



WHO guideline:

Integrated management of adolescents with obesity in all their diversity.

A primary health care approach for improved health, functioning and reduced obesity-associated disability

Eighth Guideline Development Group Meeting (by invitation only)

5-6 February 2025

Virtual Zoom Meeting

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¹ World Health Organization. (2011). WHO handbook for guideline development. World Health Organization. <https://iris.who.int/handle/10665/75146>

GUIDELINE DEVELOPMENT GROUP BIOGRAPHIES

Dr Zulfiqar A. BHUTTA

Dr Bhutta PhD, MBBS, FRCPCH, FAAP, FRS is the Robert Harding Inaugural Chair in Global Child Health and Policy at the Hospital for Sick Children, Toronto, and the Co-Director of the SickKids Centre for Global Child Health. He is also the Distinguished University Professor and Founding Director of the Institute for Global Health and Development and the Centre of Excellence in Women and Child Health, at the Aga Khan University, unique joint appointments. He holds adjunct professorships at several leading Universities globally including the Schools of Public Health at Johns Hopkins (Baltimore), George Washington University (DC), Boston University School of Public Health, University of Alberta, Karolinska Institute (Stockholm), and the London School of Hygiene & Tropical Medicine. Dr Bhutta was a member of the Independent Expert Review Group (iERG) appointed by the UN Secretary General for monitoring global progress in maternal and child health MDGs (2011-2015). He represented the global academic and research organizations on the Global Alliance for Vaccines and Immunizations (Gavi) Board and served on its Evaluation Advisory Committee. Dr Bhutta was also the co-Chair of the Global Countdown for 2015 and 2030 Initiatives from 2006-2017, co-Chair of the Maternal and Child Health oversight committee of WHO Eastern Mediterranean Region, and a technical member of the high-level UN Health and Human Rights committee. He leads large research groups in Canada, Pakistan and East Africa researching issues of relevance to global health and has a special interest in health and development across low- and middle-income countries. Dr Bhutta has received numerous awards over the years, most recently being recognized by the Senate of Canada with its Canada 150 Medal for contributions to Global Child Health, admitted to the National Academy of Medicine and elected as a Fellow of the Royal Society. He was awarded the Roux Prize 2021 for his work on evidence-based public health impact, the 2022 John Dirks Canada Gairdner Global Health award and more recently Canada's Henry Friesen Prize for International Health Research, as well as the Nils Rosén von Rosenstein Medal (2024) by the Swedish Medical and Pediatric Societies.

Prof Jean-Philippe CHAPUT

Prof Chaput is a Senior Research Scientist with the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute, and a Professor of Paediatrics at the University of Ottawa, Canada. His research focuses on paediatric obesity, with a focus on healthy lifestyle behaviours (e.g., physical activity, sedentary behaviour, sleep, diet), on children and adolescents aged 5–17 years. Prof Chaput's teaching experience centres on epidemiology and public health. He was part of the WHO Guideline Development Group for guidelines on physical activity and sedentary behaviour released in November 2020. He led the Youth Working Group for the development of these guidelines, as such, he is familiarized with the WHO Handbook for guideline development and with GRADE and AGREE II.

Dr Nain-Feng CHU

Dr Chu is Adjunct Professor at the School of Public Health, National Defense Medical Center, and an Attending Physician at the Department of Medicine, at the Tri-Service General Hospital in Chinese Taipei. He began obtained CVD epidemiology training at the Harvard School of Public Health and receiving his PhD. Dr Nain-Feng Chu has dedicated himself to the study and

research of obesity in children and adolescents. Among his research, he has conducted cross-sectional obesity and nutrition surveys among young adolescents in Taipei and compared obesity and cardiovascular risk factors between children in Taipei and children in the United States. He has worked on raising awareness of the risk factors associated with obesity among children and adolescents and on conducting health promotion programs. He was an active working group member in developing the Obesity Prevention and Management Strategy, the Evidence-based Guideline on Children Obesity Prevention and Management, and the Evidence-based Guideline on Adult Obesity Prevention and Management from 2018 to 2020 in Taipei.

Ms Solange DURÃO

Ms Durão is a Senior scientist at the Health Systems Research Unit, South African Medical Research Council, co-Director of Cochrane Nutrition and of Cochrane Africa. She holds a Master's Degree in Public Health (specializing in epidemiology) and a BSc in Dietetics. She has experience in conducting Cochrane systematic reviews and other types of evidence syntheses and on evidence synthesis methods research. She has also been involved in priority setting projects and in guideline development work, nationally as well as with WHO, and is contact editor for the Cochrane Database of Systematic Reviews. Her research interests include addressing public health nutrition issues and building capacity to use and conduct systematic reviews.

Prof Jalila EL ATI

Prof El Ati is a professor of nutrition and physiology, a leading researcher in public health nutrition, and the Head of the Studies and Planning Department at the National Institute of Nutrition and Food Technology (INNTA) in Tunisia. She also serves as the director of the Research Laboratory for Nutritional Surveillance and Epidemiology in Tunisia (SURVEN). With over 30 years of expertise in physiology, nutrition, and food sciences, Prof El Ati has spearheaded numerous large-scale epidemiological surveys assessing nutritional status, dietary habits, food-related health issues, and their determinants. Her current research focuses on nutrition and food surveillance, the nutritional and epidemiological transitions in Tunisia, adolescent obesity and lifestyle factors, and micronutrient deficiencies. Prof El Ati plays a pivotal role in the development and implementation of Tunisia's national strategy for preventing and controlling obesity. She is the Tunisian Principal Investigator for several high-impact international projects funded by prestigious organizations such as ANR (MEDINA: Promoting sustainable Mediterranean food systems for good nutrition and health), FAO (Towards the promotion of the Mediterranean Diet and fostering food sustainability and healthy cities), ENI CBC MED Programme (TEC-MED: Development of a transcultural social-ethical-care model for dependent populations in the Mediterranean basin), IDRC of Canada (SCALE: School and community drivers of child diets in Arab cities, as well as Innovative supply systems for quality school catering and resilient local agriculture in Tunisia); and Europe Horizon (AfriFOODlinks: Strengthening urban food system linkages between Africa and Europe). Prof El Ati's extensive contributions to nutrition research and policy continue to shape the public health landscape in Tunisia and beyond.

Prof Davina GHERSI

Prof Gheresi is Professor in Knowledge Mobilisation in the Monash Centre for Occupational and Environmental Health, School of Public Health and Preventive Medicine, Monash

University. Prior this role she was Senior Principal Research Scientist at Australia's National Health and Medical Research Council (NHMRC) where she provided advice and methodological support on issues and policies relating to the creation and translation of research evidence, including systematic reviews, clinical trials, and clinical practice and public health guidelines. Her research interests include the design, conduct and reporting of health and medical research; the complexities of the process of making evidence-based recommendations in public health; the impact of publication bias and selective reporting on systematic reviews and guideline recommendations; research transparency and open access; and increasing value and reducing waste from research.

Prof Toru KIKUCHI

Prof Kikuchi is a faculty member at the Department of Pediatrics, Saitama Medical University Hospital in Japan. He is specialized in Paediatric Endocrinology, Diabetes, and Obesity. He is a public health adviser to the city of Mitsuke, Niigata prefecture, Japan; in this role, Prof Kikuchi has designed a health check-up system for childhood obesity and lifestyle-related diseases. Prof Kikuchi's primary research interest include pathophysiology, diagnosis, and treatment of childhood obesity and lifestyle-related disease; epidemiological studies for verification of developmental origins of health and disease; and cohort studies of appropriate therapy for paediatric and adolescent type 1, with a special focus on Japanese children and adolescents. Prof Kikuchi also participated in the development of the Guideline for the management of hypertension 2019 and 2025 by The Japanese Society of Hypertension, and the Guidelines for the management of obesity disease in children and adolescents 2017 by the Japan Society for the Study of Obesity. Prof Kikuchi has been the president of the Japan Society for Pediatric and Adolescent Diabetes (JSPAD) and the Japanese Society for Lipid Research in Children and Adolescents (JLCA) since 2023. Prof Kikuchi's current major area of interest is effective treatment of type 1 diabetes and obesity in children, prevention of childhood obesity from the perspective of child growth, and effective screening for familial hypercholesterolemia.

Prof Michael LEAN

Prof Lean is Chair of Human Nutrition Human Nutrition at Glasgow University, UK, and consultant physician at the Glasgow Royal Infirmary, UK. He is adjunct professor at the University of Otago, and visiting professor at the University of Sydney. Professor Lean has established the only academic department of Nutrition in a Scottish Medical School, with a 'broad-focus' strategy toward translational, integrative, research and teaching, encompassing the full range of scientific disciplines within Human Nutrition. Prof Lean is currently the primary investigator on the largest research grant ever awarded by Diabetes UK, the Diabetes Remission Clinical Trial (DiRECT), work which led to the awards of the Banting Memorial Lectureship and The Rank Prize for Nutrition. He is Principal Investigator on a traditional food diabetes remission project in Nepal, and a coinvestigator on the ReDiRECT trial of weight management in people with Long COVID, funded by the National Institutes of Health Research. He has been elected a Fellow of the Royal Society of Edinburgh, the National Academy of Scotland.

Dr Mardia LÓPEZ ALARCÓN

Dr López Alarcón is a scientist in Human Nutrition. She attended medical school, acquired a Family Physician residence, and a Master's Degree in Medical Science in Mexico as well as a PhD in Nutrition at Cornell University, United States of America. She is also certified in

Mindfulness Applied to Health after two years of studies at the Escuela Española de Desarrollo Transpersonal in Spain. She is a member of the National System of Researchers in Mexico, level III (SNI-III), the National Academy of Medicine of Mexico (ANMM), The Obesity Society (TOS), and the American Society of Nutrition (ASN). Her work has centred on the nutritional and metabolic aspects of children and reproductive-age women; particularly in intervention studies (omega-3 LCPUFAs, magnesium, vitamin D, mindfulness) in several clinical scenarios such as neonatal sepsis, infants with pneumonia, paediatric cancer, obesity and insulin resistance in adolescents, women with PCOS, and in health workers at risk for COVID-19.

Ms Arafa MKUMBO

Ms Mkumbo is a Nutritionist at Muhimbili National Hospital –Mloganzila- Dar Es Salaam, Tanzania. She has dedicated herself to Developing personal and community wellness programs with a focus on nutrition-food as medicine, sustainable healthy lifestyles, and community empowerment. Her work aims to be part of the solutions by providing evidence-based dietetic and nutrition services in the community and for patients. She has focused on obesity management and prevention throughout her practice and her work tries to help the community by translating the science of nutrition into everyday understandable messages about food and nutrition.

Dr Eduardo Fernandes NILSON

Dr Nilson is a researcher at the Oswaldo Cruz Foundation (Fiocruz) and the Center for Epidemiological Research in Nutrition and Public Health, University of São Paulo, and former Deputy Coordinator of Food and Nutrition, Ministry of Health, Brasília, Brazil. He has worked for over 20 years in food policy formulation and evaluation, focused on malnutrition, micronutrient deficiencies, obesity, and diet-related NCDs. He has been a member of PAHO and WHO technical advisory groups and has worked together with FAO, UNICEF, and WFP on food and nutrition policy. Dr Nilson holds a Bachelor's and a Specialization Degree in Biology from the University of Brasilia and a Doctor of Science degree in Global Health and Sustainability from the University of Sao Paulo, Brazil.

Prof Paulina NOWICKA

Prof Nowicka is a Chair Professor in Food Studies, Nutrition, and Dietetics at Uppsala University, specializing in the Communication of Dietetics. She is a trained clinical dietician with a Master's in Psychology, a degree in Family Therapy, and a PhD in Preventive Paediatrics from Lund University's Medical Faculty in Sweden. Prof Nowicka spent nearly a decade as a clinician at a childhood obesity treatment centre in Malmö, Sweden. Her internationally recognized research spans collaborations with institutions such as Yale University, the University of Oxford, the University of Oregon, and Stanford University. In addition to her role at Uppsala University, she serves as an Associate Professor in Paediatric Science at the Division of Paediatrics, Department of Clinical Science, Intervention, and Technology at the Karolinska Institutet in Stockholm. Prof Nowicka is the co-chair of the Childhood Obesity Task Force of the European Association for the Study of Obesity, a board member of the Swedish Association for the Study of Obesity, and the president of the 2025 European Childhood Obesity Congress, hosted by the European Childhood Obesity Group.

Dr Nasrin OMIDVAR

Dr Omidvar is a Professor and head of the Department of Community Nutrition at Shahid Beheshti University of Medical Sciences in Tehran, Iran. Her major fields and lines of research are nutrition behaviour and communication, child and adolescent nutrition, and nutrition program evaluation. She has conducted research on measurement and analysis of food choices and nutritional behaviour of pre-adolescents and adolescents, development and/or validation of standard questionnaires for measurement of dietary intake, food and nutrition literacy, as well as household food security and water security. Supported by UNICEF, she pilot-tested Iran's Guidelines for Identifying and Management of Overweight/Obesity among Children & Adolescents and also has led the project on the development of the first and third version of Iran's FBDG with WHO support. She is an active member of the Iranian Nutrition Society and The IUNS Task Force on Traditional and Indigenous Food Systems and Nutrition.

Dr Abha SAXENA

Dr Saxena is an independent bioethics advisor with a special interest in training and research in global bioethics. She is an alumna and former faculty member of the All India Institute of Medical Sciences and an anaesthesiologist and pain and palliative care expert by training. Her areas of interest are in the ethics of infectious disease outbreaks, health systems research, healthy ageing, adolescent health care, human challenge studies, and new technologies. She is currently the ethics advisor to two international research groups, a consultant to an international NGO – FIND and member the ethics board of the Task Force for Global Health. She is also an advisor for the ethics unit of Indian Council of Medical Research. Dr Saxena transitioned from WHO (Geneva) in May 2018, where she had worked for more than seventeen years in global health and research ethics. She led the ethics response of the Organization during the 2014-2016 Ebola outbreak in West Africa, and the 2016 Zika Virus outbreak in Latin America. She also provided leadership to the Global Summit of National Bioethics Committees, which provides a platform for networking and exchanging experiences. While at WHO, she established the WHO's public health ethics consultative group and provided leadership to the Research ethics review committee of the Organization.

Dr Suzanne SOARES-WYNTER

Dr Soares-Wynter is a Clinical Nutritionist at the Caribbean Institute for Health Research, The University of the West Indies (UWI) in Kingston, Jamaica. She has a particular interest and expertise in assessing food composition, dietary behaviours, body composition (dual-energy x-ray absorptiometry), and physical activity (accelerometry) among various population subgroups including athletes and those with severe malnutrition, obesity, and sickle cell disease. She is Lead Nutritionist on several collaborative projects identifying causal diet-disease relationships with environmental, metabolic, and psychosocial factors, adult and paediatric weight management as well as interventions to reduce cardiometabolic disease risk and outcomes. Currently, she is the Principal Investigator for a multi-level, two-country (Jamaica and Barbados) study examining the impact of school food environments on children's nutritional status, retail food environments, and nutrient profiles. These studies contribute to evidence for informing the development, implementation, and evaluation of national and regional (Caribbean) healthy food policies for school nutrition and food labelling standards. She is Technical Advisor to advocacy and government entities driving healthy food and obesity prevention initiatives and policies. Also, Dr Soares-Wynter is Lecturer for Nutrition at The UWI, contributing to undergraduate medical, graduate, and professional nutrition programmes.

Dr Claudia VALLI

Dr Valli is a Researcher and Project Manager for the SAFEST project at Avedis Donabedian Research Institute (FAD) in Barcelona (Spain). She has a PhD in the Biomedical Research Methodology and Public Health program from the Autonomous University of Barcelona and a Master's Degree in Nutrition and Health from Wageningen University (The Netherlands) with a specialization in Epidemiology and Public Health. Beyond her role in SAFEST, she works as a member of the systematic review team tasked with identifying quality indicators and requirements for the development of voluntary European quality assurance schemes for the European Commission Initiatives on colorectal and cervical cancers. She has also been a key contributor to numerous EU-funded projects, including the European Commission Breast Cancer Initiative, the Horizon 2020 COMPAR-EU project, and CoCoCare. Her expertise lies in conducting clinical and nutritional systematic reviews and synthesizing research evidence to support informed decision-making and guideline development. She also has experience in research methods aiming to identify patient's important outcomes in the self-management of chronic conditions as part of an EU-funded project (COMPAR-EU). She is also part of the "Values and preference research team" of the NutriRECS group (NutriRECS) with experience in the methodologies used to develop mixed-methods systematic reviews and cross-sectional studies to elicit peoples' values and preferences in the context of nutritional guidelines.

Dr Jacqueline WALKER

Dr Walker is a Senior Lecturer in Nutrition and Dietetics at the School of Human Movement and Nutrition Sciences, and a Senior Research Fellow with Health and Wellbeing Queensland. Her doctoral degree was completed in the area of paediatric nutrition at The University of Queensland, focusing on energy balance and body composition in children with cerebral palsy. Dr Walker has worked as a dietitian for a number of years in acute hospital settings, community clinical settings and private practice, specialising in paediatric dietetics. Her research interests focus on the prevention and management of childhood overweight and obesity and achieving optimal nutrition and physical activity outcomes for children with disabilities.

Prof Pujitha WICKREMASINGHE

MBBS(Col), DCH(Col), MD(Paed), PhD(Col), FSLCPaed, FSLCNP, FRCPCH (UK). Prof Wickremasinghe is a Senior Professor in Paediatrics at the University of Colombo and Honorary Consultant Paediatrician, Lady Ridgeway Hospital for Children, Colombo, Sri Lanka. Prof Wickremasinghe has authored and co-authored six books, contributed to 20 national and international books on the management of childhood obesity, and coedited "Food-Based Dietary Guidelines" published by Sri Lanka's Ministry of Health. He is the chairperson of the Editorial Panel of publishing Health and Physical Education textbook for school children – grades 6 to 11 (English and Sinhala) and a member of Editorial Panel of publishing Health and Physical Education textbook for Piriven Novice monks – grades 3 to 5. Prof Wickremasinghe serves in a number of national committees on nutrition, of the Ministry of Health and Nutrition and Ministry of Education, Post Graduate Institute of Medicine. He provided consultative services to WHO SEARO and has worked with WHO HQ on Guideline development for children under five years of age on sleep, physical activity and sedentary behaviour. Prof Wickremasinghe contributed to the development of the WHO-UNICEF toolkit for policy-makers to implement WHO recommendations on food and non-alcoholic beverages for children. He is also a member of the WHO-UNICEF Technical Expert Advisory group on nutrition Monitoring (TEAM). His clinical interests are general paediatrics and has a special

interest on childhood nutrition and infectious diseases. He is also interested in childhood malnutrition both under and over nutrition. He was presented with the lifetime award of Outstanding Asia Paediatrician Award 2024, by the Asia Pacific Paediatric Association. He is an experienced researcher who has secured grants from national and international bodies. He has presented his work in both national and international forums and has won more than 40 awards. Prof Wickremasinghe was the recipient of the prestigious CVCD award 2018 for most outstanding Senior Researcher in field of Health Science/Medicine/Dental Science/Veterinary Science/Allied Science (LifeTime Award from All Universities).