The 2011 Australian and New Zealand Obesity Society's (ANZOS) annual scientific meeting was held in Adelaide between October 20-22: “The obesity challenge: Physical, psychosocial and environmental”.

A strong presence from SPHPM was in attendance with Dr. Anna Peeters, Assoc/Prof Bebe Loff, A/Prof Wendy Brown, Dr Leah Brennan, Dr Melissa Hayden, Kylie Murphy, Pree Benton, Irina Moroshko, Molly Bond, Rosanne Freak-Poli, Dr. Evelyn Wong, Dr. Kathryn Backholer, Dr Ceryce Harrison and Jessica Harding (BakerIDI). Presentations included:

- Wendy Brown “Prevention of adverse outcomes and weight regain after bariatric surgery”
- Leah Brennan “Psychosocial comorbidities of adolescent obesity”
- Melissa Hayden “Psychosocial comorbidities of adult obesity”
- Irina Moroshko “What predicts drop out from weight-loss treatment: A systematic review of the literature”
- Irina Moroshko “Parent-preschooler feeding interaction and its association with child diet and weight”
- Irina Moroshko “Parental feeding and the pre-schooler diet and weight: A systematic literature review”
- Pree Benton “Psychological outcomes of Laparoscopic Adjustable Gastric Banding surgery in morbidly obese adolescents”
- Molly Bond "Anti-obesity drugs: Magic bullet or medicalised bulimia?"
- Rosanne Freak-Poli "Long-term improvement in risk factors for cardiovascular disease and diabetes amongst participants in a four month, pedometer-based, physical activity, workplace health program"
- Evelyn Wong "Anthropometric measures as predictors of long term physical disability"
- Kathryn Backholer "Projected socioeconomic disparities in the prevalence of obesity amongst Australian adults"
- Jessica Harding “Psychosocial stress and an increase in BMI: evidence from the longitudinal AusDiab study”
- Cheryce Harrison “Understanding early pregnancy health behaviours among overweight and obese women at risk of gestational diabetes mellitus”
- Kumar Pasupathi “The relationship between overweight and obesity prior to old age and later life disability”

Congratulations to Dr Leah Brennan for winning the ANZOS Young Investigator award and to Dr. Kathryn Backholer and Jessica Harding for being nominated for the best paper in Public Health. Further congratulations to Jessica Harding for winning best paper in public health based on her oral presentation. Congratulations also to Rosanne Freak-Poli and Dr. Evelyn Wong who were awarded ANZOS student travel grants.

Top 5 Highlights:

1. To maintain and improve health (including adiposity), individuals need to have their behavior driven by ‘optimal’ defaults created through economics, legislation, regulation, and environment. (Challenges of treating obesity by Dr Kelly Brownell, director of the Yale Rudd Centre for Food Policy and Obesity).
2. Obesity contributes to infertility through several stages of reproduction; dyslipidemia, stress, impaired protein production and altered mitochondrial activity. (*Effects of obesity on female fertility* by Dr. Rebecca Robker)

3. Appropriate advice for weight gain, loss and maintenance during pregnancy has become more complicated with evidence that dieting during peri-conception, prior to pregnancy, can signal adversity to the foetus, leading to greater weight gain in the child. (*The early origins of a life of obesity* by Caroline McMillen)

4. While the obesity and psychosocial comorbidities relationship is relatively weak in the population, those presenting for obesity treatment report significant psychosocial issues which impact on quality of life and impair weight loss efforts.

5. The ANZOS’ social program, as always, was a highlight with opportunities to workup our step count for the Monash 10,000 step challenge on the dance floor.

Next year ANZOS will be held in Auckland, New Zealand…..(abstracts due 26 May 2012)