



## **WHO guideline: Management of infants and children at high risk (excessive adiposity) and children with obesity for improved health, functioning and reduced disability: a primary health care approach**

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*Guideline Development Group Meeting (by invitation only)*

*28 – 29 April 2021*

*Virtual Zoom Meeting*

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## **GUIDELINE DEVELOPMENT GROUP BIOGRAPHIES**

### **Dr Federica AMATI**

Dr Amati works primarily in Maternal and Child Nutrition, focusing on improving dietary quality in the periconceptual period and the first 1,000 days. She is keen to impact policy and education to decrease child malnutrition and improve children's health for a healthier future. Dr Amati completed her PhD in Clinical Medicine Research at Imperial College London, where she was an active member of the School of Public Health, representative for her department and supervisor for MSc and MPH students. She is a registered associate nutritionist having completed her MSc in Nutrition for Global Health at London School of Hygiene & Tropical Medicine, and continues to conduct Nutrition research through her postdoctoral posts at NNEdPro Think Tank and the WHO Collaborating Centre at Imperial College London.

### **Mr Eduard BALADIA**

Mr Baladia is a Dietitian graduated from the University of Barcelona (Spain). He coordinates the Centre for the Analysis of Scientific Evidence of the Spanish Academy of Nutrition and Dietetics (Academia Española de Nutrición y Dietética) and coordinates the Evidence-Based Nutrition Network (Red de Nutrición Basada en la Evidencia; Iberoamerican Network). Mr Baladia is a part-time professor in the Department of Experimental and Methodological Sciences of the University of Vic, Spain. Currently, he is also working in the Evidence-Based Research (EVBRES) COST Action CA17117.

### **Ms Raghdha BARAKAT**

Ms Barakat is a Nutritionist (MPH, BSc, RD) at the Israelian Ministry of Health (I-MOH) Nutrition Division since 2016. Ms Barakat is the coordinator for the Nutrition Programme for the Arab Population, particularly planning, monitoring and evaluating culturally and traditionally adapted strategic health programmes activities for the wellbeing of youth and for reducing obesity.

### **Dr Louise Alison BAUR**

Dr Baur is the Chair of Child & Adolescent Health at the University of Sydney. She is also a senior consultant paediatrician at the Sydney Children's Hospitals Network where she is an active member and former Head of Weight Management Services, a multidisciplinary clinical service for children and adolescents affected by moderate to severe obesity. Dr Baur has made research contributions to the management of obesity and related disorders in a variety of clinical settings; the complications of obesity, the prevention of obesity, especially in early childhood; and to the responses of health systems to obesity. She is Director of the Australian Government National Health and Medical Research Council's Centre of Research Excellence in the Early Prevention of Obesity in Childhood. Dr Baur is President-Elect of the World Obesity Federation. She is a Founding Fellow of the Australian Academy of Health & Medical Sciences. In 2010, she was made a Member of the Order of Australia for service to medicine and to the community.

### **Dr Catherine BIRKEN**

Dr Birken is a general paediatrician at the division of Paediatric Medicine; Professor, University of Toronto; and a Senior Scientist, Child Health Evaluative Sciences, Hospital for Sick Children Research Institute. Her clinical care activities include working as paediatrician

in inpatient paediatrics, and paediatrician in the outpatient SickKids Obesity Management Programme for children with complex obesity. Her research focuses on prevention of childhood overweight and obesity in early childhood, including the study of growth, health behaviours and school readiness, randomized controlled trials in obesity prevention and treatment with public health nurse-led parenting and home visiting intervention. She involved with TARGet Kids!, a primary care practice-based research network to advance child health research, as well as the COVID study of Children and Families, including four mental health research groups studying the impact of COVID-19 on health and mental health outcomes for children.

#### **Mr Amare DEMSIE**

Mr Demsie is an Assistant Professor and PhD candidate in Public Health Nutrition at the University of Gondar, Ethiopia. He holds a BSc Degree in Generic Nursing, an MSc Degree in Pediatrics and Child Health Nursing, and an MPH in Public Health Nutrition. He has more than eleven years of work experience in the clinical and higher education setting, with emphasis on paediatrics nutrition, project design and implementation, and guideline development. He has participated in several research projects as principal investigator and as member of different research teams.

#### **Dr Elizabeth DENNEY-WILSON**

Dr Denney-Wilson is Professor of Nursing in the Sydney University Faculty of Medicine and Health and Sydney Local Health District in Australia. She has academic qualifications in nursing, public health and epidemiology, and is an expert in infant feeding with a long track record in developing behaviour change interventions in the primary care setting to prevent and manage obesity. She has developed and trialled interventions in collaboration with Child and Family Health nurses and general practitioners to support healthy growth in infancy. Furthermore, she has worked with parents to determine their support needs around infant feeding and developed and trialled a smartphone application (Growing healthy) to support healthy infant feeding behaviours. Additionally, she has published the findings from an Australian Aboriginal birth cohort that found that at 2 years and 9 years children who experienced rapid weight gain (RWG) in infancy were significantly more likely to be obese and that RWG was the strongest risk for obesity. Dr Denney-Wilson spent 10 years as a volunteer breastfeeding counsellor with the Australian Breastfeeding Association and continues to be a passionate advocate for breastfeeding.

#### **Dr William DIETZ**

Dr Dietz is the Chair of the Sumner M. Redstone Global Center for Prevention and Wellness and the STOP Obesity Alliance at the Milken Institute School of Public Health at George Washington University. From 1997-2012 he was the Director of the Division of Nutrition, Physical Activity, and Obesity in the Center for Chronic Disease Prevention and Health Promotion at the CDC. Prior to his appointment to the CDC, he was a Professor of Paediatrics at Tuft's University School of Medicine, and Director of Clinical Nutrition at the Floating Hospital of New England Medical Center Hospitals. At the Floating Hospital, he was the director of the paediatric weight control programme and a clinic for children with failure to thrive. Dr Dietz has been a councillor and past president of the American Society for Clinical Nutrition, a past president of the North American Association for the Study of Obesity. He has served as a member of the Advisory Board to the Institute of Nutrition, Metabolism, and Diabetes of the Canadian Institutes for Health Research and was the co-chair of the Lancet Commission on Obesity's 2019 report on the Global Syndemic of Obesity, Undernutrition, and Climate Change.

**Ms Stephanie DOWDEN**

Ms Dowden has worked for over 25 years in children's healthcare in Australia, New Zealand, Uzbekistan, and the United Kingdom of Great Britain and Northern Ireland. Her paediatric experience has ranged from generalist to very specialist areas, including primary healthcare, community development, paediatric pain management, and paediatric palliative care. Stephanie worked at Royal Children's Hospital in Melbourne, at the Princess Margaret Hospital in Perth, and coordinated the Nurse Practitioner Masters' programme at Curtin University. Since July 2017, Ms Dowden has been working in independent practice as a Paediatric Nurse Practitioner. Additionally, Ms Dowden has developed a special interest in childhood trauma and works closely with other health and social service providers in this field. In 2020, Ms Dowden was invited to be a member of the Western Australia Voluntary Assisted Dying Implementation Leadership Team. She is the former Chair of the Western Australia Chapter of the Australian College of Nurse Practitioners as well as a former Board member of the Australian College of Nurse Practitioners. Ms Dowden is now on the Board of the Academy of Child & Adolescent Health.

**Dr Pamela GASKIN**

Dr Gaskin is a Lecturer at the Essential National Health Research in The University of the West Indies in Barbados. She holds a PhD in Nutrition. She was the Principal Investigator of The Barbados Children's Health and Nutrition Study (BCHNS); findings have been used by PAHO to draft childhood interventions for children in Barbados. Gaskin's further research interests include knowledge, attitudes, and practices with regard to diet and obesity stigma.

**Dr Viktoria Anna KOVACS**

Dr Kovacs is a senior advisor at the Hungarian School Sport Federation and at the Health Services Management Training Centre at Semmelweis University in Hungary. Previously, she worked several years in the National Institute of Pharmacy and Nutrition where she was involved in planning, implementing and reporting of nutrition surveys, and monitoring and evaluation for nutrition interventions. Also, she is an occasional consultant to the WHO Europe and the European Commission. She trained as a medical doctor but is now a public health specialist with a research interest in epidemiology, preventive measures and policy interventions related to childhood obesity. She was involved in developing and evaluating obesity or nutrition policies in Kazakhstan, Poland, Latvia and Montenegro. She supported the development and implementation of several national and international projects such as the EU Joint Action on Nutrition and Physical Activity, the WHO Childhood Obesity Surveillance Initiative and the EU School Fruit Scheme. Dr Kovacs received her Medical Degree from Semmelweis University, Budapest and holds a PhD in Exercise Science.

**Dr Kalyanaraman KUMARAN**

Dr Kumaran is the Indian PI of the Healthy Life Trajectories Initiative, a multi-country collaboration set up to address non-communicable disease risk in the next generation. Previously, he worked at consultant level for the Health Protection Agency where his role included communicable disease control and the management of environmental hazards. He also held a consultant post with NHS Somerset where he was the lead for public health intelligence. He has been involved in the development and delivery of undergraduate and postgraduate public health teaching at the Peninsula Medical School. He continues to have an active teaching role in Southampton and India. His long-term interests include the application of multi-faceted,

evidence-based population level interventions to improve foetal growth and long-term health using a life course approach, and teaching and training initiatives. Dr Kumaran has over 25 years of experience in epidemiological approaches to health and disease, and the application of findings to public health policy and practice. His research work has focused on understanding how factors operating in early life and through the life course influence adult non-communicable disease (developmental origins of health and disease). He has considerable experience of longitudinal cohort studies and community-based intervention studies. He is currently the Secretary of SNEHA (Society for the Natal Effects of Health in Adults), India.

### **Prof Estelle LAMBERT**

Prof Lambert is Director of UCT Research Centre for Health Through Physical Activity, Lifestyle and Sport. Her research on physical activity, obesity and health includes work in the areas of burden of disease and epidemiology; aetiology and mechanisms of health effects/benefits; correlates/determinants associated with physical activity across the life-course, including environmental determinants; and most recently, environmental and behaviour change interventions. The focus of her research is primarily on the Global South, and more specifically, Africa and South Africa. From 2005-2009, she was a co-principal investigator on a World Diabetes Foundation funded project “Health-kick” which was a school-based intervention aimed at promoting healthful eating habits and increasing regular participation in health-enhancing physical activity in children, parents and teachers. Prof Lambert has served in an advisory capacity for the WHO Global Strategy for Diet and Physical Activity. In 2011, Lambert was part of the IOC Medical Commission panel that produced the consensus statement on health and fitness of young people through physical activity and sport, and more recently, as a consultant for the WHO Global Action Plan for physical activity (2018), the 2020 WHO Guidelines Development Group for Physical Activity and Sedentary Behaviour, and the Global Regulatory & Fiscal Capacity Building Programme Promoting Healthy Diets and Physical Activity (Tanzania, Kenya and Uganda).

### **Dr Luibai LI**

Dr Li is an Associate Professor of the Institute of Child & Adolescent Health (The Division of Child Health of China CDC), School of Public Health, and an Associate Professor of the Department of Paediatrics, at Peking University Health Science Center. Dr Li has expertise and training in nutrition, child and adolescent health, public health, and global health. Her academic efforts, community work, policy development, and research have focused on nutrition, obesity prevention and weight control, healthy eating and physical activity promotion, as well as healthy lifestyle promotion in children and adults. She has been working in nutrition-related disease prevention and control for more than 30 years. She is experienced in the biobehavioural approaches in the prevention and treatment of child obesity. As a national expert in nutrition and child health, she has participated in many policy-making and implementing works relating to malnutrition, obesity and NCDs prevention both in children and adults. She has carried out national projects in school-based weight loss programmes targeting energy-balance relating behaviour change and developed interventional techniques with health behaviour models and behaviour change techniques in healthy lifestyle promotion both at individual and population levels. Dr Li has used mHealth technologies in developing nutrition education websites and online Apps for the Ministry of Education and Beijing government.

**Dr Tim LOBSTEIN**

Dr Lobstein is a Senior Policy Advisor to the World Obesity Federation, based in London, and a visiting professor at the University of Sydney, NSW. He is also a consultant to the UNICEF nutrition programme and to the UK advocacy organisation The Food Foundation. Dr Lobstein has experience in policy analysis, policy dissemination, evidence reviews and knowledge transfer, especially in the field of childhood obesity.

**Dr Chessa K. LUTTER**

Dr Lutter is a Senior Nutrition Researcher and Senior Fellow at RTI International. With more than 30 years working globally in maternal and child nutrition across multilateral, academic and non-governmental institutions, Dr Lutter's research, policy and programme expertise have helped shape the public dialogue around breastfeeding, complementary feeding, and prevention of child undernutrition and obesity. Prior to joining RTI, Dr Lutter served for nearly 20 years as Senior Nutrition Advisor for the Pan American Health Organization, regional office of the World Health Organization for the Americas, where she worked with ministries of health throughout Latin America and the Caribbean to develop, implement, and evaluate nutrition policies and programmes. Dr Lutter is a member of the American Society of Nutrition, Global Nutrition Council, Society for Implementation Science, and the International Society for Research on Human Milk and Lactation. She is part of the technical advisory group for UNICEF's Global Database on Infant and Young Child Feeding. Dr Lutter holds a Bachelor's of Science (BS) degree from the University of California at Berkeley and a Master's of Science (MS) and PhD degrees from Cornell University.

**Dr Naho MORISAKI**

Dr Morisaki is head of the Department of Social Medicine at the National Center for Child Health and Development, the sole national centre in Japan dedicated to the education and training, the promotion of research and study, and the development of specialists, to provide and raise awareness of the field of paediatric health within society. She is an acknowledged researcher in the fields of perinatal and paediatric epidemiology and public health with her main interest in the social, cultural, and clinical determinants as well as the long-term effects of maternal and child health. Her work on low-birth-weight births has been featured in *Science* and led to the 2021 amendment in the national gestational weight guidelines. She has represented Japan for many international collaborations including the WHO Multi-country Survey on Maternal and Newborn Health Project.

**Prof Vanisha NAMBIAR**

Prof Nambiar is a full time Professor in the Department of Foods and Nutrition and the Coordinator of the Public Health Nutrition Programme in the Faculty of Family and Community Sciences, and Deputy Director, Office of International Affairs at The Maharaja Sayajirao University of Baroda, Gujarat, Western India. Over the past 27 years, she has been engaged in academics and research in the area of public health nutrition, Maternal, infant and young child nutrition, school health, food science and preventive dietetics and international health and women empowerment including projects on childhood obesity and behaviour change communication models for improving child health and nutrition. She has completed over 26 projects and has over 40 publications including 6 books.

**Dr Manuel RAMIREZ ZEA**

Dr Ramirez Zea is Head of the INCAP Research Center for the Prevention of Chronic Diseases (CIIPEC) at the Institute for Nutrition of Central America and Panama (INCAP) as well as INCAP's Laboratory of Physiology and Body Composition and the Unit of Nutrition and Chronic Diseases. Dr Ramirez Zea has implemented various research projects on epidemiology and interventions on primary and secondary prevention of chronic diseases related to obesity, nutrition, physical activity, mental health, and cardiometabolic risk factors in children and adults. Dr Ramirez Zea established the CIIPEC as an NHLBI- and United Health Group-funded Center of Excellence. The INCAP Research Centre for the Prevention of Chronic Diseases is an internationally recognized research and human resource training centre for research in nutrition and related chronic diseases. Through this research centre, he holds partnerships with several international academic and research centres. He has also partnered with the Technical Commission of Chronic Diseases and Cancer (composed by national delegates of the Ministries of Health and Social Security Institutes of the seven Central American countries and the Dominican Republic).

**Prof Harshpal Singh SACHDEV**

Prof Sachdev is a Senior Consultant in Paediatrics and Clinical Epidemiology at Sitaram Bhartia Institute of Science and Research, New Delhi; Honorary Senior Research Fellow, UCL Institute for Global Health, University College London, United Kingdom; Adjunct Professor at St. John's Research Institute, Bangalore; and a practicing paediatrician. His current research interests include the developmental origins of adult cardio-metabolic disease, nutrition in children and mothers in low- and middle-income countries, childhood obesity, and systematic reviews on nutrition and health. Prof Sachdev has provided honorary services in various advisory capacities, including as Chairperson, to the Government of India (Department of Biotechnology, Indian Council of Medical Research, and Food Safety and Standards Authority of India), and different national and international organizations, including membership in several WHO guideline development groups.

**Prof Youssef SANAA**

Prof Sanaa is a university professor, clinician, and researcher in the field of paediatric nutrition with more than 30 years of experience teaching nutrition knowledge and skills to medical students and health care professionals for the welfare of patients. He provided specific nutritional rehabilitation protocols, as Founder and Head of the Nutrition Rehabilitation Unit Children's Hospital, from 1997 until 2010, in collaboration with various specialized clinics at Ain Shams University's Children's Hospital. He is also the founder of the clinical nutrition rehabilitation unit, EL GALAA Military Hospital. As a professor in the Faculty of Medicine and Institute of Childhood Studies, Prof Sanaa has supervised more than 300 Master Degree and PhD theses projects in Paediatrics, mainly in the field of clinical nutrition and nutritional disorders. He currently teaches Nutrition and Clinical Nutrition courses for undergraduates and postgraduates.

**Prof Aliakbar SAYYARI**

Prof Sayyari is a paediatric gastroenterologist and hepatologist. He is a professor at Shahid Beheshti University of Medical Sciences in Tehran, Iran. He established the paediatric gastroenterology, hepatology, and nutrition ward in Mofid Children's Hospital and has been head of the ward since 2004. He was head of the Paediatric Department in Shahid Beheshti

University of Medical Sciences for 12 years. He is currently President of the Iranian Societies of Paediatric Gastroenterology and Hepatology and Paediatric Nutrition and Chairperson of IRAN-ECHO, Ending Children Obesity Project. He has held executive positions in the Iranian Ministries of Health and Culture and Higher Education. He has also been a member of national scientific committees on AIDS, immunization, improving child nutrition, tuberculosis, thalassemia, and maternal and child health.

**Dr Florence TURYASHEMERERWA**

Dr Turyashemererwa holds a PhD in Public Health Nutrition from the University of Southampton, United Kingdom, focused on managing children with severe acute malnutrition. She has worked as a programme leader with governments and two UN agencies (UNICEF and WHO) in the strengthening of health systems with a focus on routine nutrition information systems and the scaling up of nutrition service delivery for the last 16 years. Furthermore, Dr Turyashemererwa has extensive experience in the provision of policy guidance, programme implementation, and monitoring of the health sector, in both humanitarian and development contexts, with focus on the refugee response, Ebola Virus Disease and COVID-19. She contributed to the WHO guideline review “Updates on the management of children with severe acute malnutrition in infants and children” and has consequently supported two national guideline reviews focused on the management of children with acute malnutrition in Uganda as well as their implementation. Additionally, she has authored or co-authored research activities on maternal and child nutrition.

**Prof Luke WOLFENDEN**

Prof Wolfenden is Director of the NHMRC funded National Centre of Implementation Science; Co-Director of the World Health Organization (WHO) Collaborating Centre for Evidence-based Non-Communicable Disease Programme Implementation; and Co-ordinating Editor of the international Cochrane Public Health Review Group. He was primarily responsible for the evaluation of one of Australia’s largest (\$7.5 million) child obesity prevention programmes (Good for Kids. Good for Life.) and co-authored the 2019 Lancet commission report on obesity, under-nutrition and climate change. The current focus of Prof Wolfenden’s work is on i) evidence synthesis and systematic reviews of the effects of public health interventions to address chronic disease, ii) trials of interventions to reduce modifiable chronic disease risks in the community; iii) trials of strategies to increase the adoption and implementation of evidence based chronic disease prevention practices by organisations in the community; and iv) methodological research to facilitate the translation of research into practice.