

INTERNATIONAL SYMPOSIUM:
NEW LIFESTYLE STRATEGIES
FOR PREVENTION AND
TREATMENT OF OBESITY AND
RELATED DISORDERS



21 SEPTEMBER 2023

FACULTY OF MEDICINE
TORRE B - PLANTA 1 - SALÓN DE GRADOS B
UNIVERSITY OF GRANADA (SPAIN)

REGISTRATION



[HTTPS://FORMS.GLE/H6LPCIOYANGBHVUXA](https://forms.gle/H6LPCIOYANGBHVUXA)

ORGANIZING INSTITUTIONS:



PROGRAM

****9:15-9:30 Welcome****

Jonatan R Ruiz, Francisco B Ortega, Concepción A. Aguilera – University of Granada & CIBEROBN

9:30-10:00

Carmen Piernas University of Granada (Spain)

Obesity, cardiometabolic risk and clustering of dietary and lifestyle behaviours: evidence from the UK Biobank study

10:00-10:30

Jose M Ordovas Tufts University (USA) & CIBEROBN

Interplay of Aging and Obesity: Unraveling the Complexities Through Precision Nutrition

10:30-11:00 Short presentations

Guillermo Sanchez-Delgado Université de Sherbrooke (Canada) & CIBEROBN

Time-restricted eating as a potential treatment for pediatric obesity: A crossover randomized controlled pilot study

Almudena Carneiro-Barrera Universidad de Loyola (Spain)

Interdisciplinary Weight Loss and Lifestyle Intervention for Obstructive Sleep Apnea in Women: The INTERAPNEA-Women Clinical Trial

****11:00-11:30 Coffee break****

11:30-12:00

Pontus Henriksson Linköping University (Sweden)

Body weight, body composition and physical fitness in relation to health across the life span

12:00-12:30

Daniel Berglind: Karolinska Institutet (Sweden)

Reconstructing schoolyards with greenery to improve the climate and increase schoolchildren's physical activity. A co-creation project with the City of Stockholm

12:30-13:30 Short presentations

Chu Chen Karolinska Institutet (Sweden)

Can a co-created physical activity promoting policy increase preschoolers' physical activity in the Stockholm region?

Maryam Shirvanifar Linköping University (Sweden)

Inequalities in the contribution of overweight and obesity to adverse pregnancy outcomes across birth regions: Swedish population-based study of 1.9 million pregnancies

Marie Leksell Linköping University (Sweden)

Health literacy for promoting a healthy lifestyle in migrant women: The PRIMI project

Viktor Karolinska Institutet (Sweden)

The Effect of Adolescent Fitness on Future Cardiovascular Disease: Confounding, Bias, and Causation

****13:30-15:30 Lunch****

15:30-16:00

Francisco J Tinahones: University of Malaga (Spain) & CIBEROBN

Does Metabolically Healthy Obesity Exist?

16:00-16:30

Isabel Beerman: National Institute on Aging (USA)

Metabolic, microbiome, and immune benefits from periodic restricted feeding in rhesus macaques

16:30-17:00

Rafael de Cabo: National Institute on Aging (USA)

Time Restricted Feeding Works Best When Combined with Calorie Restriction in Adult Female Mice.

****17:00-17:30 Closing Remarks****

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