FOOD ACT!VE

#FoodActive2026

Healthy Weight in the GLP-1 Era: Balancing Treatment, Equity and Population Health

Thursday 12th November, 9:30am-13:15pm (online)

9:30	**Welcome to #FoodActive2026**	Professor Matthew Ashton, Director of Public Health Liverpool City Council & Lead Director of Public Health, Food Active
9:40	**GLP-1 and related drugs for obesity – effects on complications, current evidence and future prospects**	Professor John Wilding, Professor of Medicine, University of Liverpool
10:00	**Cost to local systems (ICB perspective), eligibility and access, complications & contraindications, how the NHS is balancing treatment and prevention**	Ewan Maule, Chief Pharmacist and Director of Medicines and Pharmacy at the North East and North Cumbria ICB
10:20	**Q&A (10 mins)**	John Wilding & Ewan Maule
10:30	**How the availability of the drugs are reshaping commissioning of local services and the importance of balancing treatment with prevention**	Lois Hall-Jones, Consultant in Public Health, Oldham Council
10:45	**The importance of promoting compassionate person-centred care: the impact of weight stigma, and how GLP-1s are changing the narrative around obesity**	Professor Louisa Ells, Professor of Obesity & Co-director of the Obesity Institute, Leeds Beckett University
11:00	**Q&A (10 mins)**	Lois-Hall Jones & Louisa Ells
11.10	**Break (15 mins)**	

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11:25	**What impacts are GLP-1s having on wider public health-related behaviours and what are the implications on health equity?**	Dr Jack Birch, Research Associate, NIHR Policy Research Unit Behavioural and Social Sciences, Newcastle University
11:40	**GLP-1 drug prescriptions for obesity: Who is turning to private weight-loss treatment?**	Samantha Field, Senior Fellow (Prevention), Health Foundation
11:55	**The GLP-1 revolution: Implications for Health, Inequality and the Food System**	Hannah Brinsden, Head of Policy and Advocacy, Food Foundation
12:10	**Co-opting compassion: GLP-1s, the pharmaceutical industry and the opportunity cost for prevention**	Michael Viggars, Senior Project Manager, Health Equalities Group
12:25	**Panel debate: Chaired by Professor Matthew Ashton, Director of Public Health Liverpool City Council & Lead Director of Public Health, Food Active**	Panellists: • Dr Jack Birch, Research Associate, NIHR Policy Research Unit Behavioural and Social Sciences, Newcastle University • Samantha Field, Senior Fellow (Prevention), Health Foundation • Hannah Brinsden, Head of Policy and Advocacy, Food Foundation • Michael Viggars, Senior Project Manager, Health Equalities Group
13:10	**Final remarks and looking forward**	Professor Matthew Ashton, Director of Public Health, Liverpool City Council

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