

Preliminary Program

Obesity, Lifestyle, and Cardiovascular Disease Symposium

January 18–20, 2006 • Grand Hyatt Washington • Washington, DC

Chair: F. Xavier Pi-Sunyer, MD, MPH

Co-Chair: Robert H. Eckel, MD



Sponsored by the American Heart Association Council on Nutrition, Physical Activity, and Metabolism; Clinical Cardiology; Cardiovascular Nursing; Cardiovascular Disease in the Young; Arteriosclerosis, Thrombosis, and Vascular Biology; and Epidemiology and Prevention

Cosponsored by The Endocrine Society; Centers for Disease Control and Prevention; American Society for Clinical Nutrition; American Society for Nutritional Sciences; Society of Behavioral Medicine; Society for Nutrition Education; Sports, Cardiovascular and Wellness Nutritionists; NAASO, The Obesity Society; National Lipid Association; and National Heart, Lung, and Blood Institute



ADVANCING RESEARCH.
APPLYING KNOWLEDGE.
IMPROVING THE QUALITY
OF HEALTHCARE.

Program at a Glance

	Wednesday January 18, 2006	Thursday January 19, 2006	Friday January 20, 2006
7:00		7:00 AM–8:00 AM Registration Constitution Ballroom CDE	7:00 AM–8:00 AM Registration Constitution Ballroom CDE
7:30			Continental Breakfast (Early Career Event) Constitution Ballroom CDE
8:00		8:00 AM–10:00 AM Welcome and Introduction	8:00 AM–9:15 AM Session IV Physical Activity Science and Obesity Constitution Ballroom AB
8:30		Session I Regulation of Energy Balance: Basic Science to Clinical Trial Constitution Ballroom AB	9:00 AM–9:15 AM Discussion
9:00			9:15 AM–10:30 AM Session V Behavioral Issues — Children and Adults Constitution Ballroom AB
9:30		9:30 AM–10:00 AM Discussion	10:15 AM–10:30 AM Discussion
10:00		10:00 AM–10:30 AM Refreshment Break	
10:30		10:30 AM–12:20 PM Session II Portion Size — Current Perspectives in the United States Constitution Ballroom AB	10:30 AM–11:00 AM Refreshment Break
11:00			11:00 AM–12:10 PM Session VI Beyond Lifestyle Therapy Constitution Ballroom AB
11:30		11:50 AM–12:20 PM Discussion	11:40 AM–12:10 PM Discussion
12:00			
12:30		12:20 PM–2:00 PM Lunch on your own	12:10 PM–1:30 PM Lunch on your own
1:00			
1:30			1:30 PM–3:10 PM Session VII Cardiovascular Impact and Management Constitution Ballroom AB
2:00		2:00 PM–3:50 PM Session III Macronutrients and Obesity — The Big Debate Constitution Ballroom AB	3:10 PM Discussion/Closing Remarks
2:30			
3:00	3:00 PM Registration Constitution Ballroom Foyer	3:20 PM–3:50 PM Discussion	
3:30			
4:00		3:50 PM–4:20 PM Refreshment Break	
4:30		4:20 PM–5:20 PM Session III (continued) Macronutrients and Obesity — The Big Debate Constitution Ballroom AB	
5:00			
5:30		5:20 PM Discussion/Closing Remarks	
6:00			
6:30	6:30 PM–8:30 PM Reception Constitution Ballroom Foyer		
7:00			
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			

Legend



Break/Lunch/Leisure



General Session

Table of Contents

Program Committee	2
Registration Form	3
General Information	4
Preliminary Program	8
Faculty	11
Future Conferences	12



Unanswered Questions

If you have questions after reading this program, contact:

American Heart Association National Center, Dallas, Texas

Telephone 888-242-2453
214-570-5935

Email scientificconferences@heart.org

Website my.americanheart.org

Registration and Hotel Information

ExpoExchange Registration

Telephone 301-694-3287

Fax 301-694-5124

Council Membership Customer Service

Telephone 800-787-8984 (inside the US)
301-223-2307 (outside the US)

Fax 800-787-8985 (inside the US)
301-223-2327 (outside the US)

Email ahaonline@lww.com

Program Committee

F. Xavier Pi-Sunyer, MD, MPH, Conference Chair

Robert H. Eckel, MD, Conference Co-Chair

Charles Billington, MD

Lora E. Burke, RN, PhD, MPH

Stephen R. Daniels, MD, PhD, MPH

Morgan Downey, JD

Penny M. Kris-Etherton, PhD, RD

Cora E. Lewis, MD, MSPH

Jagat Narula, MD, DM, PhD

The American Heart Association Council on Nutrition, Physical Activity, and Metabolism; Clinical Cardiology; Cardiovascular Nursing; Cardiovascular Disease in the Young; Arteriosclerosis, Thrombosis, and Vascular Biology; and Epidemiology and Prevention gratefully acknowledge the financial support provided by the following:

Archer Daniels Midland

Frito-Lay

McNeil Nutritionals, LLC

A Johnson & Johnson Company

Novartis Pharmaceuticals Corporation

Pfizer

Sanofi-Aventis

It is the mission of the American Heart Association to reduce disability and death from cardiovascular diseases and stroke.

For more information on future scientific conferences:

Visit us online at my.americanheart.org and click on the Conferences and Education tab.

Email scientificconferences@heart.org or call 214-570-5935 (US)

Obesity, Lifestyle, and Cardiovascular Disease Symposium

January 18–20, 2006

Grand Hyatt Washington • Washington, DC

410306.5205.8066 AH0614



Learn and LiveSM

IMPORTANT Unless otherwise noted, all sections must be completed. Your form will not be processed if any part is incomplete or left blank.

SECTION 1 This information is for your badge. Please print clearly.

Last/family name _____ First/given name _____ Middle initial _____
 Hospital/institution _____ Degree _____
 Street address _____ Business Home
 City _____ State _____ Country _____ Zip/postal code _____
 Phone _____ Fax _____
(Area/country code/city code) (Area/country code/city code)
 Email address _____ AHA membership no. _____

SECTION 2

Registration Fees

AHA Professional Members

	On or before December 9, 2005	After December 9, 2005
A ___ Premium Professional Member	<input type="checkbox"/> US \$350	<input type="checkbox"/> US \$400
B ___ General Professional Member	<input type="checkbox"/> US \$400	<input type="checkbox"/> US \$450
C ___ Early Career Member	<input type="checkbox"/> US \$350	<input type="checkbox"/> US \$400
D ___ Nurse Premium Professional Member	<input type="checkbox"/> US \$125	<input type="checkbox"/> US \$175
E ___ Nurse General Professional Member	<input type="checkbox"/> US \$175	<input type="checkbox"/> US \$225
F ___ Premium Emeritus Member	<input type="checkbox"/> US \$125	<input type="checkbox"/> US \$175
G ___ Trainee/Fellow/Student	<input type="checkbox"/> US \$125	<input type="checkbox"/> US \$175
H ___ Technician	<input type="checkbox"/> US \$125	<input type="checkbox"/> US \$175

Professional Nonmembers

I ___ Nonmember	<input type="checkbox"/> US \$400	<input type="checkbox"/> US \$450
J ___ Early Career Nonmember	<input type="checkbox"/> US \$375	<input type="checkbox"/> US \$425
K ___ Nurse Nonmember*	<input type="checkbox"/> US \$200	<input type="checkbox"/> US \$250
L ___ RD/Nutritionist/Exercise Physiologist Nonmember*	<input type="checkbox"/> US \$200	<input type="checkbox"/> US \$250
M ___ Trainee/Fellow/Student*	<input type="checkbox"/> US \$150	<input type="checkbox"/> US \$200
N ___ Technician*	<input type="checkbox"/> US \$150	<input type="checkbox"/> US \$200

Total fees \$ _____

Registration fee includes cash bar reception, continental breakfasts, all refreshment breaks, and attendance at all conference sessions.

AHA council members must provide proof of membership. AHA membership numbers may be obtained through Lippincott Williams and Wilkins at 800-787-8984, 301-223-2307, or fax 301-223-2327.

SECTION 3

Check to determine the appropriate classification:

A ___ MD	L ___ Early Career (MD)
B ___ MD/PhD, MD/ScD	M ___ Early Career (PhD)
C ___ DO	N ___ Early Career (NOT MD or PhD)
D ___ DO/PhD, DO/ScD	O ___ RN
E ___ PhD	P ___ RN/PhD, DNS, DNSc
F ___ ScD	Q ___ RN/MSN, MS, MN, NP
G ___ DVM	R ___ Trainee (MD)
H ___ DVM/PhD, DVM/ScD	S ___ Trainee (PhD)
I ___ PA	T ___ Student
J ___ PharmD, RPh, RPh/PhD	U ___ EMT/Paramedic
K ___ Allied Health Professional	V ___ Technician
	W ___ Nonmedical (specify) _____

SECTION 4

*Trainees, fellows, students, technicians, nurses, registered dietitians, nutritionists, and exercise physiologists may register online, by fax, or by mail. Registration in these categories must be accompanied by verification; phone registration cannot be accepted. Online registrants will be given verification instructions during the registration process. Faxed or mailed forms will not be processed if verification of status is not provided at the time of registration.

Submit ONE of the following types of verification:

- Current license or certificate
- Student ID
- Letter written on official letterhead and signed by department head, mentor, or supervisor

SECTION 5 Check major specialty

A ___ Administration	L ___ Hematology
B ___ Anesthesiology	M ___ Internal Medicine
C ___ Biochemistry	N ___ Microbiology
D ___ Cardiology/Cardiovascular Disease	O ___ Molecular Biology
1 ___ Interventional Cardiology	P ___ Nephrology
2 ___ Heart Failure	Q ___ Neurology
3 ___ Electrophysiology	R ___ Neurosurgery
4 ___ Cardiac Imaging	S ___ Nursing
E ___ Cardio-Thoracic Surgery	T ___ Nutrition
F ___ Cell Biology	U ___ Pathology
G ___ Diabetes and Metabolism	V ___ Pediatric Cardiology
H ___ Emergency Medicine	W ___ Pharmacology
I ___ Endocrinology	X ___ Physiology
J ___ Epidemiology	Y ___ Radiology
K ___ Family Practice	Z ___ Vascular Surgery
	Z1 ___ Other (specify) _____

Return form to:

AHA Registrar
 Obesity, Lifestyle, and Cardiovascular
 Disease Symposium
 C/O ExpoExchange
 1888 N. Market Street, P.O. Box 4088
 Frederick, MD 21705
 Fax: 301-694-5124
(Do not include cover sheet)
 Customer service phone: 301-694-3287

Registration confirmations will be emailed or faxed. You are not officially registered until you receive a written confirmation from ExpoExchange.

SECTION 6

List percent of time spent in each of the following:

A _____% Administration
B _____% Patient care
C _____% Research
D _____% Teaching
E _____% In training
F _____% Other (specify): _____

SECTION 8

Ethnicity

Completion of this information is strictly voluntary. The information provided will not be used for any purposes other than to provide the AHA with statistical information concerning the level of participation by women and minorities in its programs. The association seeks to broaden the involvement of women and minorities. Please mark one of the following:

A ___ Alaskan Native	
B ___ American Indian/Native American	
C ___ Asian	<input type="checkbox"/> Male
D ___ Black	<input type="checkbox"/> Female
E ___ Caucasian	
F ___ Hispanic	
G ___ Pacific Islander	
H ___ Other (specify): _____	

SECTION 7 Scientific Council/IWG Affiliation(s):

A ___ Arteriosclerosis, Thrombosis, and Vascular Biology
B ___ Basic Cardiovascular Sciences
C ___ Cardiopulmonary, Perioperative, and Critical Care
D ___ Cardiovascular Disease in the Young
E ___ Cardiovascular Nursing
F ___ Cardiovascular Radiology and Intervention
G ___ Cardiovascular Surgery and Anesthesia
H ___ Clinical Cardiology
I ___ Epidemiology and Prevention
J ___ High Blood Pressure Research
K ___ Kidney in Cardiovascular Disease
L ___ Nutrition, Physical Activity, and Metabolism
M ___ Stroke
N ___ IWG — Atherosclerotic Peripheral Vascular Disease
O ___ IWG — Functional Genomics and Translational Biology
P ___ IWG — Quality of Care and Outcomes Research

SECTION 9

Registration TOTAL \$ _____

Please mark method of payment. Credit cards will be charged immediately. **Wire transfers not accepted.**

- Check drawn on US bank in US dollars
 American Express Discover MasterCard Visa

Card no. _____

Exp. date _____ Total fee to be charged: \$ _____

Name as it appears on card _____

Signature _____ I authorize the use of my card for this purpose.

A full refund will be made if written notice of cancellation is received by December 16, 2005; otherwise, a \$70 cancellation/processing fee will be charged. No refunds will be made after January 13, 2006.

We encourage participation by all individuals. If you have a disability, notification of any special needs will help us serve you better.

- Yes, attached is a written description of requirements.



General Information

Program Description

Obesity and the overweight population is a global problem. In the United States the prevalence rate of over 60% is the highest in the world. The combination of excessive caloric intake and diminished energy expenditure is the major cause. The challenge is two-fold: prevention and treatment. Knowledge in both these areas is limited. The conference will address existing knowledge in prevention and address those areas in which more must be learned.

This 2-day symposium will address the challenge of obesity by focusing on prevention and treatment of this disease. The program will identify the mechanisms of food intake and regulation of energy balance, define the role of macronutrients in the diet, discuss the importance of physical activity in obesity and cardiovascular risk, address the use of behavioral techniques in counseling obese patients, and highlight the serious effects of obesity on cardiovascular disease. The overall goal of the conference is to contribute to credible scientific efforts to reduce the prevalence of obesity and alleviate its effects on cardiovascular disease.

The overall objectives of the symposium are to (1) modify the behavior of clinicians to apply knowledge about behavior change in obesity in treatment of their patients; (2) establish a goal in each patient population demonstrating a steady reduction of weight; and (3) stimulate scientific and medical research related to obesity.

Learning Objectives

At the conclusion of the symposium, participants should be able to

1. Recognize mechanisms of food intake regulation.
2. Define the role of macronutrients in the development of obesity.
3. Outline the use of behavioral/lifestyle techniques for obese patients.
4. Discuss numerous environmental effects on obesity, eg, portion control.
5. Identify the serious effects of obesity on cardiovascular disease.

Who Should Attend

The audience will include scientists, researchers, internists, cardiologists, endocrinologists, family physicians, nurses, pharmacists, registered dietitians, exercise physiologists, nutritionists, and advocates and policy makers.

Continuing Medical Education Accreditation — Physicians

The American Heart Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Heart Association designates this educational activity for a maximum of 12.00 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Continuing Education — Nurses

This program (06-NC-789) has been approved by an AACN-approved provider (11527) under established AACN guidelines for 14.00 contact hours, CERP Category A.

Continuing Education — Registered Dietitians

This program has been submitted for approval to the Commission on Dietetic Registration (CDR). Approval of continuing professional education credits pending.

Disclosure

As a sponsor accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the American Association of Critical-Care Nurses (AACN), the American Heart Association must ensure fair balance, independence, objectivity, and scientific rigor in all of its individually or jointly sponsored educational activities. Therefore, all faculty participating in continuing education activities sponsored by the American Heart Association must disclose to the audience (1) any significant financial relationships with the commercial supporter(s) and/or manufacturer(s) of products or devices discussed in their presentation and (2) unlabeled/unapproved uses of drugs or devices discussed in their presentation. Such disclosures will be made in writing in activity materials.

Disclaimer

The Obesity, Lifestyle, and Cardiovascular Disease Symposium is a scientific and educational conference for the purpose of exchanging and discussing research results and scientific developments in the field of cardiovascular disease. Accordingly, the American Heart Association cannot and does not offer any assurance or warranty of the accuracy, truthfulness, or originality of the information presented at the conference.

Registration

The deadline for receipt of advance registration is **Friday, December 9, 2005**. Registrations received after that date will be processed on-site, and the registration fee will increase. Conference registration fees may be found on the registration form included in this brochure.

American Heart Association Professional Members Registration

American Heart Association members are eligible to register at a reduced rate. Professional members must include an AHA membership number on their registration form. Membership numbers appear on a member's letter of AHA membership or may be obtained by calling 800-787-8984 or 301-223-2307 or faxing 301-223-2327. AHA membership is available at several levels. **Premium professional membership** is for those who wish to participate fully in the AHA and receive the highest level of benefits. **General professional membership** is for those who desire a more basic package of benefits and

participation in the AHA. **Early career membership** is available for those who have completed training within the last 5 years or hold PhDs/MDs and are in their first 5 years after faculty appointment. **Trainee/fellow/student members** are still in training as undergraduates, graduates, or postdoctoral/clinical fellows. To register as an American Heart Association Professional Member for the Obesity, Lifestyle, and Cardiovascular Disease Symposium, you must become a member by December 2, 2005, and provide your membership number on your registration form. Visit www.my.americanheart.org for information on how to become a member of the American Heart Association.

Professional Nonmembers Registration

Those who are not members of the American Heart Association councils are invited to register as Professional Nonmembers. The registration rates for nonmembers are listed on the registration form included in this brochure. Please be sure to indicate the appropriate registration category and amount on your registration form.

Visit www.my.americanheart.org for information on how to become a member of the American Heart Association. If you are registering as a trainee, fellow, student, technician, nurse, registered dietitian, nutritionist, or exercise physiologist you must provide written verification of your status on official letterhead, signed by a department head or mentor, or proof of license indicating status.

Online Registration

To register online, go to www.my.americanheart.org, click on the Conferences and Education tab and follow the link to the Obesity, Lifestyle, and Cardiovascular Disease Symposium.

Mail or Fax Registration

To mail or fax your conference registration form, you may complete the registration form in the preliminary program or you may complete the form on the conference website and print it out. The registration form on the conference page is writable and may be completed by typing in the requested information. Fax or mail the completed form to the AHA Registrar, Obesity, Lifestyle, and Cardiovascular Disease Symposium, ExpoExchange, 1888 North Market Street, PO Box 4088, Frederick, MD 21705. Fax 301-694-5124 (do not include a cover sheet); customer service phone 301-694-3287.



We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us to serve you better.

Individuals with special dietary requirements are asked to request special meals (vegetarian or kosher) in advance. Requests for special meals not ordered cannot be honored.

International Registrants

Some participants from outside the United States will need to apply for a visa at the American Embassy, consulate, or other visa-issuing office in their country of origin. Please begin your visa application process as soon as possible. Consulates in some countries take several months to process applications. For information on obtaining your visa, go to www.unitedstatesvisas.gov or www.dhs.gov/us-visit. For visa purposes, a letter from the chair of the Obesity, Lifestyle, and Cardiovascular Disease Symposium may be personalized and downloaded from the conference website. The letter will print on American Heart Association letterhead and will look exactly like an original letter, except the signature will be electronic rather than signed in pen. It should be accepted as an official document; however, if it is not, please email your request to the American Heart Association Meetings Department at scientificconferences@heart.org or fax it to 214-373-3406. Participants holding a passport from Canada, the United Kingdom, Switzerland, Germany, the Netherlands, Sweden, Italy, France, or Japan who arrive directly from those countries do not need to obtain a visa.

As soon as you contemplate travel to the United States, if you need a visa, contact the US embassy or consulate for information about current visa processing time estimates and procedures.

Media Registrants

Reporters, writers, producers, or editors with credentials from a newspaper, magazine, online news service, radio or TV network or station, wire service, or syndicate may register to attend the Obesity, Lifestyle, and Cardiovascular Disease Symposium. Media interested in attending should contact the News Media Relations office; call 214-706-1279, or email carole.bullock@heart.org.

Obesity, Lifestyle, and Cardiovascular Disease Symposium lectures and presentations are embargoed for release at the time of presentation. Information may not be released before the scheduled presentation time.

Registration Refunds

Full refunds will be made if written notice of cancellation is received by Friday, December 16, 2005; otherwise, a \$70 cancellation/processing fee will be charged. No refunds will be made after Friday, January 13, 2006.

***Please note:** The American Heart Association shall not be liable for cancellation of the Obesity, Lifestyle, and Cardiovascular Disease Symposium caused by labor strikes, civil disorders, fires, weather conditions, or other acts of God or for any damages or losses resulting from such cancellation.*

Hotel Reservations

The American Heart Association has reserved rooms for conference participants and their guests at the **Grand Hyatt Washington** at special reduced rates. Rooms will be available on a first-come, first-served basis until all are filled or until the cut-off date of **December 23, 2005**. Rates are \$189.00 single occupancy and \$214.00 double occupancy and are subject to current state, local, and occupancy taxes.

To take advantage of these rates, call 202-582-1234 or 800-233-1234 and ask for Reservations. You must inform the hotel you are participating in the American Heart Association's Obesity, Lifestyle, and Cardiovascular Disease Symposium when making reservations to secure the group discounted rates.

A guarantee by credit card must accompany all reservations. Individual reservations must be cancelled 24 hours before the date of arrival to avoid being charged the room rate for 1 night. Hotel check-in time is 3:00 PM; check-out time is 12:00 NOON. Please note that upon check-in, the hotel will request a personal credit card and place a hold charge on your credit card equivalent to the cost of room, tax, and tax charges for each day for anticipated incidental charges. The hotel will release this hold at the end of your stay and will only charge your credit card with the actual costs assessed during your stay.

Location and Transportation Information

The Grand Hyatt Washington is located at 1000 H Street NW, Washington, DC, 20001 in the heart of Washington's business, federal, and entertainment districts. The Grand Hyatt has direct underground access to the Metro Center Subway and is within walking distance of the White House, Ford's Theater, National Portrait Gallery, International Spy Museum, FBI Headquarters, and Chinatown. The hotel is located 15 minutes from Ronald Reagan Washington National Airport, 45 minutes from Dulles International Airport, and 12 minutes by Metro Center Subway (accessible from the hotel lobby). Taxi service is available from Reagan National for approximately \$20. Super Shuttle is available for approximately \$12 from Reagan National or \$22 from Dulles International. To make Super Shuttle ground transportation reservations, please call 800-BLUE VAN (258-3826) or 202-296-6662.

Recording Policy

Unauthorized recording of the AHA Scientific Sessions, Scientific Conferences, and International Stroke Conference is prohibited, whether by video, still, or digital photography, audio, or any other recording or reproduction mechanism. This includes recording of presentations and supporting audiovisual materials.

The American Heart Association and American Stroke Association reserve the rights to all recordings or reproductions of presentations at AHA/ASA scientific conferences and meetings.

Exceptions to this policy of prohibition are (1) nonflash photography of the speaker and his/her presentation materials is permitted by attendees or AHA/ASA accredited reporters with the prior written consent of the AHA/ASA and the speaker; (2) other photography and videotaping by AHA/ASA accredited reporters is permitted if not disruptive; (3) audiotape recording for strictly personal and noncommercial use is permitted if not disruptive; and (4) exhibitors may photograph their own booth for their own promotional purposes with prior written consent of the AHA/ASA.



No Smoking Policy

AHA policy prohibits smoking in conference meeting rooms and exhibits/registration areas. Thank you for your cooperation.

Seating/Badge Requirement

Seating is on a first-come, first-served basis. According to fire code, a session must be closed if the room fills to capacity. You must wear your name badge at all times during the symposium. Nonregistered guests may not be permitted into the sessions or food and beverage events. Be sure to remove your badge when you leave the conference or your hotel room.

The American Heart Association reserves the right to revoke or deny attendance of any registered participant, speaker, exhibitor, news media reporter, or photographer of presentations or activities at AHA/ASA scientific conferences and meetings.

Preliminary Program

Obesity, Lifestyle, and Cardiovascular Disease Symposium

January 18–20, 2006

WEDNESDAY, JANUARY 18, 2006

3:00 PM

Constitution Ballroom Foyer

Registration Opens

6:30 PM

Constitution Ballroom Foyer

Welcome Reception

THURSDAY, JANUARY 19, 2006

7:00 AM–8:00 AM

Constitution Ballroom CDE

Registration

Continental Breakfast

8:00 AM

Welcome and Introduction

F. Xavier Pi-Sunyer, New York, NY

Robert H. Eckel, Denver, CO

8:10 AM–10:00 AM

Session I: Regulation of Energy Balance: Basic Science to Clinical Trial

Constitution Ballroom AB

Moderator: Charles Billington, Minneapolis, MN

8:10 AM–8:50 AM

Obesity Overview: Genetics and Environment

Claude Bouchard, Baton Rouge, LA

8:50 AM–9:30 AM

Energy Balance: From Animals to Humans

Hans-Rudolf Berthoud, Baton Rouge, LA

9:30 AM–10:00 AM

Discussion

10:00 AM–10:30 AM

Constitution Ballroom CDE

Refreshment Break

10:30 AM–12:20 PM

Session II: Portion Size — Current Perspectives in the United States
Constitution Ballroom AB

Moderator: Penny M. Kris-Etherton, University Park, PA

10:30 AM–10:50 AM

Patterns and Trends in Food Portion Sizes, 1977–1998

Barry M. Popkin, Chapel Hill, NC

10:50 AM–11:10 AM

Changing Food Portion Sizes: Implication for Weight Status and Dietary Assessment

Barbara J. Rolls, University Park, PA

11:10 AM–11:30 AM

Value for Money: Food Prices and Food Portions

Adam Drewnowski, Seattle, WA

11:30 AM–11:50 AM

Messages for Portion Control

Sachiko T. St. Jeor, Reno, NV

11:50 AM–12:20 PM

Discussion

12:20 PM–2:00 PM

Lunch Break

On your own

2:00 PM–5:20 PM

Session III: Macronutrients and Obesity — The Big Debate
Constitution Ballroom AB

Moderator: Cora E. Lewis, Birmingham, AL

2:00 PM–2:20 PM

The Case Against Low-Carbohydrate Diets

Alice H. Lichtenstein, Boston, MA

2:20 PM–2:40 PM

The Case for Low-Carbohydrate Diets

Eric C. Westman, Durham, NC

2:40 PM–3:00 PM

The Case for Low-Fat Diets

Barbara V. Howard, Hyattsville, MD

3:00 PM–3:20 PM

Higher Unsaturated Fat Diets Are Preferable to Low-Fat Diets

Frank M. Sacks, Boston, MA

3:20 PM–3:50 PM

Discussion

3:50 PM–4:20 PM

Constitution Ballroom CDE

Refreshment Break

4:20 PM–4:40 PM

Carbohydrates: Glycemic Load Is Not Important

F. Xavier Pi-Sunyer, New York, NY

4:40 PM–5:00 PM

Carbohydrates: Glycemic Load Is Important

Simin Liu, Boston, MA

5:00 PM–5:20 PM

Added Sugars and Calorie Intake

Rachel K. Johnson, Burlington, VT

5:20 PM

Discussion/Closing Remarks

F. Xavier Pi-Sunyer, New York, NY

Robert H. Eckel, Denver, CO



FRIDAY, JANUARY 20, 2006

7:00 AM–8:00 AM

Constitution Ballroom CDE

Registration

Continental Breakfast

8:00 AM–9:15 AM

Session IV: Physical Activity Science and Obesity

Constitution Ballroom AB

Moderator: Steven N. Blair, Dallas, TX

8:00 AM–8:20 AM

Physical Activity in the Prevention of Obesity

Wim H.M. Saris, Maastricht, The Netherlands

8:20 AM–8:40 AM

Physical Activity and Cardiovascular Disease Risk

I-Min Lee, Boston, MA

8:40 AM–9:00 AM

NEAT (Non-Exercise-Associated Thermogenesis)

James A. Levine, Rochester, MN

9:00 AM–9:15 AM

Discussion

9:15 AM–10:30 AM

Session V: Behavioral Issues — Children and Adults

Constitution Ballroom AB

Moderator: Lora E. Burke, Pittsburgh, PA

9:15 AM–9:35 AM

Changing Pediatric and Adult Behavior with Regard to Diet

Rena Wing, Providence, RI

9:35 AM–9:55 AM

Changing Pediatric and Adult Behavior: Fitness vs Fatness

John M. Jakicic, Pittsburgh, PA

9:55 AM–10:15 AM

The Importance of Reward in Pediatric and Adult Behavior Change

Patrick M. O'Neil, Charleston, SC

10:15 AM–10:30 AM

Discussion

10:30 AM–11:00 AM
Constitution Ballroom CDE

Refreshment Break

11:00 AM–12:10 PM
Session VI: Beyond Lifestyle Therapy
Constitution Ballroom AB

Moderator: Stephen R. Daniels, Cincinnati, OH

11:00 AM–11:20 AM

Modifying the GI Anatomy: The Long-Term Results
Lars Sjöström, Göteborg, Sweden

11:20 AM–11:40 AM

Pharmacological Therapy: State of the Field and Future Promise
Susan Z. Yanovski, Bethesda, MD

11:40 AM–12:10 PM

Discussion

12:10 PM–1:30 PM

Lunch Break
On your own

1:30 PM–3:10 PM
Session VII: Cardiovascular Impact
and Management
Constitution Ballroom AB

Moderator: Jagat Narula, Irvine, CA

1:30 PM–1:50 PM

Obesity, Heart Failure, and Stroke
Jagat Narula, Irvine, CA

1:50 PM–2:10 PM

Obesity and Metabolic Syndrome
Scott M. Grundy, Dallas, TX

2:10 PM–2:30 PM

Obesity and Sleep Apnea
Virend K. Somers, Rochester, MN

2:30 PM–2:50 PM

Cardiovascular Outcomes in Pediatric Population
Stephen R. Daniels, Cincinnati, OH

2:50 PM–3:10 PM

Obesity and Cardiovascular Diseases: Pulling It All Together
Robert H. Eckel, Denver, CO

3:10 PM

Discussion/Closing Remarks
F. Xavier Pi-Sunyer, New York, NY
Robert H. Eckel, Denver, CO

Faculty

Hans-Rudolf Berthoud, PhD. Pennington Biomedical Research Center, Louisiana State University. Baton Rouge, LA.

Charles Billington, MD. University of Minnesota, VA Medical Center. Minneapolis, MN.

Steven N. Blair, PED. The Cooper Institute. Dallas, TX.

Claude Bouchard, PhD. Pennington Biomedical Research Center, Louisiana State University. Baton Rouge, LA.

Lora E. Burke, RN, PhD, MPH. University of Pittsburgh. Pittsburgh, PA.

Stephen R. Daniels, MD, PhD, MPH. Children's Hospital Medical Center. Cincinnati, OH.

Adam Drewnowski, PhD. University of Washington. Seattle, WA.

Robert H. Eckel, MD. University of Colorado Health Sciences Center. Denver, CO.

Scott M. Grundy, MD, PhD. University of Texas Southwestern Medical Center. Dallas, TX.

Barbara V. Howard, PhD. MedStar Research Institute. Hyattsville, MD.

John M. Jakicic, PhD. University of Pittsburgh. Pittsburgh, PA.

Rachel K. Johnson, PhD, RD. The University of Vermont. Burlington, VT.

Penny M. Kris-Etherton, PhD, RD. The Pennsylvania State University. University Park, PA.

I-Min Lee, MD, ScD. Harvard School of Public Health, Brigham and Women's Hospital. Boston, MA.

James A. Levine, MD, PhD. Mayo Clinic. Rochester, MN.

Cora E. Lewis, MD, MSPH. University of Alabama at Birmingham. Birmingham, AL.

Alice H. Lichtenstein, DSc. Tufts University. Boston, MA.

Simin Liu, MD, ScD. Harvard Medical School, Brigham and Women's Hospital. Boston, MA.

Jagat Narula, MD, DM, PhD. University of California, Irvine. Irvine, CA.

Patrick M. O'Neil, PhD. Medical University of South Carolina. Charleston, SC.

F. Xavier Pi-Sunyer, MD, MPH. Columbia University, St. Luke's-Roosevelt Hospital. New York, NY.

Barry M. Popkin, PhD. University of North Carolina at Chapel Hill. Chapel Hill, NC.

Barbara J. Rolls, PhD. The Pennsylvania State University. University Park, PA.

Frank M. Sacks, MD. Harvard School of Public Health, Brigham and Women's Hospital. Boston, MA.

Wim H.M. Saris, MD, PhD. Nutrition and Toxicology Research Institute, Maastricht University. Maastricht, The Netherlands.

Lars Sjöström, MD, PhD. Sahlgrenska University Hospital. Göteborg, Sweden.

Virend K. Somers, MD, PhD. Mayo Clinic. Rochester, MN.

Sachiko T. St. Jeor, PhD, RD. University of Nevada School of Medicine. Reno, NV.

Eric C. Westman, MD, MHSc. Duke University Medical Center. Durham, NC.

Rena Wing, PhD. Brown University. Providence, RI.

Susan Z. Yanovski, MD. National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. Bethesda, MD.

Future AHA Scientific Conferences

For more information, visit www.my.americanheart.org and click on the Conferences and Education tab.

7272 Greenville Avenue
Dallas, TX 75231-4596
Email: scientificconferences@heart.org

Six-Day Symposium on Congenital Heart Disease Development, Pathology, Imaging, and Surgery

Hyatt Regency Albuquerque
Albuquerque, NM
September 8–13, 2005

59th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research in association with the Council on the Kidney in Cardiovascular Disease

Omni Shoreham Hotel
Washington, DC
September 21–24, 2005

Scientific Sessions 2005

Dallas Convention Center
Dallas, TX
November 13–16, 2005

Obesity, Lifestyle, and Cardiovascular Disease Symposium

Grand Hyatt Washington
Washington, DC
January 18–20, 2006

International Stroke Conference 2006

Gaylord Palms
Kissimmee, FL
February 16–18, 2006

46th Annual Conference on Cardiovascular Disease Epidemiology and Prevention in association with the Council on Nutrition, Physical Activity, and Metabolism

Pointe Hilton Squaw Peak Resort
Phoenix, AZ
March 2–4, 2006

7th Annual Conference on Arteriosclerosis, Thrombosis, and Vascular Biology

Denver Marriott
Denver, CO
April 27–29, 2006

7th Scientific Forum on Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke

Omni Shoreham Hotel
Washington, DC
May 7–9, 2006

32nd Ten-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease

Granlibakken Conference Center
Tahoe City, CA
July 23–August 5, 2006

3rd Annual Symposium of the American Heart Association Council on Basic Cardiovascular Sciences: Translation of Basic Insights into Clinical Practice

Keystone Conference Center
Keystone, CO
July 30–August 2, 2006

60th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research in association with the Council on the Kidney in Cardiovascular Disease

Marriott RiverCenter
San Antonio, TX
October 4–7, 2006

CareerMatch for Professionals

The American Heart Association, in partnership with Lippincott Williams & Wilkins and MedCareers.com, is proud to announce CareerMatch for Professionals. This new version of our job board provides a first-rate source for those seeking and posting jobs by connecting qualified healthcare professionals with top-notch employers in the healthcare industry. <http://scientificsessions.americanheart.org/portal/scientificsessions/ss/jobboard>

champions of science

INDUSTRY PARTNERS SUPPORTING
AMERICAN HEART ASSOCIATION SPECIALTY CONFERENCES.

Each year the American Heart Association offers a wide variety of excellent Specialty Conferences on important topics in the field of cardiovascular and cerebrovascular medicine and research.

Specialty Conferences Offer a Forum for

- Advancement and dissemination of scientific knowledge
- Quality presentations in emerging science
- Key thought leaders participation
- Networking and mentoring opportunities
- Developing and training investigators and clinicians in CVD and Stroke

The Champions of Science program offers industry partners such as pharmaceutical and medical device companies a unique opportunity to become a member of the Specialty Conferences Consortium. Consortium members receive a wide range of benefits related to visible acknowledgment at American Heart Association Specialty Conferences.

Major Benefits of Consortium Membership

- Name recognition in printed program materials
- Name/corporate logo on conference Web site, e-mails, and on-site conference signage
- Discounts on print ads in program materials
- Verbal name recognition at conference
- **And much more!**

Discover today how to become a consortium member and connect with over 21,000 AHA/ASA professional members. Packages available at Silver, Gold and Platinum levels.



"Specialty Conferences from AHA are regarded by my colleagues and me as the place to go to hear about and discuss the latest scientific breakthroughs with the leaders in the field."

Augustus O. Grant, MD, PhD, FAHA
President 2003-04
American Heart Association

Go To: my.americanheart.org

Click on the Conferences and Education Tab
e-mail: corporate.relations@heart.org • 214-706-1877

American Heart Association 

Learn and Live™

Advancing Research. Applying Knowledge. Improving The Quality of Healthcare.



American Heart
Association®

Learn and Live™

National Center
7272 Greenville Ave.
Dallas, TX 75231-4596
www.americanheart.org

NON-PROFIT ORG.
U.S. POSTAGE PAID
DALLAS, TEXAS
PERMIT NO. 7529

Preliminary Program Obesity, Lifestyle, and Cardiovascular Disease Symposium