



WHO guideline:

Integrated management of children 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)

3-4 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 Federica AMATI

Dr Amati is an AfN accredited nutritionist and medical scientist as well as the Nutrition Lead at Imperial College London School of Medicine. Dr Amati completed her PhD in Clinical Medicine Research at Imperial College London, and her MSc in Nutrition for Global Health at London School of Hygiene & Tropical Medicine. She is a non-executive director at NNEdPro Think Tank and the Head Nutritionist for ZOE, the personalised nutrition company.

Mr Eduard BALADIA

Mr Baladia is a Dietitian graduated from the University of Barcelona (Spain). He holds a Master's Degree in Research and Advances in Preventive Medicine and Public Health (specializing in research methodology). He is the Coordinator of the Centre for the Analysis of Scientific Evidence of the Spanish Academy of Nutrition and Dietetics (*Academia Española de Nutrición y Dietética*) and leads the Evidence-Based Nutrition Network (*Red de Nutrición Basada en la Evidencia*; Iberoamerican Network). Additionally, Mr Baladia is a part-time professor in the Department of Experimental and Methodological Sciences at the University of Vic (Spain). Currently, he is pursuing a PhD in meta-research within the field of Nutrition at the University of Barcelona, co-supervised by a chair of the Evidence-Based Research Network. WoS Profile: <https://www.webofscience.com/wos/author/record/J-9965-2019>.

Ms Raghda BARAKAT

Ms Barakat is a senior, self-employed nutritionist (MPH, BSc, RD) and a PhD student at the Hebrew University of Jerusalem since 2021, studying the nutrition transition in Arab Palestinian youth and its effects on their health. She filled several key positions in the past, such as Coordinator of the Nutrition Programme for the Arab Population at the Israeli Ministry of Health (I-MOH) in the Nutrition Division, until 2021. She planned, monitored, and evaluated culturally and traditionally adapted strategic health programmes activities for the wellbeing of Arab youth and for reducing obesity gaps and challenges. She is also deputy director at Niessan's Association for gastroenterology, liver and nutrition disorders.

Prof Louise Alison BAUR

Prof Baur is the Chair of Child & Adolescent Health at the University of Sydney and an Australian National Health & Medical Research Council (NHMRC) Leadership Fellow. 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 NHMRC Centre of Research Excellence in the Early Prevention of Obesity in Childhood. Prof Baur is Past-Elect of the World Obesity Federation (2024-2026). She is also President of the Australian Academy of Health & Medical Sciences (2023-2026). 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 Healthy Living Clinic, an 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 co-leads TARGet Kids!, a primary care practice-based research network to advance child health research Dr Birken is co-PI for HeLTI Canada, a randomized controlled clinical trial to address obesity in childhood starting in preconception, and is part of the Healthy Life Trajectories Initiative, a multi-country collaboration set up to address non-communicable disease risk in the next generation. Dr Birken is the inaugural recipient of the Edwin S.H Leong Chair in Child Health Intervention. Her goals strongly align with the vision of the Centre to promote child health equity through interventions, helping all children and their families to flourish.

Mr Amare DEMSIE

Mr Demsie is an Assistant Professor of Child Health and Nutrition. He is a PhD candidate in Public Health at the University of Gondar (UoG), Ethiopia. His PhD dissertation is focused on ‘High-impact Nutrition Interventions: Evidence Mapping, Prioritization, Policy Landscape, Stakeholders’ Network of Influence and Scale Up Strategy in Ethiopia’. He holds a BSc Degree in Generic Nursing, an MSc Degree in Paediatrics and Child Health Nursing, and an MPH in Public Health Nutrition. He has more than fifteen years of work experience in the clinical, research, project management and higher education setting, with emphasis on paediatrics nutrition, project design and implementation. He has been involved in the development of five nutrition implementation guidelines with the Ethiopia’s Ministry of Health. He has participated in four research projects as principal investigator and six research projects as a member or co-investigator collaborating with different research teams. In this regard, he is the Overall Project Correspondent for a Non-communicable Diseases (NCDs) Implementation Research project entitled, “*Integrated Approach to Diabetes, Hypertension and Cervical Cancer Prevention and Control in Amhara National Regional State, Ethiopia: Evaluating the implementation of WHO HEARTS in Primary Health Care*” which has been funded by the WHO and Alliance. In addition, he is the Lead Applicant and Investigator of a project entitled “*Nursing and Midwifery-led Qualitative Research Capacity Strengthening Workshops at the UoG, Northwest Ethiopia*”, funded by the Global Research Nurses. Moreover, he is leading (as PI) two research projects entitled, “*High-impact Nutrition Interventions: Evidence Mapping, Prioritization, Policy Landscape, Stakeholders’ Network of Influence and Scale Up Strategy in Ethiopia*” and “*Enhancing the screening, diagnosis and management of disease-related malnutrition in adults admitted at the University of Gondar Comprehensive Specialized Hospital (UoGCSH), Northwest Ethiopia, 2024/2025*” funded by the German Development Cooperation (GIZ) and Nutriset Development Group respectively.

Prof Elizabeth DENNEY-WILSON

Prof Denney-Wilson is Professor of Nursing at the Sydney University Faculty of Medicine and Health in Australia. She has academic qualifications in nursing, public health, epidemiology, and implementation science. She 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 have obesity and that RWG was the strongest risk for obesity. Prof 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 Professor of Exercise and Nutrition Sciences 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 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 professor of public health and epidemiology at the University of Southampton, UK and senior scientist at the CSI Holdsworth Memorial Hospital in Mysore, India. He has over 25 years of experience in academic and service public health across the UK and India. His research focusses on understanding how factors operating in early life influence adult non-communicable disease. He has considerable experience of longitudinal cohort studies and community-based intervention studies. His service experience includes health protection and public health intelligence lead roles. In his teaching role, he has been involved in the development and delivery of undergraduate medical and postgraduate public health curriculum. Since 2012, he has been mainly based in India working on projects related to the developmental life origins of health and disease (DOHaD). He is the Indian principal investigator of the Healthy Life Trajectories Initiative, a multi-country collaboration set up to address non-communicable disease risk in the next generation and based on DOHaD concepts. His interests include the application of multi-faceted, population level interventions to improve maternal, infant and long-term health using a life course approach, and teaching and training initiatives. 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 WHO 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 30 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 9 books. She is a recipient of several recognitions and awards including the Fellow of International Union of Nutrition Sciences, London, 2022; Nutrition leadership Award, 2023, Jaipur; Integrated Health Scholarship 2022 by International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), August, 2022; Fellowship- Cornell University, New York, USA- 2015; Young Scientist Junior, awards, NSI-1992; Young Scientist Senior award by Nutrition Society of India-2007; Sight and Life Award, Switzerland, 1998; IDA Golden Jubilee award, Swarna Padak, Kellogg's, Community Nutrition Award from Indian Dietetic Association; Advisor, UNICEF, Odisha, Centre of Excellence, Diabetes India, International Diabetes Federation, (IDF), Brussels and many others.

Dr Manuel RAMIREZ ZEA

Dr Ramirez Zea serves as Head of the Department of Nutrition and Chronic Diseases at the Institute for Nutrition of Central America and Panama (INCAP). He is also a researcher at the INCAP Research Center for the Prevention of Chronic Diseases (CIIPEC) and director of the Research Department at the Faculty of Medicine, Francisco Marroquin University. Dr Ramirez Zea has led numerous research projects focused on epidemiology and interventions for the primary and secondary prevention of chronic diseases related to obesity, nutrition, physical activity, mental health, and cardiometabolic risk factors in both children and adults. He was instrumental in established CIIPEC as a Centre of Excellence funded by the National Heart, Lung, and Blood Institute (NHLBI) and UnitedHealth Group. Today, CIIPEC is internationally recognized as a leading centre for research and human resource training in nutrition and related chronic diseases. Through CIIPEC, Dr Ramirez Zea has developed collaborative partnerships with several international academic and research institutions. He has also work closely with the Technical Commission of Chronic Diseases and Cancer, which comprises national delegates from 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 patients' welfare. She 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. She 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 400 Master's Degree and PhD in Paediatrics, mainly in the field of clinical nutrition and nutritional disorders. She currently teaches Nutrition and Clinical Nutrition courses for undergraduates and postgraduates. Recently, Prof Sanaa was selected to collaborate with the Egyptian committee tasked with formulating guidelines for the management of severe acute malnutrition. This collaborative effort involves working alongside UNICEF, WHO, and the National Nutrition Institute in Cairo, Egypt.

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.

Prof Luke WOLFENDEN

Prof Wolfenden is Director of the NHMRC funded National Centre of Implementation Science; Co-Director of the WHO Collaborating Centre for Evidence-based Non-Communicable Disease Programme Implementation (until 2023); 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.