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New approach to obesity

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Background & Aim: Obesity is an established cause of cardiometabolic disease and mortality worldwide with a prevalence that is of a true pandemic that respects no borders. It is strongly related to lifestyle, especially unhealthy eating habits, physical inactivity and psychosocial stress.

Method:

1. Presentation of European Association for the Study of Obesity (EASO) activities

Milan declaration,

- new Patient Council and its objectives,
- activities in ECO congress of the Patient Council, iv. 5 Key propositions to treat obesity for GP's, v.EASO experts round table in EU Parliament in Brussels in January 2016
- new connected technologies to treat or prevent obesity in children and adolescents (Pathmate)
- new approaches to decrease fat mass in obese patients

2. Presentation of national programs

3. Discussion

4. Conclusion

Results: The new approach to obesity associated problems will be presented, along with some examples of national preventive programs underway in EUROPREV member countries.

Conclusions: The beneficial effects of reduction of BMI and fat mass will be discussed and participants' experiences will be summarised. The potential for prevention based on healthy lifestyles, and appropriate risk factor management is well established.