



Obesity is one of the largest problems facing public health and is comorbid with several cardiometabolic diseases such as cardiovascular disease, type 2 diabetes and cancer. **Weight loss** is known to improve the outcomes for such diseases. **Weight gain** is the result of a chronic imbalance between energy intake and energy expenditure driven by complex interactions between physiological, psychological and environmental factors. Increasing obesity rates have necessitated a **multidimensional approach** to the investigation of weight management.

The Appetite Control and Energy Balance (ACEB) research group based in the Faculty of Medicine and Health (School of Psychology) is working in collaboration with the faculty of Mathematics and Physical Sciences (School of Food Science and Nutrition) within the area of weight management. As such, our workshop on “Weight management and appetite – a transferable skills workshop” is organised by and for researchers from different areas - psychology, nutrition, exercise science, and biopsychology – to set the scene for an **interdisciplinary workshop**. The workshop will emphasise gaining transferrable skills for young researchers and is funded by **ODPL and ASO UK**.

Workshop aims and format

Aims: Present an opportunity for interdisciplinary learning, discussion and networking activities amongst early career researchers and established academics

Programme

- Welcome & networking activity
- 15-minute talks by 3 senior researchers (*findings and methodology to study weight management and appetite with particular emphasis on skills required for early career researchers*) and discussion.
- Lunch
- 3 minutes PhD presentation (*Guidelines will be provided to student aiming to improve impactful speaking*) followed by questions and general discussion.
- Wine reception for informal discussion and networking

Invited Speakers

Dr Kevin Deighton, Leeds Beckett university.

Dr Stephen Whybrow, University of Aberdeen.

Professor Suzanne Higgs, University of Birmingham.

If you have any questions, please contact Pauline Oustric pspjo@leeds.ac.uk