

Summary report of The 12th International Congress on Obesity

17th-20th March 2014

Kuala Lumpur convention centre, Kuala Lumpur, Malaysia

Report by Chiraporn Khitdee

The 12th International Congress on Obesity (ICO), held this year in Kuala Lumpur, Malaysia, opened by the Malaysian Minister of Health, Datuk Seri Dr. S. Subramaniam. The congress bring together over 1,000 obesity experts from more than seventies countries all around the world to share and discuss the latest research on different aspects of obesity, new innovative preventive and treatment strategies, global alliances to reduce the prevalence of obesity and its associated burden of disease and provide a platform to get insight from the world's leading obesity specialists.

Obesity is recognized as a major public health concern, as rates increase in all parts of the world. Figures suggest that approximately 1.5 billion adults were overweight in 2008, and are likely to have increased. Obesity is a major threat to health as it increases morbidity, disability and premature death and has a number of co-morbidities including cancer and cardiovascular disease.

The Scientific programme covered Track 1 :From cells to systems biology, Track 2 :From genes and environment to pathophysiology, Track 3 :From healthy weight to weight-related pathologies, Track 4 :From nutrition, exercise, and psychology to lifestyle, Track 5 :From lifestyle intervention to drugs and surgery, Track 6 :From home environment to society: causes and consequences, Track 7 :From individual choice to population prevention: solutions and interventions and Track 8 :From evidence to policy.

There are lots of studies and poster presentations from all over the world try to bring evidence and examples of interventions/ innovations to point out and convince policy makers. Good examples from Mexico unhealthy food tax, the experience from Denmark fat tax, the innovation of a computational modeling study that analyzed the potential effects of changing the types of available foods, as well as prices and promotions to predict childhood obesity, from the Johns Hopkins. Still there are gaps of the concrete evidence to point out the relation between risk factors and obesity and disease outcome, the evaluation of the interventions and the availability of data. Lots of things need to be done in terms of tackling with obesity.

