



Global Weight  
Management Congress

7-9 May 2015  
Brisbane Convention and Exhibition Centre  
[globalweightmanagement.org](http://globalweightmanagement.org)

## Media Release

# Face the fat - Inaugural Weight Management Congress to help Queensland's out of control obesity epidemic

The inaugural Global Weight Management Congress organised by health expert, Sonja Bella – Founder of the Australian Institute of Weight Loss Consultants - to be officially opened by **Dr Shaun Rudd, AMA Queensland President**.

The Global Weight Management Congress is the first of its kind in Australia, and in fact the world. Bringing together national and international speakers, the Congress aims to encompass the best practice methodologies to promote a holistic and multidisciplinary approach to weight loss and weight management delivering the latest research into the epidemiology of obesity, treatments and preventative strategies.

Guy Leech is the Congresses Ambassador and other key industry specialists – 13 from Queensland - will be speaking on topics from **Prenatal and early life influences on obesity and, weight management over the life course to Nutrigenomics: how food changes your genes and Rewiring The Brain for Change: the applied neuroplasticity approach**.

And it couldn't be more timely as Queenslanders are getting fatter and fatter and it has reached a crisis point.

Two reports in the last three months have found that Queenslanders are getting fatter and fatter - in fact, Queensland is the fattest state in Australia.

A report from Queensland Health published in November 2014 found that 65 per cent of adults, and 28 per cent of children in Queensland are overweight or obese, a worrying number.

In a statement released this month, The AMA Queensland has declared obesity as state of emergency, and drastic measures need to be made to stop this epidemic before it swamps Queensland's hospitals.

Dr Rudd said there are three million overweight and obese people, the equivalent of southeast Queensland's entire population, which is an unprecedented challenge to the entire health system.

The Global Weight Management Congress is a wonderful platform for a new way we tackle the obesity epidemic.

**Congress Details:**

When: 7-9 May 2015  
Where: Brisbane Exhibition and Convention Centre  
Registration: [www.globalweightmanagement.org](http://www.globalweightmanagement.org)  
Phone: 1300 940 951

**Who should attend:**

- Dietitians
- Nutritionists
- Naturopaths
- Natural Health Practitioners
- Weight Loss Consultants
- General Practitioners
- Pharmacists
- Community Nurses
- Diabetes educators
- Psychologists
- Counsellors
- NLP Practitioners
- Life Coaches
- Hypnotherapists
- Physiotherapists
- Massage Therapists
- Exercise Physiologists
- Personal trainers
- Beauticians
- Sporting Clubs – children obesity issues
- Educators, PE teachers, Principals
- Local Government – healthy parks
- Workplace Health and Safety Officers
- Childcare Centres and Facilities
- Overeaters anonymous
- Men's Health
- Health Media
- Researchers and Scientists
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**More information, or interviews please contact:**

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