



Industry Symposia

Wednesday 12th May 2021 | 4.45pm (CET)

Exploring Weight Management Models
in the 21st Century

Symposium Objectives

With a continuing obesity epidemic, there is a growing and urgent need to focus on health and wellness, and for public health initiatives and objectives to move to meet the challenges of this problem. There is now a huge breadth of evidence on the impact of a sedentary lifestyle and food choices that are low in key nutrients but deliver an excess of calories. This session will focus on the latest thinking on the role of weight management models and the need for 'community' approaches in order to successfully change behaviour and improve public health.

Symposium Schedule

- 4.45** **Opening remarks**
Julian Cacchioli
Herbalife Nutrition, VP Corporate Affairs EMEA and India
- 4.50** **How the gut talks to the brain**
Professor Carel le Roux
PHD, Professor of Experimental Pathology, University College Dublin
- 5.10** **Meal replacement and drug therapy to treat obesity**
Professor Bart van der Schueren
MD, PHD, Clinical and Experimental Endocrinology, KU Leuven and
Department of Endocrinology, University Hospitals Leuven
- 5.30** **Beyond the numbers**
Dr Kent Bradley
MD, MPH, MBA, Chief Health and Nutrition Officer at Herbalife Nutrition
- 5.50** **Question and answer session**

Detailed Overview

4.45

Opening remarks

Julian Cacchioli

Herbalife Nutrition, VP Corporate Affairs EMEA and India

4.50

How the gut talks to the brain

Professor Carel le Roux

PHD, Professor of Experimental Pathology, University College Dublin

A combination of factors consciously and unconsciously influence eating choices, all of which determine what, when, why and how much we eat. This presentation will focus on how appetite and behaviour drive food choice. Various biological factors can have marked influences on appetite and food choices, including neurochemical and gut hormone signals. From in utero into childhood, research has shown how chemical senses shape present and future food preferences. Genetics can also influence food choice.

Behaviour is also a major determinant of food choices and is shaped by biology, education, environment, and experiences throughout life. Interactions with family, friends, peers, and other social structure influences, physical activity, and sleep all influence our food choices. Understanding how these biological, chemical, physical and social factors interact to determine food choices is critical to informing public health recommendations aimed at changing or improving food choices.

5.10

Meal replacement and drug therapy to treat obesity

Professor Bart van der Schueren, MD, PHD, Clinical and Experimental Endocrinology, KU Leuven and Department of Endocrinology, University Hospitals Leuven

All health care providers support the fact that the treatment of obesity is complex, in part because its etiology is multifactorial. Therefore they all agree that a multidisciplinary approach is needed when treating people suffering from obesity.

In the past decade, the scientific knowledge in terms of both nutrition and weight homeostasis have made tremendous progress. Meal replacements are commonly accepted tool for weight management and weight loss that can be used as part of low calorie diets (LCDs) and very low calorie diets (VLCDs), with the latter requiring supervision of healthcare professionals.

Meal replacement can lead to greater weight loss than comparator weight loss programs, which can be sustained in the long-term if patients are properly followed-up. Pharmaceutical treatments using glucagon-like peptide-1 (GLP-1) agonist or the combination of bupropion and naltrexone have now been approved in Europe and have a positive effect on both weight loss and the obesity-associated comorbidities. They are also considered cost-effective and may thus soon be reimbursed at least in a subset of patients with obesity. Too often the use of meal-replacement (very low calorie diets (VLCDs)) and pharmaceuticals are viewed as two different approaches to achieve weight loss. Therefore they are not often used together. This is contra-intuitive as there is a broad consensus for other treatment approaches, in particular diet and exercise, that they are best combined.

In addition, several studies have shown the use of VLCD in combination with drug therapy can help to further maximize weight loss. In view of the exciting prospect of new medicinal products being approved in Europe for weight management, it is our goal to highlight the potential benefits of combining meal replacement and pharmaceutical therapy and go into some practical considerations.



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 **HERBALIFE
NUTRITION**

5.30

Beyond the numbers

Dr Kent Bradley

MD, MPH, MBA, Chief Health and Nutrition Officer at Herbalife Nutrition

Despite heightened awareness and global concern the rise of obesity continues. Although caloric consumption is of critical importance there are other factors like confidence and community that are often less understood and yet have a tremendous impact on any efforts to support long term behaviour change. We will explore the latest research on approaches that provide insights on how factors like community and confidence may play an important role in addressing the burden of obesity. In addition the role of technology to scale solutions through virtual communities and self-efficacy building coaches will be explored.

5.50

Question and Answer Session

Our Speakers



Professor Carel le Roux

PHD, Professor of Experimental Pathology
University College Dublin



Professor Bart van der Schueren

MD, PHD, Clinical and Experimental Endocrinology,
KU Leuven and Department of Endocrinology
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