



**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**

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*Seventh Guideline Development Group Meeting (by invitation only)*

*3-4 October 2024*

*Virtual Zoom Meeting*

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<sup>1</sup> 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 is the Robert Harding Inaugural Chair in Global Child Health at the Hospital for Sick Children, Toronto, Co-Director of the SickKids Centre for Global Child Health, and the Distinguished University Professor and Founding Director of the Centre of Excellence in Women and Child Health, at the Aga Khan University, unique joint appointments. Dr Bhutta is the Chair of the Medical & Allied Health Sciences Panel of the Higher Education Commission of the Government of Pakistan and a member of the Prime Minister's Health Task Force. Dr Bhutta was the Founding Chair of the National Research Ethics Committee of the Government of Pakistan from 2003-2014 and 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 serves on its Evaluation Advisory Committee. Dr Bhutta was the co-Chair of the Global Countdown for 2015 and 2030 Initiatives, from 2006–2017 a Board member of the Partnership for Maternal, Newborn & Child Health (PMNCH) and part of the Independent Expert Group producing the Global Nutrition Reports since its inception in 2014.

### **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 Pediatrics at the University of Ottawa, Canada. His research focuses on pediatric 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 Nain-Feng 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 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 Cochrane Public Health. 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 researcher on public health nutrition, and the head of the studies and planning department in the INNTA. She is responsible for the Research Laboratory Nutritional Surveillance and Epidemiology in Tunisia – SURVEN. Prof El Ati has more than 30 years of experience in physiology, nutrition and food sciences. She has led several large epidemiological surveys to assess nutritional status, food customs, food and health problems, and their determinants. Her current research focuses on nutrition and food surveillance, nutritional and epidemiological transitions, obesity teen lifestyles, and micronutrient deficiencies. She is responsible for the implementation of the national strategy to prevent and control obesity in Tunisia. She is currently Tunisian Principal Investigator in different projects funded by ANR (MEDINA: Promoting sustainable Mediterranean food systems for good nutrition and health), FAO (Towards promotion the Mediterranean Diet in the Mediterranean region; Food and green environment, towards the enhancement of healthy cities), ENI CBC MED Programme (TEC-MED: Development of a Transcultural social-ethical-care model for dependent population in Mediterranean basin), IDRC (SCALE: School and community drivers of child diets in Arab cities; identifying levers for intervention), and Europe Horizon (AfriFOODlinks: Transforming Africa's urban food environments through strengthening linkages between food systems stakeholders in cities across the continent and Europe), among others.

**Prof Davina GHERSI**

Prof Gherzi 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 Toru 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 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 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 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 Arafia 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, since 2018, a Chair Professor in Food Studies, Nutrition and Dietetics, especially Communication of Dietetics at Uppsala University. She trained as a clinical dietician with a Master's in Psychology, a degree in Family Therapy, and a PhD in Preventive Paediatrics from the Lund University Medical Faculty in Sweden, where she worked for almost a decade as a clinician in a childhood obesity treatment centre in Malmö, Sweden. Prof Nowicka's internationally recognised include research conducted at Yale University, University of Oxford, University of Oregon, and Karolinska Institute. As Associate Professor in Paediatric Science, she is also affiliated with the Division of Paediatrics, Department of Clinical Science, Intervention and Technology at Karolinska Institute in Stockholm, where she oversees a childhood obesity treatment research group currently involved in the large EU funded project "Science and technology in childhood obesity policy" (STOP). In STOP, Dr Nowicka leads the work package "Health care". Dr Nowicka's previous commitments and advisory roles include membership in the childhood obesity task force of the European Association for the Study of Obesity, the European Childhood Obesity Group as board member and treasurer, the Swedish Association for the Study of Obesity as board member and scientific secretary, and the Swedish National Food Agency as a member of the expert group on nutrition and public health.

**Dr Nasrin OMIDVAR**

Dr Omidvar is a Professor of Community Nutrition in 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 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 2 international research groups, the Chairperson of the Ethics Advisory Committee of Target Malaria – an international research network, and a consultant to WHO and the Aga Khan University Ethics Review Board. Dr Saxena has a concurrent affiliation with the University of Geneva where she is an Adjunct Professor. 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 W. 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 severe malnutrition, obesity, sports, 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). She has a PhD in the Biomedical Research Methodology and Public Health program at the Autonomous University of Barcelona and a Master's degree in Nutrition and Health at Wageningen University (The Netherlands) with a specialization in Epidemiology and Public Health. Beyond her role in SAFEST, she has contributed significantly to other EU-funded projects like the European Commission Breast Cancer Initiative, 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**

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. He joined the University of Colombo in 1998 as a Lecturer and was elevated to Senior Lecturer in 2004 and Professor in 2009 and became Senior Professor in November 2017. Prof Wickremasinghe has authored and co-authored 6 books and 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. He has served as a consultant for the Nutrition Federation of India, New Delhi in collaboration with the WHO Southeast Asia Regional Office.