An intensive educational experience with a strong emphasis on the practical aspects of obesity management and the role of the dietitian in inter-professional bariatric care. This certification will build knowledge in the areas of:

- 5As of Obesity Management
- E OSS
- Your role(s) as part of the interdisciplinary obesity management team
- Clinical assessment and medical management of obesity

Presented By:
Canadian Obesity Network – Réseau canadien en obésité (CON-RCO)
Dietitians of Canada – Les diététistes du Canada (DC)
program overview

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4 Welcome message from the Hosts: CON-RCO and DC
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AT THE CONCLUSION OF THE WORKSHOP, PARTICIPANTS WILL BE ABLE TO:

• articulate their role as part of the interdisciplinary obesity management team, particularly when working with pre- and post-bariatric surgery patients.
• identify practical strategies for dealing with diverse clients in day-to-day practice.
• describe methods of clinical assessment of obesity
• describe current psychological, clinical, community-based and medical interventions for the treatment of obesity.

Canadian Obesity Network- Réseau canadien en obésité (CON-RCO)
CON-RCO is a broad Network of over 10,000 individuals and organizations who are committed to stemming the tide of obesity in Canada and reducing the mental, physical and economic burden of obesity on Canadians. The mission of CON-RCO is to act as a catalyst for addressing obesity in Canada and to foster knowledge translation, capacity building, and partnerships among stakeholders so that researchers, health professionals, policy makers and other stakeholders may develop effective solutions to treat, and to prevent, obesity. CON-RCO’s three strategic goals are to 1) Address the social stigma associated with obesity; 2) Change the way professionals think about obesity and interact with obese individuals; and 3) Improve access to obesity prevention, treatment and management. Since 2006, CON-RCO has trained more that 8,000 health professionals on key issues related to obesity management, launched two widely used literature alerting services, published and award winning magazine (CONDUIT), organized Canada’s only recurring scientific conference dedicated to obesity, and much more. CON-RCO is a non-profit organization hosted by the University of Alberta and Alberta Health Services in Edmonton, Alberta. Find out more at www.obesitynetwork.ca

Dietitians of Canada – Les diététistes du Canada (DC)
DC is the national professional association for dietitians, representing 6,000 members at the local, provincial, national and international levels. As the recognized leaders of dietetic practice, DC advances health through food and nutrition, providing trusted information to Canadians and advising governments at the federal and provincial/ territorial levels on best practices in nutrition. DC supports its members through a broad portfolio of professional development activities, accreditation of academic programs, and supports research as a founding partner of the Canadian Foundation for Dietetic Research. We promote dietitians as valuable members of the health team, providing cost-effective health promotion, disease prevention, treatment and supportive care. DC is one of the largest organization of dietetics professionals in the world, and actively facilitates the global advancement of dietetics.
A PARTNERSHIP FOR A HEALTHIER CANADA

The Dietitians of Canada (DC) and the Canadian Obesity Network (CON-RCO) have enjoyed a mutually beneficial partnership since the creation of CON-RCO in 2006. DC was a proud supporter of the CON-RCO initiative from its first submission for funding to the Networks of Centres of Excellence program. Currently, over 1000 registered dietitians working in health care delivery, policy, academe and the private sector are members of CON-RCO, which is a testament to the level of interest the profession has in this pervasive and costly disease.

As the incidence of obesity and related impacts on the health of Canadians, our health care system and our economy continue to skyrocket, all health workers have an important role to play in what must be a multi-disciplinary approach to treating those whose health is affected by excess weight. Dietitians, given the wide scope of their skills and experience in food, nutrition and disease prevention issues, are ideally positioned to make a significant contribution to treatment efforts.

To that end, members of both organizations have contributed to the development of this unique 2-day learning event, which features some of Canada’s top experts speaking on a wide range of issues surrounding this disease. We are sure that the breadth and depth of the topics covered will arm attendees with practical knowledge they can integrate into their daily practice.

We look forward to seeing you in Toronto.

Sincerely,

Arya M. Sharma, Scientific Director and Chief Executive Officer,
Canadian Obesity Network

Marsha Sharp, Chief Executive Officer,
Dietitians of Canada
WEDNESDAY OCTOBER 7, 2015

7:30 am – 8:00 am
Registration Desk Opens
Registration desk is set up outside the Thomas Lounge. A light breakfast will be provided.

8:00 am – 8:15 am
Welcome and Opening Remarks

8:15 am – 9:15 am
Living with Obesity: A Patient’s Experience – Patient Representative
TBC

9:15 am – 10:45 am
Would you recognize ‘obesity’ if it walked into your office? Clinical Assessment
Arya Sharma, MD, PhD, FRCPC, Professor and Chair, Obesity, Research and Management, University of Alberta
This session will begin with a discussion of the applications and challenges of body composition measurements in the overweight and obese patient. BMI, skinfold thickness, waist circumference, bio-electrical impedance and other more sophisticated methods will be covered as a starting point for clinical assessment of your clients. An etiological framework for the systematic assessment of the socio-cultural, bio-medical, psychological and iatrogenic factors that affect energy input, metabolism and expenditure will be presented. In conclusion, he will highlight the Edmonton Obesity Staging System (EOSS), a 5-point ordinal classification system for obesity that considers co-morbidity and functional status, has been validated against nationally representative US samples and is superior to BMI, WC or metabolic syndrome in predicting mortality. EOSS can also guide clinical management and may allow better triaging of resources in health care systems to patients who stand to benefit the most.

10:45 am – 11:05 am
Health Break

11:05 am – 12:30 pm
Energy Balance
Éric Doucet, PhD, Professor, School of Human Kinetics, University of Ottawa
This session will cover multiple aspects as they relate to the effects on energy balance. Dr. Doucet will focus on the latest research that examines the effects of weight loss on factors that impact both energy intake and expenditure, and which may well be at the root of relapse after successful treatment. Two topics that will be explored in detail include the impact of body weight loss on appetite sensations and the effects of adaptive thermogenesis on the occurrence of resistance to lose fat and weight regain.

12:30 pm – 1:15 pm
Lunch

1:15 pm – 3:00 pm
Weight Bias & Practical Counselling Skills
T. Michael Vallis, PhD, Associate Professor, Department of Psychology, Dalhousie University
Individuals living with obesity are highly stigmatized and face multiple forms of prejudice and discrimination because of their weight, often due to widespread negative stereotypes which reinforce the belief that overweight and obese persons are lazy, unmotivated, lacking in self-discipline, less competent, noncompliant and sloppy. How does weight bias translate into inequities in employment settings, health-care facilities, and educational institutions? How can practitioners recognize the impact of stigmatization in the context of subtle and at times unconscious psychological behaviors? What practical limitations exist in the built environment? Participants will receive an overview of the concept of stigma and weight bias, plus examples of common weight bias in North American society. How can health providers help obese individuals overcome difficulties in changing their eating habits and maintaining these changes? Why is eating especially hard to change? The role eating plays in basic human
functioning is more about comfort, socializing and the environment than it is about nutrition, health or weight. The goal of this session is to help participants engage patients in ways to ensure the emotional factors associated with eating become the starting point for clinical interventions. The presentation will include skills and strategies for motivational enhancement, behaviour modification and emotion management.

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>3:00 pm – 3:20 pm</td>
<td>Health Break</td>
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<tr>
<td>3:20 pm – 4:45 pm</td>
<td>Weight Bias &amp; Practical Counselling Skills (continued)</td>
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<tr>
<td>T. Michael Vallis, PhD, Associate Professor, Department of Psychology, Dalhousie University</td>
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<td>4:45 pm – 5:00 pm</td>
<td>Closing remarks</td>
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**THURSDAY OCTOBER 8, 2015**

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:30 am – 8:00 am</td>
<td>Light Breakfast</td>
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<tr>
<td>8:00 am – 10:30 am</td>
<td>Nutrition Guidelines for Pre- and Post-Bariatric Surgery</td>
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<td>Jennifer Brown-Vowles, Registered Dietitian with the Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence</td>
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<tr>
<td>10:30 am – 10:50 am</td>
<td>Health Break</td>
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<tr>
<td>10:50 am – 12:15 pm</td>
<td>Vitamin/nutrition Supplementation in Bariatric Medical and Surgical Patients and Medication Absorption and Kinetics in Bariatric Surgery Patients</td>
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<td>Sean Wharton, MD, PharmD, FRCP(C), Internal Medicine Specialist Adjunct Professor York University, Dept. Kinesiology and Health Sciences</td>
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<tr>
<td>12:15 pm – 1:00 pm</td>
<td>Lunch</td>
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1:00 pm – 2:30 pm
Assessment and Medical Management of Obesity: Defining “Success”
Arya M. Sharma, MD, PhD, FRCPC, Professor and Chair Obesity Research and Management, University of Alberta
The assessment of obesity requires a systematic assessment of factors potentially affecting energy intake, metabolism, and expenditure. Rather than just identifying and describing a behaviour (“this patient eats too much”), clinicians should seek to identify the determinants of this behaviour (“why does this patient eat too much?”). The diagnostic paradigm discussed in this presentation provides an etiological framework for the systematic assessment of the socio-cultural, bio-medical, psychological and iatrogenic factors that influence energy input, metabolism, and expenditure. The presentation discusses factors that affect metabolism (age, sex, genetics, neuro-endocrine factors, sarcopenia, metabolically active fat, medications, prior weight loss), energy intake (sociocultural factors, mindless eating, physical hunger, emotional eating, mental health, medications), and activity (sociocultural factors, physical and emotional barriers, medications). This session will also give an overview of bariatric surgery and explore the key issues related to the management of bariatric surgical patients, with a focus on reviewing the three major primary bariatric surgical operations performed in Canada, as well as common surgical and management issues that may be encountered. Achieving success with bariatric surgery is more likely to occur when multidisciplinary health care providers collaborate in the assessment, treatment, monitoring and evaluation of individuals, both before and after surgery. Why are front-line practitioners so critical in preparing and counseling patients regarding the opportunities and challenges associated with bariatric surgery? What skills are needed to successfully manage bariatric patients in the long term? It is expected that the clinical application of this framework will improve obesity prevention and management.

2:45 pm – 3:00 pm
Closing remarks

*Light breakfast, coffee break and lunch are included both days

Certificate of Attendance & Credits:
Upon having attended the Learning Retreat in its entirety, delegates will received a certificate of attendance. Accreditation and Continuing Professional Development (CPD) certification pending.
JENNIFER BROWN  BSc., MSc., (Candidate), RD
Ottawa Hospital Weight Management Clinic and Bariatric Centre of Excellence, Co-chair of the Ontario Bariatric Network Dietitian Task Force, Founder of the Bariatric Surgery Subgroup of the Dietitians of Canada - Diabetes Obesity and Cardiovascular Network and

Jennifer Brown is currently pursuing her Master’s at the University of Ottawa exploring the relationship between appetite, smell performance and peripheral hormone changes after Roux-en-Y gastric bypass surgery. Jennifer was recently nominated to the American Academy of Nutrition and Dietetics Evidence Analysis Workgroup on Bariatric Surgery and was a national recipient of the Dietitians of Canada Graduate Award and national recipient of the 2014 Rebecca Snowball Reeves Award from the American Academy of Nutrition & Dietetics. She has specialized training in bariatric nutrition from the Edmonton Weight Wise program, ASMBS, The Obesity Society, the Canadian Obesity Network and the International Association for the Study of Obesity. Jennifer hopes to standardize bariatric nutrition care and collaborate on nutrition-related research across Canada and internationally.

ÉRIC DOUCET  PHD
Professor at University of Ottawa, Faculty of Health Sciences, School of Human Kinetics

Dr. Doucet’s research program explores factors (behavioural, metabolic and endocrine) that impede or facilitate weight loss and/or weight gain. More recently, Dr. Doucet has been involved in examining the role of appetite regulation in body weight control. Dr. Doucet holds a CIHR New Investigator Award, an Early Research Award from the Ministry of Research and Innovation (Ontario) and an Canadian Foundation for Innovation New Opportunities Infrastructure Award.
ARYA M. SHARMA  MD/PhD, DSc (hc), FRCPC
Professor of Medicine, Obesity Research & Management Chair, University of Alberta, Medical Director of the Edmonton Regional Bariatric Program and Scientific Director, Canadian Obesity Network

Dr. Sharma’s research focuses on an evidence-based approach to managing obese patients and includes the development of the Edmonton Obesity Staging System. Dr. Sharma has authored or coauthored more than 300 publications and has lectured widely on the aetiology and management of hypertension, obesity, and related cardiometabolic disorders. Dr. Sharma is regularly featured as a medical expert in national and international TV and print media including the CBC, CTV, New York Times, and MSNBC. Dr. Sharma maintains a widely-read blog where he regularly posts his ideas and thoughts on obesity prevention and management: http://www.drsharma.ca.

MICHAEL VALLIS  PhD
Dr. Michael Vallis is a registered health psychologist practicing at Capital Health, Halifax, and is cross-appointed to Dalhousie University as Associate Professor in Family Medicine and Psychiatry, and Adjunct Professor in Psychology and Health and Human Performance. He created the Behaviour Change Institute, a training program for lifestyle counseling skills for physicians, nurses, dietitians and other healthcare providers. He is active in research on motivation, behavioural change and adaptation to chronic disease. He is an Associate Editor of the Canadian Journal of Diabetes and is the Canadian Lead for the Diabetes Attitudes, Wishes and Needs 2 Study (DAWN2). He is an academic mentor for the Canadian Foundation of HealthCare Improvement’s Atlantic Healthcare Collaboration and was recently awarded a Queen’s Diamond Jubilee Medal by the Canadian Diabetes Association.

SEAN WHARTON MD, FRCPC, PHARMD
Medical Director of the Wharton Medical Clinic, a community based internal medicine weight management clinic and Adjunct Professor at York University, Department of Kinesiology and Health Sciences.

Dr. Wharton’s research includes the clinical aspects of bariatric medicine and diabetes research. Diabetes management is a focus for Dr. Wharton as 25% of overweight and obese patients have this chronic medical condition. Dr. Wharton was the lead author of the weight management chapter for the 2013 Canadian Diabetes Association Guidelines. He is a member of the Royal College of Physicians and Surgeons, the Canadian Obesity Network, The Obesity Society and the Canadian Association of Bariatric Surgeons and Physicians, and a Diplomat of the American Board of Obesity Medicine.
Registrants will be required to read a set of articles and background information so that they are prepared for the workshop.

A test of the content maybe require prior to attending the workshop to ensure all registrants are at approximately the same learning level.

Readings will be made available once registration has been confirmed.
**Registration:** Delegates may register between 7:30 – 8:00 am on Wednesday October 7 outside the Thomas Lounge. Please note: the program will conclude by 3:00 pm on Thursday October 8.

**Certificate of Attendance & Credits:** Upon having attended the Learning Retreat in its entirety, delegates will receive a certificate of attendance. Certificates can be picked up at the end of the conference at the registration desk. This event is pending accreditation for SCOPE points and Continuing Professional Development (CPD) certification.

**Venue Information:**
- The conference will be held at Ryerson Student Centre/Oakham House, Thomas Lounge
- 55 & 63 Gould Street
- Telephone: 416-979-5250
- Web address: http://ryersonstudentcentre.ca/

**Book Your Hotel Room:**
We are holding a small block of guest rooms at the Eaton Chelsea, 33 Gerrard Street West, Toronto ON (http://chelsea.eatonhotels.com/), at $165/night plus taxes. This is within 10 minutes walk of the workshop meeting rooms. Guest self-parking costs $29/night plus taxes.

To book your guest room and get the advertised rate go to Eaton Chelsea online booking.

**Getting There:**
The Ryerson Student Centre is easily accessed by public transit or car. It is on the south side of Gould St. just west of Church St.

**Public Transit:** Yonge/Dundas subway station: walk north on Yonge, east side, to Gould, turn right and walk east to the Centre. Yonge/College subway station: walk south on Yonge, east side, to Gould, turn left and walk east to the Centre.

**By Car:** Don Valley: south exit at Richmond St. E., continue towards Church St., turn right (north) at Church. Gardiner Expressway: east exit at Jarvis St and drive north. Turn left (west) on Dunas and right (north) on Church St.

For more details and a parking map: go to http://ryersonstudentcentre.ca/contact/directions

**Parking:**
There are two parking facilities, 1) Campus Store Garage, 300 Victoria Street, and 2) Pitman Hall Garage, 160 Mutual Street. For more information including a map and rates, go to http://www.ryerson.ca/ubs/parking/vehicle.html. Cost is $16 per day at Campus Store Garage and $14 per day at Pitman Hall Garage. There is also Green P and street parking in the area.

**Internet:**
Complimentary wireless internet is available in the Thomas Lounge.
PARKING AT RYERSON

Bookstore / Parking Garage
Pitman Hall / Student Residence Lot

West side of Victoria Street between Dundas and Gould
West side of Mutual Street between Gerrard and Gould

Parking lots are also at the Eaton Centre and on Carlton, Church, Dundas, Bay, and Gerrard