

Joint Symposium KSSO-EASO

Comprehensive Approaches to Understanding and
Managing Obesity and Related Metabolic Health Issues

Chairpersons

Volkan Yumuk

Istanbul University-Cerrahpaşa, Turkey

Cheol-Young Park

Sungkyunkwan University, Korea

Speakers

Jason Halford

University of Leeds, UK

Chang Hee Jung

University of Ulsan, Korea

Barbara McGowan

Guy's and St Thomas' NHS Foundation Trust, UK



Jason Halford

University of Leeds, UK

• Education

Period	Affiliation	Position
– 1994	University of Leeds	Ph.D.
– 1991	University of Leeds	B.Sc.

• Affiliations / Experience

Period	Affiliation	Position
– 2020-Present	University of Leeds, Psychology	Head of School
– 2010	University of Liverpool, Psychology	Head of School
– 1999	University of Liverpool, Psychology	Lecturer/Senior Lecturer
– 1997	University of Central Lancashire, Psychology	Lecturer
– 1996	Penn State University, Nutrition	Research Fellow

• Committee Memberships

- World Obesity Federation (WOF)
- European Association for the Study of Obesity (EASO)
- European Coalition for People Living with Obesity (ECPO)
- Association for the Study of Obesity (ASO-UK)
- ACTION-Teens Steering Committee

• Publications

- Bowman-Busato J, Schreurs L, Halford JCG, Yumuk V, O'Malley G, Woodward E, De Cock D, Baker JL. 2024. Providing a common language for obesity: the European Association for the Study of Obesity obesity taxonomy. *International Journal of Obesity*. <https://doi.org/10.1038/s41366-024-01565-9>
- Busetto, L., Dicker, D., Frühbeck, G. et al. A new framework for the diagnosis, staging and management of obesity in adults. *Nat Med* (2024). <https://doi.org/10.1038/s41591-024-03095-3>
- Jones, R.A., Christiansen, P., Maloney, N.G. et al. Perceived weight-related stigma, loneliness, and mental wellbeing during COVID-19 in people with obesity: A cross-sectional study from ten European countries. *Int J Obes* 46, 2120–2127 (2022). <https://doi.org/10.1038/s41366-022-01220-1>
- Randle M, Ahern AL, Boyland E, Christiansen P, Halford JCG, Stevenson-Smith J, Roberts C. 2023. A systematic review of ecological momentary assessment studies of appetite and affect in the experience of temptations and lapses during weight loss dieting. *Obesity Reviews*. 24.9 <https://doi.org/10.1111/obr.13596>
- Halford JCG, Bereket A, Bin-Abbas B, Chen W, Fernández-Aranda F, Garibay Nieto N, López Siguero JP, Maffei C, Mooney V, Osorto CK, Reynoso R, Rhie Y, Toro-Ramos M, Baur LA. 2022. Misalignment among adolescents living with obesity, caregivers, and healthcare professionals: ACTION Teens global survey study. *Pediatric Obesity*. 17.11 <https://doi.org/10.1111/ijpo.12957>

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ACTION Teens: Barriers for Adolescents Living with Obesity to Weight Management in the UK

Jason Halford (University of Leeds, UK)

Children/adolescents living with obesity (ALwO) are more likely to be living with obesity in adulthood than those without obesity and have an increased risk of health complications (including cardiovascular and metabolic disease) in adulthood. Obesity is also associated with mental health issues among ALwO. The ACTION Teens study was designed to explore the attitudes, behaviours, perceptions and barriers to effective obesity care among ALwO, caregivers and healthcare professionals (HCPs). It was a cross-sectional online survey study. ACTION-Teens was conducted across 10 countries. Here, we report data from UK respondents. Overall, 416 ALwO (aged 12 to <18 years; body mass index \geq 95th percentile for age and sex [WHO charts]), 498 caregivers and 250 HCPs in the UK completed the survey (August–December 2021). The survey questions addressed key aspects of obesity management for ALwO.

Results: 1) Overall, 46% of ALwO perceived their weight as normal or below normal and 86% believed their health was at least good; 56% and 93% of caregivers responded similarly to their ALwO. Despite this, most ALwO (57%) had attempted to lose weight in the past year and 34% felt highly motivated to lose weight. 2) YouTube and social media were most often used by ALwO for information about weight management (41% and 39%); few ALwO and caregivers sought information from a doctor (13% and 22%). 3) Among ALwO who had discussed weight with an HCP (n=122), 49% trusted their weight-management advice. Only 10% of ALwO and 8% of caregivers were told by a doctor that they/their child had obesity. 4) For HCPs, obesity-related comorbidities were the most common reason for initiating weight conversations with ALwO (73%), while short appointment times were the most common barrier (46%). Overall, 30% of ALwO and 11% of caregivers did not feel comfortable bringing up weight with an HCP.

The lack of awareness of body weight status in UK ALwO is a major concern as the low numbers receiving a diagnosis of obesity. The rising prevalence of adolescent obesity and data from this study highlight a need to improve education and communication among ALwO, caregivers and HCPs in the UK. It is also important to improve trust in HCPs among ALwO to encourage uptake of health services. Additional training for HCPs could help reduce weight stigma and increase understanding of the complexity of obesity, thus empowering HCPs to initiate potentially challenging weight-related conversations with ALwO and caregivers. Recognition of obesity may also improve perceptions of weight among ALwO and caregivers. Weight-related communication strategies in the future should consider using social media and digital technology to improve ALwO's access to high-quality and trusted information about weight (Trial registration: ClinicalTrials.gov (NCT05013359). Action Teens (novonordisk.com) <https://pro.novonordisk.com/disease-area/obesity/action-teens.html>)

Halford JCG, Bereket A, Bin-Abbas B, Chen W, Fernández-Aranda F, Garibay Nieto N, López Sigüero JP, Maffei C, Mooney V, Osorto CK, Reynoso R, Rhie Y, Toro-Ramos M, Baur LA. 2022. Misalignment among adolescents living with obesity, caregivers, and healthcare professionals: ACTION Teens global survey study. *Pediatric Obesity*. 17.11 <https://doi.org/10.1111/ijpo.12957>

Halford JCG, Brown A, Clare K, Ells LJ, Ghosh A, Giri D, Hughes C, Senniappan S. 2024 Insights from the ACTION Teens study: a survey of adolescents living with obesity, their caregivers and healthcare professionals in the UK. *BMJ Open* – in press



Chang Hee Jung

University of Ulsan, Korea

• Education

Period	Affiliation	Position
- 2012-2014	University of Ulsan College of Medicine	Ph.D.
- 2010-2012	University of Ulsan College of Medicine	M.S
- 1996-2002	Korea University	M.D

• Affiliations / Experience

Period	Affiliation	Position
- 2021-Present	University of Ulsan College of Medicine, Asan Medical Center	Professor
- 2017-2021	University of Ulsan College of Medicine, Asan Medical Center	Associate Professor
- 2018-2020	University of Virginia, VA, USA	Visiting Scholar

• Committee Memberships

- Official Member of KSSO, KDA, KSoLA

• Publications

- 1. Kim MJ, Cho YK, Kim EH, Lee MJ, Lee WJ, Kim HK, Jung CH. Association between metabolic dysfunction-associated steatotic liver disease and myosteatosi s measured by computed tomography. *J Cachexia Sarcopenia Muscle*. 2024 Epub ahead of print
- 2. Kim MJ, Cho YK, Kim EH, Lee MJ, Lee WJ, Kim HK, Jung CH. Association between estimated glucose disposal rate and subclinical atherosclerosis. *Nutr Metab Cardiovasc Dis*. 2024 Epub ahead of print
- 3. Cho YK, Jung HN, Kim EH, Lee MJ, Park JY, Lee WJ, Kim HK, Jung CH: Association between sarcopenic obesity and poor muscle quality based on muscle quality map and abdominal computed tomography. *Obesity (Silver Spring)* 2023.;31:1547-1557
- 4. Kim HS, Lee J, Kim EH, Lee MJ, Bae IY, Lee WJ, Park JY, Kim HK, Jung CH: Association of Myosteatosi s with Nonalcoholic Fatty Liver Disease, Severity, and Liver Fibrosis Using Visual Muscular Quality Map in Computed Tomography. *Diabetes Metab J* 2023;47:104-117
- 5. Jung HN, Cho YK, Kim HS, Kim EH, Lee MJ, Lee WJ, Kim HK, Jung CH: Association between hypertension and myosteatosi s evaluated by abdominal computed tomography. *Hypertens Res* 2023;46:845-855

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Ectopic Fat Dynamics: Unraveling the Interplay Between Myosteatorsis and Cardio-Metabolic Health

Chang Hee Jung (University of Ulsan, Korea)

Sarcopenia is a muscular disease characterized by the gradual loss of muscle mass and strength, but it is a more complex condition that cannot be fully explained by this loss alone. As muscle mass and function decline with age, various changes occur within individual muscles, affecting muscle quality and the physiological functional capacity of muscle tissue. Accordingly, the updated guidelines from the European Working Group on Sarcopenia in Older People emphasize low muscle strength and poor muscle quality as the primary characteristics of sarcopenia.

One of the factors affecting muscle quality is the redistribution of adipose tissue, where subcutaneous adipose tissue moves to more harmful locations such as intramuscular and intermuscular adipose tissue (IMAT). This phenomenon, known as myosteatorsis, negatively impacts muscle strength by causing muscle fiber disorientation. Myosteatorsis has emerged as an important concept in the field of sarcopenia, both in clinical practice and research. In this lecture, I will introduce our recent work on the relationship between myosteatorsis, as measured by abdominal CT scan, and various cardio-metabolic disorders.



Barbara McGowan

Guy's and St Thomas' NHS Foundation Trust, UK

• Education

Period	Affiliation	Position
– 2003-2007	Imperial London	Ph.D.
– 1993-1998	Royal Free Hospital London	M.B.B.S.
– 1984-1988	Oxford University	B.A.

• Affiliations / Experience

Period	Affiliation	Position
– 2009-2024	Guys & St Thomas's Hospital	Professor of Endocrinology and Diabetes

• Committee Memberships

- International Society for Endocrinology
- EASO Obesity Management Task Force
- ESE Policy and Advocacy Task Force

• Publications

- Once-weekly Semaglutide in Adults with Overweight or Obesity, Wilding, McGowan *et al*, 384:989-1002 DOI: 10.1056/nejmoa2032183
- Liraglutide 3.0 mg in the treatment of adults with obesity and prediabetes using real-world UK data: A clinical evaluation of a multi-ethnic population. Dobbie *et al*, McGowan, *Clinical Obesity*
- Effectiveness of integrating a pragmatic pathway for prescribing liraglutide 3.0 mg in weight management services (STRIVE study): a multicentre, open-label, parallel-group, randomized controlled trial Papamargaritis, McGowan *et al*, *Lancet Regional Health* <https://doi.org/10.1016/j.lanepe.100853>
- Laparoscopic adjustable gastric banding with liraglutide in adults with obesity and type 2 diabetes (GLIDE): a pilot randomised placebo controlled trial C. Coelho, L. Dobbie *et al*, B McGowan. *Int J Obesity*, doi: 10.1038/s41366-023-01368-4
- Real world data of a digitally enabled, time restricted eating weight management program in public sector workers living with overweight and obesity in the UK, A. Brown, *et al*, McGowan. *Obesity Science and practice* 10 (1), e730 DOI: 10.1002/osp4.730

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An EASO Framework for the Diagnosis, Staging, and Management of Obesity as a Chronic Disease

Barbara McGowan (Guy's and St Thomas' NHS Foundation Trust, UK)

Obesity is a multifactorial, chronic, relapsing, non-communicable disease marked by an abnormal and/or excessive accumulation of body fat that presents a risk to health. The clinical recommendations that guide the diagnosis of obesity and its management have not been sufficiently aligned with the clinical processes normally adopted for other chronic diseases. The diagnosis of obesity is still based on body mass index and does not reflect the role of adipose tissue distribution and function in the severity of the disease.

EASO performed a modified Delphi study to identify a set of statements that can aid the diagnosis, staging and management of obesity. This lecture will discuss the consensus process and its outcomes, outlining a new framework for the diagnosis, staging and management of obesity in adults.