

PENNINGTON BIOMEDICAL RESEARCH CENTER SCIENTIFIC SYMPOSIUM

BIOLOGICAL AND BEHAVIORAL MECHANISMS OF WEIGHT LOSS MAINTENANCE

APRIL 24-26, 2022

SUNDAY, APRIL 24, 2022

(Note: International travelers would arrive on Saturday; Domestic travelers would need to arrive on Sunday before 4:00pm; Return flights will be on Tuesday, if at all possible, no earlier than 2:45pm, depending on the meeting end time.)

- 5:30 - 6:00 PM** **Participants transported from Lod Cook Hotel to Pennington Biomedical Research Center**
- 6:00 - 6:30 PM** **Tour of Pennington Biomedical campus** (starting from Clinic Building main entrance)
- 6:30 - 7:00 PM** **Jazz Reception and Cocktails**
Upper/Lower Atrium in the Conference Center at Pennington Biomedical
- 7:00 - 8:30 PM** **Dinner**
Welcome – John Kirwan, PhD
Executive Director, Pennington Biomedical
Kevin Hall, PhD and Eric Ravussin, PhD; Symposium Co-Chairs
Symposium Announcements – Leanne Redman, PhD
Professor & Associate Executive Director, Scientific Education
- 8:30 - 9:00 PM** **Participants transported from Pennington Biomedical to Lod Cook Hotel**

MONDAY, APRIL 25, 2022

ALL SYMPOSIUM MEETINGS WILL BE IN THE NOLAND/LABORDE ROOM AT LOD COOK CONFERENCE CENTER.

(Note: External speakers will receive a complimentary breakfast at the hotel; coffee, tea, water, and light breakfast items will be available outside the meeting room)

- 8:15 - 8:30 AM** **Arrival in the meeting room**
- 8:30 - 8:45 AM** **Introduction, Charge, Prevalence of Weight Regain**
Kevin Hall; Eric Ravussin

SESSION 1: **ADAPTATIONS OF ENERGY EXPENDITURE AND APPETITE AFTER WEIGHT LOSS**

Session Chair: Kevin Hall; NIDDK

- 8:45 - 9:15 AM** **Does Metabolic Adaptation Predispose to Weight Regain?**
Eric Ravussin; PBRC
- 9:15 - 9:45 AM** **Do Appetitive Adaptations Predispose to Weight Regain?**
Michael Rosenbaum; CUMC

9:45 - 10:05 AM **GENERAL DISCUSSION**

10:05 - 10:30 AM **BREAK**

SESSION 2: **PHYSIOLOGICAL MODULATORS OF BEHAVIOR**

Session Chair: Christopher Morrison; PBRC

- 10:30 - 11:00 AM** **How Do Gut and Adipose Hormones Affect Food Intake?**
Randy Seeley; University of Michigan

- 11:00 - 11:30 AM** **How Do Homeostatic and Hedonic Systems Integrate to Regulate Food Intake?**
Hans-Rudolf Berthoud; PBRC
- 11:30 - 12:00 PM** **How Does Bariatric Surgery Result in Weight Loss Maintenance?**
Phil Schauer; PBRC
- 12:00 - 12:30 PM** **How Do the Microbiota Influence Metabolizable Energy Intake?**
Jonathan Krakoff; NIDDK Phoenix
- 12:30 - 1:30 PM** **LUNCH** (*international guests will need to meet with LSU international services during lunch*)
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SESSION 3: **BEHAVIORAL MODULATORS OF PHYSIOLOGY**

Session Chair: Leanne Redman; PBRC

- 1:30 - 2:00 PM** **Does Physical Activity Help Maintain Lost Weight?**
Danielle Ostendorf; University of Colorado
- 2:00 - 2:30 PM** **Behavioral and Psychological Barriers During Weight Loss Maintenance**
Gary Foster; WW
- 2:30 - 3:00 PM** **Does Diet Choice Affect Energy Intake or Expenditure?**
Kevin Hall; NIDDK
- 3:00 - 3:15 PM** **GENERAL DISCUSSION**
- 3:15 - 3:40 PM** **BREAK**
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SESSION 4: **ENVIRONMENTAL MODULATORS OF PHYSIOLOGY AND BEHAVIOR**

Session Chair: Robert Newton; PBRC

- 3:40 – 4:10 PM** **How Does the Food Environment Affect Energy Intake?**
Boyd Swinburn; University of Auckland
- 4:10 – 4:40 PM** **How Does the Social Environment Affect Weight Management & Adherence to Interventions?**
Yoni Freedhoff; University of Ottawa
- 4:40 – 5:10 PM** **How Does the Built Environment Affect Obesity, Related Behaviors, and Intervention Effectiveness?**
Shannon Zenk; NIH, National Institute of Nursing Research
- 5:10 – 5:30 PM** **GENERAL DISCUSSION**
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- 5:30 – 6:30 PM** **COCKTAIL HOUR**
- 6:30 – 8:00 PM** **DINNER** – Lod Cook Alumni Center
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TUESDAY, APRIL 26, 2022

8:15 – 8:30 AM **Arrival to the meeting room**

SESSION 5:

NIH CLINICAL TRIALS

Session Chair: Jonathan Krakoff; NIDDK Phoenix

8:30 – 8:45 AM

The Physiology of the Weight Reduced State Clinical Trial Consortium

Kevin Hall; NIDDK

8:45 – 9:00 AM

Site 1 Principal Investigator

Michael Rosenbaum; CUMC

9:00 – 9:15 AM

Site 2 Principal Investigator

Michael Lowe; Drexel University

9:15 – 9:30 PM

GENERAL DISCUSSION

9:30 – 9:45 AM

BREAK

SESSION 6:

PRECISION INTERVENTIONS FOR WEIGHT LOSS MAINTENANCE

Session Chair: Claude Bouchard; PBRC

9:45 – 10:15 AM

**Intervention Design with Emphasis on Genetics Interaction with Diet and Physical Activity
(Precision Medicine)**

Ruth Loos; Mount Sinai

10:15 - 10:45 AM

Precision Nutrition for Metabolic Health

Sarah Berry; King's College London

10:45 - 11:15 AM

GENERAL DISCUSSION

11:15 - 12:30 PM

CONSENSUS DISCUSSION/ DISCUSSION ABOUT MULTI-AUTHOR PAPER with Boxed Lunches

12:30 PM

DEPARTURE
