

Title: Globesity: Challenges & Management (GCM)

Duration	2-day training Workshop
Language	English (also available in other languages)
CPD	12 credited hours – IFPH
Location & Dates <i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i> <i>Please note</i>	Istanbul (First Saturday & Sunday every month) London (Second Saturday & Sunday every month) Dubai (Third Saturday & Sunday every month) Brunei (Fourth Saturday & Sunday every month) <i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community.
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

Abstract

Today more than ever, obesity is a global public health threat and is increasing among children in both developed and developing countries. Evidence for this growing trend has been reported in many countries and underscores the epidemiological and nutritional transitions, which reflected in shifts in disease types, patterns, morbidity and mortality. Due to its long-term adverse effects, the prevention and management of obesity has received the full WHO recognition. WHO has encouraged many countries to prioritise strategies to tackle the obesogenic environment of this "Pandemic Crisis".

The International Forum for Public Health –IFPH is organising two-day training workshop 'Globesity: Challenges and Management (GCM)'. It aims to cover critical updates on: Epidemiology of Obesity; Modifiable and non-modifiable risk factors; Metabolic Syndrome; Management of Obesity; Implementing Nutrition Self-Management, Nutraceuticals and Functional Foods in healthy lifestyle.

Aim

The aim of GCM workshop is to share ideas and build consensus on the need for a concerted effort to strengthen human and institutional capacity to combat obesity as public health threat and to formulate bold action plan to make it happen.

Workshop Specific Aims:

The workshop also aims to consolidate and expand on causes of obesity in children to ensure participants have a solid scientific grasp of physiological contexts within which nutritional components play a key role. Standards used to screen and monitor obesity in children are introduced and nutritional strategies to enhance healthy lifestyle are explained. The workshop will also explore the evidence-base related to the relationship between diet and health and the role that nutritional interventions can have in promoting health and treating disease both in individuals and populations.

Learning objectives

By the end of this workshop the participants should be able to:

1. Discuss the changing nature of what is meant by balanced diet and healthy lifestyle;
2. Define obesity in children;
3. Assess obesity and correlate it to the local and international situations in context of the obesogenic environment;
4. Discuss the effects of physical inactivity on nutritional and health status;
5. Aware of the roles of diet in the aetiology of diabetes mellitus, cardio vascular disease, metabolic syndrome, etc.;
6. Consider current health promotion campaigns and messages targeting obesity in children.
7. Aware of the prevention and treatment of obesity.
8. Discuss the evidence regarding the efficacy of supplements and herbs as therapeutic agents;

Outline of Globesity-Workshop

- Welcome and introduction to workshop
- Workshop 'Pre-Test'
- Introduction to Nutrition, Definitions and Scope ([Learning objective 1](#))
 - The definition & scope of human nutrition
 - What do we mean by essential (in diet)?
 - What dietary components are essential?
 - What do we mean by dietary balance?
 - How do we achieve dietary balance?
- Obesity: A Global Problem and Epidemic ([Learning objective 2](#))
 - Prevalence and Incidence
 - Obesity in Adults
 - Obesity in Children
 - Causes of obesity; Energy intake Energy expenditure
 - The Activity Pyramid
 - The recommended messages for physical activity for adults and children
 - Health Consequences of obesity
 - Most common co-morbidities and risk factors associated with obesity
- Obesity: Classification and Measurements ([Learning objective 3](#))
 - Principles of the Assessment of Nutrition
 - International Perspective of overweight and obesity

- Principles of anthropometric classification of overweight and abdominal fatness
- Risk Factors for Obesity & Metabolic Syndrome
- Public Health impact of obesity ([Learning objectives 4 and 5](#))
- Risk Factors associated with increased morbidity and mortality in obese persons ([Learning objectives 4 and 5](#))
 - Obesity and central obesity
 - Physical inactivity
 - Dietary factors
 - Urbanization and modernization
 - Insulin resistance
 - Metabolic Syndrome
 - Metabolic Syndrome: Overview
 - Signs and Symptoms
 - Prevalence of metabolic syndrome
 - Risk Factors of metabolic syndrome
 - When is it time to seek medical advice?
 - Prevention of metabolic syndrome
 - Diagnosing and treating Metabolic Syndrome
- Management of Obesity ([Learning objectives 6 and 7](#))
 - Guidelines for weight reduction
 - The need for Intervention
 - Community intervention approach
 - Childhood obesity Prevention (CHOP) programme
 - Management of obesity
 - Dietary modification
 - Behavioural modifications
 - Physical activity
 - Pharmacotherapy
 - Bariatric surgery
 - How can you eat healthily?
 - How can you keep physically active?
- Perceived healthiness of Nutraceuticals & Functional Foods
 - Evolution of Health Care
 - Nutrition and health claims; Nutraceuticals and Functional foods
 - Modes of action: Nutraceuticals & Functional Foods
 - Pending EU Food Legislation
 - What is adequate safety evidence
 - Role of Phytochemicals in disease prevention
- Post-test
- Workshop Evaluation Questionnaire