



ND 2ND WORLD OBESITY DAY CONFERENCE



21 FEB
2025



ABU QIR
ARAB ACADEMY
FOR SCIENCE AND TECHNOLOGY

MANAGED BY:





ND 2ND WORLD OBESITY DAY CONFERENCE

Changing Systems Healthier Lives
Conference Presidents



Prof. Heba Maurice



Dr. Ahmed Noweir



Dr. Nardine Samir

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WELCOME TO 2ND WORLD OBESITY DAY CONFERENCE

Welcome to the **2nd World Obesity Day Conference**, an important event dedicated to raising awareness, sharing knowledge, and fostering action to tackle the global obesity crisis

The theme this year

“CHANGING SYSTEMS HEALTHIER LIVES”

This World Obesity Day 2025, we're calling for a shift in focus — from individuals to the systems that shape our health

For too long, the world has looked at obesity through a narrow lens, often placing the burden on individuals. But the reality is much more complex. Failing systems—health, food, regulatory, governmental, and even urban design—are driving rising rates of obesity worldwide

IT'S TIME FOR CHANGE

This year's theme, **Changing Systems, Healthier Lives**, shines a light on the systemic issues contributing to obesity. Together, by placing people living with obesity at the centre and uniting governments, health professionals, regulators, and the public, we can transform failing systems and create a healthier future for everyone, everywhere

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REGISTRATION: (9:00 am – 10:00 am)

SESSION 1: The Impact of Obesity on Risk for Chronic Diseases

(10:00 am – 11:00 am)

• Chairpersons:

Prof. Hesham Ayoub Prof. Walid Ellakany

Prof. Yasmine Elwany Dr. Passant Saleh

- **Is Diabetes an Adiposity Based Disease?**
(Dr. Hend Abed El Moneim)
- **Obesity and Gastrointestinal Disorders: What is the Link?**
(Prof. Ahmed Ellakany)
- **Insight into The Cardiovascular Risk and Metabolic Health in Obesity**
(Prof. Ahmed Mokhtar)
- **Linking Obesity and Cancer: What We Need to Know?**
(Prof. Amany Salama)





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SESSION 2: Rethinking and Reframing Obesity

(11:00 am – 12:00 pm)

• Chairpersons:

Prof. Alaa Balbaa

Prof. Maha Assal

Dr. Noha Naeim

Dr. Nevein Elkateb

- **Addressing Obesity in Older Adults: Transforming Systems for Healthier Aging**
(Prof. Marwa Saad)
- **The Science of When: Sleep, Meal Timing, and Obesity**
(Prof. Dalia Khamis)
- **Ultra-processed foods (UPF) and The Pandemic of Obesity: The Concept and The Evidence**
(Prof. Nermin Osman)
- **Navigating into the Epidemic of Childhood Obesity**
(Dr. Yasmin El Hakim)





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(12:00 pm – 01:00 pm)

FRIDAY PRAYER
&
COFFEE BREAK





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OPENING SESSION: (01:00 pm – 02:00 pm)

PANEL: Changing Systems Healthier Lives

(02:00 pm – 03:00 pm)

Let's Put a Spotlight on The Systems / Mobilising Support for National Action

• Moderator:

Dr. Eman Hussein

• Panelists:

Prof. Wafaa Mehelba

Dr Howida Abd El Rahman Essawy

Dr. Shereen Mohammed Ekrema

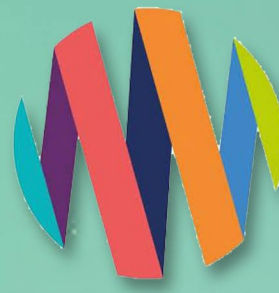
Dr. Hanaa Abdelrehim Abdelhafez

Eng. Mohamed Kamel

Dr. Hazem Awad

Eng. Shaymaa Abdel Rehim





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WORKSHOPS

Mesotherapy: The Art of Body Contouring and Lipolysis

(03:00 pm – 04:00 pm)

• Instructors:

Dr. Nardine Samir
Dr. Menna El-Habashy
Dr. Mohamed Fadly

• Moderators:

Dr. Menna Khamis
Dr. Eman Shahin
Dr. Jaklin Adel



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Mastering the Art of Meal Planning: Eat Smart, Save Time

(04:00 pm – 05:00 pm)

• Instructors:

**Prof. Heba Maurice
Prof. Sally Ezzat**

• Moderators:

**Dr. Reem Eladl
Dr. Shimaa Elrashidy**

Psychological Treatment of Obesity

(05:00 pm – 06:00 pm)

• Instructors:

**Dr. Amira Diab
Dr. Samar Philip**

• Moderators:

**Dr. Menna Pharghaly
Dr. Mary Sobhy**