



# **Obesity: Understanding and challenging the global epidemic**

**2009-2010 Report**

**from the International Association for the Study of Obesity**



# Obesity: the global scientific, medical, economic and political challenge

Obesity, recognised as a disease for more than 60 years, is now of such epidemic proportions that its impact threatens the capacity of health services even in the richest countries. Tragically, adult obesity is more common globally than under-nutrition. There are around 525 million obese adults with almost twice that number overweight - that means around 1.5 billion adults are too fat.

Excess weight gain is ranked the third greatest risk factor after smoking and high blood pressure for all premature deaths and disabilities in the affluent world. Yet the situation is even worse in poorer countries: widespread foetal and childhood malnutrition increases the impact of even modest weight gain on the development of diabetes and other chronic diseases. Poorer nations have 4-5 times more adults with overweight-induced illness than the Western world. The result is catastrophic medical costs for hundreds of millions.

The epidemic of obesity in children is affecting every continent. The resulting social handicaps, inferior academic and employment prospects, and early medical complications are increasingly evident. Over 155 million school-age children are overweight and this generation is the first predicted to have a shorter lifespan than their parents.

IASO is the leading international organisation devoted to tackling the growing challenge of obesity. Clearly, the time to act is now!

## Those we need to reach

Our mission is to make an impact on the national and international research agenda so that better care becomes available for those afflicted with weight problems. We also urgently need to promote effective prevention programmes. With our regional and international partners and links to policy makers and governments, we are well placed to help transform public health action.

**IASO helps health professionals to understand the fundamental biological principles of obesity and the most effective ways of preventing and managing excess weight.**

**IASO reaches international policy-makers and governments with practical proposals based on clear analysis of the best evidence.**

**IASO engages the public with accessible information so that they may play their part in pressing for innovative and effective measures to counter obesity.**

The challenge  
of obesity can  
be likened to  
that of climate  
change

## This is **IASO**

**We are** the International Association for the Study of Obesity, a not-for-profit organisation founded in 1986. We represent 56 countries, linking over 50 regional and national obesity associations, with more than 10,000 professional members engaged in scientific, medical and research work.

**Our purpose** is to improve global health by advancing, through scientific research and dialogue, the understanding of obesity and weight-related diseases, whilst promoting effective policies for their prevention and management.

**We act** as a global centre for obesity data and a major resource for obesity professionals, international policy-makers, governments, academics and the media. Our work has underpinned many government initiatives and has a major influence on international, governmental and public attitudes to obesity.

### **We don't stand still**

IASO does not stand still. We look to the future, anticipate developments and plan new programmes. Particular critical areas of research and advocacy now on our radar are the links between obesity, poverty and inequality; nutrient profiling; childhood obesity; and education.

### **We achieve globally**

The first WHO report on obesity resulted from the initiative of our policy arm – the *International Obesity Task Force (IOTF)* – along with IASO's Presidents and many expert contributors to IASO. It was this report that led the WHO to declare obesity *the biggest unrecognised public health problem in the world*. The report established the criteria for assessing obesity, was distributed to every health ministry and was later given official status as an Expert Technical Report, with a significant impact on national governments' policies on obesity.

We played a crucial role in developing **new Asian criteria for obesity** which were endorsed by the WHO. Since then, in association with the George Institute in Sydney, we have been involved in detailed major population analyses on the validity of these initiatives; data from 15 Asian and Caucasian countries have been included, with criteria relating to the propensity to develop diabetes and hypertension.



**Our definition of obesity in children** is based on nationally representative data from six countries in North and South America, Europe and Asia, and is now a standard definition used by investigators and policy-makers around the world. We are regularly asked for advice on how to monitor and evaluate childhood obesity.

We produced the **definitive evidence for the WHO on the health impact of obesity** showing that overweight and obesity are in the top 10 risk factors for global ill-health. That is why governments now show such intense interest in the issue.

**We are a founding member of the European Union Platform** for stakeholders tackling obesity. We provided definitive evidence for the European Commission's Directorate-General for Health and Consumers, we convene consultative lay and medical meetings, and help plan and write documents used by the WHO European Region to promote their obesity policies. As a result, 48 European Ministers of Health agreed the *Charter on Obesity* in November 2006 that sets out for the first time a coherent approach to obesity management and prevention.

**In the UK** we provided much of the background material for the Chief Scientist's first comprehensive analysis of the range of factors involved in the obesity epidemic and highlighted its likely impact in a special report. Titled *UK Foresight Tackling Obesities: Future Choices* and published in 2007, this offered a totally new perspective on obesity, predicting an overwhelming health burden and medical challenge over the next few decades. Our policy task force and key personnel at the highest levels were involved before the material was put to the UK Cabinet by the Prime Minister.

**In the Caribbean** in 2007 we provided advice and analyses for the main medical adviser to Caribbean Prime Ministers and presented proposals on obesity management and prevention to a special meeting of 16 Prime Ministers.

**In the Commonwealth** we have formal representation when Ministers of Health meet. Regular and personal contact gives us the opportunity to put forward proposals and to influence their thinking about obesity at an early stage.

**And in Europe, South America and South Africa** we have initiated a unique teaching process – SCOPE (The Specialist Certification of Obesity Professional Education) – to help physicians and associated professionals improve their management of overweight and obese adults.

## Two decades of **global growth**

IASO was formed in 1986 by a number of national obesity associations and concerned individuals. The *General Council* was set up to include two representatives for each association and the past Presidents/Chairs of an *International Congress on Obesity* held every four years. By 1988, our rapid growth led to a General Council with representatives from 39 national associations and to 3,000 delegates attending that year's International Congress. As we become a more prominent player on the international scene, membership continues to expand. At the end of 2008 there were 52 national associations representing 56 countries and territories.

### **Upgrading member services**

Members are an essential part of our organisation and we do all we can to meet their needs. One major development is our new *Online Knowledge Management System*. When completed, this will provide members with the latest obesity and policy data and access to SCOPE – described on page 21. There will also be an effective communication platform for the exchange of ideas, knowledge and expertise.

### **Members' discounts**

Members will continue to receive discounted rates for subscription to the IASO Journals and registration at the next International Congress, to be held in Stockholm in 2010.

## Our global membership

56 countries & territories

• Argentina	• Greece	• Paraguay
• Australia	• Hong Kong	• Peru
• Austria	• Hungary	• Philippines
• Belgium	• Iceland	• Poland
• Brazil	• India	• Portugal
• Bulgaria	• Indonesia	• Romania
• Canada	• Ireland	• Serbia
• Chile	• Israel	• Singapore
• Chinese Taipei	• Italy	• Slovenia
• Colombia	• Japan	• South Africa
• Croatia	• Korea	• Spain
• Cuba	• Macedonia	• Sweden
• Czech Republic	• Malaysia	• Switzerland
• Denmark	• Mexico	• Turkey
• Egypt	• Netherlands	• United Kingdom
• El-Salvador	• New Zealand	• Uruguay
• Finland	• Norway	• United States
• France	• Pakistan	• Venezuela
• Germany	• Panama	

### Our global Trustees

As a registered charity, the policy and strategy followed by IASO are determined by our Trustees sitting as an Executive Committee. They represent a formidable team, are eminent in their fields and play an active part in our affairs. Their brief biographies can be found on page 28.



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## 2009 - 2010: The Project Programme

### **We've come a long way but there's much further to go**

Annual Reports tend to quote the triumphs and downplay the difficulties. We will resist that temptation and introduce this section on our project work with the frank admission that there remains a growing health crisis threatened by soaring levels of obesity.

**Obesity:  
the biggest  
unrecognised  
public health  
problem in the  
world**



## The PolMark Project

*Policies on Marketing Food and Beverages to Children*

### Project objectives

- To promote an understanding of current and anticipated regulatory controls on marketing to children
- Understand the opportunities and challenges for policy development
- To research the relationships between stakeholders' positions on marketing controls and their capacity to influence policy



## The PolMark Project

*Policies on Marketing Food and Beverages to Children*

## The **PolMark** Project

*Protecting children from food and beverage marketing*

### Project summary

**Polmark** – Policies on Marketing Food and Beverages to Children – aims to help policy-makers understand what determines children's dietary choices and health outcomes, and in particular to look at the current regulatory framework for promoting food to children. The results will help the European Commission's public health work plan for 2007 - 2011 which aims to support policy-making around the marketing of food to children in member states.

The project runs from June 2008 to December 2009. It is co-funded by the *European Commission's Executive Agency for Health and Consumers*, the *Norwegian Health Directorate* and the *UK National Heart Forum*.

## Project achievements

- We have published a report on the range and nature of current advertising regulations on food and beverage marketing to children in 27 EU member states, thus updating earlier WHO reviews that have formed the basis of EU policy discussions
- We have completed 168 stakeholder interviews in 11 EU member states with high-level representation from academic experts, clinical scientists, government advisors, consumer groups, health advocacy groups, children and family advocates, school and community representatives, media organisations, journalists, food producers, advertising agencies and government officials
- We have made presentations of the project to the *European Commission's Platform on Diet, Physical Activity and Health*, the *World Health Organisation consultation on marketing to children*, and the *WHO European Network on reducing marketing pressures on children*

## Completing the project

We expect to complete the PolMark Project in December 2009. To build on what has been achieved so far, we will:

- **Strengthen** the evidence base for national and Community policy-makers by providing the latest information on how best to intervene on marketing foods and beverages to children, and by refining tools for Health Impact Assessment
- **Improve** the European Commission's ability in 2010 – 2011 to review its previous support for the voluntary regulation of marketing to children
- **Inform** the WHO European Network and the WHO global consultation on marketing to children
- **Enhance** the ability of policy-makers to implement *the European Charter on Counteracting Obesity*, *the WHO Second European Food and Health Action Plan*, and the *Action Plan on Non-Communicable Diseases* called for at the 2007 World Health assembly
- **Facilitate** collaboration between research initiatives by contributing data to current Commission-funded projects on obesity policy
- **Encourage** future citation and use of the PolMark approach to Health Impact Assessment among researchers concerned with health impacts in other fields





### Project objectives

- **HOPE** focuses on overweight and obesity as one of the main determinants of loss of healthy life years and of health disparities in Europe. In particular, it aims to expand understanding of key lifestyle factors such as nutrition and physical activity which are the primary determinants. It also aims to identify i) socio-economic and environmental determinants of these behaviours and ii) effective interventions for preventing obesity and reducing related social inequalities.

- The project aims to provide a systematic inventory of existing scientific knowledge across Europe, looking especially at the obesity-causing environment to evaluate interventions, consider socio-economic and life-course aspects, and improve understanding of macro- and micro-level determinants. The project also aims to make a special effort to include data from Eastern Europe.



## The **HOPE** Project

*Obesity prevention: a review of determinants and policies to tackle obesity in Europe*

### Project summary

**HOPE** - Health promotion through **O**besity **P**revention in **E**urope - represents a three-year examination begun in September 2006 of the determinants of obesity, culminating in a series of scenarios and policy recommendations.

The project is due to be completed in December 2009.

## Specific objectives in and across EU Member States

- To create a network of researchers in overweight and obesity
- To advance current knowledge of overweight, obesity, nutrition and physical activity which may contribute to obesity prevention in infants, adolescents and adults
- To improve understanding of environmental determinants of obesity by assessing the impact of environmental factors on obesity, and examining nutrition and physical activity behaviours at the family, school, workplace and national policy level
- To increase the understanding of overweight and obesity-related health inequalities and their determinants
- To provide systematic reviews of obesity interventions with an emphasis on schools and workplaces, taking into account the effectiveness of, and barriers against, successful implementation
- To develop scenarios of the future burden of disease of overweight and obesity, and to forecast the impact of full implementation of best practice policies and interventions in European children, adolescents and adults

## Project funding

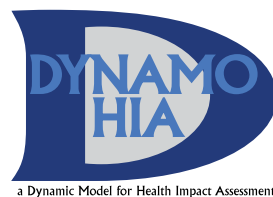
**HOPE** is part-funded by the European Commission (6th Framework Programme). IASO seeks to secure the remaining required financing.

## How IASO underpins the project

- **Co-ordinating** two network meetings in 2008 and 2009, each attended by over 80 EU experts
- **Promoting** the project at international scientific and policy-related meetings
- **Offering** a free weekly news service through the project website [www.hopeproject.eu](http://www.hopeproject.eu)
- **Developing** relations with Eastern European specialists through an obesity prevalence meeting in 2008
- **Providing** summaries of the major policy implications of the research results
- **Ensuring** the project output includes expert reviews of evidence, policy papers and an ongoing network of experts and news services

### Project objectives

- The project aims to contribute to EU and national policy-making by providing health experts with a tool to predict the magnitude of health consequences. These are measured in terms of life expectancy and healthy life years gained or lost, based on future prevalence rates of major diseases using generally available data.
- The project partners are focussing on data collection for smoking, alcohol consumption, obesity and overweight, and are relating these to specific disease outcomes including cardiovascular disease, cancers and respiratory disease. Software is being developed to provide quantitative models of the health determinants and their disease outcomes in a number of EU member states and across Europe as a whole.



## The **DYNAMO-HIA** Project

*Developing a dynamic modelling tool to assess the health impact of policies*

### Project summary

How much can health be improved by banning smoking in pubs? Or by increasing tax on alcohol? Government policies are often taken in a vacuum because the available scientific information exists in disparate sources. No off-the-shelf, generally applicable tool is available to provide a quantitative answer.

The **DYNAMO-HIA Project** (**DYNA**mic **MO**deling for **Hea**lth **Im**pact **Ass**essment) aims to develop and build an instrument to quantify the health impact of policies influencing health determinants. The instrument, a quantitative model called **DYNAMO-HIA**, will be flexible in respect of different diseases and different health determinants, will be applicable throughout the EU and will be made available as software via the internet.

The project was started in May 2007 and is expected to conclude in April 2010.



## Project funding

**DYNAMO-HIA** is part-funded by the European Commission's Executive Agency for Health and Consumers. IASO seeks to secure the remaining required financing.

## IASO's role

- **Providing** estimates of mean BMI, overweight and obesity prevalence in Europe, including complete data sets for all age groups from selected countries across Europe, using only measured height and weight surveys
- **Calculating** EU-wide estimates of obesity prevalence
- **Calculating** a series of relative risk figures linking BMI to related co-morbidities, based on an extensive literature review and prioritising estimates based on measured BMI, larger-scale surveys, European populations and most recent meta-analyses
- **Developing** scenarios for the software such as the targets set by Member States for reducing obesity prevalence and preventing further increases in child obesity prevalence, and 'what-if' scenarios based on continued increases in child and adult obesity prevalence levels
- **Projecting** the health impact of obesity and overweight in terms of healthy life years gained and lost, and illustrating the magnitude of obesity's impact on health statistics

The IASO logo features the word "iaso" in a lowercase, blue, sans-serif font. A stylized blue line graphic, resembling a curved arrow or a path, starts above the 'i' and ends above the 'o'.The DYNAMO HIA logo consists of the words "DYNAMO" and "HIA" stacked vertically in a bold, blue, sans-serif font. They are enclosed within a dark blue, stylized 'D' shape. Below the logo, the text "a Dynamic Model for Health Impact Assessment" is written in a small, blue, sans-serif font.



# The **Global Burden of Disease** Project

*Bringing together experts to measure levels and trends of obesity and overweight*

## **Project summary**

In recent years, IASO has been taking part in a new round of the Global Burden of Disease Study (GBD). This involves international experts measuring current levels and trends in all major disease, injury and risk factors. The aim: to produce new, comprehensive sets of estimates of mean BMI, overweight and obesity prevalence to be used as tools in policy-making, research and teaching.

We provided estimates for an earlier Comparative Risk Assessment GBD and also reviewed risk factor disease relationships by examining the evidence for causality relating BMI to different disease and injury outcomes. This was the first global analysis of the risk attributable to high BMIs.

The new GBD study, coupled with the previous one, will allow for trend analysis using two comprehensive and comparable estimates of the global disease burden. It is due to be completed in the winter of 2010. IASO seeks financing to maintain its commitment to this project.



Of the global population around 700 million adults are predicted to be obese by 2015

## The Online Global Obesity Knowledge Management System

*To provide information and prevalence data to make obesity better known and understood*

### Project summary

The project aims to develop a web-based Knowledge Management System to be a major repository of the most up-to-date, accurate, peer-reviewed information on obesity. There is a mass of information available and we have unique access to it: statistics, prevalence rates, international policy, WHO and regulatory documents, definitions, risk factor analyses, and guidelines for obesity treatment and drug development. But there's a catch: this information is fragmented and cannot be searched.

Our Knowledge Management System is designed to resolve this problem. It will collate and provide online access to all key information on obesity, thus increasing awareness of it as a global health issue and creating a valuable educational resource with material for health professionals, academics and a lay audience. In addition, the website will host an interactive discussion forum to inform users of policy developments and key scientific advances in the field of obesity.



## Achievements in the first two years

- Design of website
- Collation of existing material and data, and publication on the website
- Launch of a website to professional obesity audience
- Establishment of a database to manage prevalence data
- Scoping a business model for an online journal
- Performance and financial report on the first year's activities
- Launch of an online journal
- Advertising for commercial conferences on the website
- Commissioning new materials for the website
- First review of global obesity prevalence database
- Expanding the website to non-health professionals
- Development of online discussion forums
- Analysis of the needs of additional online groups (e.g. patients)

## How the Knowledge Management System will work

### Collating documents and data

The System's website will publish policy, regulatory and WHO documents to which IASO has access, as well as the latest obesity data. Other material, particularly up-to-date obesity prevalence statistics and childhood obesity information, will be actively sourced and made available.

### Developing the website

Interactive maps will serve as the website's focal point, enabling users to access a range of information on countries and regions. The website will also offer a reference database for obesity-related issues such as marketing high-fat, salt and sugar (HFSS) foods to children, nutrition labelling schemes, trans fats, salt and urban design policies such as cycle paths.

### Uploading the information, launching the website

At this stage, the information and data will be uploaded and launched as the *Global Obesity Knowledge Management System*. The website will be constantly updated and developed. An online tracking system will monitor the traffic and determine who is accessing what information. Website user registration will enable further development geared toward users' profiles.

### Developing an online discussion forum

All registered users will have access to an online discussion forum. We will comment on developments and commission short pieces from experts. The aim is to provide an international stage for individuals and organisations to debate current issues. We will monitor and review uploaded documents, peer-reviewing prior to publication where appropriate. Proactive data management will ensure more relevant and up-to-date information than more traditional publications can offer.



## Managing obesity through education

*Informing and influencing professionals and specialists*

Education is a key strategic objective in controlling and reducing obesity world-wide. IASO's *Education and Management Task Force* oversees our education programme which comprises two major projects, **Stock** and **SCOPE**. Together they reach out to professionals and specialists, adapting and tailoring obesity education to different audiences, including translation of educational resources which are now available in English, Spanish and Polish.

The overall aims of the educational programme are: to recognise scientific excellence through awards and fellowship; to disseminate the latest research, treatments and policies through International Congresses; to hold Obesity Expert and Nutrition Discussion Forums.

### What participants say

“This meeting has enabled me to interact with many experienced scientists to share thoughts and ideas which will be essential for our research, and to talk to existing collaborators in preparing future research ideas.”

“The small size of the group encouraged dialogue since it is an un-intimidating environment.”

“Very open discussion and sharing of novel, unpublished ideas.”



## Stock Conferences

*Understanding the science of obesity in a small interactive forum of experts and young investigators*

Stock Conferences are a series of annual 3-day meetings. They bring together a small group of obesity specialists and junior researchers to discuss, in an intimate format, topics chosen to promote understanding of the clinical aspects of obesity, its treatment and prevention. The aim is to enable young investigators to become more proficient in their understanding of an important aspect of obesity research and to link them with global leaders in the field. Stock Conferences are so-named to commemorate a lifetime's research by Dr. Mike Stock. They are held in different countries and their findings are reported in scientific journals.

The conferences were begun in 2002. The eighth was held in Cairns, Australia, from 4 to 6 April, 2009 on *Obesity, Inflammation and Metabolic Diseases*.

The next Conference is planned for Bangkok on *Obesity: Lessons from Evolution and the Environment*.



**Overweight and obesity are in the top ten risk factors for non-communicable disease in the world**



## The **SCOPE** Project

*Developing a coherent approach to obesity management through education and a recognition of professional expertise in obesity and related co-morbidities*

**SCOPE** was developed following an 'Obesity Summit' of EU Health Ministries in Copenhagen in 2002, where feedback from 24 countries highlighted the need for improved clinical management of obesity. The project has been driven forward by both IASO and European Association for the Study of Obesity.

**SCOPE's concerns** are clinical management guidelines and their relationship to health issues such as hypertension, diabetes and cardiovascular disease, bariatric surgery and specific population groups such as children, elderly people, people with disabilities and ethnic groups. Our Education and Management Task Force builds and maintains close relationships with the international medical associations for obesity-related disorders and offers them up-to-date and accurate information in these areas.

### SCOPE's objectives

- To provide recognition for experts in obesity management: Fellows are identified as international or national leaders and European Members are recognised once they have completed the courses
- To improve the treatment of obese and overweight patients
- To expand the programme to a wider range of health professionals
- To enhance the quality of obesity education through professional development training programmes, workshops and online courses complementing existing national activities

### SCOPE's 2008-9 programme

- Facilitating training for medical professionals through live and online accredited courses, including national and regional meetings such as:
  - Asia-Oceanic Conference on Obesity in Mumbai, February 2009
  - Central European Congress on Obesity and Nutrition in Albena, Bulgaria, May 2009
  - European Congress on Obesity in Geneva, May 2008 and Amsterdam, May 2009
  - International Summer School at Clare College, Cambridge UK, September 2009
- Translation of online courses into Spanish and Polish
- Further enhancement of online courses with webcasts from key sessions of the European Congresses in 2008 and 2009

### In 2009-10 SCOPE aims to:

- Investigate regional expansion opportunities
- Develop an international SCOPE Ambassador scheme
- Develop and update the SCOPE online course for continued medical education
- Facilitate SCOPE face-to-face courses
- Establish an annual clinical conference
- Explore expansion of SCOPE to non-clinical practitioners



## Raising **awareness**, increasing **understanding**

*Convening international congresses and conferences*

An effective and economic way of alerting the world to the global obesity crisis is to bring together those responsible for fighting it: those who research it, treat it and legislate to overcome it. That is why IASO has developed an international programme of congresses and conferences.

This programme is run by Obesity International Trading Ltd – OIT – a wholly owned subsidiary of IASO since 2005. OIT has managed three congresses on obesity for our European affiliate member, the European Association of the Study of Obesity, between 2007 and 2009. Effective marketing ensured that these were attended by more delegates, exhibitors and sponsors than ever before, thus leading to consistently lower registration fees whilst offering better service and even more effective congresses. We gained new members, strengthened relationships with sponsors and secured funding for our work.

In February 2009, OIT worked with the All India Association for Advancing Research in Obesity to part-manage the 5th Asia-Oceanic Congress on Obesity in Mumbai.



## The 2009-10 programme

- **The International Congress on Obesity** takes place in Stockholm in July 2010. This four-yearly event disseminates state-of-the-art obesity research, identifies innovative preventive and treatment strategies, and develops global alliances to reduce the prevalence of obesity and its associated diseases
- **Hot topic conferences:** The first of these – Cancer and Obesity – takes place in Valencia, Spain, in Autumn 2010, bringing together IASO with the International Union against Cancer and the World Cancer Research Fund. Jointly, we will develop thinking and enhance discussion across the disciplines of cancer and obesity
- **SCOPE Summer School:** The first of these took place in Cambridge, UK, in August 2009 with the aim of promoting a coherent approach to the management of obese and overweight patients in order to improve standards of care. This represents a major initiative in the international drive to challenge obesity
- **The Obesity Expert Forum** takes place twice a year to update senior members of the pharmaceutical industry on topical initiatives and achievements, and to facilitate the exchange of expertise on key issues facing those involved in tackling obesity and its co-morbidities
- **The Nutrition Discussion Forum** is held twice a year in London, creating a strategic platform for discussion between senior IASO members and senior nutritional industry representatives
- **STOCK Conferences** are a series of 3-day meetings bringing together small groups of specialists and junior researchers

## Association Management

Obesity International Trading Ltd offers a professional consultancy service to associations working to raise awareness of obesity and related disciplines such as diabetes, cardiovascular disease and cancer. Benefits include access to IASO's network in obesity research and education, commercial and financial acumen in the not-for-profit sector, and advice on constitutional issues. All profit from OIT activities is put towards achieving IASO's charitable objectives. To find out more, please contact OIT at [oit@iaso.org](mailto:oit@iaso.org)

# Spreading the word

## *IASO policy presentations and publications*

During the course of 2008-9, we made policy presentations to hundreds of national and international bodies and non-governmental organisations, giving the facts about obesity and overweight, enlightening the debate with new thinking on ways to tackle the obesity epidemic, and recruiting support for our proposals.

### **Policy presentations**

We addressed:

- World Health Organisation consultations and conferences
- Commonwealth Heads of Government – Health Section
- European Commission conferences and platforms on health promotion
- The Organisation for Economic Cooperation and Development (OECD)
- The UN Food and Agriculture Organisation (FAO)
- Health officials and politicians in over 70 countries, from Australia, Canada, Chile, China and Dubai through to Thailand, Trinidad, the UK and the USA
- Over 60 scientific meetings in all continents, covering a variety of disciplines including: medical treatment, health promotion, physical activity, child growth, health behaviour, nutrition, climate change, agriculture, food marketing, social policy and economic modelling

## Publications

We disseminated information through:

- Papers and letters in scientific journals including; The British Medical Journal, The Lancet, Medical Journal of Australia, International Journal of Paediatric Obesity, International Journal of Obesity, Nutrition Reviews, Proceedings of the Nutrition Society, Obesity Reviews, Public Health Nutrition, Annual Review of Public Health, Economics and Human Biology, Diabetes, Obesity and Metabolism, Journal of Internal Medicine, European Heart Journal
- Chapters in textbooks including *Handbook of Obesity 3rd edition* (Informa, 2008), *Obesity: Science to Practice* (Blackwell-Wiley, 2009) and *Oxford Textbook of Public Health 2009*
- Collaborative reports and papers: *Promoting Healthy Childhood* with World Heart Foundation (2009); *Recommendations for an International Code on Marketing of Food and Beverages to Children* with Consumers International (2008); *Obesity and socio-economic groups in Europe: Evidence review and implications for action* with Suhrs University, Copenhagen (2007)



## IASO journals and publications

We publish three official journals: *Obesity Reviews*, *International Journal of Obesity* and *International Journal of Pediatric Obesity*. Together, these continue to present the leading scientific information on obesity from across the globe.

### Obesity Reviews

*Obesity Reviews* is our highest cited journal. It is edited by Professor Arne Astrup and publishes reviews from disciplines related to obesity. The journal contributes to education and inter-professional development by planning 'for-and-against' reviews on current controversies. In 2007, it achieved an impact factor of 7.821 (2007 Thomson Reuters Journal Citation Report), making it the top-ranked obesity journal.

Among those likely to find the articles of interest are professionals concerned with obesity, particularly endocrinologists, cardiologists, gastroenterologists, obstetricians and rheumatologists as well as health professionals working in general medicine and surgery.

### International Journal of Obesity

The *International Journal of Obesity* is our oldest and most established journal, providing an international, multi-disciplinary forum for the study of obesity for over 30 years. The journal publishes basic, clinical and applied studies and also features a quarterly pediatric highlight. It includes the latest scientific discoveries in biochemistry, physiology, genetics and nutrition, and molecular, metabolic, psychological and epidemiological aspects of obesity and related disorders. It has a high impact factor of 3.64.

### International Journal of Pediatric Obesity

Launched in 2006, the *International Journal of Pediatric Obesity* is a leading publication which presents the latest research on obesity during childhood and adolescence. The journal publishes findings which are currently the subject of intense interest to the scientific community and are of increasing concern to health policy-makers and the public. It has already gained a very good impact factor of 3.98.



# IASO Global Trustees: a profile

*We record here the achievements of IASO's leadership*

## IASO Executive Committee

### IASO President

**Professor WPT James, MD DSc**



Professor Philip James is Honorary Professor of Nutrition at the London School of Hygiene and Tropical Medicine, UK. Professor James established the International Obesity TaskForce and SCOPE. He wrote the first reports on Diet and Health of Scotland, the Prevention of Chronic Diseases for WHO, national reports on obesity research, prevention and management, and the SIGN guidelines for obesity management. He chairs the Sibutramine Cardiovascular Outcome Trial (SCOUT).

### IASO President Elect

**Dr W Coutinho, MD DSc**



Walmir Coutinho is Associate Professor of Endocrinology at Catholic University of Rio de Janeiro, Brazil and Vice-President for the Latin America region of IASO. He established, as President, the new Latin American Federation of Obesity Societies. Dr Coutinho coordinates the Obesity and Eating Disorders Group at the State Institute of Diabetes and Endocrinology of Rio de Janeiro. He developed a concordat with ten Latin American countries to tackle the prevention and management of obesity: the Rio de Janeiro Declaration. Dr Coutinho currently represents the Latin American region at the Executive Committee and is IASO President Elect.

### IASO Treasurer

**Dr D York, PhD**



Dr York is the USTAR Director for the Center for Advanced Nutrition at Utah State University in Logan, Utah. His major research interests are in animal models of obesity, central and peripheral mechanisms controlling food intake and macronutrient selection, the biology of enterostatin, the glucocorticoid-dependence of animal obesities and the role of exercise in preventing neurodegeneration. Dr York is a past president of the North American Region (TOS) and is currently Treasurer of IASO. Dr York is Chairman of the Board of Obesity International Trading.

### IASO Secretary

**Professor T van der Merwe, PhD**



Professor van der Merwe is Honorary Professor of the Department of Endocrinology, University of Pretoria, South Africa and is Honorary Life President of the South African Society for Obesity Metabolism (SASOM). Her main academic and clinical interests lie in bariatric surgery and its use in obesity. Professor van der Merwe established Centres of Bariatric Excellence throughout Southern Africa, and acts as a Co-Director for the Centre for Metabolic Medicine and Surgery at Sunninghill Hospital. She is currently Honorary Secretary for the IASO until 2010.

### Deputy IASO Secretary

**Professor I Noor, PhD**



Professor Ismail Noor is Professor of Human Nutrition at the Department of Nutrition and Dietetics, University Kebangsaan in Malaysia. As a pioneer of the Malaysian Association for the Study of Obesity (for which he has been President since 1995), the Asia Oceania Association for the Study of Obesity, and the Nutrition Society of Malaysia, Professor Noor has made an invaluable contribution to IASO's association network in Asia. Professor Noor is responsible for organising the International Congress on Obesity 2014 in Malaysia, and serves as an advisor for the Asia Oceania Congresses on Obesity. He is Deputy Secretary of IASO, and will become Secretary from 2010-2014.

## Regional Vice Presidents

### Asia Oceania Association for the Study of Obesity (AOASO) - Asian Region

**Professor Y Matsuzawa, MD PhD**



Dr Yuji Matsuzawa is Director of Sumitomo Hospital in Japan. He is President of both the Japan Association for the Study of Obesity and the Asia Oceania Association for the Study of Obesity, and Vice President of IASO for Asia Oceania. His major research interest is the

hormonal and genetic mechanisms of obesity-related diseases. Dr Matsuzawa quantified the importance of visceral fat, proposed the concept of adipocytokines, and discovered adiponectin; he was awarded the Willendorf Prize for these achievements.

### Latin American Federation of Obesity Societies (FLASO) - Latin American Region

**Dr W Coutinho, MD DSc**



### European Association for the Study of Obesity (EASO) - European Region

**Professor JM Oppert, MD PhD**



Professor Jean-Michel Oppert is Professor of Nutrition at University Pierre-et-Marie Curie (Paris VI, Pitié-Salpêtrière Medical School) in France. He serves on the Board of the French Association for the Study of Obesity, the European Diabetes Epidemiology Group, and the International Society for Behavior in Nutrition and Physical Activity. Professor Oppert is a major contributor to the French National Nutrition and Health Program. He is EASO President, and represents this region on the IASO Board.

### The Obesity Society (TOS) - (North American Region)

**Dr R Atkinson, MD**



Dr Richard L. Atkinson is Emeritus Professor, Medicine and Nutritional Sciences, University of Wisconsin, Madison and President of Obetech, LLC, Richmond, Virginia, USA. He is Past President of TOS, and is an editor of the International Journal of Obesity. He has consulted for numerous government agencies and companies and has promoted obesity policy and young investigator programs nationally and internationally. His research focuses on obesity and the human adenovirus (Ad-36) in animals and humans. Dr Atkinson represents the North American region at the IASO Executive Committee.

## Ex Officio

### IASO Chairman

#### **Professor A Astrup, MD DSc**



Professor Arne Astrup is Head of the Department of Human Nutrition at the Faculty of Life Sciences, University of Copenhagen, Denmark. His main areas of interest and research include physiology, pathophysiology and treatment of obesity. Professor Astrup was President of IASO, and Editor-in-Chief of the highly cited IASO journal *Obesity Reviews*. During his presidency he initiated IASO's Obesity Expert and Nutritional Discussion Forums.

### Chair of the Finance Committee

#### **Professor I MacDonald, PhD**



Professor Ian Macdonald is Professor of Metabolic Physiology at the School of Biomedical Sciences, and Director of Research for the Faculty of Medicine & Health Sciences, University of Nottingham, UK. He is President of the Nutrition Society and Editor of the *International Journal of Obesity*. His research is on human metabolism, and exercise effects and metabolic disturbances in obesity and diabetes. Professor MacDonald currently chairs the finance committee and is a member of the Obesity International Trading Board.

### Chair Education and Management TaskForce (EMTF)

#### **Professor S Rössner, MD PhD**



Professor Stephan Rössner retired in 2009 from his position as Director of the Obesity Unit at the Karolinska University Hospital, Sweden. He cofounded and chaired the Swedish Society for the Study of Obesity. Professor Rössner's interests include lipid metabolism, cardiovascular medicine, obesity therapy related matters and health behaviour research. His recent work has focused on the development of long term weight loss maintenance programmes, and he has established many novel approaches to engaging the public in obesity issues. Professor Rössner is a founding father of IOTF, and past President of IASO. He currently chairs IASO's EMTF TaskForce which oversees the SCOPE educational programme.

### Co Chair International Obesity TaskForce (IOTF)

#### **Prof B Swinburn, MD**



Professor Boyd Swinburn is Chair in Population Health and Director of the WHO Collaborating Centre for Obesity Prevention at Deakin University in Melbourne, Australia. Over the last fifteen years, Professor Swinburn has been a central figure in the IOTF, supporting WHO in the implementation of its Global Strategy on Diet, Exercise and Health. He chaired the Sydney Principles working group on guidelines for action on reducing food marketing to children. He is the Chief Investigator evaluating multiple community-based interventions and analyzing the economic, policy and socio-cultural aspects of childhood and adolescent obesity in Australia and the South Pacific.

### Co Chair International Obesity TaskForce (IOTF)

#### **Dr S Kumanyika, PhD**



Dr Shiriki Kumanyika is Professor of Epidemiology, and Associate Dean for Health Promotion and Disease Prevention at the University of Pennsylvania School of Medicine, USA. Dr Kumanyika's research involves the development and evaluation of culturally appropriate interventions to prevent or treat obesity among African Americans in clinical or community-based settings. She was Vice Chair of the WHO Panel on Diet, Nutrition and Chronic Diseases (2003), and has chaired or co chaired multiple WHO panels on obesity issues. Since 2002, Dr Kumanyika has served on the expert panel to review evidence to update the World Cancer Research Fund Report on Food, Nutrition and the Prevention of Cancer, and is a key driver in international policy development. She has chaired the Prevention Group of the International Obesity Task Force since 1996.

## IASO Staff - London

### IASO Executive Director

#### **Dr C Small, PhD MBA**

Dr Caroline Small is Executive Director of IASO. Previously she was a Principal Investigator at Imperial College, London, UK. Dr Small investigated the role of gut hormones Peptide YY (PYY) and Oxyntomodulin (OXM) in the control of body weight. She is an inventor on the patents arising from the gut hormone discoveries, which form the basis of a successful Imperial spin out company *Thiakis*. Dr Small worked to commercialise academic research within the Faculty of Medicine at Imperial College, and investigated new models of diabetes care in Abu Dhabi and Beijing. She continues as honorary senior lecturer at Imperial College.

### IASO Director of Policy and Programmes

#### **Dr T Lobstein, PhD**

Dr Tim Lobstein was appointed Director of Policy and Programmes in 2008 having worked for IASO and IOTF on child obesity and public policy issues for several years. He was Director of the UK Food Commission, and consultant on food and nutrition policy to the European Commission, the WHO and several national and international government and non-government bodies. Dr Lobstein is Visiting Fellow at the University of Sussex Science Policy Research Unit, UK, and Rudd Visiting Fellow at Yale University, USA.

### Director of Finance

#### **Una Murray (ACCA)**

### Senior Policy Officer

#### **Rachel Jackson Leach**

### Conference Manager

#### **Marco Presutto**

### Conference Manager

#### **Estelle Challe**

### Project Co-ordinator

#### **Louisa Richards**

### Research Assistant

#### **Ange Aikenhead**



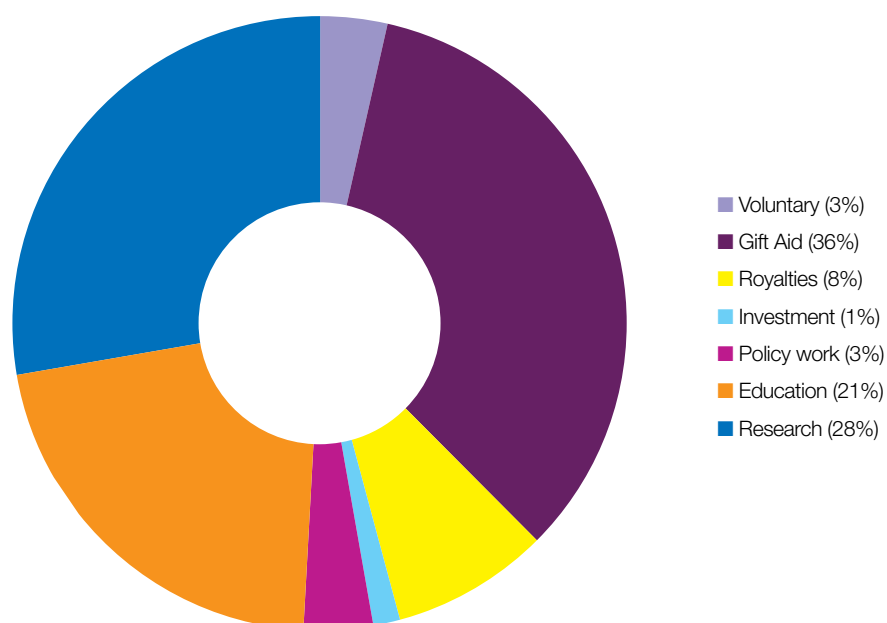
## Financial Review

### for the year ended 31 December 2008

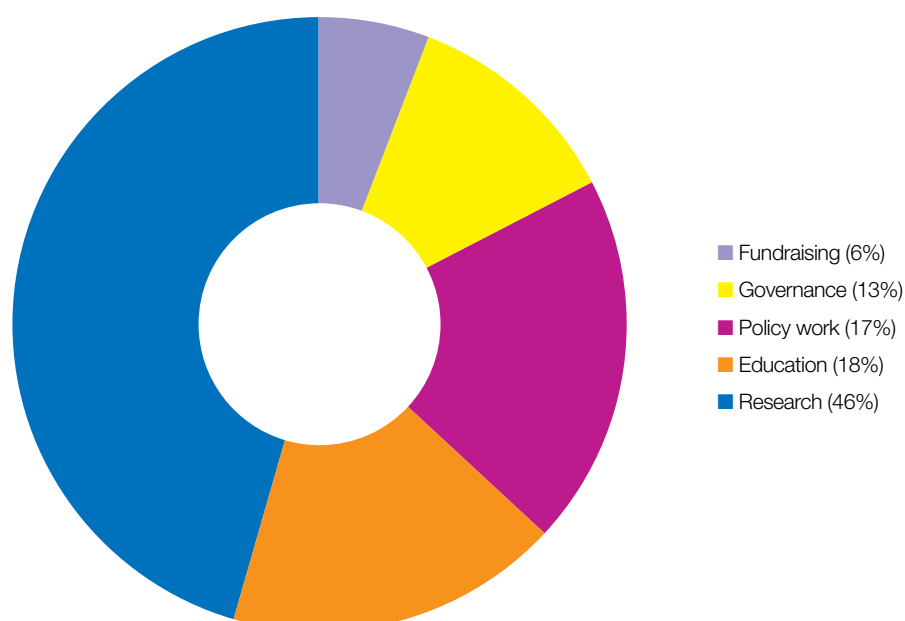
- Accounts for the year ended 31 December 2008 were audited by haysmacintyre, in accordance with the requirement of the Companies Act 1985 (UK). Figures are consolidated and accounts are presented as group accounts.
- IASO realised an improvement in overall income in 2008, mainly due to profit made by the trading subsidiary OIT and foreign exchange gain. Total revenue was £2,162,000 which included £25,000 in membership fees, £57,000 in publishing royalties, investment income of £11,000, and £204,000 in grant income from the EU Commission for multiple EU projects.
- In addition, IASO continued to receive donations and support from industry for charitable projects. Funds were received from GlaxoSmithKline, PfizerInc, and Sanofi-Aventis for the SCOPE education programme; Weight Watchers and Research Diet for the Stock scientific conference; and Pfizer Inc. to support the new Online Knowledge Management System project.
- OIT organised the 2008 ECO Congress, Obesity Expert Forum and Nutrition Discussion Forum. It also provided secretariat services to the European Association for the Study of Obesity throughout 2008. These activities generated £1,685,000 in OIT revenue for 2008.
- Total expenditure in 2008 totalled £1,882,000, the majority of which was £1,380,000 in operational costs for OIT. The remainder was spent primarily on charitable activities: £84,000 on policy-related activities, £92,000 on SCOPE and the STOCK conference, and £233,000 on EU projects. Management related costs included £29,000 for fundraising activities and £63,000 in governance costs.
- Profit generated by OIT's commercial activities was contributed in the form of gift aid to IASO at the end of the year.

## Summary of income and expenditure for the year ended 31 December 2008\*

### Income £741,279



### Expenditure £501,703



\*Income and expenditure does not include the trading subsidiary which had a turnover of £1,689K and expenditure of £1,380K in 2008.



**International Association for the Study of Obesity**

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