效，有助於優化流程及醫療院所運用於推動肥胖防治，並在國際上提供台灣經驗。報告重點如下：

世界衛生組織提出，在非傳染性疾病 4 大風險中，包括身體活動不足及不健康飲食，均會導致不健康體位，進而增加慢性病的風險及相關健康問題。台灣與 OECD 的 38 個國家之成年人口過重和肥胖率相比，雖然排名倒數第 3，但男性過重及肥胖盛行率 44.8%，女性 30.8%，仍是重要問題，在 18-44 歲成年人呈現明顯成長。

試辦計畫於 10 處基層醫療院所收案 195 名個案，「成人肥胖防治治療流程」包括飲食控制、身體活動指導、改變生活方式、可改變風險因素的管理、心理支持、減肥藥（如有必要）、手術選擇（如果適用），並以年齡、性別、減重藥物使用、慢性疾病進行分層分析。

結果發現，介入後體重、BMI、腰圍均顯著下降，代謝指標中，血壓、空腹血糖、總膽固醇、三酸甘油酯等代謝指標明顯下降。3 個年齡層的體重和腰圍均顯著下降，年輕個案較年長個案之體重減輕更顯著。男性和女性的體重和腰圍均顯著下降，性別之間無顯著差異。介入天數長(>週)相比介入天數短之體重降低效果更為顯著。介入後「生活型態」組和「生活型態+藥物」組的體重、BMI、腰圍、代謝因素和血壓均有顯著改善。「有潛在疾病」與「無潛在疾病」2 組個案之體重、BMI、腰圍和代謝症候群指標均顯著下降，「無潛在疾病」組的體重降低更為顯著。

管理健康體重和預防肥胖是許多國家面臨的挑戰，介入策略主要非為：公共衛生措施（促進健康飲食、充足的身體活動、良好的生活方式等）及臨床醫療措施（藥物管制、手術等）。本試辦計畫結果發現，「生活型態」組與「生活型態+藥物」組在介入後體重、BMI、腰圍、代謝因素及血壓均有顯著改善，顯示無論是否用藥，倡導飲食和身體活動的公共衛生措施至關重要。

因每一階段生命週期的需求各不相同，我國依據不同年齡層的族群特性，給予相應的照護策略，並配合跨單位的合作，持續往 WHO 的推動目標前進。於學校、家庭、職場、餐飲供應商、社區各領域增強健康飲食和身體活動的健康生活型態，預防慢性病，為健康體位創造支持性環境。為打造健康台灣，全齡的行動策略包括：推動預防及延緩失能方案、運用科技促進身體活動、長者銀髮健身俱樂部、兒童和成人的健康體位管理，並強化跨部會合作。2023 年台灣通過營養及健康飲食促進法，在完備行政支持系統、確保健康飲食、營造健康飲食支持環境、推動營養及健康飲食教育 4 大面向實現新的里程碑。


- **ICO 2024 第四天 (6/29)**

- 一、 專題演講重點摘要

- (一) 有關飲食指南議題，墨西哥國家公共研究所 Juan Rivera 教授報告墨西哥制定健康和可持續膳食指南的方法；加拿大多倫多大學營養科學系 Mary R. L'abbé 教授分享 2019 年加拿大食品指南 - 使用不同類型資料評估依從性的方法；巴西聖保羅大學營養系 Patricia Constante Jaime 教授分享巴西十年的飲食指南，對肥胖預防、控制和醫療保健的貢獻。

(二) 西班牙、巴西、南非學者共同討論肥胖、身體活動與心理健康議題，聯合國兒童基金會巴西分部的健康和營養官員 **Stephanie Amaral** 研究兒童和青少年的人口營養狀況以及人口飲食習慣的趨勢及其與不同健康結果的關係，目前約有 15 萬名青少年面臨焦慮、家庭衝突、對未來擔憂的問題，還需進一步探索是否與年齡及肥胖有關，未來將繼續擴展在心理健康和肥胖方面的研究，以提出明確的建議。南非約翰內斯堡威特沃特斯蘭德大學 **Ezintsha** 研究機構首席科學家兼主任 **Nomathemba Chandiwana** 博士指出睡眠和肥胖之間有深層的雙向關係，睡眠可能導致肥胖，某些激素，如瘦素，藥物干擾會導致脂肪質量增加、貧血等問題，反之也成立，對兒童和嬰兒而言，睡眠尤為重要，大約 41% 的過重人群中存在 **OSA**（阻塞性睡眠呼吸暫停綜合症），而在接受減肥手術的人中，**OSA** 的發生率接近 80%，有些公共衛生問題涉及睡眠健康成本，健康飲食與身體動是關鍵，其次減少尼古丁暴露可以改善睡眠健康，在減肥介入方面，持續正壓呼吸（**CPAP**）設備在個人設備使用中是有效的。

(三) 兒童肥胖防治措施部分，巴西 **Minas Gerais** 聯邦大學營養系副教授 **Rafael Claro** 針對兒童的市場行銷提出報告；**Gisele Bortolini** 營養師分享巴西新的肥胖預防策略與學校環境的探討；澳洲是雪梨大學兒童與青少年健康系主任 **Louise Baur** 介紹澳洲衛生體系之兒童體位管理措施。

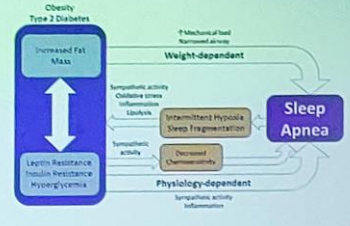


- Both obesity and mental health impacts on:
 - Children's health
 - Children's development
 - Children's learning
 - Children's potential in life
- Lack of physical activity is a risk marker for mental health conditions¹
- Sedentary behaviours and screen time are linked to lack of sleep, which is also a risk factor for mental health conditions

Mahoney, Joseph L., et al. "Systemic Social and Emotional Learning: Promoting educational success for all preschool to high school students", American Psychologist, October 2020.
Mackenzie, Georgina, et al., "Individual, Family, and School-level Interventions Targeting Multiple Risk Behaviours in Young People", Cochrane Database of Systematic Reviews, vol. 10, 2016.

Obesity and OSA

- OSA contributes to obesity
- Daytime sleepiness may contribute to greater sedentary time, and therefore reduced caloric expenditure
- Calorie intake in those with OSA may be higher
- OSA is present in 41% of those with BMI >28, and 78% of those referred for bariatric surgery



Take-aways

- **Sleep as a Pillar of Health:** Equally important as nutrition and physical activity.
- **Integrate Sleep Into Public Health:** Essential for obesity prevention and management.
- **Address Global Disparities:** Increase data collection and standardization of sleep metrics.
- **Bidirectional Links:** Recognize the interconnectedness of sleep, obesity, type 2 diabetes, and OSA.
- **Policy Development:** Advocate for sleep health policies at local, national, and international levels.
- **Promote Health Equity:** Ensure inclusive sleep health initiatives for all communities.

† Ezintsho

Child malnutrition today

The prevalence of overweight and obesity increases in the course of life: triples in adolescence



Children under five
Total = 663 million, from which
37 million
(o 5.6%) is overweight/obese



School age children (5-9 years old)
Total = 682 million, from which
135 million
(o 20.4%) are overweight/obese



Adolescents (10-19 years old)
Total = 1.200 million, from which
211 million
(o 17.1%) are overweight or obese

Prevalence of overweight among preschool children (<5), 2022, school-age children (5 to 9 years old), adolescents (10 to 19 years old), 2016, in the World.

SOURCE: Data for overweight in preschool children are based on WHO's 2019 report *World Health Statistics Quarterly Report* (2019). Data for overweight in school-age children and adolescents are based on WHO's 2019 *World Health Statistics Quarterly Report* (2019). Worldwide trends in body-mass index: overweight and obesity from 1975 to 2016: a pooled analysis of 688 population-based measurement surveys by 195 countries, territories, dependencies, and other areas. The Lancet. 390(10261):2017-2024

Improve food environment of children and adolescents

UNICEF LACRO

- Strategic alliances with **civil society and Academia**
- Alliances for the promotion of **healthy urban environments**
- Positioning of food systems with a focus on children's rights
- **Evidence generation**
- **Technical Assistance** - Food systems



ICSP 2024

INTERNATIONAL CONGRESS ON OBESITY
2024 JULY 10-12 | SÃO PAULO, BRAZIL

How marketing directed at children and food prices and affect food consumption.

Prof. Rafael Claro
Federal University of Minas Gerais (UFMG)

Promoted by:

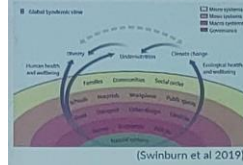


Conclusions

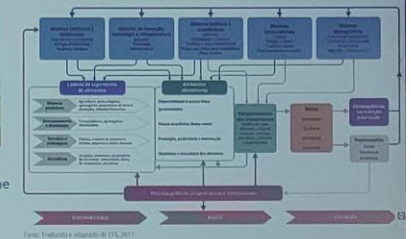


- Food price trends are a major obstacle for the adoption (or maintenance) of healthy dietary patterns.
- Marketing scenario remain challenging.
- The profile of TV advertisements remains unfavorable to healthy eating.
- The investigation of internet advertisements remains complex for children. Studies on adolescents suggest an even worse scenario than that of TV.
- The adoption of strict regulatory measures seems to be the only factor capable of reversing the current scenario.

PREMISE 2: Obesity needs to be addressed in an intersectoral and systemic manner



(Swinburn et al 2019)



Brazil is among the worst countries in the "Greenhouse gas emissions from food systems" indicator in the ranking that evaluates Sustainable Development Goals related to food systems

(Schneider et al 2023)

PREMISE 3: Everyone's problem

The percentage of schoolchildren evaluated who reported inducing vomiting or taking laxatives to lose weight increased from 4.1% (2009) to 6.3% (2019), and was higher among females

(IBGE 2022)



Weight-related bullying^{13,14,15}
Increased stigma^{13,14,15}

17,5% 23,2%

✓ Increase in the percentage of students with body image dissatisfaction - students who perceived themselves as fat or very fat from 2009 to 2019

(IBGE 2022)

Poor self-esteem^{13,14,15}
Depressive disorders^{13,14,15}
Impaired school performance^{13,14}
Decreased social involvement^{13,14}

✓ Impacts of childhood obesity: additional weight gain, discrimination, prejudice exclusion, anxiety, depression, fear, guilt, low self-esteem, among other physical and social damages

(Haqq et al 2021; Santos e Silva, 2020)

(Haqq et al 2021)

OBESITY PREVENTION STRATEGY

Environments

- 9 strategic lines: 59 actions
- 1) Access to food from the new Basic Food Basket
 - 2) Adequate and healthy food in the school environment (Ex PNAE)
 - 3) Health-promoting work environments
 - 4) Sustainable urban mobility
 - 5) Sport and leisure
 - 6) Food labeling
 - 7) Tax measures
 - 8) Regulation of food and drink advertising/children
 - 9) Conflicts of interest

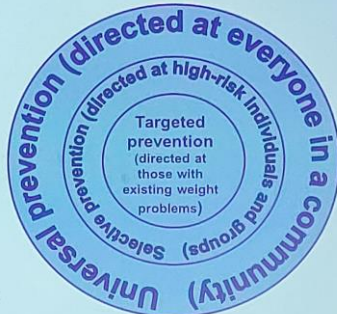
Social Protection

- 7 strategic lines: 62 actions
- 1) Comprehensive care in the Unified Health System (SUS)
 - 2) Breastfeeding and complementary feeding
 - 3) Obesity prevention in the context of rights violations to strengthen care and increase the autonomy of the population in Unified Social Assistance System (SUAS)
 - 4) Absolute priority for PBF/Sinre Register children
 - 5) Obesity prevention in the National Education System
 - 6) Consolidation of Food and Nutrition Security System (SISAN)
 - 7) Integration of systems (SUAS/SUS/SISAN)

Social mobilization and engagement

- 2 strategy lines: 19 actions
- 1) Reduce stigma and prejudice against people with obesity
 - 2) Raise awareness and mobilize the Brazilian population about the importance of proper and healthy eating and the harms of ultra-processed foods
- Actions in the process of prioritization and review by stakeholders

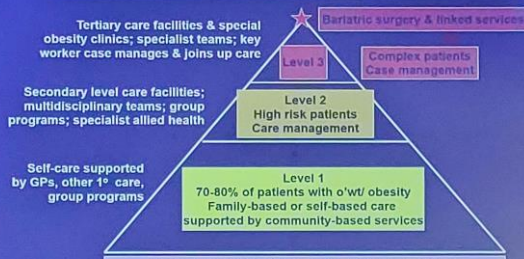
Levels of action on obesity



WHO Preventing and managing the obesity epidemic. 2000

Slide per courtesy Prof Tim Gill

Obesity and the chronic disease care pyramid



Baur LA et al. Nature Rev Gastroenterol Hepatol 2011; 8:635-45. Adapted from the Kaiser-Permanente and UK NHS chronic disease management pyramids of care

肆、心得及建議

參與國家以中南美洲國家為主，飲食文化與我國差異大，本次大會討論內容側重於臨床治療、飲食與營養政策、民眾倡議宣導以及肥胖如何避免汗名化等方面，尤其以飲食與營養政策最多，主要多從食品法規到建構健康飲食環境以及定期監測研究做為評價，此與我國政策方針相似，而我國於 113 年 1 月 3 日總統頒布營養與健康飲食促進法，全法 26 條文涵蓋四大面向，包含完備行政系統、確保健康飲食、健康飲食支持環境、營養及健康飲食教育，明定「政府機關（構）於輔導食品業者開發、產製食品及製備飲食時，應納入營養之考量，生產以在地農產品為主原料之食品及有益於人民之健康飲食」（第 13 條）；「中央主管機關應定期辦理及發布營養調查、研究及建置食品營養成分資料庫，並得委託有關機關（構）、學校或營養健康相關專業團體為之」（第 9 條）；「政府機關（構）於訂定社會救助相關計畫及辦理補助時，應將計畫及補助對象之營養問題納入考量，改善營養不良所致之體重過輕、過重、肥胖、慢性病或其他健康問題及提升健康飲食獲取之可近性。」（第 11 條），則可提供其他國家參考。另外對於後市場之管理，例如加拿大政府推動 Health Eating Strategy (2016)一方面從消費者行為，鼓勵民眾購買具有合格食品標示(或是減鈉、減糖)與二方面鼓勵食品製造業者在符合食品法規下，自主製造生產或是減鈉、減糖食品等兩方面進行，並透過營養監測研究計畫證實受測者健康消費與疾病發生有關，也與我國現行食品政策法規相似。

而身體活動的相關計畫發表亦較少，僅有 2 位講者分享久坐的風險及提倡零碎時間的身體活動，反觀我國，國民健康署針對身體活動不足，已長期推動各項生活化的身體活動，推廣運用零碎時間的身體活動如在職場推動 15 分鐘上班族健身操走路、爬樓梯、通勤提前一站下車步行等，以中斷久坐的生活型態，藉此累積達到 WHO 建議之每週 150 分鐘身體活動，培養規律身體活動習慣。

多數整體研究多以肥胖合併慢性病治療角度切入，特別強調肥胖也被視為一種非傳染性疾病，以及後續手術介入及癒後改善成效。我國則是提倡早期介入公衛措施如職場健康促進、健康促進學校、成人身體活動，倡議國人從維持正常體位或是推動全民健康保險代謝症候群防治計畫，針對代謝症候群個案早期介入，由醫事服務機構早期發現代謝症候群患者，協助個案追蹤管理，透過醫療人員指導，引導代謝症候群者改變飲食及生活型態，進一步預防或延緩慢性病之發生，以達有效慢性病之防治，同時結合疾病前期之危險因子防治，藉由醫療人員指導增進病人自我健康管理識能，達到慢性病防治之目的，減輕後續健保醫療資源負擔並提升給付效率。顯示我國公共衛生系統介入時機較為早期。

此外兒童營養不良與兒童肥胖也是重點議題，兒童營養不良在中低開發國家特別顯著，主要因貧窮與食物獲取、國家缺乏有效系統有關，因此此類區域著重在 UNICEF 強調五大系統(食物品質、健康、水與衛生環境、教育與社會保護)重要性。而兒童肥胖主要與家庭教養、飲食習慣等多因素影響，澳洲 Louise Baur 教授 (President of the World Obesity Federation)也是 Sydney 大學教授，她提到全球兒童肥胖也是跨國際間議題，觀察發現拉丁美洲婦女與其下一代兒童青少年肥胖有相關。根據研究指出，早期介入可以有助減少兒童肥胖發生，目前研究結果顯示從而幼兒 2 歲開始給予家庭養育者健康餵食與食物選擇衛教等，以共同形塑健康行為養成。此與我國目前推動兒童健康體位計劃與兒童健康體位宣導計畫方向相似，前者計畫重點在於建立家庭、校園與基層醫療人員教育訓練，課程包含兒童肥胖與營養不良、飲食教育與選擇，以及部分兒童肥胖合併疾病個案在其父母同意下轉介基層醫療院所進行收案照顧；後者計畫重點在於製作兒童健康體位(FIT)教材，結合幼兒園、托育機構與托育人員等，於校園活動中，融入健康意識團體活動，例如提供 3~6 歲 & 7~12 歲健康操、具健

康識能(如食物以及身體活動)之健康地墊等，藉此早期介入與從小養成規律身體活動與健康生活。

避免肥胖汙名化與他人霸凌，也是許多講者提醒的觀點，目前我國教育部依據教育基本法第八條第五項規定另訂校園霸凌防制準則，勞動部訂有職場員工防止霸凌申訴管道與處理機制，具有一定保護，針對場域外之發生，仍需要共同營造友善與尊重社會氛圍。

有鑑於本次大會提出國際趨勢，茲就提出以下政策建議：

- 一、定期監測國民營養與飲食行數據，作為政策評價與訂定參考。
- 二、於不同場域推動健康體位計畫，提供身體活動與營養介入方案(虛實活動)，以提供全面性的健康支持性環境與健康生活行為。
- 三、發展多元數位教材，提供民眾與跨部會推廣，提升健康識能與管道。
- 四、關注國際政策與趨勢發展，依照計畫屬性邀請國際專業人士提供相關計畫建議與交流。

隨著我國經濟成長率(GDP)成長，各項健康福祉措施之佈建日趨完整，雖然內政部公布「111年簡易生命表」顯示，國人平均壽命（又稱零歲平均餘命）為 79.84 歲，其中男性 76.63 歲、女性 83.28 歲，平均壽命因來自 COVID-19 疫情及人口老化影響，較 110 年減少 1.02 歲，但仍高於全球平均水準。故將持續性透過國際交流與政策，朝健康台灣 3 大目標，8 年內期望達成民眾平均餘命從 79 歲提升到 82 歲，不健康年數占平均餘命比例從 10% 下降到 8%，兒童死亡率從千分之 5.3 降低到千分之 4 以下之願景，持續推進我國各項非傳染性疾病防治工作。

附件 1：會議議程

一、 6 月 25 日 SCOPE school 議程

Agenda

Time	Title	Speakers
08:30 - 09:00	Registration and Welcome Tea/Coffee	
09:00 - 09:20	Opening Remarks: Addressing Obesity – A Multifaceted Approach	Ricardo Cohen , Hospital Alemão Oswaldo Cruz, Brazil
09:20 - 09:45	Understanding Obesity: Global Data and WHO Acceleration Plan	Johanna Ralston , CEO, World Obesity Federation
09:45 - 10:30	Obesity as a Chronic Disease: Pathophysiology, Metabolic Implications, and Body Composition Assessment	Ada Cuevas , Advanced Center for Metabolic Medicine and Nutrition, Chile
10:30 - 11:15	Childhood Obesity: Risk, Prevention, and Intervention Strategies	Louise Baur , President of World Obesity Federation & Paediatrician, Australia
11:15 - 11:30	<i>Networking Break with Tea/Coffee</i>	
11:30 - 12:15	Tackling Obesity Stigma: Impact on Healthcare Delivery and Mental Health	Cintia Cercato , Endocrinologist, Brazil

12:15 - 13:30	Panel Discussion: Integrating Obesity Services into Primary Care	<ul style="list-style-type: none"> ■ Francesca Celletti, Senior Advisor, World Health Organization ■ Luiz F. Viola, Universidade Federal de São Paulo, Brazil ■ Amber Huett-Garcia, World Obesity Lived Experience Board Member
13:30 - 14:30	<i>Lunch break</i>	
14:30 - 15:00	Lessons from the HIV epidemic for the Obesity Pandemic	Dr Nomathemba Chandiwana , South Africa
15:00 - 15:30	Undertaking a Needs Assessment for Obesity in the Health System	Alessandra Durstine , USA
15:30 - 16:15	Breakout Session: Assessing Barriers to Obesity Care and Early Detection Services in the Community	
16:15 - 17:00	Panel: The evolving role of people with lived experience	<ul style="list-style-type: none"> ■ Gustavo San Martin, Director, AME - Amigos Múltiplos pela Esclerose, Brazil ■ Ericka Cuzziol Lima Luiz, Activist and Nutritionist, Brazil ■ Luis Fernando Correia, Globonews, Brazil
17:00 - 17:15	The Way Forward - the Role of People with Lived Experience in Health Policy	Magdalena Wetzel , Head of Policy, World Obesity Federation
17:15 - 17:30	Closing	

Wednesday, June 26, 2024

• Room 1 - Alfredo Halpern

08:00-10:00 OPENING COURSES: EVIDENCE BASED OBESITY TREATMENT

Coordinator: [Rodrigo Nunes Lamounier](#) (MG)

15 | **Best diets for weight loss based on evidence?**

Speaker: [Ana Maria Pita Lottenberg](#) (SP)

15 | **Impact of exercise training on weight loss: what is the evidence**

Speaker: [Clayton Dornelles Macedo](#) (RS)

15 | **Psychological treatment of obesity: what is the evidence**

Speaker: [Andrea Levy](#) (SP)

15 | **Pharmacological treatment: efficacy and safety of weight management medication**

Speaker: [Fábio Rogerio Trujilho](#) (BA)

15 | **Impact of pharmacological treatment beyond weight loss**

Speaker: [Thaísa Dourado Guedes Trujilho](#) (BA)

15 | **Bariatric surgery: impact on weight loss, weight loss maintenance and long-term health outcomes**

Speaker: [Cid Araujo Pitombo](#) (RJ)

30 | **Discussion**

10:00-10:30 BREAK

10:30-12:30 OPENING COURSES: MANAGING ASSOCIATED DISEASES/COMORBIDITIES IN OBESITY

Coordinator: [Cynthia Melissa Valerio](#) (RJ)

Coordinator: [Mário Kehdi Carra](#) (SP)

25 | **Treating obesity in type 2 diabetes individuals**

Speaker: [Fábio Ferreira de Moura](#) (PE)

25 | **Treating obesity in patients with CVD/CKD**

Speaker: [Alexander Koglin Benchimol](#) (RJ)

25 | **Treating obesity in MASLD**

Speaker: [Amelio Fernando Godoy Matos](#) (RJ)

25 | **Treating in obesity in individuals with depression and other psychiatric conditions**

Speaker: [Adriano Segal](#) (SP)

20 | **Discussion**

12:30-13:30	BREAK
13:30-14:15	CONFERENCE: HOW HORMONES IMPACT OBESITY AND HOW OBESITY IMPACT HORMONES? Chair: Larissa Garcia Gomes (SP) Speaker: Cesar Luiz Boguszewski (PR)
14:15-15:45	SESSION: CIRCADIAN RYTHMS IN OBESITY Coordinator: Jose Donato Junior (SP) 8 Abstracts - 129049: FEMALE MICE LACKING LIVER ADRENOCEPTOR ALPHA-1B ARE MORE SUSCEPTIBLE TO OBESITY - Presenter: Anisia Silva 20 Experimental models of Time restricted feeding Speaker: Gabriel Anhe (SP) 20 Impact of Sleep Duration and Meal Timing on Weight Loss and Obesity Speaker: Silvana Pannain (United States) 20 Meal timing and its relationship with obesity and food intake Speaker: Cibele Aparecida Crispim (SP) 22 Discussion
15:45-16:45	BREAK

• Room 2 - John Waterlow

08:00-10:00	OPENING COURSES: CHILDHOOD AND ADOLESCENT OBESITY – DIAGNOSIS AND CLINICAL MANAGEMENT? Coordinator: Livia Lugarinho Correa de Mello (RJ) Coordinator: Roberta Marcondes Machado (SP) 20 Diagnosis of obesity in children and adolescents Speaker: Durval Damiani (SP) 15 How to identify and diagnose genetic forms of obesity in children? Speaker: Carolina Passone (SP) 20 Intensive behavior treatment strategies Speaker: Ana R. Damaso (SP) 15 Treating the Family Speaker: Louise Cominato (SP) 20 Pharmacological treatment – when to start and how to discuss long term use? Speaker: Livia Lugarinho Correa de Mello (RJ) 30 Discussion
10:00-10:15	BREAK
10:15-12:15	OPENING COURSES: MANAGING DIFFICULT CASES IN OBESITY Coordinator: Jacqueline Rizzolli (RS) Coordinator: Luiz Fellipe Carvalho Viola (MT)

25 | **Intolerant and irresponsive to GLP-1 agonist**

Speaker: [Cintia Cercato](#) (SP)

25 | **Extreme internalized stigma**

Speaker: [Stuart Flint](#) (United Kingdom)

25 | **Multiple comorbidities**

Speaker: [Silvana Pannain](#) (United States)

25 | **BMI over 50kg/m²**

Speaker: [Marcio C. Mancini](#) (SP)

20 | **Discussion**

12:30-13:30 SATELLITE SYMPOSIUM - NOVO NORDISK : (RESTRICTED TO PRESCRIBERS)

Semaglutide 2.4mg – The Revolution in Obesity Treatment

Restricted to Prescribers

Speaker: [Bruno Halpern](#) (SP)

Speaker: [Cristiano Roberto Grimaldi Barcellos](#) (SP)

***Slides in Portuguese**

13:30-14:15 KEYNOTE LECTURE: PHYSICAL ACTIVITY AND LONG-TERM OUTCOMES: VOLUME, FREQUENCY AND INTENSITY

Chair: [Clayton Dornelles Macedo](#) (RS)

Speaker: [Leandro Fornias Machado de Rezende](#) (SP)

14:15-15:45 SESSION: BEHAVIOURAL TREATMENT OF OBESITY

Coordinator: [Ana R. Damaso](#) (SP)

08 | **Abstract - 129916: THE SHORT-TERM EFFECT OF NUTRITIONAL EDUCATION GROUPS ADDED TO USUAL CARE IN OUTPATIENTS WITH TYPE 2 DIABETES MELLITUS: A RANDOMIZED CLINICAL TRIAL - Presenter: Aline Busanello**

20 | **Evidence of Cognitive Behaviour treatment in the management of obesity and binge eating disorder**

Speaker: [Verônica Vazquez Velazquez](#) (Mexico)

20 | **Mindful eating and intuitive eating: defining and understanding goals**

Speaker: [Renata Bressan Pepe](#) (SP)

20 | **Physical activity: from counselling to prescription**

Speaker: [Clayton Dornelles Macedo](#) (RS)

22 | **Discussion**

15:45-16:45 LANCET SERIES: THE LANCET REGIONAL HEALTH AMERICAS: A CALL FOR WEIGHT STIGMA PAPERS AND PUBLISHING EXCELLENCE

Speaker: [Taissa Vila](#) (RJ)

Speaker: [Stuart Flint](#) (United Kingdom)

Speaker: [Verônica Vazquez Velazquez](#) (Mexico)

• Room 3 - Bernard Jeanrenaud

08:00-10:00 OPENING COURSES: THE ROLE OF DIFFERENT PLAYERS IN THE GENESIS AND MAINTENANCE OF OBESITY

Coordinator: [Maria Teresa Zanella](#) (SP)

Coordinator: [Fernando Gerchman](#) (RS)

15 | Genetics of obesity

Speaker: [Maria Edna de Melo](#) (SP)

15 | The role of brain

Speaker: [Jose Donato Junior](#) (SP)

15 | The role of adipose tissue

Speaker: [Luiz Osorio Silveira Leiria](#) (SP)

15 | The role of gut hormones

Speaker: [Sylka Rodovalho](#) (SP)

15 | The role of the gut microbiota

Speaker: [Marco Aurelio Ramirez Vinolo](#) (SP)

45 | Panel Discussion

10:00-10:30 BREAK

10:30-12:30 OPENING COURSES: MECHANISMS UNDERLYING DIFFERENT TREATMENTS

Coordinator: [Luiz Osorio Silveira Leiria](#) (SP)

25 | Mechanisms of bariatric surgery

Speaker: [Everton Cazzo](#) (SP)

25 | Mechanisms of GLP-1 based therapies

Speaker: [Lício Velloso](#) (SP)

25 | Mechanisms of CNS acting drugs

Speaker: [Simone van de Sande Lee](#) (SC)

25 | Mechanisms of intensive behaviour treatment

Speaker: [Guilherme Artioli](#) (SP)

20 | Discussion

12:30-13:30 BREAK

• Room 4 - Peter Kopelman

08:30-10:00 SESSION: NEW ENDOCRINE SOCIETY GUIDELINES ON VITAMIN D: CONSIDERATIONS AND CONTROVERSIES IN PEOPLE WITH OBESITY AND PREDIABETES

Moderator: [Cesar Luiz Boguszewski](#) (PR)

Speaker: [Marise Lazaretti Castro](#) (SP)

Speaker: [Fernando Valente](#) (SP)

10:00-11:30 SYMPOSIUM: SOPHIA ECO2024 - STRATIFICATION OF OBESITY PHENOTYPES TO OPTIMIZE FUTURE THERAPY (SOPHIA)

Coordinator: [Carel Le Roux](#) (Ireland)

30 | **The objectives of SOPHIA, predictors of risk (Obesity clusters) and predictors of response (Bariatric surgery trajectory tool)**

Speaker: [Carel Le Roux](#) (Ireland)

15 | **Q&A**

15 | **Obesity in patients with type1 diabetes**

Speaker: [Ebaa Al Ozairi](#) (Kuwait)

15 | **The patient voice in SOPHIA**

Speaker: [Werd Al-najim](#) (Ireland)

15 | **Q&A**

11:30-12:30 SESSION: DESROTULANDO APP – PRACTICAL TEACHING OF FOOD LABELLING

Speaker: [Giovanna Pisanelli de Oliveira](#) (SP)

12:30-13:30 BREAK

• Room 3+4 - Bernard Jeanrenaud

13:30-14:15 KEYNOTE LECTURE: TREATING OBESITY TO REDUCE OUTCOMES

Chairman: [Bruno Halpern](#) (SP)

Duração: 45 min.

Keynote Speaker: [Donna Ryan](#) (United States)

14:15-15:45 SESSION: THE GOLDEN AGE IN OBESITY PHARMACOTHERAPY

Coordinator: [Louise Baur](#) (Australia)

20 | **Bridging the gap between clinical and surgical treatments: what have we reached so far?**

Speaker: [Walmir Coutinho](#) (RJ)

20 | **Future poli-agonists for the treatment of obesity and metabolic diseases**

Speaker: [Carel Le Roux](#) (Ireland)

20 | **“Novel targets – appetite and beyond – Are we getting there?”**

Speaker: [Donna Ryan](#) (United States)

30 | **Discussion**

16:45-17:30 CHAIRS WELCOME & OPENING CEREMONY

17:30-18:45 OPENING CONFERENCE

Coordinator: [Walmir Coutinho](#) (RJ)

45 | **Ultra-processed foods and the pandemic of obesity: the thesis and the evidence**

Speaker: [Carlos Augusto Monteiro](#) (SP)

30 | **Does UPF drives overeating? What are the proposed mechanisms?**

Speaker: [Kevin D. Hall](#) (United States)

18:45-19:30 OPENING COCKTAIL

• Room 5 - Phillip James

08:00-10:00 **OPENING COURSES: INFORMAS: EVIDENCE GENERATION TO POLICY ACTION: LESSONS FROM FOOD POLICY ADVOCACY AROUND THE WORLD**

10 | **1. Welcome and program overview**

2. Global perspectives and advocacy strategies from Latin America

35 | **Global frameworks and multistakeholder responses to the obesity epidemic**

Global Obesity Coalition

Speaker: [Johanna Ralston](#) (United Kingdom)

GHAI Advocacy Toolkit

Speaker: Rachel Morrison (Jamaica)

INFORMAS from research to policy tools

Speaker: Boyd Swinburn (New Zealand)

45 | **Latin American experiences**

Speaker: Alejandra Aguilar (Spain)

Speaker: [Simon Barquera](#) (Mexico)

Speaker: [Camila Corvalan](#) (Chile)

Speaker: [Pierre Cooke](#) (Barbados)

10:00-10:30 **BREAK**

10:30-12:30 **OPENING COURSES: INFORMAS: EVIDENCE GENERATION TO POLICY ACTION: LESSONS FROM FOOD POLICY ADVOCACY AROUND THE WORLD**

3. Country experiences and future directions

60 | **Other country experiences**

Duração: 15 min.

Speaker: Boyd Swinburn (New Zealand)

Duração: 15 min.

Speaker: [Beverly Samson](#) (Philippines)

Duração: 15 min.

Speaker: [Mikhail Laurence Millan](#) (Philippines)

Duração: 15 min.

Speaker: Nzama Mbalati (South Africa)

12:30-13:30 **BREAK**

13:30-14:45 **PANEL DISCUSSION: WHO ACCELERATION PLAN: MOBILISING SUPPORT FOR NATIONAL ACTION**

Coordinator: [Johanna Ralston](#) (United Kingdom)

Panelist: [Nomathemba Chandiwana](#) (South Africa)

Panelist: [Mikhail Laurence Millan](#) (Philippines)

Panelist: [Pierre Cooke](#) (Barbados)

Speaker: [Jorgen Johnsen](#) (Switzerland)

14:45-15:45 **SESSION: INDIGENOUS HEALTH AND THE INTER-RELATIONS WITH CLIMATE AND NATURE**

Coordinator: [Anna Giulia Medri](#) (United States)

10 | **Introductory Remarks**

Speaker: [Marcos Terena](#) (DF)

Duração: 10 min.

Speaker: [Debora Marques Polidoro Apolinário](#) (PR)

Duração: 10 min.

Speaker: [Anderson da Costa Armstrong](#) (PE)

Duração: 10 min.

Speaker: [Vanessa Fernandes Ribeiro](#) (RR)

20 | **Discussion**

15:45-16:45 SESSION: BRAZIL MINISTRY OF HEALTH

Coordinator: [Renata Bertazzi Levy](#) (SP)

15 | **Past and present of obesity surveillance and its determinants in Brazil**

Speaker: [Rafael Claro](#) (MG)

15 | **Projections of overweight and obesity prevalence in the country: what to expect for 2030**

Speaker: [Leandro Fornias Machado de Rezende](#) (SP)

15 | **Public policies for obesity prevention and control in Brazil**

Speaker: Kelly Alves (Brazil)

15 | **Discussion**

• Room 6 - Rafael Gomez-Cuevas

10:30-12:30 PRACTICAL DISCUSSION: HOW TO OPEN AN OBESITY CLINIC

Speaker: [Fábio Rogerio Trujilho](#) (BA)

Speaker: [Thaís Dourado Guedes Trujilho](#) (BA)

Speaker: [Ada Cuevas](#) (Chile)

12:30-13:15 SATELLITE SYMPOSIUM - ABAD

Speakers: VANESSA PIROLO E MARIA EDNA DE MELO

• Poster Area - Per Bjorntorp

15:45-16:45 REFRESHMENT BREAK AND POSTER SESSION

E-poster 1

Judge: [Fernando Valente](#) (SP)

E-poster 2

Judge: [Cristiano Roberto Grimaldi Barcellos](#) (SP)

E-poster 3

Judge: [Jose Donato Junior](#) (SP)

E-poster 4

Judge: [Luiz Osorio Silveira Leiria](#) (SP)

Thursday, June 27, 2024

• Room 1 - Alfredo Halpern

08:00-09:30 **SESSION: THE LANCET COMMISSION ON THE DEFINITION OF CLINICAL OBESITY: BACKGROUND, OBJECTIVES AND PROGRESS REPORT**

Coordinator: [Eric Ravussin](#) (United States)

15 | **Background to the Lancet Commission**

Speaker: Ricardo Vitor Cohen (SP)

15 | **The pathophysiology of obesity as a discrete disease**

Speaker: [Carel Le Roux](#) (Ireland)

15 | **BMI as a clinical and epidemiological instrument**

Speaker: Ricardo Vitor Cohen (SP)

15 | **BMI and obesity considerations in paediatric populations**

Speaker: [Louise Baur](#) (Australia)

30 | **Discussion**

09:30-10:30 **KEYNOTE LECTURE: ENERGY EXPENDITURE DURING THE LIFE COURSE AND IN THE LAST DECADES**

Chair: [Amelio Fernando Godoy Matos](#) (RJ)

Duração: 45 min.

Speaker: [Eric Ravussin](#) (United States)

15 | **Discussion**

10:30-11:00 **BREAK**

11:00-12:30 **SESSION: DIETS IN OBESITY**

Coordinator: [Ana Maria Pita Lottenberg](#) (SP)

08 | **Abstracts - 129030: ENERGY INTAKE ESTIMATION FROM EATING SENSOR DATA WITH THE AUTOMATIC INGESTION MONITOR V2 (AIM-2) - Presenter: Edward Sazonov**

20 | **Diet wars: unveiling the carbohydrate-insulin model and energy balance model**

Speaker: [Kevin D. Hall](#) (United States)

20 | **Ketogenic diets: friend or foe?**

Speaker: [Cynthia Melissa Valerio](#) (RJ)

20 | **Intermittent fasting and Time Restrictive Feeding: is it superior to caloric restriction?**

Speaker: [Eric Ravussin](#) (United States)

22 | **Discussion**

12:30-14:00 **BREAK**

14:00-15:30	<p>SESSION: HETEROGENEITY IN RESPONSES TO OBESITY TREATMENT Coordinator: Bruno Geloneze (SP) Coordinator: Silvana Pannain (United States)</p> <p>8 Abstracts - 129737: INCREASING GLP1-RA EFFICACY BY TARGETING NON-CODING RNA: A COMBINATORY APPROACH TO DEVELOP A MORE EFFECTIVE THERAPEUTIC PARADIGM - Presenter: Riccardo Panella 20 Predictors of weight loss in incretin-based therapies Speaker: Deborah B. Horn (United States)</p> <p>20 What have we learned about the role of genetics in predicting response to obesity interventions? Speaker: Fernando Gerchman (RS)</p> <p>20 Energy compensation, metabolic adaptation and physical activity Speaker: Kevin D. Hall (United States)</p> <p>22 Discussion</p>
16:30-18:00	<p>CONTROVERSIES: IS THERE SUCH THING AS METABOLICALLY HEALTHY OBESITY? Coordinator: Renan Montenegro Jr. (CE)</p> <p>Abstracts - 129733: THE METABOLICALLY HEALTHY OBESITY PHENOTYPE HAS MORE ACTIVATION OF BROWN ADIPOSE TISSUE THAN THE METABOLICALLY UNHEALTHY OBESITY PHENOTYPE - Presenter: Isabela Solar Abstracts - 128419: PREVALENCE AND TRENDS OF THE METABOLICALLY HEALTHY OBESE PHENOTYPE IN AN ARAB POPULATION - Presenter: Nasser Al-Daghri</p> <p>Yes Debater: Bruno Geloneze (SP)</p> <p>No Debater: José Silva - Nunes (Portugal)</p>

• Room 2 - John Waterlow

08:00-09:30	<p>SESSION: PATIENT REPORTED OUTCOMES MEASURES – IMPORTANCE IN CLINICAL PRACTICE AND RESEARCH Coordinator: Andrea Levy (SP)</p> <p>20 How to measure quality of life improvement in clinical practice? Speaker: Verónica Vazquez Velazquez (Mexico)</p> <p>20 ICHOM Set of Patient-Centred Outcome Measures for Adults living with Obesity Speaker: Arya Sharma (Canada)</p> <p>20 Treating obesity beyond weight loss: what matters more for patients? Speaker: Amber Huett-garcia (United States)</p> <p>30 Discussion</p>
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09:30-10:00	BREAK
10:00-11:00	<p>MINI CONFERENCE Coordinator: Ana Maria Pita Lottenberg (SP)</p> <p>30 The role of Intensive Behaviour treatment with new generation anti-obesity medications Speaker: Nicholas Finer (United Kingdom)</p> <p>30 Tryglicerides and CVD residual risk reduction: is obesity the missing link? Speaker: Raul Santos (SP)</p>
11:00-12:30	<p>SYMPOSIUM: ADDRESSING OBESITY DURING THE LIFE COURSE - PART 1 Coordinator: Livia Lugarinho Correa de Mello (RJ)</p> <p>20 Treating obesity before and during pregnancy – is it possible to reduce obesity risk in the offspring? Speaker: Bianca de Almeida Pititto (SP)</p> <p>20 Interventions in early childhood to prevent obesity Speaker: Louise Baur (Australia)</p> <p>20 Managing obesity in adolescents: balancing metabolic benefits and potential psychological harms Speaker: Louise Baur (Australia)</p> <p>30 Discussion</p>
12:30-13:30	<p>SATELLITE SYMPOSIUM - LILLY : RESTRICTED TO PRESCRIBERS</p> <p>1 - Is BMI sufficient to diagnose and classify obesity? What options do we have? Speaker: CINTIA CERCATO</p> <p>2 - Ectopic and visceral fat: what is the real impact? Speaker: CYNTHIA VALÉRIO</p>
14:00-15:30	<p>SYMPOSIUM: ADDRESSING OBESITY DURING THE LIFE COURSE - PART 2 Coordinator: Cintia Cercato (SP)</p> <p>08 Abstracts - 129738: BAT DYSFUNCTIONALITY AND DYSMETABOLISM IN DIFFERENT DEGREES OF ADIPOSOPATHY - Presenter: Maria Eduarda Martelli</p> <p>20 Addressing and managing metabolic associated hypogonadism in men Speaker: Alexandre Hohl (SC)</p> <p>20 Menopause: A Fat-driven Cardiometabolic Transition Speaker: Ada Cuevas (Chile)</p> <p>20 Treating obesity in the elderly: insights from LOOK AHEAD Speaker: Donna Ryan (United States)</p> <p>22 Discussion</p>
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION

16:30-18:00 WILLENDORF AND WERTHEIMER AWARD LECTURES

Moderator: [Donna Ryan](#) (United States)

Teaching Ravens to Fly Underwater

Speaker: [Nicholas Finer](#) (United Kingdom)

The Protein Leverage Hypothesis

Speaker: [David Raubenheimer](#) (Australia)

• Room 3 - Bernard Jeanrenaud

08:00-09:30 SESSION: WEIGHT CYCLING

Coordinator: [Rodrigo Nunes Lamounier](#) (MG)

8 | **Abstracts - 129084: SERVICE EVALUATION OF A TIER 3, INTEGRATED WEIGHT MANAGEMENT PATHWAY USING SAXENDA (LIRAGLUTIDE) AND ITS IMPACT ON REDUCING CARDIOVASCULAR RISK FACTORS FOR PEOPLE LIVING WITH OBESITY - Presenter: Sophie Edwards**

20 | **Animal models of weight cycling**

Speaker: Marciane Milanski (SP)

20 | **Epidemiology of weight cycling and comorbidities: correlation or causation?**

Speaker: [Andrei Carvalho Sposito](#) (SP)

20 | **Weight cycling with newer AOMs: a new concern?**

Speaker: [Fábio Ferreira de Moura](#) (PE)

22 | **Discussion**

09:30-10:00 BREAK

10:00-11:00 MINI CONFERENCE

Coordinator: [Elaine Maria Frade Costa](#) (SP)

30 | **Microbiota and obesity: what do we know and what we don't know**

Speaker: [Mario José Abdalla Saad](#) (SP)

30 | **Air pollution as a risk factor for metabolic diseases**

Speaker: [Paulo Hilario Nascimento Saldiva](#) (SP)

11:00-12:30 SYMPOSIUM: SBEM-ABESO

Coordinator: [Paulo Augusto Carvalho Miranda](#) (MG)

Coordinator: Larissa Garcia Gomes (SP)

20 | **Precocious puberty/ precocious adrenarche and the risk of obesity**

Speaker: [Cristiane Kochi](#) (SP)

20 | **The role of leptin in sexual maturation and fertility**

Speaker: [Ana Claudia Latronico Xavier](#) (SP)

20 | **Endocrine Disruptors and obesity: where the evidence stands now?**

Speaker: [Elaine Maria Frade Costa](#) (SP)

30 | **Discussion**

12:30-13:30	SATELLITE SYMPOSIUM - MERCK: (RESTRICTED TO PRESCRIBERS) One Size Does Not Fit All - The New Era of Obesity Management: Beyond Weight Loss Palestrante: SEAN WHARTON Palestrante: DANIEL MARTINEZ Palestrante: ALEXANDER KOGLIN BENCHIMOL
14:00-15:30	SESSION: BROWN ADIPOSE TISSUE Coordinator: Jose Donato Junior (SP) 08 Abstracts - 128942: BREASTFEEDING, BROWN ADIPOSE TISSUE AND IL10: IMPACT ON THE THERMOGENESIS OF NEONATES - Presenter: Bruna Bombassaro 20 microRNAs and the regulation of brown adipose tissue Speaker: Marcelo Alves da Silva Mori (SP) 20 New mechanistic insights on the control of brown fat function and identity Speaker: Luiz Osorio Silveira Leiria (SP) 20 BAT and circadian rhythms Speaker: Fernanda Gaspar Do Amaral (SP) 22 Discussion
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-17:30	MEET THE EXPERT: MULTIDISCIPLINARY APPROACH TO CHILDHOOD OBESITY Coordinator and speaker: Louise Cominato (SP) Speaker: Renata Bressan Pepe (SP) Speaker: Andrea Levy (SP)
17:30-18:30	MEET THE EXPERT: OBESITY TREATMENT IN POPULATION WITH LOWER INCOME Coordinator: Fábio Ferreira de Moura (PE) Speaker: Maria Edna de Melo (SP)

• Room 4 - Peter Kopelman

08:00-09:30	SESSION: OBESITY IMPACT ON OTHER ORGANS Coordinator: Luciano Ferreira Drager (SP) 08 Abstracts - 128804: MOLECULAR CHARACTERISATION OF OBESITY BY MEASURING METABOLOMIC CHANGES AFTER WEIGHT LOSS - Presenter: Madeleine L Smith 20 Obesity nephropathy: what do we know about it? Speaker: Niels Olsen Camara (SP) 20 Obesity, cognitive decline and dementia: mechanisms of neurodegeneration and new insights Speaker: Luis Eduardo Santos (RJ) 20 The impact of obesity on lung diseases: much more than Sleep Apnea Speaker: Geraldo Lorenzi Filho (SP) 22 Discussion
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09:30-10:30	<p>SESSION: OBESITY, DIETS AND PLANETARY HEALTH Coordinator: Barry Popkin (United States)</p> <p>20 Population strategies, diet, physical activity, and the environment for the prevention of obesity and NCD's Speaker: Carolina Batis (Mexico)</p> <p>20 Changes to food systems to reduce obesity and minimize the impacts on the natural Earth system Speaker: Juan Rivera (Outro País)</p> <p>20 Discussion</p>
10:30-11:00	BREAK
11:00-12:30	<p>SYMPOSIUM: HOT TOPIC IN BARIATRIC SURGERY Coordinator: Cid Araujo Pitombo (RJ)</p> <p>08 Abstracts - 128849: LONG-TERM EFFECT OF METABOLIC-BARIATRIC SURGERY ON MORTALITY AND MACRO AND MICROVASCULAR OUTCOMES IN ADULTS WITH OBESITY, METABOLIC DYSFUNCTION-ASSOCIATED STEATOTIC LIVER DISEASE, AND DIABETES - Presenter: Arunkumar Krishnan 20 Endoscopic procedures for primary management of obesity and after bariatric surgery – a review of the evidence Speaker: Vitor Brunaldi (SP)</p> <p>20 A critical appraisal of bariatric surgery in the elderly Speaker: Denis Pajecki (SP)</p> <p>20 BS, alcohol and opioid abuse Speaker: Adriano Segal (SP)</p> <p>22 Discussion</p>
12:30-14:00	BREAK
14:00-15:30	<p>SESSION: ULTRA-PROCESSED PRODUCTS CONSUMPTION AND OBESITY IN A GLOBALISED FOOD SYSTEM Coordinator: Carlos Augusto Monteiro (SP)</p> <p>Duração: 20 min. Speaker: Maria Laura da Costa Louzada (SP)</p> <p>20 Accelerating global public health responses to rethink governance in food systems for UPF-control Speaker: Simon Barquera (Mexico)</p> <p>Duração: 20 min. Speaker: Camila Corvalan (Chile)</p> <p>30 Discussion</p>
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-17:30	<p>MEET THE EXPERT: SWITCHING DRUGS IN OBESITY TREATMENT: IN WHOM, WHEN AND HOW? Speaker: Deborah B. Horn (United States)</p>

17:30-18:30	MEET THE EXPERT: MANAGING LONG TERM COMPLICATIONS OF BARIATRIC SURGERY Coordinator and speaker: Jacqueline Rizzolli (RS) Speaker: Adriano Segal (SP) Speaker: Francisco José A. de Paula (SP) Speaker: Cid Araujo Pitombo (RJ)
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• Room 5 - Phillip James

08:00-09:30	SESSION: THE HEALTH SYSTEM RESPONSE TO THE OBESITY EPIDEMIC Coordinator: Guilherme Nafalski (SP) 12 Intersectoral and multistakeholder approach, with the participation of people with lived experience, as a way out of the obesity pandemic Speaker: Mark Barone (SP) 12 HIV as a model of care for obesity in the health systems Speaker: Nomathemba Chandiwana (South Africa) 12 The health system response to the obesity epidemic Speaker: Jorgen Johnsen (Switzerland) 12 Health service delivery framework for obesity care: an integrated, interprofessional, and network approach Speaker: Patricia Constante Jaime (SP) 12 Integrating lived experience in rethinking obesity treatment in Latin America Speaker: Maria Eugenia Anselmi (Argentina) 30 Discussion
09:30-10:30	MAIN CONFERENCE: NEUROBIOLOGY OF EATING BEHAVIOR Coordinator: Fernando Gerchman (RS) 45 Molecular and functional genetics of food intake regulation in times of an obesity pandemic Speaker: Marcelo Rubinstein (Argentina) 15 Questions
10:30-11:00	BREAK
11:00-12:30	SESSION: HEALTH TAXES, LABELLING AND ADVANCING A REGULATORY AGENDA FOR OBESITY Coordinator: Boyd Swinburn (New Zealand) 20 Health taxes and policies Speaker: Barry Popkin (United States) 20 Marketing and labelling Speaker: Camila Corvalan (Chile) 20 School feeding, environments and PNAE

Speaker: [Maria Laura da Costa Louzada](#) (SP)

30 | Discussion

12:30-14:00 BREAK

14:00-15:30 SESSION: OBESITY AND TYPE 1 DIABETES

Coordinator: [Roberto Zagury](#) (RJ)

Coordinator: [Rodrigo Nunes Lamounier](#) (MG)

08 | Abstracts - 128844: DOES OBESITY CONFER A DIFFERING RISK ON PREGNANCY OUTCOMES IN WOMEN WITH TYPE 1 DIABETES VERSUS TYPE 2 DIABETES? NOVEL DATA FROM AN AUSTRALIAN RETROSPECTIVE STUDY (2010-2019) COMPARING PREGNANCY OUTCOMES STRATIFIED BY BMI CATEGORY IN WOMEN WITH PREGE - Presenter: Xi May Zhen

20 | Size of the problem and using nutrition therapy and exercise therapy for people living with obesity and type 1 diabetes

Speaker: [Carel Le Roux](#) (Ireland)

20 | Pharmacotherapy for people living with obesity and type 1 diabetes

Speaker: [Ebaa Al Ozairi](#) (Kuwait)

20 | Surgical therapy for people living with obesity and type 1 diabetes

Speaker: Ricardo Vitor Cohen (SP)

22 | Discussion

15:30-16:30 REFRESHMENT BREAK AND POSTER SESSION

16:30-18:30 SESSION: ADVANCING COMMUNITY-BASED CHILDHOOD OBESITY PREVENTION IN CITIES

Moderator: [Simon Barquera](#) (Mexico)

Opening: Prevention of childhood obesity through community interventions and the role of cities (WOF)

Keynote: Shaping healthy urban neighbourhoods for children

Speaker: [Gil Penalosa](#) (Canada)

Breakout session: Identifying barriers and solutions to co-creating community-based interventions

Panel: What does it take to shape healthy city environments for children?

Panelist: [Jo Jewell](#) (Denmark)

Panelist: [Henrique Goes](#) (Brazil)

Panelist: [Marina Arilha Silva](#) (Brazil)

Panelist: [Stephanie Amaral](#) (DF)

Panelist: [Carolina Morais Araujo](#) (RJ)

Closing

Speaker: [Gil Penalosa](#) (Canada)

• Room 6 - Rafael Gomez-Cuevas

08:00-09:30 FLASO MEETING: OBESIDAD: FACTORES ETIOLÓGICOS Y COMPLICACIONES (EN ESPAÑOL)

*Activity supported by Novo Nordisk

	<p>Coordinator: Rafael Figueiredo (Paraguay)</p> <p>20 Alteraciones del microbioma y obesidad: de la teoría a la relevancia práctica Speaker: Claudia Marianela Bordón Riveros (Paraguay)</p> <p>20 La Fisiología del Tejido Adiposo y supervivencia según el entorno Speaker: Julio C Montero (Argentina)</p> <p>20 Obesidad y entorno Speaker: Raquel Franco Nuñez (Otro País)</p> <p>20 El aporte del entorno a la fisiología de la obesidad: una conversación global Speaker: Adela González Barnech (Uruguay)</p> <p>10 Discusion</p>
09:30-10:30	<p>FLASO MEETING: OBESIDAD: ENFOQUE DEL TRATAMIENTO (IN SPANISH) *Activity supported by Novo Nordisk Coordinator: Rafael Figueiredo (Paraguay)</p> <p>20 Obesidad: ¿estamos en el camino correcto? 20 Insuficiencia cardiaca y manejo cardiometabólico. Un enfoque desde la Endocrinología Speaker: Elvio Bueno (Paraguay)</p> <p>20 El riesgo del entorno al metabólico Speaker: Fábio Rogerio Trujillo (BA)</p>
10:30-11:00	BREAK
11:00-12:30	<p>FLASO MEETING: TRATAMIENTO DE LA OBESIDAD (EN ESPAÑOL) *Activity supported by Novo Nordisk Coordination: Rafael Figueiredo (Paraguay)</p> <p>20 Enfermedad del entorno y Cirugía Bariátrica Speaker: Mariana Elhordoy Carvallo (Uruguay)</p> <p>20 aGLP-1, punto de encuentro del tratamiento de la diabetes Speaker: Paul Camperos (Venezuela, RB)</p> <p>20 Terapia con fármacos combinados en el manejo de la obesidad Speaker: Hernan Yupanqui Lozno (Colombia)</p> <p>20 Presente y futuro del tratamiento farmacológico de la obesidad Speaker: Bruno Halpern (SP)</p>
12:30-14:00	BREAK
14:00-15:30	<p>SESSION: ABSTRACTS – BASIC SCIENCE Judge: Marciane Milanski (SP) Judge: Simone van de Sande Lee (SC)</p>

128786 - THE EFFECTS OF PHOSPHODIESTERASE 4 INHIBITORS ON WEIGHT LOSS AND ENERGY HOMEOSTASIS IN MICE WITH OBESITY INDUCED BY A HIGH-FAT-DIET

129100 - THE ROLE OF MIR-146A E MIR-378 ON C/EBP-B, IN OBESE INSULIN SENSITIVITY IMPROVEMENT, INDUCED BY PHYSICAL EXERCISE

129583 - EXPLORING THE CULINARY SKILLS AND DIET QUALITY ACROSS DIFFERENT CARDIOMETABOLIC PHENOTYPES: INSIGHTS FROM THE MENU PROJECT - CULINARY MEDICINE AND NUTRITION

129307 - THE GLOBAL DIET QUALITY SCORE WAS ASSOCIATED WITH BODY ADIPOSITY INDICATORS IN PARTICIPANTS OF THE NUTRITIONIST'S HEALTH STUDY - NUTRIHS

CagriSema driven weight loss in diet-induced obese rats depends on counter-regulation of weight loss associated reduction in energy expenditure

15:30-16:30 REFRESHMENT BREAK AND POSTER SESSION

16:30-17:30 THE IMPACT OF OBESITY TREATMENT BEYOND WEIGHT LOSS

Speaker: João Eduardo Nunes Salles (SP)

• Poster Area - Per Bjorntorp

15:30-16:30 REFRESHMENT BREAK AND POSTER SESSION

E-poster 1

Judge: [Clayton Dornelles Macedo](#) (RS)

E-poster 2

Judge: [Fábio Ferreira de Moura](#) (PE)

E-poster 3

Judge: [Sylka Rodovalho](#) (SP)

E-poster 4

Judge: [Everton Cazzo](#) (SP)

Friday, June 28, 2024

• Room 1 - Alfredo Halpern

08:00-09:30 SESSION: SOCIAL MEDIA AND OBESITY

Coordinator: [Lucia Helena de Oliveira](#) (SP)

20 | **Social media and eating disorders in young people**

Speaker: [Táki Athanássios Cordáz](#) (SP)

	<p>20 Social media and obesity: how to communicate correctly? Speaker: Bruno Halpern (SP)</p> <p>20 People with obesity perspective: stigma in the digital world Speaker: Ericka Cuzziol Lima Luiz (SP)</p> <p>30 Discussion</p>
09:30-10:30	<p>KEYNOTE LECTURE: HOW ADIPOSE TISSUE DYSFUNCTION CAN EXPLAIN METABOLIC HEALTH AND IR IN OBESITY AND T2D? Chair: Eric Ravussin (United States)</p> <p>Duração: 45 min. Keynote Speaker: Philipp Scherer (United States)</p> <p>15 Discussion</p>
10:30-11:00	BREAK
11:00-12:30	<p>SYMPOSIUM: IFSO-WOF THE COMBINATION OF DRUGS AND SURGERY Coordinator: Ebaa Al Ozairi (Kuwait) Coordinator: Ricardo Vitor Cohen (SP)</p> <p>15 Long term outcomes and safety of metabolic surgery Speaker: Ricardo Vitor Cohen (SP)</p> <p>15 Will efficacious modern pharmacotherapy replace metabolic surgery? Speaker: Ebaa Al Ozairi (Kuwait)</p> <p>15 Improving the results of MS adding medical treatment Speaker: Carel Le Roux (Ireland)</p> <p>15 What can internists expect after sustained weight loss with pharmacotherapy: lessons learned from bariatric surgery Speaker: Carlos Schiavon (SP)</p> <p>15 Uptake of obesity treatments: what do patients think Speaker: Ricardo Vitor Cohen (SP)</p> <p>15 Discussion</p>
12:30-14:00	BREAK
14:00-16:00	<p>SESSION: LIPEDEMA: AN UNKNOWN DISEASE *Partnership with Lipedema Foundation Coordinator: Cristiano Roberto Grimaldi Barcellos (SP)</p> <p>20 Lipedema: understanding the clinical diagnosis and the research landscape Speaker: Jonathan Kartt (United States)</p> <p>15 Physiopathology of lipedema Speaker: Philipp Scherer (United States)</p> <p>15 Effect of weight loss in adipose tissue remodeling and metabolic function in women with Lipedema</p>

Speaker: [Vincenza Cifarelli](#) (United States)

10 | **Diagnosis and clinical treatment options**

Speaker: [André Murad Faria](#) (SP)

8 | **Surgical treatment**

Speaker: [Fabio Masato Kamamoto](#) (SP)

15 | **Patient's voice – living with lipedema**

Speaker: [Tamiris Sá](#) (RJ)

10 | **Discussion**

16:00-16:30 REFRESHMENT BREAK AND POSTER SESSION

16:30-18:00 SESSION: THE CHALLENGE OF WEIGHT MAINTENANCE

Coordinator: [Deborah B. Horn](#) (United States)

Coordinator: [Paul Camperos](#) (Venezuela, RB)

08 | **Abstracts - 129826: EFFECTS OF MIRABEGRON AND QUINOLONE ON THE ACTIVATION OF BROWN ADIPOSE TISSUE IN HUMANS (MIRAQL-BAT STUDY) - Presenter: Marcelo Miranda de Oliveira de Lima**

20 | **Physiology of the weight loss plateau in response to lifestyle intervention, novel pharmacological therapy and bariatric surgery**

Speaker: [Kevin D. Hall](#) (United States)

20 | **How to reduce barriers for the long term pharmacological treatment of obesity?**

Speaker: [Nicholas Finer](#) (United Kingdom)

20 | **What do we know about successful weight maintainers?**

Speaker: [Cintia Cercato](#) (SP)

22 | **Discussion**

• Room 2 - John Waterlow

08:00-09:30 SESSION: OBESITY AND THE HEART

Coordinator: [Viviane Zorzanelli Rocha Giraldez](#) (SP)

Coordinator: [Amelio Fernando Godoy Matos](#) (RJ)

20 | **Obesity and heart failure with preserved ejection fraction: new insights and pathophysiological targets**

Speaker: [Andrei Carvalho Sposito](#) (SP)

20 | **Mechanisms linking atherosclerosis to obesity**

Speaker: [Raul Santos](#) (SP)

20 | **Impact of bariatric surgery in hypertension and heart failure**

Speaker: [Luciano Ferreira Drager](#) (SP)

30 | **Discussion**

09:30-10:00 BREAK

10:00-11:00 MAIN CONFERENCE: HOW STIGMA IMPACTS HEALTH?

	<p>Chair: Luiz Fellipe Carvalho Viola (MT)</p> <p>Duração: 45 min. Keynote Speaker: Stuart Flint (United Kingdom)</p> <p>15 Discussion</p>
11:00-12:30	<p>SESSION: SITTING TIME AND SEDENTARISM Coordinator: Clayton Dornelles Macedo (RS) Coordinator: Roberto Zagury (RJ)</p> <p>20 Physiology of sedentarism Speaker: Hamilton Roschel (SP)</p> <p>20 Is sitting time a risk factor independent of overall physical activity? Speaker: Leandro Fornias Machado de Rezende (SP)</p> <p>20 “Exercise snacks” as an approach to reduce sedentarism and improve outcomes Speaker: Bruno Gualano (SP)</p> <p>30 Discussion</p>
12:30-13:30	<p>SATELLITE SYMPOSIUM - BOEHRINGER-INGELHEIM: (RESTRICTED TO PRESCRIBERS) The Weight of Health: Redefining Success in Obesity Management (RESTRICTED TO PRESCRIBERS) Moderator: Cynthia Melissa Valerio (RJ)</p> <p>5 Welcome 25 More than Numbers: A Deeper Look at Obesity Speaker: Bruno Halpern (SP)</p> <p>15 The Role of the Liver: Orchestrating Metabolism and Beyond Speaker: Claudia Pinto Marques Souza de Oliveira (SP)</p> <p>15 Q&A</p>
14:00-15:30	<p>ROUND TABLE: LIVING WITH OBESITY: HOW STIGMA SHAPED MY LIFE AND MY SEARCH FOR TREATMENTS Moderator: Johanna Ralston (United Kingdom) Debater: Ericka Cuzziol Lima Luiz (SP) Debater: Amber Huett-garcia (United States) Debater: Maria Eugenia Anselmi (Argentina)</p>
16:30-18:00	<p>SESSION: OBESITY IN THE ELDERLY: IMPACT ON MUCLES AND BONES Coordinator: Fábio Rogerio Trujilho (BA) Coordinator: Adela González Barnech (Uruguay)</p> <p>08 Abstracts - 128677: HIGH-INTENSITY INTERVAL TRAINING IMPROVES CARDIOMYOCYTE CONTRACTILE FUNCTION AND INTRACELLULAR CALCIUM HANDLING IN OBESE RATS - Presenter: André Soares Leopoldo 20 Sarcopenic obesity: emerging mechanisms and diagnosis Speaker: João Eduardo Nunes Salles (SP)</p>

20 | **Obesity and skeletal fragility**
Speaker: [Francisco José A. de Paula](#) (SP)

20 | **Skeletal muscle and metabolic health: how do we increase muscle mass and function in people with obesity and type 2 Diabetes?**
Speaker: [Bruno Gualano](#) (SP)

22 | **Discussion**

• Room 3 - Bernard Jeanrenaud

08:00-09:30 SESSION: OBESITY AND THE BRAIN

Coordinator: [Lício Velloso](#) (SP)

08 | **Abstracts - 128974: HYPOTHALAMIC CXCR3+ IMMUNE CELL RECRUITMENT PROTECTS MICE FROM HIGH-FAT DIET-INDUCED METABOLIC DYSFUNCTION.** - Presenter: Natalia Ferreira Mendes
20 | **The set point vs the dual intervention point models and body weight regulation**

Speaker: [Eric Ravussin](#) (United States)

20 | **Melanocortins, obesity and the brain – unveiling myths and facts**
Speaker: Marcelo Rubinstein (Argentina)

20 | **Brain responses to nutrients in obesity and after weight loss**
Speaker: [Simone van de Sande Lee](#) (SC)

22 | **Discussion**

09:30-10:00 BREAK

10:00-11:00 KEYNOTE LECTURE: THE FIRST DECADE OF GLOBAL FOOD POLICY – THE PAST AND THE PRESENT

Chairman: [Simon Barquera](#) (Mexico)

Duração: 45 min.

Keynote Speaker: [Barry Popkin](#) (United States)

15 | **Questions**

11:00-12:30 SYMPOSIUM: CANCER AND OBESITY

Coordinator: [Marcelo Alves da Silva Mori](#) (SP)

20 | **Obesity as a risk factor for cancer: putative mechanisms**
Speaker: [Philipp Scherer](#) (United States)

20 | **Sex differences on the impact of obesity and its treatment on cancer outcomes**
Speaker: [Ada Cuevas](#) (Chile)

20 | **Lifestyle interventions to prevent cancer incidence and recurrence**
Speaker: [Fernando Gerchman](#) (RS)

08 | **Abstract**

22 | **Discussion**

12:30-13:30	SATELLITE SYMPOSIUM - ASTRAZENECA Woman, 58 years old, BMI 29, complains of fatigue: Should I consider HFpEF? Restricted to Prescribers Speaker: Andrei Carvalho Sposito (SP)
14:00-15:30	SESSION: NEUROSCIENCE ON DIETS Coordinator: Mario José Abdalla Saad (SP) Coordinator: Rafael Figueiredo (Paraguay) 08 Abstracts - 128922: IPREVENT: INCREASING COLONIC PROPIONATE FOR THE PREVENTION OF WEIGHT GAIN IN YOUNGER ADULTS, A 12-MONTH RANDOMISED CONTROLLED TRIAL. - Presenter: Jennifer Pugh 20 Ketones and the brain: myths, facts and presumptions Speaker: Marcio Alberto Torsoni (SP) 20 Artificial sweeteners and brain response Speaker: Gabriel Anhe (SP) 20 Saturated/Unsaturated fat and brain inflammation Speaker: Lício Velloso (SP) 22 Discussion
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-17:30	MEET THE EXPERT: BINGE EATING DISORDER – FROM DIAGNOSIS TO LONG TERM MANAGEMENT Coordinator: Táki Athanássios Cordáz (SP) Duração: 60 min. Speaker: Jose Carlos Appolinario (RJ)
17:30-18:30	MEET THE EXPERT: MEASURING BODY COMPOSITION ON CLINICAL PRACTICE: HOW TO USE BIA, DXA AND OTHERS Coordinator: Roberto Zagury (RJ) Speaker: Guilherme Artioli (SP)

• Room 4 - Peter Kopelman

08:00-09:30	SYMPOSIUM: SBD-ABESO - OBESITY AND TYPE 2 DIABETES Coordinator: Maria Edna de Melo (SP) Coordinator: Jacqueline Rizzolli (RS) 15 Obesity and weight management for prevention of T2DM Speaker: João Eduardo Nunes Salles (SP) 15 MASH in diabetes: should we be worried about liver or cardiovascular outcomes? Speaker: Rodrigo Nunes Lamounier (MG) 15 Remission of diabetes with clinical weight loss: a viable approach? Speaker: Fernando Valente (SP)
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	<p>15 Metabolic surgery in T2D: unraveling the role of WL in T2D improvement and remission Speaker: Marcio C. Mancini (SP)</p> <p>30 Discussion</p>
09:30-10:30	<p>SYMPOSIUM: OTHER WAYS TO LOOK INTO OBESITY Coordinator: Paulo Augusto Carvalho Miranda (MG)</p> <p>20 Weight trajectory and maximum weight in life as a key information in obesity treatment: a proposal by ABESO/SBEM Speaker: Bruno Halpern (SP)</p> <p>20 Edmonton Obesity Staging System – what’s new? Speaker: Arya Sharma (Canada)</p> <p>20 Discussion</p>
10:30-11:00	BREAK
11:00-12:30	<p>SESSION: SURMOUNT-OSA TRIAL RESULTS: TIRZEPATIDE FOR THE TREATMENT OF OBSTRUCTIVE SLEEP APNEA AND OBESITY Moderator: Luciano Ferreira Drager (SP) Moderator: Bruno Halpern (SP)</p> <p>10 Obesity and Obstructive Sleep Apnea – Setting the scene Speaker: Denise Franco (SP)</p> <p>15 OSA: clinical characteristics and current therapeutic landscape Speaker: Luciano Ferreira Drager (SP)</p> <p>15 Surmont-OSA: study design and results Speaker: Richard Schwab</p> <p>30 Panel Discussion: Putting Surmont-OSA results in context and its implications to clinical care</p>
12:30-13:30	<p>SATELLITE SYMPOSIUM - TAKEDA Treatment of Eating Disorders in Patients with Obesity: What is the Best Approach for Different Patient Profiles? Speaker: ADRIANO SEGAL Speaker: PRISCILLA GIL</p>
14:00-15:30	<p>SESSION: EPIGENETICS OF OBESITY Coordinator: Maria Edna de Melo (SP)</p> <p>20 The intra-uterine environment and long term offspring risks Speaker: Jose Donato Junior (SP)</p> <p>20 Father obesity and lifestyle factors and offspring risks Speaker: Adriana Souza Torsoni (SP)</p> <p>20 Breastfeeding and Its Impacts on Offspring and Mother: Long-Term Clinical-Epidemiological Evidence Speaker: Bianca de Almeida Pititto (SP)</p> <p>30 Discussion</p>

15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-18:00	<p>IDF/WOF JOINT SYMPOSIUM: INTERNATIONAL DIABETES FEDERATION POSITION STATEMENT FOR THE DIAGNOSIS OF INTERMEDIATE HYPERGLYCEMIA AND TYPE 2 DIABETES Coordinator: Louise Baur (Australia) Coordinator: Hermelinda Pedrosa (DF)</p> <p>35 Introduction remarks - WOF and IDF Chairs 25 The IDF new Position Statement: novel criteria for the diagnosis of Diabetes Speaker: Akthar Hussain (Norway)</p> <p>25 Rationale for the IDF Task Force recommendations for the diagnosis of IH and Type 2 diabetes Speaker: Maria Ines Schmidt (RS)</p> <p>20 Implications of the recommendation for the prevention and management of obesity/diabetes and its complications Speaker: Maria Edna de Melo (SP)</p> <p>15 Discussion</p>

• Room 5 - Phillip James

08:00-09:30	<p>SESSION: COMMERCIAL DETERMINANTS OF HEALTH - FROM TOBACCO AND ALCOHOL TO SSB AND UPFS INDUSTRY Chair: Simon Barquera (Mexico)</p> <p>Duração: 15 min. Speaker: Paula Johns (RJ)</p> <p>Duração: 15 min. Speaker: Marian Lorena Ibarra Avila (Colombia)</p> <p>Duração: 15 min. Speaker: Laís Amaral Mais (SP)</p> <p>Duração: 15 min. Speaker: Diego Rodriguez Sendoya (Montevideo)</p> <p>15 Discussion</p>
09:30-10:30	<p>SESSION: ECONOMIC IMPACT OF OBESITY Coordinator: Luis Fernando Villaça Meyer (SP)</p> <p>Forecasting the costs and the economic impacts of public policies on overweight and obesity in Brazil Speaker: Eduardo Augusto Fernandes Nilson (DF)</p> <p>The Economic Burden of Obesity in Brazil Speaker: Leandro Fornias Machado de Rezende (SP)</p> <p>Health and economic costs of different Canadian policies to address obesity and NCDs Speaker: Mary R. L'abbé (Canada)</p>

10:30-11:00	BREAK
11:00-12:30	<p>SESSION: ADDRESSING RIGHTS, INEQUALITY, GENDER, RACE AND SOCIAL DETERMINANTS OF HEALTH Moderator: Kelly Garton (New Zealand)</p> <p>5 Abstracts - 129059: ASSOCIATION BETWEEN OBESITY AND THE INTERSECTION OF DEPRESSION, GENDER, AND RACE IN BRAZILIAN ADULTS - Presenter: Taciana Maia de Sousa Duração: 20 min. Speaker: Isabel Barbosa (United States)</p> <p>60 Discussion Panel Isabel Barbosa (United States) Ericka Cuzziol Lima Luiz (SP) Debater: Pierre Cooke (Barbados) Nzama Mbalati (South Africa)</p>
12:30-13:30	<p>SATELLITE SYMPOSIUM - EMS The Future of Obesity Treatment: Progress Driven by New Technologies and Solutions. Artificial Intelligence and Its Perspectives Moderator: CHRISTINA ECCLISSATO Speaker: WALMIR COUTINHO</p>
14:00-15:00	<p>SESSION: FISCAL MEASURES FOR TACKLING MALNUTRITION IN ALL ITS FORMS Moderator: Paula Johns (RJ)</p> <p>Brazilian Tax Reform- Civil Society advocating for health and sustainable diets Speaker: Marilia Sobral Albiero (Brazil)</p> <p>The new basic basket and fiscal policies in Brazil Speaker: Gisele Bortolini (DF)</p>
15:00-15:30	<p>SESSION: ABSTRACTS Paula Johns (RJ)</p> <p>5 Abstract - 128988: INCIDENT CASES AND DEATHS ATTRIBUTABLE TO OVERWEIGHT AND OBESITY IN BRAZIL UNTIL 2044 5 Abstract - 128689: ASSOCIATION OF THE COST WITH THE ENVIRONMENTAL IMPACT OF THE CURRENT AS WELL AS HEALTHY AND SUSTAINABLE DIETS IN BRAZIL 5 Abstract - 129731: THE GLOBAL DIET QUALITY SCORE, COMPARED TO OTHER HEALTHY DIET METRICS, AND TYPE 2 DIABETES RISK - ELSA-BRASIL COHORT STUDY 5 Abstract - 129050: NUTRITIONAL STATUS, FOOD CONSUMPTION, AND ENVIRONMENTS OF CHILDREN IN CITIES ENGAGED IN OBESITY PREVENTION IN SÃO PAULO, BRAZIL</p>
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-18:30	<p>SESSION: ABSTRACTS - PUBLIC HEALTH 1 Judge: Kelly Garton (New Zealand) Judge: Carolina Batis (Mexico)</p>

129072 - PICKING THE RIGHT NUTRIENT PROFILING MODEL FOR FRONT-OF-PACK NUTRITIONAL LABELING: A RANDOMIZED EXPERIMENT IN AN ONLINE STORE SETTING WITH BRAZILIAN CONSUMERS

128331 - ASSESSING FOOD AVAILABILITY AND HEALTHIER OPTIONS IN AN URBAN CHINESE UNIVERSITY: A CASE STUDY USING THE CHINESE NUTRITION ENVIRONMENT MEASUREMENT SURVEY FOR STORES (C-NEMS-S)

128506 - A TRIAL OF ADULT OBESITY PREVENTION PROCEDURE IN PRIMARY MEDICAL INSTITUTES

128569 - PERCEPTIONS, ATTITUDES, BEHAVIORS, AND BARRIERS TO EFFECTIVE OBESITY CARE: AN EXPLORATORY SURVEY-BASED STUDY AMONG PEOPLE WITH OBESITY AND HEALTHCARE PROFESSIONALS IN INDONESIA

129008 - EMOTIONAL APPEALS IN SODA ADS: IMPACT ON CHILDREN'S CHOICES AND POLICY IMPLICATIONS

129060 - CHILDHOOD OVERWEIGHT AND ITS ASSOCIATION WITH SOCIOECONOMIC AND ENVIRONMENTAL DETERMINANTS IN BRAZILIAN MUNICIPALITIES

• Room 6 - Rafael Gomez-Cuevas

09:30-10:30 SESSION: MAIN FINDINGS ON OBESITY AND METABOLIC DISEASES IN THE ELSA BRAZIL STUDY

Coordinator: [Cristiane Bauermann Leitão](#) (RS)

Speaker: [Bruce Duncan](#) (RS)

10:30-11:00 BREAK

11:00-12:30 SESSION: ABSTRACTS - CLINICAL 1

Judge: [Luiz Fellipe Carvalho Viola](#) (MT)

Judge: [Cynthia Melissa Valerio](#) (RJ)

129700 - ASSESSMENT OF CARDIOMETABOLIC COMORBIDITIES IN ADULTS WITH OSTEOGENESIS IMPERFECTA

128850 - GLP-1 RECEPTOR AGONISTS AND THE RISK OF CHOLANGIOCARCINOMA IN INDIVIDUALS WITH TYPE 2 DIABETES WITH OVERWEIGHT/OBESITY: A LARGE POPULATION-BASED NATIONALWIDE MATCHED COHORT STUDY.

129778 - COMBINATION OF TOPIRAMATE AND SIBUTRAMINE FOR THE TREATMENT OF OBESITY IN REAL-WORLD CLINICAL PRACTICE

129933 - PROBIOTIC SUPPLEMENTATION DID NOT ENHANCE THE EFFECTS OF CONTINUOUS CALORIE RESTRICTION ON BODY ADIPOSITY: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL

128926 - RELATIONSHIPS BETWEEN BLOOD DNA METHYLATION, DIET QUALITY AND METABOLIC HEALTH IN A SPANISH POPULATION

129783 - CORRELATION OF THE BUTYRATE-PRODUCING BACTERIUM FECALEBACTERIUM PRAUSNITZII WITH A BETTER METABOLIC PROFILE IN WOMEN

Semaglutide 2.4 mg efficacy and safety in people with obesity and knee osteoarthritis: Results from the STEP 9 randomised clinical trial

12:30-14:00 BREAK

14:00-15:30	SESSION: ABSTRACTS - CLINICAL 2 Judge: Cintia Cercato (SP) Judge: João Eduardo Nunes Salles (SP) Survodutide, a glucagon receptor/glucagon-like peptide-1 receptor dual agonist, improves metabolic risk factors in adults living with obesity: analysis of a placebo-controlled, randomised phase 2 trial 129848 - ASSESSMENT OF THE PERFORMANCE OF BODY ADIPOSITY INDEXES, RELATIVE FAT MASS AND BODY ROUNDNESS IN THE ASSESSMENT OF BODY ADIPOSITY AND INSULIN RESISTANCE IN ADULTS 128863 - ADOLESCENTS WITH HIGHER CALORIC INTAKE AT LATER HOURS ARE MORE LIKELY TO HAVE AN INCREASED RISK OF EXCESS WEIGHT: RESULTS FROM A POPULATION-BASED STUDY 129851 - GRAZING AFTER BARIATRIC SURGERY: PSYCHIATRIC COMORBIDITY AND WEIGHT OUTCOMES 128961 - OPTIMIZATION OF PATIENT ENGAGEMENT IN THE PHASE 3 CLINICAL TRIAL PROGRAM FOR SURVODUTIDE IN OBESITY THROUGH SIMULATION 128571 - METABOLIC PROFILE AND ITS RISKS IN A NON-DIABETIC POPULATION UNDERGOING KIDNEY TRANSPLANT 128581 - THE ANTIVIRAL IMMUNE DEFENSE MAY BE ADVERSELY INFLUENCED BY WEIGHT LOSS THROUGH A CALORIE RESTRICTION PROGRAM IN OBESE WOMEN
15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION
16:30-17:30	MEET THE EXPERT: SCREENING, DIAGNOSIS, TREATMENT AND FOLLOW UP OF PATIENTS WITH MASLD/MASH Speaker: Claudia Pinto Marques Souza de Oliveira (SP) Speaker: Rodrigo de Oliveira Moreira (RJ)
17:30-18:30	MEET THE EXPERT: SLEEP APNEA – FROM DIAGNOSIS, TO THE CLINICAL IMPACT OF CPAP AND WEIGHT LOSS Speaker: Luciano Ferreira Drager (SP) Speaker: Geraldo Lorenzi Filho (SP)

• Poster Area - Per Bjorntorp

15:30-16:30	REFRESHMENT BREAK AND POSTER SESSION E-poster 1 Judge: Maria Edna de Melo (SP) E-poster 2 Judge: Kelly Garton (New Zealand) E-poster 3 Judge: Carolina Batis (Mexico) E-poster 4 Judge: Rafael Claro (MG)
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Saturday, June 29, 2024

• Room 1 - Alfredo Halpern

08:00-09:30 SESSION: ETHICS IN OBESITY TREATMENT

Coordinator: [Rodrigo de Oliveira Moreira](#) (RJ)

Coordinator: [Maria Edna de Melo](#) (SP)

8 | **Abstracts - 129096: THE EFFECT OF NEUROMODULATION WITH TRANSCRANIAL DIRECT CURRENT STIMULATION ON GLYCEMIC EXCURSION IN SUBJECTS WITH OVERWEIGHT AND OBESITY: A DOUBLE-BLINDED RANDOMIZED CLINICAL TRIAL** - Presenter: **Olavo da Silva Carvalho Porepp**

20 | **Differentiating “anti-obesity medications” from over the counter “weight loss supplements”**

Speaker: [Paulo Augusto Carvalho Miranda](#) (MG)

20 | **Off label use of AOM’s: what are the options and when to use?**

Speaker: [Alexander Koglin Benchimol](#) (RJ)

20 | **Danger of unethical practices: from steroids to HCG**

Speaker: [Alexandre Hohl](#) (SC)

22 | **Discussion**

09:30-10:30 MINI CONFERENCE

Chair: [Alexandre Hohl](#) (SC)

30 | **Creatine and other physical activity supplements in patients with obesity: when to use and when no to?**

Speaker: [Hamilton Roschel](#) (SP)

Chair: [Marcio C. Mancini](#) (SP)

30 | **The importance of melatonin in obesity and metabolic disorders**

Speaker: [José Cipolla Neto](#) (SP)

10:30-11:00 BREAK

11:00-12:30 SESSION: DIET BEYOND WEIGHT LOSS

Coordinator: [Renata Bressan Pepe](#) (SP)

Coordinator: [Ana R. Damaso](#) (SP)

20 | **What the evidence says about cardioprotective diets?**

Speaker: [Roberta Marcondes Machado](#) (SP)

20 | **Impact of nutrient intake in MASLD**

Speaker: [Ana Maria Pita Lottenberg](#) (SP)

20 | **Gluten and lactose: myths, facts and presumptions**

Speaker: [Josefina Bressan](#) (MG)

30 | **Discussion**

12:30-14:00 BREAK

14:00-15:30	<p>SESSION: ADOLESCENT HEALTH Coordinator: Louise Cominato (SP)</p> <p>8 Abstracts - 129804: ASSOCIATION OF METABOLIC HEALTH AND METABOLIC UNHEALTH OBESITY WITH HYPERGLYCEMIC CLAMP PARAMETERS IN ADOLESCENTS – BRAMS (BRAZILIAN METABOLIC SYNDROME STUDY) - Presenter: Abstracts - 129804: ASSOCIATION OF METABOLIC HEALTH AND METABOLIC UNHEALTH OBESITY WITH HYPERGLYCEMIC CLAMP PARAMETERS IN ADOLESCENTS – BRAMS (BRAZILIAN METABOLIC SYNDROME STUDY) - Time: 8 min. Presenter: Maria Eduarda Martelli</p> <p>20 Current and Future Pharmacotherapies for Obesity in Children and Adolescents Speaker: Louise Baur (Australia)</p> <p>20 Insulin resistance in puberty: physiology or pathology? Speaker: Daniel Minutti de Oliveira (SP)</p> <p>20 Bariatric Surgery in Adolescents with obesity Speaker: Durval Damiani (SP)</p> <p>22 Discussion</p>
15:30-16:30	AWARDS CEREMONY AND CLOSING CEREMONY

• Room 2 - John Waterlow

08:00-09:30	<p>SESSION: BODY COMPOSITION AND MUSCLE MASS: BEYOND THE OBVIOUS Coordinator: Cynthia Melissa Valerio (RJ)</p> <p>08 Abstracts - 129740: THE THERAPEUTIC POTENTIAL OF MICRORNA-22 IN MASH AND OBESITY - Presenter: Riccardo Panella</p> <p>20 Impact of sleep deprivation and disruption on body composition during weight loss treatments Speaker: Rafael Genario (SP)</p> <p>20 Effect of alcohol intake on BW and BC Speaker: Erika Bezerra Parente (Germany)</p> <p>20 Body composition with Anti obesity medication Speaker: Deborah B. Horn (United States)</p> <p>22 Discussion</p>
09:30-10:30	<p>MINI CONFERENCES Coordinator: Bruno Geloneze (SP)</p> <p>30 Adipose Tissue Fibrosis in Obesity: Etiology and Challenges Speaker: Geneviève Marcelin (France)</p> <p>30 Choosing the right patient: can we predict who will benefit more from Bariatric surgery? Speaker: José Silva - Nunes (Portugal)</p>

10:30-11:00 BREAK

11:00-12:30 SYMPOSIUM: STIGMA AND LANGUAGE IN OBESITY
 Coordinator: [Cynthia Melissa Valerio](#) (RJ)

08 | **Abstracts - 129813: THE SPECIES ANAEROTRUNCUS COLIHOMINIS CORRELATES WITH ADIPOSITIVITY, METABOLIC MARKERS, FOOD CONSUMPTION AND MENTAL HEALTH STATUS IN WOMEN WITH OBESITY, NORMAL WEIGHT, CONSTITUTIONAL THINNESS AND ANOREXIA NERVOSA - Presenter: Paula Waki Lopes da Rosa**

20 | **Obesity Stigma in Latin America: are there cultural differences?**
 Speaker: [Verônica Vazquez Velazquez](#) (Mexico)

20 | **Compassion and Love in Obesity Management, what doctors are missing to treat patients long term**
 Speaker: [Sean Wharton](#) (United States)

20 | **Internalized stigma: what is it and how to manage it?**
 Speaker: [Stuart Flint](#) (United Kingdom)

22 | **Discussion**

12:30-14:00 BREAK

14:00-15:30 SESSION: TELEHEALTH AND DIGITAL TOOLS FOR OBESITY MANAGEMENT
 Coordinator: [Mário Kehdi Carra](#) (SP)

8 | **Abstracts - 129730: THE GLOBAL DIET QUALITY SCORE CORRELATION WITH KEY-NUTRIENTS INTAKE AND OTHER HEALTHY DIET METRICS IN BRAZIL – A NATION-WIDE REPRESENTATIVE STUDY - Presenter: Marina Maintinguer Norde**

20 | **Evidence for improving outcomes in treatment with telehealth**
 Speaker: [Fábio Rogerio Trujilho](#) (BA)

20 | **Apps for the management of obesity: friend or foe?**
 Speaker: [Rodrigo Nunes Lamounier](#) (MG)

20 | **Artificial Intelligence in clinical practice and research: how the future looks like?**
 Speaker: [Walmir Coutinho](#) (RJ)

22 | **Discussion**

• Room 3 - Bernard Jeanrenaud

08:00-09:30 SESSION: OBESITY AND TYPE 2 DIABETES
 Coordinator: João Eduardo Nunes Salles (SP)

20 | **Role of the lymphatic system in visceral obesity and the metabolic syndrome**
 Speaker: [Vincenza Cifarelli](#) (United States)

20 | **Effects of obesity on beta-cells**
 Speaker: Franco Folli (Italy)

20 | **Weight dependent effects on diabetic kidney disease**

Speaker: [Cristiane Bauermann Leitão](#) (RS)

30 | **Discussion**

09:30-10:30 KEYNOTE LECTURE: THE NUTRITIONAL ECOLOGY OF OBESITY

Chair: [Bruno Halpern](#) (SP)

Speaker: [David Raubenheimer](#) (Australia)

10:30-11:00 BREAK

11:00-12:30 SESSION: OVERCOMING OBESITY: THE ROLE OF MULTIPLE HORMONES IN ITS TREATMENT

Coordinator: [Sylka Rodovalho](#) (SP)

Coordinator: [Mario José Abdalla Saad](#) (SP)

15 | **GLP1 and its effects on inflammation and CV protection beyond weight loss**

Speaker: [Viviane Zorzanelli Rocha Giraldez](#) (SP)

15 | **GIP: unveiling the mystery of its obesogenic versus weight reducing effects**

Speaker: Franco Folli (Italy)

15 | **Glucagon: from a villain in diabetes to the “new kid on the block”**

Speaker: [Amelio Fernando Godoy Matos](#) (RJ)

15 | **Amylin: a phoenix returning from the ashes?**

Speaker: [Rodrigo de Oliveira Moreira](#) (RJ)

30 | **Discussion**

12:30-14:00 BREAK

14:00-15:30 SESSION: ORGAN-DAMAGE IN CHILDREN AND ADOLESCENTS

Coordinator: [Cristiane Kochi](#) (SP)

Coordinator: Franco Folli (Italy)

20 | **Type 2 diabetes in the Young: a fat driven aggressive disease**

Speaker: [Bruno Geloneze](#) (SP)

20 | **Hypothalamic/brain damage in childhood obesity**

Speaker: [Lício Velloso](#) (SP)

20 | **Cardiac structural changes and atherosclerosis in adolescents with obesity**

Speaker: [Otávio Rizzi Coelho Filho](#) (SP)

30 | **Discussion**

• Room 4 - Peter Kopelman

08:00-09:30 SESSION: OBESITY, VACCINES AND INFECTIONS

Coordinator: [Cintia Cercato](#) (SP)

	<p>08 Abstracts - 129003: BISPHENOL S IMPAIRS LIVER METABOLISM AND MORPHOLOGY IN MALE C57BL/6 MICE INDEPENDENT OF A HIGH-FAT DIET AND INDUCES HEPATOCYTE TOXICITY IN HUMAN HUH-7 HEPATOMA CELLS - Presenter: Abstracts - 129003: BISPHENOL S IMPAIRS LIVER METABOLISM AND MORPHOLOGY IN MALE C57BL/6 MICE INDEPENDENT OF A HIGH-FAT DIET AND INDUCES HEPATOCYTE TOXICITY IN HUMAN HUH-7 HEPATOMA CELLS - Time: 08 min. Presenter: Vinicius Sepúlveda Fragoso</p> <p>20 Influence of obesity on vaccine responses Speaker: Renato Kfouri (SP)</p> <p>20 Obesity as a risk factor for severe viral infections: what's the mechanism? Speaker: Marcelo Alves da Silva Mori (SP)</p> <p>20 Obesity as a risk factor for viral, bacterial and fungal diseases Speaker: Marcio C. Mancini (SP)</p> <p>22 Discussion</p>
09:30-10:30	<p>SESSION: CHANGING PERSPECTIVES Coordinator: Maria Laura da Costa Louzada (SP)</p> <p>20 Culinary Medicine: Education for Patients and HCPs for Therapeutic Lifestyle Changes Speaker: Ana Carolina Junqueira Vasques (SP)</p> <p>20 Food in the future: how to balance individual health and planetary health? Speaker: Aline Martins Carvalho (SP)</p> <p>20 Home cooking as a strategy for a healthier life Speaker: Rita Lobo (SP)</p>
10:30-11:00	BREAK
11:00-12:30	<p>SESSION: WOMEN'S HEALTH Coordinator: Ana Claudia Latronico Xavier (SP)</p> <p>20 The Impact of Estrogen and FSH on Energy Expenditure and weight change Speaker: Maria Teresa Zanella (SP)</p> <p>20 Hormonal replacement therapy in women with obesity: balancing risks and benefits Speaker: Dolores Perovano Pardini (SP)</p> <p>20 The role of obesity treatment in fertility and metabolic outcomes in PCOS Speaker: Cristiano Roberto Grimaldi Barcellos (SP)</p> <p>30 Discussion</p>
12:30-14:00	BREAK
14:00-15:30	<p>SESSION: ABESO-SBEM-SBCBM POSITION STATEMENT OF WEIGHT REGAIN AFTER BARIATRIC SURGERY Coordinator: Cristiane Moulin de Moraes Zenóbio (DF) Speaker: Cintia Cercato (SP)</p>

Speaker: [Jacqueline Rizzolli](#) (RS)
Speaker: [Denis Pajecki](#) (SP)

• Room 5 - Phillip James

08:00-09:30 SESSION: DIETARY GUIDELINES

Coordinator: [Maria Laura da Costa Louzada](#) (SP)

20 | Methodology for Developing Healthy and Sustainable Dietary Guidelines in Mexico

Speaker: [Juan Rivera](#) (Outro País)

20 | Canada's Food Guide 2019 – Methods to evaluate adherence using different types of data

Speaker: [Mary R. L'abbé](#) (Canada)

20 | A decade of the Brazilian Dietary Guidelines: contributions to obesity prevention, control, and health care

Speaker: [Patricia Constante Jaime](#) (SP)

30 | Discussion

09:30-10:30 SESSION: OBESITY, PHYSICAL ACTIVITY, WELL-BEING AND MENTAL HEALTH

Coordinator: [Rafael Claro](#) (MG)

Duração: 15 min.

Speaker: [Cristina Cadenas](#) (Spain)

Duração: 15 min.

Speaker: [Stephanie Amaral](#) (DF)

Duração: 15 min.

Speaker: [Nomathemba Chandiwana](#) (South Africa)

15 | Discussion

10:30-11:00 BREAK

11:00-12:30 SESSION: CHILDHOOD OBESITY INTERVENTIONS

Coordinator: Magdalena Wetzal (Argentina)

15 | Marketing directed at children

Speaker: [Rafael Claro](#) (MG)

15 | The new obesity prevention strategy in Brazil and the school environment

Speaker: [Gisele Bortolini](#) (DF)

Duração: 15 min.

Speaker: [Stephanie Amaral](#) (DF)

15 | Health systems interventions

Speaker: [Louise Baur](#) (Australia)

30 | Discussion

12:30-14:00 BREAK

14:00-15:30 SESSION: SHAPING THE NARRATIVE TO ADVANCE IN OBESITY PREVENTION POLICY

Coordinator: [Simon Barquera](#) (Mexico)

Duração: 15 min.

Speaker: Angelika Peczak (South Africa)

Duração: 15 min.

Speaker: [Stephanie Amaral](#) (DF)

Duração: 15 min.

Speaker: [Maria Isabel Valero Morales](#) (Mexico)

Duração: 15 min.

Speaker: Magdalena Wetzel (Argentina)

Duração: 15 min.

Speaker: [Tainá de Almeida Costa](#) (SP)

15 | **Discussion**

• Room 6 - Rafael Gomez-Cuevas

08:00-09:30 SESSION: ABSTRACTS - PUBLIC HEALTH 2

Judge: [Cristiane Moulin de Moraes Zenóbio](#) (DF)

Judge: [Rodrigo Nunes Lamounier](#) (MG)

129067 - EFFECTIVENESS OF CANADIAN FRONT-OF-PACK LABELLING REGULATIONS AND CANADA'S FOOD GUIDE RECOMMENDATIONS IN IDENTIFYING ULTRA-PROCESSED FOODS

129250 - CHANGES IN THE HEALTHFULNESS OF FOOD AND BEVERAGE PURCHASES FROM 2006 TO 2020 IN FORMAL, MIXED, AND INFORMAL OUTLETS IN MEXICO

129703 - TIME TRENDS OF HYPERTENSION AND DIABETES AMONG ADULTS LIVING WITH OBESITY IN BRAZIL, 2006 TO 2023

129830 - IMPROVEMENTS IN THE GLOBAL DIET QUALITY SCORE IS ASSOCIATED WITH LOWER BODY WEIGHT GAIN, WAIST CIRCUMFERENCE, AND THE METABOLIC SYNDROME RISK - ELSA-BRASIL COHORT STUDY

129904 - GLOBAL ALLIANCE FOR CHILDREN'S HEALTHY DIETS: LATIN AMERICAN AND THE CARIBBEAN CHAPTER. STATE OF THE EVIDENCE.

09:30-10:30 SESSION: AN INTRODUCTION TO SCOPE

Speaker: [Luiz Fellipe Carvalho Viola](#) (MT)

Speaker: Shubo Saiful (United Kingdom)

14:00-15:30 SYMPOSIUM: LIPODYSTROPHY AND GENETIC CAUSES OF OBESITY: A LATIN AMERICAN PERSPECTIVE

Coordinator: [Amelio Fernando Godoy Matos](#) (RJ)

20 | **How LD study contribute to the understanding of the metabolic complications in obesity?**

Speaker: [Cynthia Melissa Valerio](#) (RJ)

20 | **Understanding the scenario of genetic lipodystrophies in Brazil**

Speaker: [Renan Montenegro Jr.](#) (CE)

20 | **Impact of leptin treatment on Monogenic Leptin Deficiency in a Latin American Family – early findings**

Speaker: [Hernan Yupanqui Lozno](#) (Colombia)

30 | **Discussion**

附件 2：國民健康署口頭報告簡報

A Trial of Adult Obesity Prevention Procedure in Primary Medical Institutes

Chao-Chun Wu¹, Shu-Li Chia², Chia-Hui Lee¹, Chen-Su Lin¹, Yi-Hua Chin³, Shiang-Yun Huang³, Yu-Tien Chou¹, Wen-Yuan Lin¹

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²Nansen Medical Association for the Study of Obesity

A Trial of Adult Obesity Prevention Procedure in Primary Medical Institutes

- 1 Introduction
- 2 Material and Methods
- 3 Results
- 4 Discussion
- 5 Conclusion

1 Introduction

Risk Factors Contributing to Unhealthy Body Weight

Related to heart disease, stroke, and cancer

High-risk drinking is related to various health problems

Smoking

Alcohol Consumption

Lack of Physical Activity

Unhealthy Diet

Sedentary Behavior and Lack of Exercise lead to Increased Health Problems

High-calorie and high-salt foods increase the risk of chronic diseases

Unhealthy Body Weight

WHO Insufficient physical activity causes 23-25% of breast and colon cancers, 27% of diabetes, and 30% of ischemic heart disease

Engaging in physical activities promotes physical health across all age groups and brings social benefits and enhances overall well-being

Prevalence of overweight among adults in Taiwan and OECD Countries

Country	Male (%)	Female (%)
United States	39.9	30.8
Spain	39.2	30.2
Costa Rica	38.7	29.7
Canada	37.7	29.7
France	37.5	29.7
United Kingdom	37.5	29.7
Germany	37.5	29.7
Japan	37.5	29.7
China	37.5	29.7
Italy	37.5	29.7
Sweden	37.5	29.7
Denmark	37.5	29.7
Netherlands	37.5	29.7
Australia	37.5	29.7
South Korea	37.5	29.7
Belgium	37.5	29.7
Switzerland	37.5	29.7
Portugal	37.5	29.7
Poland	37.5	29.7
Finland	37.5	29.7
United States	37.5	29.7
Spain	37.5	29.7
Costa Rica	37.5	29.7
Canada	37.5	29.7
France	37.5	29.7
United Kingdom	37.5	29.7
Germany	37.5	29.7
Japan	37.5	29.7
China	37.5	29.7
Italy	37.5	29.7
Sweden	37.5	29.7
Denmark	37.5	29.7
Netherlands	37.5	29.7
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South Korea	37.5	29.7
Belgium	37.5	29.7
Switzerland	37.5	29.7
Portugal	37.5	29.7
Poland	37.5	29.7
Finland	37.5	29.7
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Netherlands	37.5	29.7
Australia	37.5	29.7
South Korea	37.5	29.7
Belgium	37.5	29.7
Switzerland	37.5	29.7
Portugal	37.5	29.7
Poland	37.5	29.7
Finland	37.5	29.7
Taiwan	44.8%	30.8%

Taiwan's ranking in Prevalence of overweight compared to 38 OECD countries

Prevalence of Overweight and Obesity among Adults

Age Group	Prevalence (%)
≥18	39.9
18-24	27.2
25-34	33.5
35-44	44.8
45-54	39.8
55-64	40.5
≥65	46.7

Note 1: Data Source: Survey on Nutrition and Health Survey (NHHS) 2017-2020
2: Overweight: BMI ≥ 25, Obesity: BMI ≥ 30

2 Material and Methods

Material

- 10 Primary Medical Institutes
- 195 cases

Stratified analysis

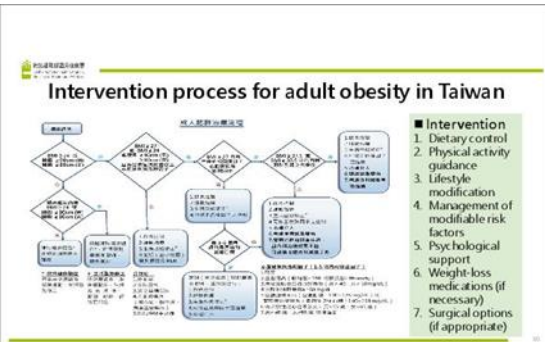
- Age
- Gender
- Weight loss drug use
- Chronic disease

Methods

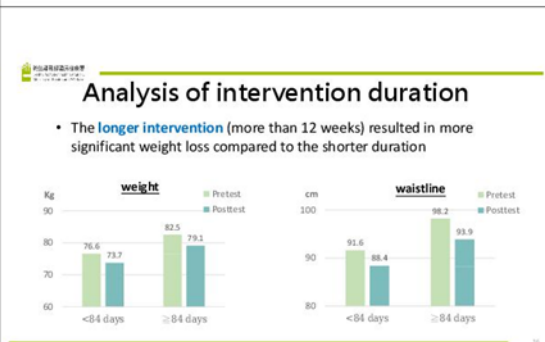
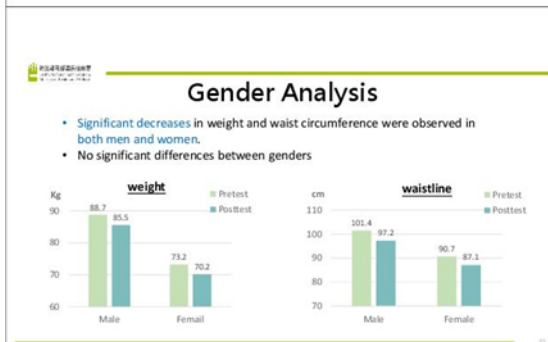
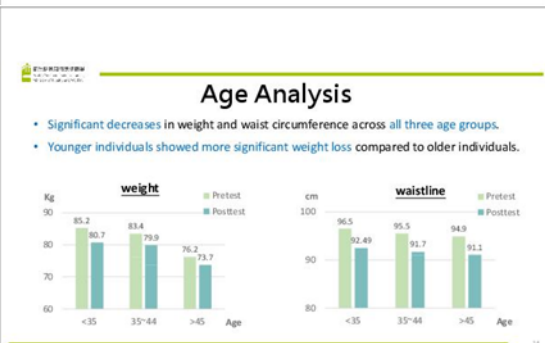
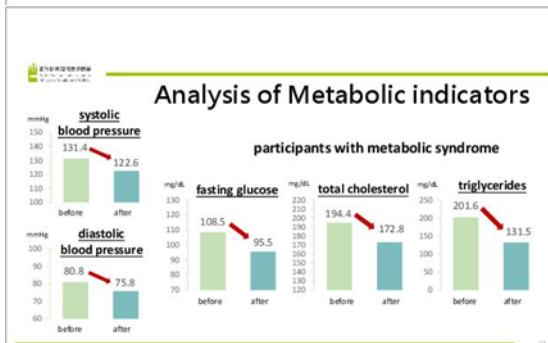
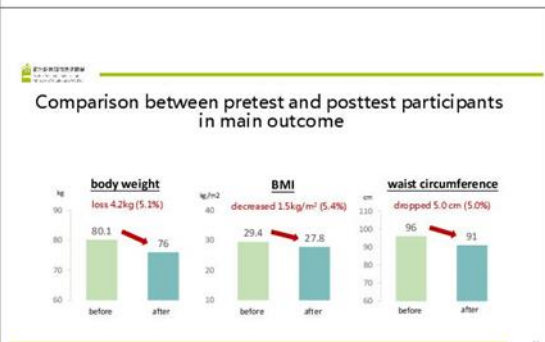
- Paired Sample T-Test
- McNemar test

Basic Data of the participants

	Case No.	%
N=195		
Gender	Male	87 (44.6%)
	Female	108 (55.4%)
Marital Status	Married	113 (57.9%)
	Single	49 (25.1%)
	Others	9 (4.6%)
Smoking	Non-smokers	174 (89.2%)
	Smokers	16 (8.2%)
Alcohol Consumption	Non-drinkers	165 (84.6%)
	Drinkers	23 (11.8%)
Aerobic Exercise	Exercising	46 (23.6%)
	Not exercising	149 (76.4%)
Average Age	45.5 years	



3 Results



Analysis of Intervention Methods

Both group showed significant improvements after intervention.

	lifestyle modification				lifestyle modification + medication			
	Pretest	Posttest	Differences* (95% CI)	P value	Pretest	Posttest	Differences* (95% CI)	P value
Weight(kg)	76.1±17.4	74.4±16.7	1.7(1.1-2.2)	<0.001	86.8±19.1	81.2±17.5	5.6(4.6-6.6)	<0.001
BMI (kg/m ²)	28.1±5.3	27.4±5.0	0.6(0.4-0.8)	<0.001	31.7±5.2	29.6±4.6	2.0(1.7-2.4)	<0.001
Waist circumference (cm)	92.5±13.0	89.7±12.2	2.8(2.0-3.6)	<0.001	100.4±13.7	94.9±13.0	5.5(4.4-6.7)	<0.001
Metabolic factors	3.0±1.1	2.1±1.2	0.9(0.6-1.1)	<0.001	3.4±1.2	1.9±0.9	1.6(1.2-1.9)	<0.001
SBP (mmHg)	127.9±14.4	121.9±13.6	6.0(3.5-8.4)	<0.001	137.2±20.1	127.4±12.2	9.8(5.5-14.2)	<0.001
DBP (mmHg)	77.8±11.9	74.1±10.1	3.8(1.5-5.7)	<0.001	85.0±15.0	79.4±9.9	5.5(2.6-8.5)	<0.001

Analysis of "underlying diseases"

Both groups showed significant decreases in weight, BMI, waist circumference, and metabolic syndrome indicators.

The "without underlying disease" group revealed more significant weight loss compared to the other group.

	with underlying disease				without underlying disease			
	Pretest	Posttest	Differences* (95% CI)	P value	Pretest	Posttest	Differences* (95% CI)	P value
Weight(kg)	82.2±18.1	79.6±17.2	2.6(1.9-3.3)	<0.001	77.0±19.0	73.0±16.7	4.0(3.0-4.9)	<0.001
BMI (kg/m ²)	29.8±5.2	28.8±4.9	1.0(0.7-1.2)	<0.001	28.6±5.7	27.2±4.9	1.5(1.1-1.8)	<0.001
Waist circumference (cm)	96.8±12.1	93.5±11.9	3.3(2.5-4.2)	<0.001	93.4±15.4	88.9±13.2	4.6(3.4-5.7)	<0.001
Metabolic factors	3.2±1.1	2.0±1.2	1.1(0.9-1.4)	<0.001	3.0±1.3	1.8±0.9	1.3(0.8-1.7)	<0.001

4 Discussion

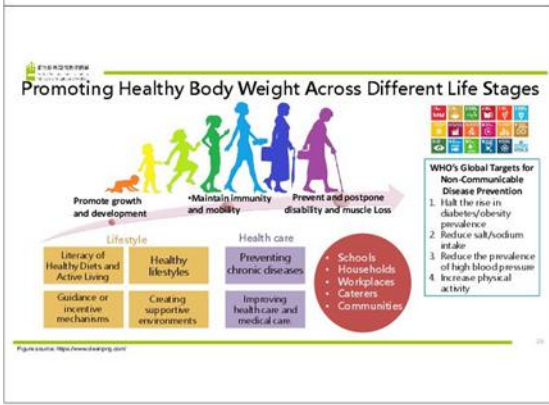
Discussion

- The trial showed statistically significant improvements in weight, waist circumference, and metabolic syndrome indicators.
- Limitations:** The sample size of 195 cases is insufficient to represent the entire population, making it not easy to generalize the research findings further.

5 Conclusion

Conclusion

- Management of healthy body weight and prevention of obesity are challenges faced by many countries.
- Intervention strategies:
 - Public Health Measures:** Promoting healthy diet, adequate physical activity, good lifestyle, etc.
 - Clinical Medical Measures:** Medication control, surgery, etc.
- Both "Lifestyle" group and "Lifestyle + Medication" group showed significant improvements in weight, BMI, waist circumference, metabolic factors, and blood pressure after intervention in this trial.
- Public health initiatives advocating for diet and exercise are crucial.





Legal Support- A New Milestone

"Nutrition and Healthy Diet Promotion Act" was passed by the Legislative Yuan on in Taiwan Dec 15, 2023.



附件 3：相關相片



李嘉慧組長會場報到



黃湘芸科長會場報到



李嘉慧組長出席會議證明



黃湘芸科長出席會議證明



圖 67 李嘉慧組長於會場



圖 68 黃湘芸科長口頭報告



Johanna Ralston, Chief Executive Officer of World Obesity Federation (右一)
Louise Baur, President of World Obesity Federation (右二)

SCOPE訓練會場



Mary L'Abbé, WHO Collaborating Centre on Nutrition Policy for NCD Prevention (中)

ICO 2024會場



Jørgen Johnsen, Nutrition consultant of World Health Organization

ICO 2024會場



Stephanie Amaral, Health and Nutrition Officer of UNICEF Brazil (左一)

ICO 2024會場