

USC DORI'S 8TH ANNUAL MINI RESEARCH SYMPOSIA ON DIABETES & OBESITY

February 9, 2021 (1:00 PM – 3:15 PM PST)

Theme: Pediatric Obesity



Keynote Speaker

Louise Baur, MD, FRACP, FAHMS
Professor of Child & Adolescent Health
University of Sydney

Evidence and Challenges in Treating Adolescents with Obesity

Obesity in adolescents is prevalent in many countries. In addition to prevention of the disease, effective treatment of those who are affected is vital.

There is a well-established evidence base showing that high quality behavioral interventions for adolescents with obesity can lead to modest improvements in BMI and weight out to 2 years from baseline, as well as improvements in cardio-metabolic and psychosocial health. Clinical trials and systematic reviews of more intensive dietary interventions, drug therapy and bariatric surgery (strong evidence) highlight the effectiveness of these treatments as part of a suite of options for patients,

and bariatric surgery (strong evidence) highlight the effectiveness of these treatments as part of a suite of options for patients, especially those with more severe obesity.

Responses to treatment are, however, influenced by adolescence being a period of major neurocognitive development, the effect of puberty, the need to organise transition to adult services for some, and the pervasive impact of weight stigma. There are many barriers to providing evidence-based behavioural treatment, especially for those: from culturally and linguistically diverse backgrounds; living with poverty or low literacy; affected by learning disabilities, developmental disorders or psychiatric disorders; or who are a family or young person in crisis.

The provision of such services is hampered in many regions because services are often poorly resourced and/or health professionals may be inadequately trained. Such a situation may be a manifestation of institutional stigma towards obesity.

Concerns have been raised that treatment of obesity may trigger the development of an eating disorder. Recent systematic reviews have shown that structured, supervised weight management is likely to reduce eating disorder risk and other psychological harms for most adolescents with obesity. A risk management approach, with screening and monitoring for eating disorder-related risk factors and behaviors, should be used to identify those at risk.

Future research and practice in adolescent obesity management will need to focus upon developing a range of flexible and personalised treatment options, especially for those living with disadvantage, as well as cost-effective strategies for delivery of services in real-life clinical settings.

Registration Zoom Link

https://usc.zoom.us/webinar/register/WN_oTkpQM-TQTamomlkhNhitw

*1 CME will be offered if needed. Please contact Roxanne Odom at rodom@med.usc.edu after the session.

5 Trainee Oral Presentations

Monica Naguib, MD, MS
(Children's Hospital Los Angeles)

Shana Adise, PhD
(University of Vermont/ Children's Hospital Los Angeles)

Jasmin Alves, PhD
(University of Southern California)

Monica Serrano Gonzalez, MD
(Brown University/ Children's Hospital Los Angeles)

Alaina Vidmar, MD
(Children's Hospital Los Angeles)

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Schedule

1:00 PM – Introduction & Moderator by Michael Goran, PhD

1:05 PM – Monica Naguib, MD, MS

Time Limited Eating in Adolescents with Obesity: A Virtual Pilot Study

Authors: Monica Naguib, Michael Goran, Jennifer Raymond, Elizabeth Hegedus, and Alaina Vidmar

1:17 PM – Shana Adise, PhD

Multimodal Brain Predictors of Current Weight and Weight Gain in Children Enrolled in the ABCD Study

Authors: Shana Adise, Nicholas Allgaier, Jennifer Laurent, Sage Hahn, Bader Chaarani, Max Owens, DeKang Yuan, Philip Nyugen, Scott Mackey, Alexandra Potter, and Hugh P. Garavan

1:29 PM – Jasmin Alves, PhD

The Modifying Role of Physical Activity on State Anxiety in Children with Obesity During COVID-19

Authors: Jasmin Alves, Alexandra Yunker, Alexis DeFendis, Anny Xiang, and Katie Page

1:41 PM – Monica Serrano Gonzalez, MD

Developmental Changes in Food Perception and Preference

Authors: Mimi S. Kim, Monica Serrano-Gonzalez, Megan M. Herting, Seung-Lark Lim, Nicolette Sullivan, Robert Kim, Juan Espinoza, Christina M. Koppin, Joyce Javier, and Shan Luo

1:53 PM – Alaina Vidmar, MD

Food Addiction, Executive Dysfunction and Mood in Adolescents with Obesity Seeking Treatment

Authors: Alaina P. Vidmar, Choo Phei Wee, and Sarah J. Salvy

2:05 PM – Introduction by Michael Goran, PhD

2:17 PM – Keynote speaker: Louise Baur, MD, FRACP, FAHMS

3:15 PM – Adjourn

Next session: Tuesday, March 9 (12 PM – 2 PM) with Monica Dus, PhD (University of Michigan)
Theme: Taste/Flavor