



ECOG 2009 Scientific Programme



Thursday September 17th

08.00 Workshop and conference registration

08.30 Opening Lecture

Workshops A and B in parallel

09.15 Workshop A/Physical Activity

Plenary 1A: Determinants of Physical Activity Level:

- a) Parental PAL
- b) Gross Motor Development
- c) Differences in maturation
- d) Environmental
- e) Tracking of PAL from early to late childhood and adulthood

10.30 Discussion

Tutored Case Study

09.15 Workshop B/Development of Eating Habits

Plenary 1B: Determinants of Appetite: From in-utero to infancy

- a) *Intrinsic factors: genetic, central control, emotional*
- b) *Extrinsic factors: Infant nutrition, feeding approaches,*

10.30 Discussion

Tutored Case Study

11.00 Coffee break and commercial exhibition

11.45 Presidential Address: President Mary McAleese

12.00 Workshop A/Physical Activity Ulf Ekelund

Plenary 2A: Impact of PA on physiological systems

Dose-response associations between physical activity, sedentary behaviour and cardiometabolic health.

12.45 Discussion

Tutored Case Study

12.00 Workshop B/Development of Eating Habits

Plenary 2B: Practical Aspects of Healthy Eating

- a) Avoiding food rewards*
- b) Reducing addictive behaviour*
- c) Eating habits in late childhood*

12.45 Discussion

Tutored Case Study

13.30 Lunch and Exhibition

Workshop A/Physical Activity

14.30 Plenary 3A: Physical Activity Level: What are we trying to measure?

15.00 Cardiorespiratory Fitness as a Health Indicator.

15.45 Discussion

Workshop B/Development of Eating Habits

14.30 Plenary 3B: Assessing Food Intake and Eating Behaviour

15.00 Review of Measurement Tools: Food diaries, recall instruments, computer based assessment.

15.45 Discussion

16.15 Coffee Break and Poster Presentations

Workshop A/Physical Activity

16.45 Plenary 4A: Strategies to increase active living and reduce sedentary behaviour

- a) Community-based*
- b) School-based*
- c) Family-base*
- d) Active gaming*

Workshop B/Development of Eating Habits

16.45 Plenary 4B: Strategies to promote healthy eating

- a) Family-based*
- b) School-based*
- c) National programmes*



Friday September 18th

08.30 General Workshop 1: Growth monitoring and determining obesity risk status in the general childhood populations: Using standard WHO recommendations.

09.15 Discussion

09.30 The Patient's Perspective: What Kids Say. *Robert Pretlow MD*

10.15 Oral Presentations

11.00 Coffee break and commercial exhibition

11.30 General Workshop 2: Strategies that motivate children and their families to take positive action: empowering self efficacy and change.

12.15 Discussion

12.30 TBC

13.30 Lunch and Exhibition

14.30 Plenary 1: *Co-morbidities associated with childhood obesity*

a) Cardiometabolic health

b) Musculoskeletal/Biomechanical issues

15.15 Review Session 1

15.45 Sleep and Metabolic Health

16.15 Coffee Break and Poster Presentations

16.45 Plenary 2: *Special populations:*

a) Children with special needs

b) Children with obesity-associated syndromes

17.30 Review Session 2

17.30 Close



Saturday September 19th

09.00 Getting the balance right: A synopsis of workshop sessions

09.45 Plenary 3: Genetic Legacy of Obesity

10.30 Review Session 3 Harnessing our knowledge of genetics to optimize care

10.45 Poster Presentations

11.00 Coffee Break

11.30 Plenary 4: Treatment: The challenges and cost of effective intervention

a) Hospital based Management:

a) Community Programmes.

b) Family-based therapy

12.45 Orals

13.30 Lunch and Exhibition

14.30 Plenary 5: Prevention Strategies

“Physical activity in the prevention of childhood obesity – what is the evidence?” Ulf Ekelund

Healthy Eating Initiatives: Securing food quality during a time of economic uncertainty.

15.15 Orals

15.45 Plenary 6: Policy and Legislation – Ensuring healthy eating and active living

a) Economic considerations: Obesity & its co-morbidities versus prevention policy. Where to invest our taxes?

b) Regulating health claims and advertising

c) Creating financial incentives for healthy living

d) Regulation of physical activity environments (school & crèche)

16.45 Bonduelle Award & Closing Ceremony.