



ASSOCIATION FOR THE
STUDY OF OBESITY

Registered Charity No: 1100648
Company No: 4796449

Joint NEOF and Fuse Behaviour Change Theme Event
4th November 2020

**Experiences of living with mental health conditions and
weight management**

Welcome from the organisers



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Lead

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...and a big
thank you to
Fuse
administrators
organising the
event

Today's Programme



- 12:00 to 12:05 – Introductions and Welcome
- 12:05 to 12:45 – Mish and Anthony – Experts by Experience
- 12:45 to 12:55 – Discussion and Q&A
- 12:55 to 13:00 – Close, and upcoming Fuse and NEOF events

Who are we – NEOF & ASO



- **NEOF** (North East Obesity Forum) is a network of the Association for the Study of Obesity (ASO). We hold two annual meetings, one in Spring and one in Autumn each year.
- **ASO** is the UK's foremost organisation dedicated to the understanding, prevention and treatment of obesity, and was founded in 1967.
- ASO is affiliated to the European ASO (EASO) and The World Obesity Federation (WOF).

Who are we – Fuse



- **Fuse** is the Centre for Translational Research in Public Health: www.fuse.ac.uk
- It is a **virtual centre**, operating across five universities in north-east England: Durham, Newcastle, Northumbria, Sunderland and Teesside.
- Fuse's mission is to transform health and wellbeing and reduce health inequalities through the conduct of world-class **public health research** and its translation into policy and practice.
- Today's event is in partnership with the **Fuse Behaviour Change theme**: www.fuse.ac.uk/research/behaviourchange
- The behaviour change programme provides a platform for research into the development, evaluation and translation of public health interventions to help people change their behaviour to improve their health.

How do I Join?



- To join NEOF's mailing list, please email: neobesityforum@gmail.com
- To become a Fuse member, please go to: www.fuse.ac.uk/getinvolved/joinfuse
- To join ASO, please go to: <https://www.aso.org.uk/join-us/>

'Ground Rules'



- During the presentations, please keep your microphone muted and your camera off. This will help to preserve quality of presentations, as we have a large audience.
- You are welcome to post questions or comments in the chat box at any time. We will monitor the chat box throughout and respond if needed.
- During discussion and Q&A, if you would like to speak – if you can – please turn on your camera, and also unmute. Once finished, please mute and turn off your camera once again.
- Be respectful to all presenters and audience members, both when speaking and in the chat box. Anyone found to be disrespectful will be removed from the event.

Mish & Anthony



- NEOF and Fuse Behaviour Change would now like to welcome:

Mish and Anthony - Experts-by-Experience

Thank you...

Discussion and Q&A



- Over to the audience; do you have any **questions or comments** for our speakers?
- You may like to consider, for example:
 - Have the experiences discussed by Mish and Anthony raised any points/issues for you and your practice/research?
 - Do you think current services fully support service users with their weight and mental health combined?
 - Do you think we should alter the way we approach weight management and behaviour change interventions after hearing from Mish and Anthony?

Upcoming Events



A very big thank you to our speakers and to everyone joining us today.

Fourth Fuse Physical Activity Pop Up Workshop - *Is 20 plenty for health?*

Insights from a complex evaluation of developing, implementing and evaluating 20mph speed limits in Edinburgh & Belfast

Wednesday 18 November from 15:30 to 17:00

Professor Ruth Jepson, Chair of Public Health in Social Science, Scottish Collaboration for Public Health Research and Policy, University of Edinburgh

Register at www.fuse.ac.uk/events

Fuse Quarterly Research Meeting

Focusing on national and regional food poverty perspectives

Tuesday 25 November from 9:30 to 11:00

Dr Rachel Loopstra, Lecturer in Food Nutrition, King's College London

Register at www.fuse.ac.uk/events

- The next **NEOF** event will be in Spring 2021. Please watch out for details 😊
- Our NEOF October 2020 newsletter can be viewed at: <https://mailchi.mp/3d8790ceb368/news-neof-perspectives-on-uk-gov-obesity-announcement-ecoico-2020-covid-19-events-jobs-more>



THANK YOU!