

Pre Course Program:

Advances in the Prevention of Childhood Obesity

LOCATION: ALFÂNDEGA (ROOM D.LUÍS)

Wednesday, September 22

**Advances in the Prevention of Childhood Obesity
8.45-17:00**

President: Carla Rêgo

MORNING SESSION

8:45 Welcome

Carla Rêgo (Faculty of Medicine, Porto University)

9:00 - 9:20 Epidemiology

Cristina Padez, Portugal (Anthropology department, Coimbra University)

Chair: António Guerra (Faculty of Medicine of Porto University)

9:30-11:00 Messages from HELENA Study

Chair Session: Marcela Gonzalez-Gross (Polytechnic University of Madrid) and Carla Rêgo

Body composition and obesity in European adolescents

Luis Moreno, Spain (Zaragoza University)

Cardiovascular risk factors related with obesity in European adolescents

Stefaan De Henauw, Belgium (Department of Public Health, Ghent University)

Imuno-inflammatory status related with obesity in European adolescents

Ascensión Marcos, Spain (National Scientific Research Council, CSIC)

(Discussion)

Coffee break

11:45-12:15 **Cardiometabolic comorbidities: the dark face of the problem**

Carla Rêgo – Portugal (Faculty of Medicine, Porto University)

Chair: Frederic Gottrand (Faculty of Medicine, University of Lille 2)

(Discussion)

12.30-14.00 LUNCH

14:00-16:40 **The role of physical exercise**

Chair Session: Jorge Mota (Faculty of Sport, Porto University) and Diana Silva (Paediatric Service. UAG-MC, Hospital São João and FCNAUP)

Physical exercise: Prevention and Treatment

José Carlos Ribeiro – Portugal (Faculty of Sport, Porto University)

Efficacy of exercise training programs

Maria Paula Santos – (Faculty of Sport, Porto University)

(Discussion)

17h00 Conclusions