

COMBATTING OBESITY THROUGH LIFESTYLE CHANGES

PROGRAM

Date: Wednesday, 16 October

Time: 17:00 - 18:30

Location: Wicklow Hall 1

ABSTRACT

With a rising obesity epidemic, where overconsumption is associated with the increase of non-communicable diseases, and the ageing global population linked to chronic conditions, morbidities and cognitive impairments, there is a growing need to focus on health and wellness, along with almost an obligation for nutrition and public health recommendations to evolve. Consistent with this is the accumulation of evidence behind the detrimental impact of a sedentary lifestyle, and the selection food that may have low nutrient density but delivering an excess of calories. This session will convene some of the world's foremost experts in nutrition, obesity and healthy ageing to discuss the latest emerging science, public health recommendations in order to successfully change behavior and improve public health.

OBJECTIVES

- Discuss the importance of physical activity and increased protein intake as an effective strategy to achieve target ideal weight and improve metabolic profiles in obese subjects.
- Importance of high-quality protein in the context of wellbeing with emphasis on preserving muscle mass and function.
- Review global nutrition needs to combat the obesity epidemic and support healthy ageing and how Nutrient Density can be a powerful tool to meet requirements without excess energy intake

SCHEDULE

17.00 - Opening remarks

Andrea Bertocco, Herbalife Nutrition, Director, Scientific Affairs – EMEA

17.05 - Challenges to maintain muscle mass on a low calorie diet with exercise

Carel Le Roux, PhD, Chair of Experimental Pathology at University College Dublin

17.30 - The importance of high-quality protein intake for wellbeing

Jurriaan Mes, Expert leader Food Health Research, Wageningen University & Research

17.55 - Obesity and micronutrient deficiencies – any concern?

Prof. Dr. Hans-Konrad Biesalski, Professor of Nutrition, Biological Chemistry and Nutrition Unit, University of Hohenheim

18.20 - Questions and Answers