

**ASOI 7<sup>th</sup> Annual Conference & AGM 2019**  
**Building Bonds, Bettering Practice:**  
**Patient advocacy and approaches to reduce obesity stigma**  
**17-18<sup>th</sup> May 2019 | The Convention Centre, Dublin**  
**Programme: Day 1**

*Approved for 5 CPD credits*

<b>08.30-09.00</b>	<b>Registration</b>	
<b>09.00-09.10</b>	<b>Celebrating European Obesity Day / Welcome and opening by Chair of ASOI &amp; HSE Clinical Lead for Obesity</b>	Dr. Jean O'Connell & Prof. Donal O'Shea
<b>09.10-11.15</b>	<b>Session 1</b>	Chair: Prof. Carel Le Roux
09.10-09.50	Ethical dilemmas in obesity prevention and treatment	Prof. Arya Sharma
09.50-10.30	Building an obesity network – lessons from Canada	Dr. Ximena Ramos Salas
10.30-10.50	Questions and discussion	
10.50-11.20	Movement break with refreshments	
<b>11.20-13.00</b>	<b>Session 2: Oral presentations from abstract call</b>	Chair: Dr. Cathy Breen
11.20-11.25	Session overview	Dr. Cathy Breen
11.25-11.40	Obesity prevention during the first 1,000 days: What is the evidence for the effectiveness of interventions delivered by health professionals?	Ms. Marita Hennessy
11.40-11.55	"The boob answers a lot of problems": What are the barriers and enablers to successful extended breastfeeding in women with high BMIs?	Dr. Sharleen O'Reilly
11.55-12.10	Changes in pain following a 6-week weight management in-patient programme	Mr. Colin Dunlevy
12.10-12.25	Stigma reduction towards persons with obesity: A comparative analysis of interventions amongst university students	Dr. Caroline Heary
12.25-12.40	What can researchers learn from participant involvement? Insights from the ROLO Family Advisory Committee	Dr. Eileen O'Brien & Ms. Samantha Reilly
12.40-12.50	Session close	Dr. Cathy Breen
<b>12.50-13.50</b>	<b>Lunch and poster viewing</b>	
<b>13.50-16.30</b>	<b>Session 3</b>	Chair: Prof. Francis Finucane
13.50-14.40	Feeling The 'Weight' of Expectation: illustrating the reflexive embodiment of obesity stigma	Dr. Oli Williams
14.40-15.45	Drivers of media representations of obesity & what we can do to improve the situation	
	<ul style="list-style-type: none"> <li>• A health journalist's perspective</li> <li>• An editor's perspective</li> <li>• A patient's perspective</li> </ul>	Ms. June Shannon, IHF Mr. Neil Leslie, The Star Ms. Vicki Mooney, Executive Director EASO ECPO
15.45-16.30	Panel discussion: reducing media / public health driven obesity stigma	All speakers
<b>16.30-16.40</b>	<b>Closing remarks and announcement of 2019 ASOI Prize</b>	
<b>16.45-17.30</b>	<b>ASOI AGM (Members only)</b>	

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**2019 ASOI Prize will be awarded to the best submitted abstract/presentation**

### Programme: Day 2

*Approved for 4 CPD credits*

<b>08.45-09.15</b>	<b>Registration</b>	
<b>09.15-09.30</b>	<b>Celebrating European Obesity Day / Welcome and opening by Chair of ASOI</b>	ASOI Chair: Dr. Jean O'Connell  Patient Co-Chair: Ms Susie Birney
<b>09.30-10.15</b>	<b>Session 1: Family friendly cooking and eating for health</b>	Chair: Ms Niamh Arthurs
09.30-10.00	Family-based cooking interventions	Ms. Solveig Sigurdardottir
10.00-10.15	<ul style="list-style-type: none"> <li>• Patient reflection on family friendly cooking</li> <li>• Questions and discussion</li> </ul>	Ms. Ciara De Burca
<b>10.15-11.00</b>	<b>Session 2: Movement and Activity</b>	Chair: Dr Grace O'Malley
10.15-10.45	Promoting family-based movement and activity	Ms. Emer O'Malley
10.45-11.00	<ul style="list-style-type: none"> <li>• Patient reflection on movement and activity</li> <li>• Questions and discussion</li> </ul>	Mr. Paul Masterson
11.00-11.20	Movement break with refreshments	
<b>11.20-12.15</b>	<b>Session 3: Exploring the biology of obesity</b>	Chair: Prof Donal O'Shea
11.20-11.30	Patient advocacy: uniting patient voices	Ms. Vicki Mooney, EASO ECPO
11.30-12.00	The biology of obesity and stigma	Prof. Arya Sharma
12.00-12.15	<ul style="list-style-type: none"> <li>• Patient reflection on the biology of obesity</li> <li>• Questions and discussion</li> </ul>	Mr. Eoin O'Connell
<b>12.15-13.30</b>	<b>Session 4: Support, stigma and mental health</b>	Chair: Ms Marita Hennessy
12.15-12.45	Addressing weight stigma	Dr. Ximena Ramos Salas
12.45-13.00	<ul style="list-style-type: none"> <li>• Patient reflection on weight stigma and mental health</li> <li>• Questions and discussion</li> </ul>	Ms. Louise Borre
13.00-13.15	Patient support groups: strength in numbers	Ms. Susie Birney & Ms. Maura Murphy
<b>13.15-13.30</b>	<b>Final questions, discussion and closing remarks</b>	ASOI Chair: Dr. Jean O'Connell  Patient Co-Chair: Ms. Marian Hughes
<b>13.30-14.30</b>	<b>Lunch and poster viewing</b>	