

ASO webinar: Does meal timing influence weight loss or metabolic health?

AGENDA

Date: Thursday 28th January

Time	Duration (Minutes)	Topic	Faculty
18:00 - 18:05	5	Welcome from the ASO/ ASO Scotland Network	Dr Abd Tahani/ Dr Anne Martin
18:05 - 18:20	15	Is time restricted feeding superior to calorie restriction?	Dr Baldry Emma - Senior Clinical Research Dietitian
18:20 - 18:35	15	Safety of time restricted feeding in adults with obesity	Prof. Krista Varady, Department of Kinesiology and Nutrition, University of Illinois Chicago
18:35 - 18:45	10	Q&A	Moderator: Prof. Alex Johnstone, The Rowett Institute, University of Aberdeen
18:45-18:50	5	Chrono-nutrition influence on weight loss	Dr Leonie Ruddick Collins, Rowett Institute, University of Aberdeen
18:50-18:55	5	Does timing of eating influence physical activity and energy expenditure?	Prof. James Betts, University of Bath
18:55 - 19:10	15	A patient perspective on challenges and opportunities to modulate meal timing	Andrew Healing

19:10-19:30	20	Panel discussion	Moderator: Prof Alex Johnstone, The Rowett Institute, University of Aberdeen
-------------	----	------------------	--

Novo Nordisk has provided sponsorship to the Association for the Study of Obesity (ASO) to fully fund all costs for the development of this webinar, including creation, organisation, production and administration. Novo Nordisk has had no influence on the content and full editorial control remains the sole responsibility of ASO. None of the speakers have received a fee for their participation in this webinar, and ASO has been fully responsible for engaging with participants.