

10th Nestlé International Nutrition Symposium *Nutrition, Obesity and Society*

(Nestlé Research Center, Lausanne, 23-25 October 2013)

Thursday, 24 October 2013

Session 1

Obesity, Society & Economics

- 09:00 **Chairman of the Session: Mike Gibney**, Institute of Food and Health, University College Dublin, Ireland
- 09:15 **George Bray**, Pennington Biomedical Research Center, Baton Rouge, USA
Keynote lecture: *The global obesity epidemic - Why?*
- 10:15 **Adam Drewnowski**, University of Washington, Seattle, USA
The geography and economics of obesity
- 11:00 Break
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Session 2

Fundamental Biology

- 11:30 **Chairman of the Session: Josef Penninger**, Institute of Molecular Biotechnology, Vienna, Austria
- 11:45 **John Speakman**, University of Aberdeen, Scotland
Factors influencing non-genetic variation in the response to a high fat diet
- 12:30 Buffet Lunch (Foyer Pasteur)
- 14:00 **Barbara Cannon**, Stockholm University, Sweden
Brown and white adipose tissues and their influence on energy balance
- 14:45 **Elaine Holmes**, Imperial College, London, England
Systems biology of the interactions between the gut microbiome and human metabolism
- 15:30 Break
- 16:00 **Barbara Rolls**, Pennsylvania State University, University Park, USA
Eating behavior and weight management

Friday, 25 October 2013

Session 3

Paediatric Obesity

- 08:30 **Chairman of the Session: Dominique Belli**, Children's Hospital Geneva, Switzerland
- 08:45 **Keith Godfrey**, University of Southampton, England
Effects of prenatal development on growth, adiposity and metabolism: The developmental origins hypothesis
- 09:30 **James Hill**, University of Colorado, Aurora, USA
The role of physical activity in the prevention of obesity
- 10:15 Break (Foyer Pasteur)
- 10:45 **Berthold Koletzko**, Children's Hospital, University of Munich, Germany
Infant feeding practices and the development of obesity
- 11:30 Break
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Session 4

Obesity Treatment

- 12:15 **Chairman of the Session: Bruce Bistrian**, Beth Israel Deaconess Medical Center, Boston, USA
- 12:30 **John Foreyt**, Baylor College of Medicine, Houston, USA
Behavioral intervention in obesity treatment
- 13:15 **Steven Heymsfield**, Pennington Biomedical Research Center, Baton Rouge, USA
Medical and behavioral management of obesity
- 14:00 **Philip Schauer**, Cleveland Clinic, USA
Surgical treatment of obesity
- 14:45 Break
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Panel Debate

- 15:00 **Why do people become obese?**
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Closure Speech and Final Remarks

- 16:00 **Sir Peter Gluckman**, Liggins Institute, University of Auckland, New Zealand
Keynote lecture: *The interaction between evolution, development and the obesogenic environment: Individual and societal implications*

Panel Debate

Friday, 25 October 2013
15:00 to 16:00

Why do people become obese?

The issue

Why do people become obese?

Is it a matter of individual self-control, or is it instead a societal issue that should be addressed by government policies and regulations?

Panel Debate (scientific)

Moderator: **A. Drewnowski** - University of Washington, Seattle, USA

Experts: **George Bray** - Pennington Biomedical Research Center, Louisiana, USA
Barbara Rolls - Pennsylvania State University, USA
Zulfiqar Bhutta - The Aga Khan University, Pakistan

Part I: Kick-off questions from the moderator to the panel (30 min)

- Can everyone avoid becoming obese simply by controlling their food intake and energy expenditure?
- Should society do more to help people to control their body weight?

Part II: Scientific questions from the audience and webcast viewers (30 min)