The Boden Institute is committed to reducing the individual and societal impact of obesity, eating disorders and lifestyle-related chronic disease such as type 2 diabetes, heart disease, hypertension, cancer, mental illness and osteoarthritis.
DIRECTOR’S REPORT

So much has happened over the last few years and we seem to get busier each year. Though a small group we have managed to get grants, do clinical trials, get involved with the government and policy, and our staff make their mark locally, nationally and internationally by their work.

The Boden Institute is getting known for the quality of its work and so people come to us. Our staff are involved in the Healthy University Initiative, in professional societies, with government committees and in producing guidelines. This year Tanya Little has joined us as a NHMRC CDA, and Crystal Lee has been promoted.

We have started new trials including PREVIEW (headed by Jennie Brand-Miller and Ros Muirhead) and one funded by the Egg Board (headed by Tania Markovic). Kyra Sim and Namson Lau have been awarded their PhDs.

Our Boden Seminar Series goes from strength to strength and we have attracted both excellent speakers and large audiences. (Thank you for organising this Crystal). Our young researchers are being mentored well, and their journal club has robust discussion. We have had a number of overseas visitors (listed in this report) of whom the latest has been Professor Berit Heitman from Copenhagen.

We are very pleased by being able to work so closely with the NHMRC Clinical Trials Centre with whom we hold an NHMRC Program Grant. We have been developing closer links and are involved in a growing number of projects with them.

As you can see the year has been productive, our publication rate is excellent and as I said we continue to attract funding. The Boden is growing, has a growing scientific reputation and is a happy place to work. Thank you to all the staff who make it so.

Professor Ian Caterson
Boden Professor of Human Nutrition
Director, The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders
<table>
<thead>
<tr>
<th><strong>Funding Body</strong></th>
<th><strong>Project</strong></th>
<th><strong>Period</strong></th>
<th><strong>Award</strong></th>
<th><strong>Chief Investigator(s)</strong></th>
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<td>Allergan</td>
<td>The effect of the BioEnterics Intragastric Balloon (ORBERA) on total ghrelin, leptin, peptide YY, and adiponectin in the treatment of obese individuals with metabolic syndrome</td>
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<td>Associations between periodontal disease and cardiovascular surrogate endpoints in an adult indigenous population</td>
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<td>Biomarkers from the gut microbiota as management tools for obesity</td>
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<td>Long-term effects of very low energy diet versus conventional diet on adiposity, lean body mass, muscle strength and bone density in obese adults, and mechanisms promoting changes</td>
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### CLINICAL TRIALS PARTICIPANT VISITS 2010 - 2012

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Top photo: Professor Ian Caterson in front of the Charles Perkins Centre construction site

Left: Professor Stephen Colagiuri and The Hon. Tanya Plibersek, Federal Member for Sydney and former Minister for Health and Medical Research
CLINICAL TRIALS

Are eggs good for Type 2 diabetes?

- A twelve month randomised controlled clinical trial investigating the effects of a high egg diet on cholesterol levels. 140 overweight and obese participants with pre diabetes or T2DM were randomized to a low or high egg diet (one or twelve eggs per week respectively).

- The six month intervention period was separated into two distinct phases. During the initial three months, participants embarked on a weight maintenance program. During this phase, participants were encouraged to maintain their baseline weight while making dietary changes to improve their lipid profile and blood glucose control. During the last three months of intervention, participants began a 3 month weight loss phase and received weight loss advice from dietitians and exercise physiologists. Participants are currently undergoing a 6 month follow-up period.

- The primary objective of the study is to determine whether a high egg diet will lead to improved lipid levels (higher high density lipoprotein cholesterol, HDL-C) in people with pre or type 2 diabetes mellitus. If so, then this research will help to dispel the notion that eggs are bad for people with type 2 diabetes.

Biomarkers from the gut microbiota as management tools for obesity

- A twelve month randomized controlled trial examining human gut microbiota and its role in weight loss. One hundred and eight overweight participants were randomized to one of three hypocaloric diets: Mediterranean, high protein or low GI. A proportion of participants were also placed on an antibiotic regime (β-lactam or Cefaclor) at the beginning of the 6 month intervention period.

- All participants were prescribed ongoing weight loss advice by dietitians and exercise physiologists. Emphasis was placed on maintaining three distinct macronutrient profiles for each of the diets, so as to specifically test the impact of each diet on microbiota composition and test for correlation with outcomes.

- Over the long-term, it is expected that the varied diets in conjunction with a reduced energy intake will lead to a shift in the microbiota and weight loss in some participants. It is predicted that antibiotics will permit adoption of a new microbial community and improve the responsiveness of the microbial community to diet change. Gut microbiota composition will be determined through analyses of stool samples collected by each participant.

- The results from the study may be used to develop rapid methods based on microbial biomarkers by which clinicians can predict weight loss and weight maintenance outcomes. The study will also investigate the homeostatic control of microbiota that may oppose weight loss, the efficaciousness of different diets on altering the microbiome and the effect on metabolic disease markers (blood glucose, lipids, inflammatory markers) and appetite hormones.

Community-based diabetes prevention: The Sydney Diabetes Prevention Program

- A translational research study targeting 50-65 year olds at high risk of type 2 diabetes with a lifestyle modification program aimed at preventing or delaying the onset of diabetes.

- Just over 1,200 participants from the Sydney and Sydney South West region were recruited into the Prevent Diabetes Live Well program by General Practitioners in 2008/9. Participants were offered an individual session, three group sessions and follow up phone calls at 3, 6 and 9 months, with a final review at 12 months.

- The five goals of the program were to increase physical activity and fibre, decrease fat and saturated fat and achieve a modest 5% weight loss after 12 months. Of the 850 participants who completed the program there was a significant mean weight loss of 2.0 kgs and a decrease of 2.6cm in waist circumference. This has been estimated to equate to a risk reduction of 30%.

- The participants who completed the program are being followed up for another three years to compare diabetes incidence rates with a comparative sample from the Australian Diabetes, Obesity and Lifestyle (AusDiab) study.

Satiety and Clinical Adiposity – Liraglutide Evidence in non-diabetic and diabetic subjects (SCALE)

- This trial explores obesity and pre-diabetes by investigating the effect of liraglutide on body
weight in non-diabetic obese subjects or overweight subjects with co-morbidities. It is a randomised, double blind, placebo controlled, parallel group, multi centre, multinational trial with stratification of subjects to either 56 or 160 weeks of treatment based on pre-diabetes status at randomisation.

The primary objective of SCALE is to establish the efficacy of 3.0 mg liraglutide compared to liraglutide placebo in inducing and maintaining weight loss over 56 weeks in obese subjects and overweight subjects with co-morbidities. It also looks at the long term efficacy of 3.0 mg liraglutide versus liraglutide placebo in delaying the onset of type 2 diabetes in obese subjects and overweight subjects with co-morbidities diagnosed with pre-diabetes.

The secondary objective is to investigate the long term efficacy of 3.0 mg liraglutide versus liraglutide placebo on cardiovascular risk markers such as blood pressure, lipids, glucose parameters as well as effects on quality of life.

Motivational enhancement therapy (MET) and cognitive behavioural therapy (CBT) for obese patients and support partners

A randomised controlled trial investigating the effectiveness of including support people in a cognitive behavioural weight loss program for obese adults.

The primary aim of the study is to improve the maintenance of weight loss by:
1. Combining the most promising psychological approaches (CBT/MET)
2. Including support partners trained in motivational interviewing (MI) techniques in treatment

It is hypothesised that obese patients whose support partners also receive the MET skills training will achieve significantly greater weight loss and improved medical, behavioural, psychological and social outcomes at post-treatment and the one-year follow-up compared to those who alone receive the CBT + MET intervention.

Cognitive Behavioural Therapy and Electronic Support for Weight Loss Among Obese Adults: Pilot Study

A two-arm pilot study to evaluate the effectiveness of employing a Cognitive Behavioural Therapy (CBT) intervention with minimal electronic support compared to a CBT intervention with intensive electronic support. The study consists of two treatment conditions: (1) CBT plus intensive electronic support; and (2) CBT plus minimal electronic support. Patients in both conditions will attend 12 weekly CBT sessions.

By providing patients with an evidence-based treatment as well as electronic support to master the cognitive and behavioural skills necessary for weight control, the study aims to effectively assist obese individuals to lose weight while minimising their need for ongoing, intensive weight control treatment with its attendant costs. This trial also investigates whether patients receiving intensive technology-based support achieve greater treatment gains compared to patients receiving minimal technology-based support.
OUR PEOPLE

Executive Directors

Professor Ian Caterson
Foundation Director / Boden Professor of Human Nutrition

Professor Stephen Colagiuri
Professor of Metabolic Health

Program Leaders

OBESITY
Professor Ian Caterson

DIABETES
Professor Stephen Colagiuri

CLINICAL NUTRITION AND METABOLISM
Professor Jennie Brand-Miller

PUBLIC HEALTH NUTRITION
Associate Professor Timothy Gill

MECHANISMS OF DISEASE PREVENTION
Professor Leonard Storlien

HEALTH AND SUSTAINABILITY
Associate Professor Ruth Colagiuri

EXERCISE
Professor Maria Fiatarone Singh

EATING DISORDERS
Professors Stephen Touyz and Janice Russell

Academic Staff

Dr Sinead Boylan
Research Associate

Associate Professor Ruth Colagiuri
Director Health and Sustainability

Associate Professor Timothy Gill
Principal Research Fellow

Dr Nathan Johnson
Senior Lecturer (Health Sciences)

Dr Yan Yan Lam
Postdoctoral Research Fellow

Dr Crystal Lee
Postdoctoral Research Fellow

Associate Professor Amanda Salis
Principal Research Officer

Dr Radhika Seimon
Research Officer

IAN DARNTON-HILL

With a focus on nutrition, Professor Ian Darnton-Hill has held senior management and technical roles with WHO, UNICEF and Helen Keller International, among many other organisations, and more recently, advisory roles with them, AusAID and the World Bank. Earlier this year, Ian’s efforts were recognised when he was awarded an AO (Officer in the general division of the Order of Australia) for his distinguished service to the international community, particularly in the areas of public health and nutrition, disease prevention and health promotion, as a physician, academic and educator.

“(The award) is recognition that Australians can have a career in international health and that it will be seen as a valid career path, which certainly wasn’t the case when I was a student”, says Ian. Although he has retired from his work with UN agencies, Ian continues to have a busy professional life, which sees him split his time between Sydney and New York. He is currently Adjunct Professor at both the Boden Institute and at Tufts University in the USA.

Professor Darnton-Hill singles out a stint with the WHO from 1990 to 1995 as one of the highlights of his career. As regional adviser in nutrition for the Western Pacific region, he helped countries in the region develop their first national nutrition plans.

In 2001, he undertook a senior global health leadership fellowship with the WHO in Geneva, focusing on non-communicable diseases, and later worked for 5 years as a UNICEF global adviser on micronutrient nutritional adviser in nutrition for the Western Pacific region, he helped countries in the region develop their first national nutrition plans.
AMANDA SALIS

Most people realise that carrying excess body weight has numerous adverse health consequences, and that losing excess weight improves health. Most people also realise that losing excess weight is a question of eating less and moving more. However, for the majority of people who attempt this, weight loss reaches a ‘plateau’ long before a healthy body weight or waist circumference is attained. This unfortunately leads most people to give up on their diet and exercise attempts, frequently regaining all of the weight they lost, plus more.

Determined to find solutions to weight loss plateaus, in March 2012 Associate Professor Amanda Salis joined the Boden Institute. Amanda’s position is funded by a Project Grant from the National Health & Medical Research Council (NHMRC) of Australia (Sainsbury Salis, Byrne & Caterson), as well as a Bridging Support Fellowship from the Deputy Vice Chancellor (Research). She has also obtained an NHMRC Senior Research Fellowship for 2013 onwards.

“Part of the reason why so many weight loss attempts fail is that the body responds to energy restriction with a series of adaptive responses that increase appetite and reduce metabolic rate”, explains Amanda. “Not only do these adaptations oppose ongoing weight loss, they may also adversely affect body composition via hormonal changes that favor abdominal fat accretion, with loss of muscle mass and bone.” In the first instance, Amanda’s team at the Boden Institute will test novel ways of attenuating the adaptive responses to energy restriction in humans, using ketogenic diets and intermittent energy restriction.
THE COST EFFECTIVENESS OF WEIGHT LOSS INTERVENTIONS

Nick Fuller is an accredited exercise physiologist and dietitian and has been working at the Boden Institute for the past 4 years. Nick currently works on several multi-site industry funded projects and international research collaborations examining the efficacy and cost effectiveness of medical devices, commercial weight loss programs and specific diets for weight loss. His most recent work published in the International Journal of Obesity looks at the cost-effectiveness of a commercial program for weight loss relative to standard care.

Due to the high prevalence of overweight and obesity there is a need to identify cost-effective approaches for weight loss in primary care and community settings. We evaluated the cost effectiveness of two weight loss programmes of 1-year duration, either standard care (SC) as defined by national guidelines, or a commercial provider (Weight Watchers) (CP).

This analysis was based on a randomised controlled trial of 772 adults (87% female; age 47.4±12.9 years; body mass index 31.4±2.6 kgm) recruited by health professionals in primary care in Australia, United Kingdom and Germany. Both a health sector and societal perspective were adopted to calculate the cost per kilogram of weight loss and the ICER, expressed as the cost per quality adjusted life year (QALY).

RESULTS: The cost per kilogram of weight loss was USD122, 90 and 180 for the CP in Australia, the United Kingdom and Germany, respectively. For SC the cost was USD138, 151 and 133, respectively. From a health-sector perspective, the ICER for the CP relative to SC was USD18 266, 12 100 and 40 933 for Australia, the United Kingdom and Germany, respectively. Corresponding societal ICER figures were USD31 663, 24 996 and 51 571.

The CP was a cost-effective approach from a health funder and societal perspective. Despite participants in the CP group attending two to three times more meetings than the SC group, the CP was still cost effective even including these added patient travel costs. This study indicates that it is cost effective for general practitioners (GPs) to refer overweight and obese patients to a CP, which may be better value than expending public funds on GP visits to manage this problem.
ACADEMIC RESEARCH SEMINARS

Class C G-protein coupled receptors as protein sensors (the science behind the high protein diet)
Thursday 15 November 2012
Presented by Professor Arthur Conigrave from the School of Molecular Bioscience, a leading authority on the molecular mechanisms that underlie nutrient-sensing, especially sensing of L-amino acids in cellular and whole body responses to dietary protein.

Research priorities for Non-Communicable Disease prevention and climate change: Results of an International Delphi Survey
Thursday 1 November 2012
Presented by Dr Sinead Boylan from the Boden Institute. Her primary role is to help develop, monitor and analyse the national health survey in Brunei and is also involved in obesity, consumer communication, food security and sustainability.

An early obesity intervention trial – Healthy Beginnings Trial: the journey from the beginning
Thursday 25 October 2012
Presented by Dr Li Ming Wen from the South Western Sydney & Sydney Local Health Districts.

Current global non-communicable disease policy from New York to Rio
Thursday 13 September 2012
Presented by Associate Professor Ruth Colagiuri, Vice-President of the International Diabetes Federation (IDF) and Director of the Health and Sustainability Unit at the Boden Institute.

Food preferences and obesity
Thursday 30 August 2012
Presented by Dr John Prescott from TasteMatters Research & Consulting, a researcher in the human perception of taste, smell and oral tactile sensations with a special interest in how food preferences arise.

COULD THE UTERINE ENVIRONMENT HOLD THE KEY TO HALTING ESCALATING OBESITY RATES?

Will gaining an understanding of the in uterine environment hold the key to halting the escalating obesity rates? Dr Kyra Sim is investigating this conundrum.

Kyra began her studies at the University of Otago in New Zealand before completing her Masters in Nutrition and Dietetics at Sydney University. Her passion of investigating the relationship between obesity and infertility led her to complete her PhD under the supervision of Professor Ian Caterson.

They successfully reported that a multidisciplinary weight loss intervention implemented 12 weeks prior to fertility treatment tripled pregnancy rates and resulted in substantial cost savings. The intervention group lost an average of 6.6 kg and dropped 9 cm from their waistlines, compared with a 1.8 kg average weight loss and 1 cm drop in waist circumference in the control group.

These results were presented by Kyra at the European Congress on Obesity held in Lyon, France, in May 2012.

Not content with the accolade of completing the first randomized control in this field, Kyra is now the project officer of a preconception study led by Professors Louise Baur and Len Storlein. Despite the plethora of international birth cohorts, there are very few studying parents before conception. This study intends to investigate factors from maybe to baby and beyond.
Lipids in skeletal muscle
Thursday 16 August 2012
Presented by Dr Andrew Hoy, from the Discipline of Physiology in the School of Medical Sciences, holds an NHMRC Biomedical Australia Training Fellowship and also an Honorary Associate position with the Boden Institute.

Oral and small intestinal sensitivity to fats in lean and obese humans: Implications for energy intake regulation in obesity
Thursday 2 August 2012
Presented by Dr Radhika Seimon, a Postdoctoral Research Associate at the Boden Institute where she is primarily running a clinical trial looking at the effects of very low calorie diets versus conventional diets on body composition.

Improved strategies for attaining and maintaining an optimum body weight
Thursday 19 July 2012
Presented by Associate Professor Amanda Salis, who leads a research team at the Boden Institute that aims to help people to attain and maintain an optimum body weight and composition.

Differing aspects of obesity: Lessons from locusts and from Korea
Monday 9 July 2012
Presented by Dr Namson Lau, an endocrinologist at Royal Prince Alfred and Liverpool Hospitals, and in-house Medical Officer for the Boden Institute's Clinical Trials Unit.

Resistant starch dose dependently reduces adiposity in obesity-prone and obesity-resistant rats
Tuesday 3 July 2012
Presented by Dr Damien Belobrajdic, a Research Scientist in the CSIRO Food Futures Flagship, who is interested in the role of wholegrains and dietary fibre on reducing the development of metabolic syndrome and type-2 diabetes.

Clinical Research in China: Present and Future
Thursday 21 June 2012
Presented by Professor Yanfang Wang, Assistant Director of the Peking University

RIO+20 AND CHRONIC DISEASES
With the September 2011 UN High Level Political Declaration on Non-Communicable Diseases (NCDs) and the June 2012 Rio+20 Outcomes Document reinforcing the link between NCDs and sustainable economies and environments, it has been an amazing 12-18 months in the history of cardiovascular diseases, diabetes, cancer and chronic lung disease.

Five years ago global recognition for these four major NCDs that currently account for over 60% of the world’s deaths would have been unthinkable. Now, their contribution to personal poverty and lost national productivity is such that all UN member states now recognise and commit to action on NCDs – including a 2010 World Health Assembly (WHA) global NCD target aimed at reducing NCD deaths by 25% by 2025.

As a Vice-President of the International Diabetes Federation (IDF) and as a public health and health policy academic, Associate Professor Ruth Colagiuri, Director of the Boden Institute’s Health and Sustainability Unit, has been intimately involved in the global advocacy and health policy movement that has brought about these remarkable events.

In 2012 she has been an invited speaker on NCDs and sustainability at side events to the UN’s Rio+20 Conference and the World Health Assembly. Other aspects of her work include capacity building projects in the Pacific – currently on diabetes in the Solomon Islands; and developing global research priorities for the interface between NCDs and climate change.
Clinical Research Institute (PUCRI), a comprehensive research centre for all clinical research in the Peking University Health Science Center (PUHSC).

Towards therapeutic engineering of the gut microbiota – they are what you eat
Wednesday 30 May 2012
Presented by Associate Professor Andrew Holmes, a microbial ecologist in the School of Molecular Biosciences, with expertise in the description of microbial communities, and the linkage between the microbial communities in the gut and health.

Fetal growth, omega-3, and cardiovascular disease
Thursday 17 May 2012
Presented by Dr Michael Skilton, from the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders.

Is the weight worth it? Results from a weight loss intervention on pregnancy rates
Thursday 26 April 2012
Presented by Dr Kyra Sim, from the Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders.

Prevention of obesity - individualized approaches or food taxation?
12 March 2012
Presented by Professor Berit Heitmann, a research leader at the Research Unit for Dietary Studies, Institute of Preventive Medicine, Centre for Health and Society, Copenhagen, Denmark.

Evidence based revision of management in obese people with osteoarthritis - the Copenhagen Cartilage and Osteoarthritis trial
28 February 2012
Presented by Anthony Leeds, Visiting Senior Fellow, Faculty of Health and Medical Sciences, the University of Surrey | Visiting Professor, Faculty of Life Sciences, the University of Copenhagen | Medical Director, the Cambridge Weight Plan.

SYMPOSIA

Health and Social Harms of Mining: Spotlight on the Hunter
Monday 29 October 2012
Presenters included Professor Stephen Simpson, Director of the Charles Perkins Centre, Professor Ian Olver AM, CEO of the Australian Cancer Council, Associate Professor Ruth Colagiuri, Director of the Health and Sustainability Unit at the Boden Institute and principal author of the report, and Mark Ogge from Beyond Zero Emissions.

EXERCISE THERAPY – MOVING BEYOND WEIGHT LOSS

Epidemiological data show that the majority of the adult population fails to meet recommended physical activity levels, which contributes to the global epidemic of overweight/obesity and associated cardiovascular disease.

Weight loss programs are often difficult to adhere to and poor compliance can be detrimental to the therapeutic effects. The primary reason cited for failure to participate in regular exercise is a perceived lack of time. High intensity interval training (HIIT) involves repeated bursts of sprintlike supra-maximal (>100% VO2max) exercise interspersed with regular short recovery bouts.

There is emerging evidence that HIIT is a potent and time-efficient strategy for eliciting improvements in work capacity and body fat levels in young healthy adults. However, there has been no investigation of the efficacy of supra-maximal HIIT in overweight sedentary adults. 32 previously sedentary, overweight adults have enrolled in a 12 week randomised controlled trial being conducted at the Boden Institute.

PhD candidate Shelley Keating is leading the trial under the supervision of Dr Nathan Johnson. The trial compares the effect of high intensity interval training versus traditional continuous aerobic exercise on parameters of metabolic risk such as abdominal adipose tissue, cardiorespiratory fitness and blood lipids.
Journals


PMID:23062312[PubMed - as supplied by publisher]


Colagiuri S. Optimal management of type 2 diabetes; The evidence Diabetes, Obesity and Metabolism 2012 14:1 SUPPL. 1 (3-8)


Fuller, NR., Lau, N., Denyer, G., Simpson, AE., Gerofi, J., Wu, M., Holmes, A., Markovic, TP., Kang, J-H., Caterson ID. "A 12-week, randomised, controlled trial to examine the acceptability of the Korean diet and its effectiveness on weight and metabolic parameters


Lau N, Fuller N, Conigrave A and Caterson I. The effects of weight loss arising from a diet and exercise program on fasting serum levels of adiponectin, total ghrelin, glucagon-like-peptide 1 (GLP1) and insulin levels in lean humans after 4 days of ad libitum feeding and an isocaloric meal. Obesity Facts 5 2012 (Suppl 1): 127.


Parker HM, Johnson NA, and George J. The optimal dose of omega-3 supplementation for non-alcoholic fatty liver disease. *J Hepatology* 2012 57: 469–470


intervention development and protocol for a cluster randomised, controlled trial of an electronic decision support and quality improvement intervention in Australian primary healthcare. *BMJ Open.* 2012 19;2(6).


Skilton MR, TR Sullivan, JG Ayer, JA Harmer, GB Marks, DS Celermajer. Carotid Extra-Medial Thickness in Childhood: Early Life Effects on the Arterial Adventitia. *Atherosclerosis (published online 03/04/12)*


Um I, Krass I, Amour C, Gill T, Char B. Australian consumer perspectives about weight management in pharmacy.


Zhang L, Nguyen AD, Lee ICJ, Yulyaningsih E, Riepler SJ, Stehrer B, Enriquez RF, Lin S, Shi YC, Baldock PA, Sainsbury A, Herzog H; NPY modulates PYY function in the regulation of energy balance and glucose homeostasis. Diabetology, Obesity and Metabolism (In press, accepted 22nd February 2012)


2012 Reviews and Book Chapters


Brand-Miller J, Colagiuri S. Insulin resistance and the metabolic syndrome. Present
Published Abstracts


Other Publications

Gill T. Factors associated with weight gain and the development of obesity: an overview of existing scientific literature - A report to the Australian Department of Health and Ageing. Boden Institute, University of Sydney, 2012

Gill T. Lifestyle behaviours most associated with successful weight control: an analysis of existing systematic reviews - A report to the Australian Department of Health and Ageing. Boden Institute, University of Sydney, 2012

Online articles

Gill TP. Fast food restaurants have no place in our hospitals The Conversation 4 April 2012,

Presentations


Colagiuri R invited speaker and panelist : Diabetes & Climate, Expert Dialogue during the Sixty fifth World Health Assembly, Geneva, Switzerland

Colagiuri R Invited keynote speaker and panelist: NCDs and sustainability: Twin crises – One Solution? Next Generation
Living - Exploring integrated solutions to NCD prevention and sustainable development. Rio+20 side event, Rio de Janeiro, Brazil

Colagiuri S, Invited Speaker, Victoria Health Prevention Workshop, Australasian College of Surgeons, Melbourne, 6 Feb 2012


Colagiuri S, Invited Speaker, HbA1c availability in LMICs – World Health Organisation meetingGeneva, Switzerland 17 May 2012

Colagiuri S, Participant, American Diabetes Association Conference, Philadelphia USA 8-12 June 2012


Colagiuri S, Keynote Speaker, From evidence to the new IDF algorithm; Lessons from clinical cases- ADVANCE Masterclass Regional Meeting, Bangkok, Thailand 30 June-1 July 2012

Colagiuri S, Invited Speaker, Diabetes and Sustainable Populations Forum, Parliament House, Sydney, Australia, 9-10 July 2012

Colagiuri S, Invited Speaker, Masters Class: 4th Update on Diabetes & Vascular Disease – Melbourne 14-15 July 2012

Colagiuri S, Keynote Speaker, The overview of metformin’s role on diabetes management - Metformin (Glucophage) meeting Beijing, China 20-21 July 2012

Colagiuri S, Keynote Speaker- IDF Type 2 Diabetes Guidelines & Insulin therapy, 1st African Diabetes Congress, Arusha, Tanzania 24-27 July 2012

Hoy Andrew Microenvironment and Metabolism Special Interest Group Scientific Meeting, University of Sydney Cancer Research Network, Sydney, Australia, 2012.

Sim KA. Is the weight worth it? Results from a weight loss intervention on pregnancy rates. The Boden Seminar Series, University of Sydney, Australia; 26 April 2012.

Sim KA. Denyer G, Caterson ID. Weight loss improves reproductive outcomes for obese women undergoing assisted reproductive technology. The European Congress on Obesity, Lyon, France; 9 May 2012.


Vita P. The challenges of translating to the real world and scaling up diabetes prevention programs in the primary health care setting: comparisons between national, state and regional programs. Primary Health Care Research Conference, Canberra - July 19.

Media Presentations

Andrew Holmes (2012) "Are people born by caesarean section more likely to be obese?" was been published on The Conversation. Link: http://theconversation.edu.au/are-people-born-by-caesarean-section-more-likely-to-be-obese-7200

ABC News, Tuesday 24th July 2012. Amanda Sainsbury-Salis was interviewed by Beverley O’Connor about the LiveLighter anti-obesity campaign by the WA Government Department of Health, the National Heart Foundation and the Cancer Council and the fact that it had raised some controversy as potentially contributing to poor self-image and eating disorders in young people. To watch the interview click here: http://www.abc.net.au/news/2012-07-24/expert-backs-graphic-anti-obesity-ads/4150136

The Australian Women’s Weekly, June 2012. Thought-provoking article by Jordan Baker entitled Why obesity is not your fault. The article included interviews with Amanda Sainsbury-Salis and Louise Baur of The University of Sydney, as well as other renowned Australian obesity researchers Joe Proietto and Leah Brennan. To read an extract, click here: http://www.ninemsn.com.au/news/inthemag/8475009/why-obesity-is-not-your-fault
SUPPORTING THE BODEN INSTITUTE

OUR MISSION
The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders is committed to reducing the individual and societal impact of obesity, eating disorders and lifestyle-related chronic disease such as type 2 diabetes, heart disease, hypertension, cancer, mental illness and osteoarthritis.

OUR WORK
Led by key researchers across the University, the Institute unites expertise in basic, clinical, public health and health policy research in the areas of obesity, eating disorders, nutrition, physical activity and metabolic health; clinical intervention and practice; public health programs and policy formulation and implementation.

The Boden Institute takes a broad approach to combating and preventing obesity and lifestyle-related chronic disease. Its researchers have expertise across the whole human life-cycle from pre-gestation to old age, and collectively have the broadest approach and expertise for combating and preventing eating disorders, obesity and lifestyle-related chronic disease assembled in Australia – from specialised clinics to public health systems.

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The Boden Institute
G84 The Medical Foundation Building K25
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FURTHER INFORMATION AND CONTACT DETAILS

**Director**
Professor Ian Caterson  
T +61 2 9036 3105  
F +61 2 9036 3176  
E ian.caterson@sydney.edu.au

**Administration Co-ordinator**
Ms Melanie Symons  
T +61 2 9036 3102  
F +61 2 9036 3176  
E boden.admin@sydney.edu.au

**Address**
The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders  
G84 The Medical Foundation Building K25  
92-94 Parramatta Road Camperdown  
The University of Sydney NSW 2006 Australia  