Contents

Welcome .................................................. 2
Committees .............................................. 3
Scientific Programme .................................. 4
Call for Abstracts ........................................ 8
Registration ............................................... 9
Exhibition .................................................. 10
Social Programme and Accommodation ............ 11
General Information ..................................... 12

Hosts

International Association for the Study of Obesity
Svensk förening för obesitas

Key Dates

Abstract Submission Deadline: 29 January 2010
Early Registration Deadline: 26 March 2010
Hot Topic Abstract submission deadline: 30 April 2010
Pre-congress Registration Deadline: 25 June 2010
International Congress on Obesity: 11-15 July 2010

Congress Secretariat

ICO2010 Secretariat
28 Portland Place
London W1B 1LY
United Kingdom
Tel: +44 (0) 207 467 9610
Fax: +44 (0) 207 636 9258
Email: ico2010@iaso.org
Message from the Chair of the 11th International Congress on Obesity

Dear Colleagues

On behalf of the Organising Committee it is a great pleasure for me, as President of the 11th International Congress on Obesity, to welcome you to Stockholm in July 2010.

Obesity research is expanding and in its broadest sense comprises numerous aspects of science, from molecular biology to sociology, from genetics to behavioral modification technology. The exploding global obesity epidemic has made research in this area of the utmost importance to society, and at every International Congress on Obesity to date, breakthrough scientific news has been presented, highlighting just how dramatically the research in this field is moving forward.

Stockholm at the time of the congress will be beautiful - the sun shines late into the evening and the whole city on water offers splendid sights. As a congress organiser and President, I am in the ambivalent situation of preferring stormy weather in order to keep participants in the auditoria, yet as a proud resident of Stockholm, I also want to share my love for this attractive city. I hope that a compromise can be achieved by combining a few days of intensive scientific information exchange with some time for relaxation and touring in the Stockholm archipelago - with its unique attractions and its 50,000 islands, most of which are actually accessible to anyone with a picnic basket and a swim suit – you only need to hire one of the many white steamboats!

The social programme includes an opportunity to participate in a reception at the magnificent Stockholm City Hall, allowing you to sample the atmosphere of the place where the annual Nobel festivities are celebrated.

Scientifically, the 11th International Congress on Obesity will build on its predecessors. It is difficult to predict what the hot topics will be in 2010, but we anticipate that we will have an opportunity to discuss in depth the genetic determinants of obesity as well as new treatment strategies. Childhood obesity is a rapidly developing research area and recent suggestions relating to healthy diets may provoke research we can at this time only speculate about. We are confident of developing an exciting and challenging programme!

On behalf of all of us working on the scientific and social programmes, I would like to extend a warm welcome to Stockholm in July 2010.

Stephan Rössner
President, 11th International Congress on Obesity
On behalf of Svensk Förening for Obesitas Forskning

Message from the President of the International Association for the Study of Obesity

Dear Friends

The International Association for the Study of Obesity (IASO) welcomes you to its 11th International Congress on Obesity (ICO2010) and to Stockholm, which is also known as “the Venice of the North”.

Obesity was first highlighted as a major global concern by the World Health Organisation in 1997, but little has been achieved in halting its rise. Currently there are 525 million obese (BMI ≥30) adults globally and another billion people overweight (BMIs 25.0 - 29.9). With obesity now affecting ever younger adults and children these figures are set to rise across the world. Increased weight is ranked 3rd in the global risk factors leading to ill health and early death throughout the world.

Obesity also has an enormous economic impact in terms of the loss of working time, reduced worker productivity and higher healthcare costs. The direct health costs arise from increases in the prevalence of chronic diseases, including diabetes, heart disease, stroke, high blood pressure, and most forms of cancers.

IASO aims to promote the preservation and protection of health and relief of sickness for the public benefit in the field of obesity and its related disorders by:

Promoting research, the dissemination of the results of such research and exchange of scientific information in the field of obesity internationally,

Developing a deeper understanding of how to achieve and maintain a healthy bodyweight, and managing and preventing overweight and obesity and its related conditions by those engaged in the study of obesity, healthcare professionals, health related organisations, governments and the international community.

IASO has recently developed a novel interactive web based Knowledge Management system for obesity. IASO and its partners and collaborating organisations have unique access to statistics, prevalence rates, international policy documents, WHO documents, regulatory documents, definitions of obesity, risk factor analysis and obesity treatment and drug development guidelines. This online site aims to provide access to this obesity information in a user friendly way and will enable many different stakeholders to access the information. The website will be available in the Autumn of 2009 and we encourage all members of the global IASO community to submit and utilise the data that is available see www.iaso.org for more information.

ICO2010 will be an important platform for the presentation of recent advances in obesity research, as well as for the exchange of expertise in clinical practice and obesity prevention. The congress will allow participants to renew established links and make new
network with other scientists, to discuss scientific, policy and other topical issues. The scientific programme has been prepared by an International Scientific Committee of international experts, chaired by Peter Arner. The programme will cover the latest cutting edge research in many aspects of obesity and will feature the highest quality, highlighted by the presentation of IASO’s Scientific Awards in Basic Science, Clinical Research and Population Science and Public Health.

I would like to thank the congress President, Stephan Rössner, who has worked tirelessly to ensure that the congress will challenge and advance thinking by providing novel ways to tackle the global obesity epidemic. In addition, Stephan will ensure that all members of the global community will receive a very warm welcome to Stockholm. ICO 2010 will be an original congress in many ways and the conventional old congress format revised. We highly recommend a few post-congress tour days at a time of year when the Stockholm archipelago is at its most beautiful.

Arne Astrup
President, International Association for the Study of Obesity
On behalf of the IASO Executive Committee

Committees

Congress President

Stephan Rössner (Sweden)

Local Organising Committee (LOC)

Peter Arner (International Scientific Committee Chair) (Sweden)
Anna-Karin Lindroos (Sweden)
Yvonne Linné (Sweden)
Erik Näslund (Chair) (Sweden)

Martin Noveius (Finance Committee Chair) (Sweden)
Torsten Olbers (Sweden)
Jarl Torgerson (Sweden)

International Scientific Committee (ISC)

Peter Arner (Chair) (Sweden)
Ellen Blaak (The Netherlands)
John Blundell (UK)
Walmir Coutinho (Brazil)
Gema Fruhbeck (Spain)
Berit Heitmann (Denmark)
Susan Jebb (UK)

Dominique Langin (France)
Rudy Leibel (USA)
Yuji Matsuzawa (Japan)
Erik Näslund (Sweden)
Joe Proietto (Australia)
Stephan Rössner (Sweden)
Mikael Ryden (Sweden)

IASO Executive Committee (at March 2009)

Arne Astrup - President
Philip James - President-Elect
Tessa van der Merwe - Secretary
David York - Treasurer
Yuji Matsuzawa - Vice President Asia-Oceania

Vojtech Hainer - Vice President Europe
Walmir Coutinho - Vice President Latin America
Jennifer Lovejoy - Vice President North America
Stephan Rössner - Chair EMTF
Scientific Sessions
Scientific Sessions will take place from Sunday 11 July until Thursday 15 July. These will include plenary lectures presented by invited speakers, state of the art lectures, symposia, debates and oral sessions.

Invited Speakers
A range of international first-class speakers will be invited to present at ICO2010. For an up to date list of confirmed invited speakers, please visit www.ico2010.org.

Poster Sessions
Each poster selected for presentation at ICO2010 will be displayed over the duration of the congress in the Poster & Exhibition Hall. Chaired Poster Sessions will be scheduled which will provide delegates with the opportunity to meet new and old colleagues and discuss their posters.

Call for abstracts
The International Scientific Committee invites abstracts of original submissions for oral and poster presentations. Submission of abstracts must be done via the ICO2010 website: www.ico2010.org

Abstract Submission Deadline: 29 January 2010

Hot Topic Abstracts will also be offered for poster presentation. More details will be available on the Congress website from February 2010.

Hot Topic Abstract submission deadline: 30 April 2010

Pre and Post Congress Meetings
A number of official Pre and Post Congress Meetings will take place around ICO2010. Please visit www.ico2010.org for more information.

Enquiries
ICO2010 Secretariat
28 Portland Place
London W1B 1LY
United Kingdom
Tel: +44 (0) 207 467 9610
Fax: +44 (0) 207 636 9258
Email: ico2010@iaso.org
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00 - 12.00 hrs</td>
<td><strong>Industry Sponsored Satellite Symposium 1</strong></td>
</tr>
<tr>
<td>13.00 - 15.00 hrs</td>
<td><strong>Industry Sponsored Satellite Symposium 2</strong></td>
</tr>
<tr>
<td>15.30 - 17.30 hrs</td>
<td><strong>Industry Sponsored Satellite Symposium 3</strong></td>
</tr>
</tbody>
</table>
| 17.30 - 19.00 hrs| **Opening Ceremony**  
**Plenary Lecture 1** |
| 19.00 - 20.00 hrs| **Welcome Reception** |

Please visit [www.ico2010.org](http://www.ico2010.org) for regular scientific programme updates
### Scientific Programme (continued)

#### Monday 12 July 2010

**T1:PL**  
The use of GWA in polygenic disorders exemplified by obesity and type II diabetes  
(08.30-09.15)

<table>
<thead>
<tr>
<th>Oral Sessions</th>
<th>09.30 - 10.30 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sessions 1-5 (OS1)</td>
<td></td>
</tr>
</tbody>
</table>

**Coffee Break/Exhibition**

<table>
<thead>
<tr>
<th>Review Sessions</th>
<th>11.00 - 12.30 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1:RS1 Genetics and obesity</td>
<td></td>
</tr>
<tr>
<td>T2: RS1 Metabolic control by brain</td>
<td></td>
</tr>
<tr>
<td>T3: RS1 The obesity paradox: Fact or fiction</td>
<td></td>
</tr>
<tr>
<td>T4:RS1 Early determinants of obesity development</td>
<td></td>
</tr>
<tr>
<td>T5:RS1 New approaches to improve public health</td>
<td></td>
</tr>
</tbody>
</table>

**Lunch and Exhibition**  
(12.30 - 13.30 hrs)

<table>
<thead>
<tr>
<th>Poster Sessions and SCOPE</th>
<th>(13.30 - 14.30 hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sessions 14.30 - 16.00 hrs</td>
<td></td>
</tr>
<tr>
<td>Oral Sessions 6-10 (OS2)</td>
<td></td>
</tr>
</tbody>
</table>

**Coffee Break/Exhibition**

| Plenary Lecture 16.30 - 17.15 hrs |
| Plenary Lecture 3 |

| Industry Satellites 17.30 - 18.30 hrs |
| **Industry Satellite 3** |

| Social Programme |

#### Tuesday 13 July 2010

**T2:PL**  
Transcriptional control in metabolic tissues  
(08.30-09.15)

<table>
<thead>
<tr>
<th>Oral Sessions</th>
<th>09.30 - 10.30 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sessions 11-15 (OS3)</td>
<td></td>
</tr>
</tbody>
</table>

**Coffee Break/Exhibition**

<table>
<thead>
<tr>
<th>Review Sessions</th>
<th>11.00 - 12.30 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1:RS2 Omics in obesity research - Towards new biomarkers</td>
<td></td>
</tr>
<tr>
<td>T2: RS2 Inter-organ cross-talks with adipose tissue</td>
<td></td>
</tr>
<tr>
<td>T3: RS2 Understanding weight regain</td>
<td></td>
</tr>
<tr>
<td>T4:RS2 Psychosocial issues related to obesity development</td>
<td></td>
</tr>
<tr>
<td>T5:RS2 Community Interventions</td>
<td></td>
</tr>
</tbody>
</table>

**Lunch and Exhibition**  
(12.30 - 13.30 hrs)

<table>
<thead>
<tr>
<th>Poster Sessions and SCOPE</th>
<th>(13.30 - 14.30 hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Sessions 14.30 - 16.00 hrs</td>
<td></td>
</tr>
<tr>
<td>Oral Sessions 16-20 (OS4)</td>
<td></td>
</tr>
</tbody>
</table>

**Coffee Break/Exhibition**

| Plenary Lecture 16.30 - 17.15 hrs |
| Plenary Lecture 5 |

| Industry Satellites 17.30 - 18.30 hrs |
| **Industry Satellite 4** |

| Social Programme |
### Wednesday 14 July 2010

**T3:PL**

Bariatric surgery - an effective treatment of obesity  
(08.30-09.15)

<table>
<thead>
<tr>
<th>Oral Sessions 09.30 - 10.30 hrs</th>
</tr>
</thead>
</table>

**Oral Sessions 21-25 (OS5)**

**Coffee Break/Exhibition**

**Review Sessions 11.00 - 12.30 hrs**

<table>
<thead>
<tr>
<th>T1:RS3 Adipocyte fatty acid metabolism</th>
<th>T2: RS3 Relevance of fat in different tissues</th>
<th>T3: RS3 Metabolic complications of obesity</th>
<th>T4:RS3 Can one predict weight gain before it occurs</th>
<th>T5:RS3 Food environment (producers/retailers/manufacturers)</th>
</tr>
</thead>
</table>

**Lunch and Exhibition**  
*(12.30 - 13.30 hrs)*  

**Poster Sessions and SCOPE**  
*(13.30 - 14.30 hrs)*

**Review Sessions 14.30 - 16.00 hrs**

|--------------------------|-------------------------------|-----------------------------------------------|--------------------------|---------------------------|

**Coffee Break/Exhibition**

<table>
<thead>
<tr>
<th>Plenary Lecture 16.30 - 17.15 hrs</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Industry Satellite 7</th>
</tr>
</thead>
</table>

**Industry Satellite 5**

### Thursday 15 July 2010

**T4 PL**

Environmental toxins in obesity  
(08.30-09.15)

**Oral Sessions 09.30 - 10.30 hrs**

**Oral Sessions 31-35 (OS6)**

**Coffee Break/Exhibition**

**Review Sessions 11.00 - 12.30 hrs**

<table>
<thead>
<tr>
<th>T1:RS5 Adipokines and adipose tissue</th>
<th>T2: RS5 Energy metabolism</th>
<th>T3: RS5 Obstacles in developing new strategies in obesity treatment</th>
<th>T4:RS5 Hedonics and weight gain</th>
<th>T5:RS5 Combatting obesity in the emerging economies</th>
</tr>
</thead>
</table>

**Lunch and Exhibition**  
*(12.30 - 13.30 hrs)*

**Poster Sessions and SCOPE**  
*(13.30 - 14.30 hrs)*

**Plenary Lecture 14.45 - 15.30**

**T5: PL Mind the gap: Policy options to tackle inequality that drives obesity**

**Coffee Break/Exhibition**

**Review Sessions 16.00 - 17.30 hrs**

"HOT TOPIC" **Review Sessions**

**Closing Ceremony 18.30 - 1900 hrs**

**Social Programme - City Hall Reception**  
*20.00 - 24.00 hrs*
Call for Abstracts

PLEASE VISIT WWW.ICO2010.ORG TO SUBMIT AN ABSTRACT

ONLY ONLINE ABSTRACTS WILL BE ACCEPTED

- Abstracts must be submitted in English
- The maximum word count is 250 - this includes body text & tables
- The submission fee is €40 per abstract: this should be paid at the time of abstract submission and no later than the abstract submission deadline
- The deadline for receipt of abstracts is 29 January 2010
- Authors will be notified of the International Scientific Committee (ISC) decision in early 2010
- All presenters of accepted abstracts are expected to attend the Congress and pay the registration fee
- “Hot Topic” Abstracts will be offered for poster presentation. The deadline for receipt is 30 April 2010 – Further details will be available on the Congress website from February 2010.
- Full instructions on how to submit your abstract are available on the Congress website – www.ico2010.org

Conflicts of interest and funding disclosure
Authors will be required to disclose affiliations and funding sources within the body of their abstract.

Publication
Abstracts will be published in a recognised international obesity journal. A copy of the Abstract Book will be given to all Registered Delegates.

Abstract Presentation
Abstracts will be accepted for 15 minute Oral Presentations or Poster Presentations. Post authors are required to stand by their poster during scheduled poster presentation times. Authors will be notified of the ISC review outcome in early 2010. Further presentation instructions will be given at this time.

Accreditation
CME (Continuing Medical Education) will be provided to meeting attendees where possible. A certificate will be issued to those requiring documentation. Specific information will be available on the Congress website.

Confirmation of Receipt
An acknowledgement via e-mail will be sent to confirm receipt of an abstract. If you do not receive the acknowledgement within three days of your submission, please contact the ICO 2010 Secretariat, ico2010@iaso.org

IASO Awards
IASO is calling for nominations for its Awards for Scientific Excellence 2010, which will be announced at ICO2010. The winner of each award will be invited to present his/her research in a Plenary lecture.

Further details will be available via www.ico2010.org from Autumn 2009.

Tracks and Topics for Abstract Submissions

<table>
<thead>
<tr>
<th>Track 1: Basic Science</th>
<th>Track head: Dominique Langin. (France)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track 2: Experimental Medicine and Physiology</td>
<td>Track head: Ellen Blaak. (The Netherlands)</td>
</tr>
<tr>
<td>Track 3: Treatment and Comorbidities</td>
<td>Track head: Joe Proietto. (Australia)</td>
</tr>
<tr>
<td>Track 4: Epidemiology, Diet, Activity and Behaviour</td>
<td>Track head: Berit Heitmann. (Denmark)</td>
</tr>
<tr>
<td>Track 5: Public Health and Policy (prevention/societal focus)</td>
<td>Track head: Susan Jebb. (UK)</td>
</tr>
</tbody>
</table>

Abstract Submission Deadline – 29 January 2010
Registration

Online registration will open in October 2009

HOW TO REGISTER
Only online registration is available. Visit www.ico2010.org, click on ‘Registration’ and follow the instructions.

Registration Fees

<table>
<thead>
<tr>
<th></th>
<th>Early Rate</th>
<th>Standard Rate</th>
<th>Onsite Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Delegate – Member¹</td>
<td>€ 575</td>
<td>€ 650</td>
<td>€ 725</td>
</tr>
<tr>
<td>Full Delegate – Non Member</td>
<td>€ 675</td>
<td>€ 750</td>
<td>€ 800</td>
</tr>
<tr>
<td>Full-time student²</td>
<td>€ 250</td>
<td>€ 250</td>
<td>€ 250</td>
</tr>
<tr>
<td>‘World Bank’ reduced rate³</td>
<td>€ 425</td>
<td>€ 475</td>
<td>€ 525</td>
</tr>
</tbody>
</table>

¹ Member of an IASO affiliated association / society – visit www.iaso.org for more details
² Proof of status must be submitted and verified before registration
³ As per the 2009 World Bank list of developing countries. Please see the congress website for further information.

Registration inclusions:

Full Registration (Including Concessions)
- Attendance to the scientific sessions and exhibition
- Scheduled Lunches and Coffee Breaks
- Opening Ceremony and Welcome Reception
- Closing Ceremony at the City Hall (limited availability)
- Certificate of attendance

Cancellation policy
- Cancellations must be made in writing to the Congress Secretariat
- Cancellations received prior to 1 April 2010 will receive a full refund minus a €100 administration fee
- Cancellations received after 1 April 2010 will not be refunded
- Substitute delegates will be accepted but must be advised in writing

Payment information
Payment can be made by the following methods:

Credit card: Visa and MasterCard – please note that we do not accept Amex
Personal or Company Cheque (In Euros) – Cheques should be made payable to Obesity International Trading Ltd
Bank transfer: Full details can be found on the Congress website

Disclaimer
All best endeavours will be made to present the programme as printed in this document. The Congress and its agents reserve the right to alter without prior notice, any of the arrangements, timetables, plans or other items relating to the congress, for any cause beyond its reasonable control. The International Association for the Study of Obesity and the Svensk förening för obesitas are not liable for any loss or inconvenience caused as a result of such alteration. In the event of unforeseen circumstances, the International Association for the Study of Obesity, the Svensk förening för obesitas and the Congress Secretariat do not accept responsibility for loss of monies caused by delays. Participants are advised to take out personal travel insurance and to extend their policy to cover personal possessions. The Congress does not cover individuals against cancellations of bookings or theft or damage to belongings.
Exhibition

The ICO2010 exhibition area will be the hub of the congress, incorporating the commercial exhibition, posters, catering, lounge areas and internet café. This will create an informal but informative area for delegates and industry to meet.

Exhibition Opening Times (provisional)

11 July - Exhibition Open (Afternoon)
12 July - Exhibition Open
13 July - Exhibition Open
14 July - Exhibition Open
15 July - Exhibition Closes at 16.30 hrs

For further information about the ICO2010 Exhibition please contact ico2010@iaso.org or visit the Sponsorship & Exhibition page of www.ico2010.org

Please see the congress website for the most up to date floorplan
Social Programme

Opening Ceremony

Sunday 11 July – 17.30 hrs
At the ICO2010 venue
Included in the registration fee

We invite you to attend the ICO2010 Opening Ceremony and then join us for food and drinks at the Welcome Reception.

Closing Ceremony

Thursday 15 July – 20.00 hrs
Stockholm City Hall
Included in the registration fee
Limited availability – tickets will be allocated on a first come first served basis

The most famous event that takes place in the City Hall is the annual Nobel Banquet. Join us at the City Hall to meet friends and colleagues, old and new, and bid a fond farewell to Stockholm and to the 11th ICO. The reception will be followed by a guided tour of the City Hall.

Book your place at these social events at time of registration, or by emailing ico2010@iaso.org

Accommodation

Together with our appointed congress agency, MCI, hotel block bookings have been made at various hotels in the city centre and close to the venue. Attractive room rates in various price ranges will be offered on our website from October 2009 onwards.

For more information please contact MCI directly at ico2010@mci-group.com or visit www.ico2010.org
General Information

Accommodation
The official local partner agency in Stockholm dealing with accommodation is MCI.

Currency
The currency in Sweden is the Swedish krona (SEK). All Congress fees are charged in Euros.

Electricity
The normal electricity supply in Sweden is 230V/50Hz (European Plug).

Invitation Letter
Individuals requiring an official letter of invitation in order to obtain a visa and authorisation to attend the Congress should contact the ICO2010 Secretariat by e-mail at ico2010@iaso.org no later than 6 weeks prior to the Congress. The invitation letter will be issued once the registration form and payment have been received.

Language
The official language of the Congress is English – No translation facilities will be provided.

Name Badges
All participants and accompanying persons must clearly wear the ICO2010 identification badge. Entrance to the meeting halls and exhibition areas will not be permitted without it.

Passport and Visa Information
All ICO2010 congress participants are responsible for obtaining the necessary travel documents to enter Sweden. A valid passport is required for entry into Sweden. Please ensure that your passport is valid for at least six months after your exit date. Participants are encouraged to contact the Swedish Embassy closest to them for up-to-date travel guidelines.

Poster Sessions
Chaired Poster sessions will take place in the Poster Area of the Exhibition Hall. Posters should be mounted on the assigned board in the Poster display area. The authors should be present in the poster area during the allocated Poster Session.

Pre and Post Congress Meetings
Please visit the Pre and Post Congress Meetings page of the Congress website for information and booking details. These meetings are coordinated in conjunction with ICO2010. They take place before or after the ICO in order to enhance the scientific content of the Congress. Each meeting is organised separately and independently from the ICO, and will require separate registrations from the main congress.

Travel and Health Insurance
We recommend that you take out insurance policies to cover medical and travel expenses. If necessary, consult your travel agent.

Venue
Stockholm International Fairs & Congress Center is situated in the southwest area of Stockholm. The center is located favourably in terms of transport facilities and can be reached either by car, or by public transport. From the central station you can reach the fair-site by commuter train in 9 minutes. From Arlanda Airport, it takes less than an hour by car or by bus.
11th International Congress on Obesity

ICO2010 Secretariat
28 Portland Place
London W1B 1LY
Tel: +44 (0) 20 7467 9610
Fax: +44 (0) 20 7636 9258
Email: ico2010@iaso.org