

# Childhood Obesity: Let's Start at the Very Beginning

Bridge 5 Mill, Tuesday 6<sup>th</sup> November, 10am-3pm

## Conference Programme

9:30am	<b>Registration and refreshments</b>
10:00am	<b>Welcome and housekeeping</b> Chair: Dr. Sandra Davies, Director of Public Health, Liverpool City Council
10:10am	<b>Setting the scene: the Childhood Obesity Plan, Chapter 2</b> Professor Jason Halford, Head of Department, Psychological Sciences, University of Liverpool
10:25am	<b>Nutrition in Utero: Giving children the best start in life</b> Dr. Julie Abayomi, Reader in Dietetics, Liverpool John Moores University
10:50am	<b>Prevention of obesity in early life</b> Dr. Julie Lanigan, Principle Research Fellow, Institute for Child Health, University College London
11:15am	<b>Coffee break</b>
11:35am	<b>McDiets: How does the food environment undermine parental efforts to feed their kids well?</b> Dr. Emma Boyland, Senior Lecturer, Psychological Sciences, University of Liverpool
12:00pm	<b>Panel Q&amp;A</b>
12:20pm	<b>Workshop: Part 1</b>
12:50pm	<b>Lunch and exhibition</b>
13:30pm	<b>Workshop: Part 2</b>
13:45pm	<b>#AreYouReady – a practical example of reaching women with the importance of healthy weight before conception</b> Deirdre de Barra, Head of Information, Tommy's Midwives
14:05pm	<b>Learning what works in Better Start Bradford</b> Gill Thornton, Better Start Bradford and Dr. Sara Ahern, Born in Bradford
14:25pm	<b>Promoting healthy weight in children, young people and families: a resource to support local authorities</b> Nicky Dennison, Child Obesity and Physical Activity Programme Manager, Public Health England
14:45pm	<b>Panel Q&amp;A</b>
14:55pm	<b>Summary of the day and Call to Action for the Childhood Obesity Plan Chapter 3</b> Alex Holt, Food and Nutrition Lead, Food Active
15:00pm	<b>Close and depart</b>