The NOF annual conference is the premier event of its kind in the country and is for those who are interested in managing obesity, diabetes, cardiovascular disease, cancer, sleep apnoea, dyslipidaemia, hypertension, stroke and other related co-morbidities. Delegates include, health professionals, clinicians, (surgeons, GP’s and specialist nurses), health commissioners, policy-makers, representatives from the food, leisure and the media.

**National Obesity Forum’s annual, two-day conference will include:**

- Presentations on the latest research, discoveries and trends in managing and treating obesity
- Practical guidance in treating obesity and other co-morbidities
- A review of the role of Government; food & pharmaceutical industries, surgeries, health and diet clubs
- Updates on the latest National Obesity Forum research
- The announcement of the National Obesity Forum Best Practice and Research Awards 2011
- Numerous networking opportunities
- The chance to influence the debate

Early bird offer until the 31 May

£99

Book smarter and quicker online at: [www.nof.uk.com](http://www.nof.uk.com)
Provisional Programme
Reducing local waist

Day 1 - Monday 3 October 2011

8.30  Registration
Tea/Coffee + Exhibition & Networking

10.00 Welcome and introduction

10.10 Keynote Speaker
Public Health England – will it deliver on obesity?

10.45 Q&A

10.50 Coffee/tea break

Session 1 - The Big 4
Chair, David Haslam NOF Chair

11.20 Diabetes – early interventions and latest treatments
11.45 Q&A

11.50 Cardiovascular disease – the big killer!
12.15 Q&A

12.20 OSA – the forgotten fatal condition
12.35 Q&A

12.40 Cancer – how does obesity increase your risk?
12.55 Q&A

13.00 Lunch

Session 2 - The Cutting Edge

14.00 The set point theory – what is it?
14.20 Q&A

14.25 Endocrine disruptors and their influence on the fat cell
14.45 Q&A

14.50 Epigenetics – the influencing factors before you’re born
15.10 Q&A

15.15 Coffee/tea break

Session 3 - Obesity in Practice

15.45 How to manage the overweight/obese patient
Commissioning services locally
16.15 Q&A

16.20 NOF Best Practice Awards

16.30 NOF/WW Research Awards
2010 Winner – update Tony Hirving

16.40 Report from the Regions
Q&A

17.00 Close

Day 2 - Tuesday 4 October 2011

8.00 Tea/Coffee
Exhibitions & Networking opportunities

Session 4 - The role of Public Health

9.00 The role of exercise
9.25 Q&A

9.30 The Responsibility Deal
9.55 Q&A

10.00 Reward schemes for children
10.25 Q&A

10.30 Tea/Coffee break

Session 5 - Options for the morbidly obese patient

11.00 Over the counter options
11.25 Q&A

11.30 VLCDs
11.55 Q&A

12.00 Is Surgery a guarantee of weight loss?
12.25 Q&A

12.30 Behaviour therapy – it’s role in ALL interventions
12.55 Q&A

13.00 Lunch + Exhibitions

Session 6 - NOF News and Debate

14.00 Talk 1
14.20 Q&A

14.25 Talk 2
14.45 Q&A

14.50 NOF News
15.10 Q&A

15.10 NOF Debate
The NOF believes that the public health Responsibility Deal is a positive step in the fight against the obesity epidemic and should be encouraged

15.55 Chairman’s closing remarks
16.00 Close

Whilst we endeavour to present the programme as advertised, we reserve the right to amend timing and content.
**Booking Form**

- **NHS & Charity Organisations Delegates** £82.50 + VAT £16.50 = £99
  - Earlybird until the 31 May cost after this date will be £149.
  - Includes refreshments, lunches for both days

- **Commercial Delegates** £150 + VAT £30 = £180
  - Includes refreshments, lunches for both days

Any Special Dietary Requirements ____________________________

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**Contact Details**

Title (please tick) Dr □ Dietitian □ Nurse □

Other □ (please state) ______________________________________

Name ______________________________________________________

Address ____________________________________________________

Postcode ______________________ Daytime Tel No __________________

Email ____________________________

**Booking Conditions**

Please return your completed booking form (one per delegate) and cheque payable to Obesity Forum Ltd to National Obesity Forum, PO Box 10131, Nottingham NG2 9NH.

**Payments**

- **Book online** [www.nof.uk.com](http://www.nof.uk.com)
- **I enclose a cheque** made payable to Obesity Forum Limited
- **I enclose a remittance advice (BACS payment)**
  - BACS payment: Barclays Bank plc
  - Sort Code: 20 90 08 Account No: 30635618
- **I would like to be invoiced** and therefore enclose a purchase order from my employer:

  Purchase Order No __________ Date ____________________________

**Send an invoice to**

Name ______________________________________________________

Address ____________________________________________________

Postcode ______________________ Daytime Tel No __________________

Confirmation and full programme will be sent to you no later than Friday 23 September. All cancellations must be received in writing. We regret no refunds can be accepted 6 weeks prior to the conference. NOF reserves the right to alter the programme, without notice due to unforeseen circumstances.

Please keep a copy of this form for your records.

**Disclaimer**

Every precaution is taken by the NOF to ensure that the content of the conference is accurate and legally and morally correct. However, the NOF accept no responsibility for the views or comments expressed by individuals or organisations.

**Hotel Accommodation**

Please contact Wendy Line at Network Tours Limited

Tel: 01268 572003

Email: res@hotelreservations.ltd.uk

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