

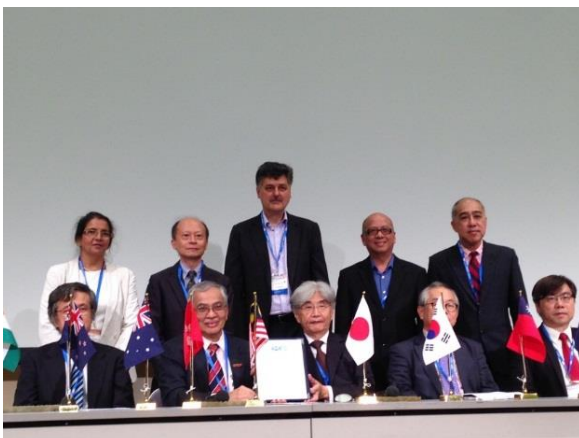
AOASO REPORT 2014-2015

1) The 8th. Asia-Oceania Conference on Obesity, Nagoya, Japan, 2 – 4 October 2015

The 8th AOCO (Asia-Oceania Conference on Obesity) 2015 was held in Nagoya, Japan on 2-4 October, 2015. The 36th Annual meeting of JASSO (Japan Society for the Study of Obesity) was also jointly held. The meeting was attended by about 250 participants and more than 120 abstracts were presented and ideas on obesity research, prevention and management were actively exchanged during the Conference. The scientific programme consisted of four AOCO·JASSO Special Lectures, two AOCO·JASSO Joint Symposia, two international Symposia and AOCO Rising-Star Symposium which provided latest knowledge and ideas on obesity. The 17th. AOASO Council meeting was held on Friday, 2 October 2015 at 1.00-2.00pm in the Nagoya Convention Center, Nagoya, Japan. Nine out of 11 member countries attended the meeting.



One of the highlight of the Conference was the adoption of the “**Nagoya Declaration 2015**”, in which a concept of “obesity disease” was proposed by JASSO and chaired by Prof. Ismail. The declaration was signed on 3 October 2015 by the representatives from Australia and New Zealand (Tim Gill), Hong Kong (Francis Chow), India (Pallavi Patankar), Japan (Masato Kasuga), Korea (Soon-Jib Yoo), Malaysia (Mohd Ismail Noor), Philippines (Roberto C Marisol), Singapore (Chung Horn Lee) and Taiwan (Kou-Chin Huang).



AOASO would like to extend our congratulation and thanks to Prof. Kasuga and JASSO for successfully hosting the 7th. AOCO in Nagoya, Japan. The next AOASO Council meeting has been schedule to be held during ICO 2016 in Vancouver, Canada.

2. Obesity Research clinical Practice (ORCP) Journal

The ORCP is an official journal of AOASO. The aim of *ORCP* is to publish high quality clinical and basic research relating to the epidemiology, mechanism, complications and treatment of obesity and the complication of obesity. Studies relating to the Asia Oceania region will be particularly welcome. In addition to original research the *ORCP* will publish reviews, patient reports, short communications, and letters to the editor (including comments on published papers). The current Editors-in Chief are Prof Gary Wittert and Prof. Kuo-Chin Huang and has an impact factor of 1.177

3. The 9th. Asia-Oceania Congress on Obesity (AOCO) 2017

At the 17th. AOASO Council meeting held during the 8th.AOCO, 2-4 October 2015 in Nagoya, Japan, Prof. Tim Gill representing ANZOS, presented some preliminary information on the 9th. AOCO 2017 to be held in Adelaide, Australia.



4. Members News

4.1 - All India Association for Advancing Research in Obesity (AIAARO)

a) Membership

In past two years we have moved from 630 Life Members to more than 756.

b) Annual Conference

Annual National Conference is held every year between October and November.

2014 Annual Conference was held in Jaipur, Rajasthan State, India.

2015 Annual Conference was held in Mumbai, Maharashtra State, India.

c) Chapters

In the last two years there have been five chapters, but now AIAARO have formed three more to make eight altogether:

1. Andhra Pradesh Chapter
2. Karnataka Chapter
3. Maharashtra Chapter

4. Delhi Chapter
5. Tamil Nadu Chapter
6. West Bengal Chapter
7. Uttar Pradesh Chapter
8. Odisha Chapter

d) Election

AIAARO elections are in the process of creating a new committee for the years 2016 to 2018, and the forthcoming committee will take over by end of April. The results are impending.

Dr. Banshi Saboo - National Secretary - AIAARO

Dr Pallavi Patankar - Sec Gen AOASO

4.2 - Australia and New Zealand Associations Obesity Society (ANZOS)

New Zealand members of ANZOS have an informal network of members and rely for NZ specific information on regular updates from the government and NGO health information sites:

“weight management” daily updates <http://weightmanagement.hiirc.org.nz>

Agencies for Nutrition Action weekly and regional and national fora <http://www.ana.org.nz/>

New Zealand Nutrition Foundation – two weekly updates <http://www.nutritionfoundation.org.nz>

Fight the obesity epidemic <http://www.foe.org.nz/>

Statistics 2014/2015

Adults who smoke at least once a month has fallen from 20% (2007) to 17%

Prevalence of obesity increasing in children and adults. Obesity increases with age

31% adults obese but Māori 47% Pacific 66% more. Adult morbid obesity (5.3%) is increasing

11% children obese, 5x higher in most deprived socioeconomic quintile compared with highest

INFORMAS

Has a number of key members in New Zealand including Boyd Swinburn, and Stefanie Vandevijvere

INFORMAS is the International Network for Food and Obesity / Non-communicable Diseases Research, Monitoring and Action Support. It brings together a number of public-interest organisations and researchers aiming to **monitor, benchmark and support public and private sector actions** to create healthy food environments and reduce obesity and non-communicable diseases (NCDs)

New Zealand first country to undergo performance assessment 'Food Environment Performance Index' (Food-EPI) and found poor progress in 74% of the recommended areas for policies to promote healthier diets 2015.

<http://www.worldobesity.org/what-we-do/policy-prevention/projects/informas/>

http://www.scielosp.org/scielo.php?pid=S0042-96862015000300294&script=sci_arttext

Child obesity prevention actions

Brought together in a childhood obesity plan

<http://www.health.govt.nz/our-work/diseases-and-conditions/obesity/childhood-obesity-plan>

This includes

Eating and Activity guidelines – initiated in October 2015

<http://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults>

These guidelines emphasise less processed, whole foods and reductions in saturated fat, sugar and salt.

Maternal and child health

Initiated in 2013, \$10 million over 2 years

Under 5 Energize

Healthy start workforce programme

National Science Challenges

Better start

Healthy families New Zealand (MOH) 2014-2015

<http://www.health.govt.nz/our-work/preventative-health-wellness/healthy-families-nz>

Initiated in 2014 this investment is focussed on 10 high deprivation areas in NZ. Systems approach to complex problem.

\$40 million over 4 years

Health Star Rating

The Health Star Rating (HSR) is a new voluntary front-of-pack labelling system developed for use in New Zealand and Australia.

Project Energize

This programme, funded by the Waikato District Health Board has been a health service for more than 10 years. It reaches 15% of NZ primary school children.

<http://bmcresnotes.biomedcentral.com/articles/10.1186/s13104-016-1849-1>

Body weight statement from the Ministry of Health

Making good choices about what you eat and drink and being physically active are also important to achieve and maintain a healthy body weight.

A healthy weight:

- will help you stay active and well
- reduces your risk of getting type 2 diabetes, heart disease and some cancers.
- . To prevent weight gain and to lose weight:
 - choose nutritious foods that are low in energy (minimal fat and added sugar)
 - drink plain water instead of sugary drinks and/or alcoholic drinks
 - reduce portion sizes
 - sit less and reduce screen time
 - be as active as possible.

If you are struggling to maintain a healthy weight, see your doctor, a dietitian or your community health care provider.

Non-Governmental Organisations (NGOs) such as the Heart Foundation offer a range of local and national initiatives aimed at children to improve food and physical activity environments and nutrition knowledge.

<http://www.heartfoundation.org.nz/programmes-resources/schools-and-eces/the-healthy-heart-award-for-early-childhood-education>

<http://www.heartfoundation.org.nz/programmes-resources/schools-and-eces/heartstart>

<http://www.heartfoundation.org.nz/programmes-resources/schools-and-eces/food-for-thought>

4.3) Hong Kong Association for the study of Obesity (HKASO)

a) Active participants of various initiatives and programs related to EatSmart@school, StartSmart@school and the EatSmart@restaurant programs – all three are important initiatives from our government to combat and prevent chronic non-communicable diseases, 1 April 2015, Hong Kong. HKASO (represented by Dr CC Chow / Prof Alice Kong / Prof Stanley Hui) continued as Steering Committee members of all 3 programs initiated by Department of Health

b) 21st Newsletter to all members was published in May 2015

c) Prof. Alice Kong had represented HKASO to deliver a public talk for EatSmart@school.hk an activity, organized by Department of Health and Education Bureau, Hong Kong

on 26 June 2015. The talk was attended by principals, teachers and students from various schools in Hong Kong.

d) The 17th Diabetes & Cardiovascular Risk Factors – East Meets West (EMW) Symposium was held on 3-4 October 2015. HKASO co-organized a symposium with The Hong Kong Nephrologists Society and have received support from many professional healthcare associations for this meaningful symposium. This two-day regional medical congress was well attended by close to 1,000 local and international participants.

e) 22nd Newsletter to all members was published in Nov 2015

4.4 - Japan Society for the Study of Obesity (JASSO) – see item 1 of the Report.

4.5 - Malaysian Association for the study of Obesity (MASO)

a) In conjunction with World Obesity Day 2015, 11 October 2015, MASO organized:

i) **MASO Camp “Work, Weight and Wellness” 2015**, was organised in collaboration with Department of Health Sarawak (*Jabatan Kesihatan Negeri, JKN Sarawak*). The work-site weight reduction programme was held on 18-19 March 2015 in Kuching at the Sarawak National Library attended by Prof. Ismail, President MASO and Prof Dr Norimah, Vice-President MASO. The Camp was chaired by Dr Mahenderan with support from Ms Bong Mee Wan and Mr Mohd Shah, the nutritionists at the JKN Sarawak. The Closing Ceremony of MASO Camp was held on 24th November 2015. The Director of Department of Health Sarawak, Datu Zulkifli bin Jantan and Mr.

Gordon Nicolaus Jemat Anchang represented MASO and presented the prizes to the winners during the ceremony.

- ii) MASO 2015 Scientific Conference**, was held successfully on 28 - 29 October 2015 at Seri Pacific Hotel. The theme of the Conference is “Combating Obesity: Societal and Environmental issues and challenges” chaired by Prof Ismail. The conference was officiated by the Hon. Minister Datuk Seri Dr. S.Subramaniam, Minister of Health, Malaysia. Some 150 participants attended the conference. Prof. Dr Mike Lean from Glasgow University and Prof. JP Poulain (Toulouse University) were invited as Plenary speakers.

b) MyBFF Research Project

MASO is involved in the Ministry of Health’s obesity project in collaboration with the Sackler Institute, New York Academy of Sciences, USA. Prof. Norimah represented MASO in the working group for obesity intervention among adolescents in secondary schools. The project “My Body Fit n Fabulous MyBFF@School is a pilot project conducted in Putrajaya in 2014. The project is its final phase and if successful will be extended to selected schools throughout Malaysia.

c) “Fit & Fun Project” by UKM Nutrition Students

A half-day program entitled “Fit & Fun Project” organized by Universiti Kebangsaan Malaysia (UKM) 3rd year Nutrition students under the Nutrition Promotion Course, in collaboration with MASO was held successfully on 6th December 2015 at Tasik Titiwangsa. Prof Ismail officiated the program that was partially sponsored by MASO.

d) National Plan of Action on Nutrition, Malaysia (NPANM III) 2016-2025

Several MASO Council members are involved in the NPANM working groups. The report is in the final stage of editing and will be published by the Ministry of Health.

e) Technical Working Groups (TWGs) under Ministry of Health, Malaysia

Several MASO Council members (Prof. Ismail, Prof Norimah and Prof. Poh Bee Koon) are involved in the National Coordinating Committee on Food and Nutrition (NCCFN) MOH, namely, TWG on Nutrition Promotion, TWG on Nutritional Guidelines (chaired by Prof. Ismail) and TWG on Nutrition Research (Chaired by Prof Norimah)

f) Nutrition Month Malaysia (NMM) 2015

The Nutrition Month Malaysia (NMM) programme was initiated in 2002 by three leading professional bodies, namely the Nutrition Society of Malaysia (NSM), the Malaysian Dietitians’ Association (MDA) and the Malaysian Association for the Study of Obesity (MASO). NMM 2015 focused on diabetes prevention in both adult and children/families, with the theme “Eat Right, Move More: Prevent Diabetes from Young”. The key objectives are to create greater awareness of diabetes and highlight the importance of good nutrition and active lifestyle in every family unit towards diabetes prevention. Activities conducted include:

- i. Family Carnival at Paradigm Mall, 26 to 29 March 2015

- ii. Prevent Diabetes Guidebook, the main publication of NMM 2015 focusing on diabetes prevention and management, targeting families, high risk individuals and people with diabetes.
 - iii. Series of educational articles/supplements were published in major newspapers and leading health magazines.
 - iv. Health messages promoted via NMM Facebook page, NMM website, and selected radio stations.
 - v. Expert interviews, aired on selected TV and radio stations.
- g) Obesity Task Force, Ministry of Health Malaysia**
 Prof. Ismail and Prof. Norimah are members of the Obesity Task Force chaired by Datuk Dr Lokman Hakim, Deputy DG (Public Health) Ministry of Health Malaysia

For further detail visit: <http://nutritionmonthmalaysia.org.my/>

4.6 – Philippines Association for the study of Overweight and Obesity (PASOO)

- a) **Kids Lecture Series** (In cooperation with Manila Doctors) – 28 July 2014
 Dr. Salvador Celedonio Elementary School, Paco, Manila
 Chair: Dr. Sioksoan Chan-Cua
- b) **1ST Combined Exercise is Medicine (EIM) Philippines** – 28-29 Aug. 2014
 Exercise Prescription Course for Primary Care Physicians and Clinical Fitness Professionals
 Net Lima, 5th Avenue corner 26th Street, Bonifacio Global City, Taguig City.
- c) **PASOO 20TH ANNUAL CONVENTION and PASOO 20TH ANNIVERSARY CELEBRATION**, 30 Aug 2014
 Isla Ballroom, EDSA Shangri-La Hotel, Mandaluyong City
 Overall Chair: Dr. Gabriel V. Jasul, Jr. Scientific Chair: Roberto C. Mirasol, MD
- d) **State of the Art of Obesity Research Seminar in the Philippines: Status and Gaps”**
 17 Sept. 2014
 Unilab Bayanihan Center, Pioneer St., Pasig City
 Chair: Dr. Rodolfo F. Florentino
 “State of the Art of Obesity Research in the Philippines: 1981-2011” (now in print)
- e) **PASOO State of the Art of Obesity Research in the Philippines: Status and Gaps, 20 Feb. 2015** (in Cooperation with the National Nutrition Council Council Region 3)
 EPTHETHA Devt. Center Social Action Center of Pampanga Govt Center, San Fernando City
 Chair: Dr. Rodolfo F. Florentino
- f) **PASOO Strategy Plans Revisit 2015, 25 Feb. 2015**
 LRI-Therapharma Conference Rm Bonaventure Plaza, Ortigas Avenue, SJMM
- g) **Exercise is Medicine (EIM), Exercise Prescription Course for Clinical Fitness Professionals, 12 – 13 Feb. 2015**
 Net Lima, 5th Avenue corner 26th Street, Bonifacio Global City, Taguig City
- h) **Exercise is Medicine (EIM) Exercise Prescription Course for PASOO Officers and Board of Directors, 4 May 2015**

- i) **6TH Intensive Obesity Workshop for Health Professionals and Lay Forum**
30 May 2015
Garden Orchid Hotel, Zamboanga Del Norte
Chair: Dr. Roberto C. Mirasol
Coordinator: Dr. Jerome Barrera
- j) **Exercise is Medicine (EIM) Exercise Prescription Course for Primary Care Physicians**, 9-10 July 2015
- k) **Kids Lecture Series**, 28 Aug. 2015
(In cooperation with Manila Doctors) Rafael Palma School, Makati City
Chair: Dr. Sioksoan Chan-Cua
- l) **PASOO 21st. ANNUAL CONVENTION, 3 Sept. 2015**
Isla Ballroom, EDSA Shangri-La Hotel, Mandaluyong City
Chair: Dr. Roberto C Marisol
Scientific Chairs: Dr. Mia C Fojas/Dr. Juan Maria Ibarra o. Co
- m) **Exercise Prescription Course for Primary Care Physicians**, 3-4, Nov. 2015

