

## Fuse Quarterly Research Meeting

Wednesday 29 March 2017: 9.30am-1.00pm

Venue: The Core, Science Central, Newcastle University, Newcastle upon Tyne, NE4 5TF

### “Making healthy behaviour change sustainable”

#### Aims & objectives

Behavioural interventions for weight loss and type 2 diabetes prevention are effective. However, after the conclusion of active interventions participants often struggle to sustain the changes they have achieved. This QRM focuses on:

- the long-term needs of those who benefited from interventions for weight loss and type 2 diabetes
- evidence based interventions to enhance longevity of intervention effects (e.g., prevent weight regain)
- information needs of those commissioning interventions to ensure optimal longevity of effects.

The aim of this QRM is to bring together users, providers and commissioners of adult weight management services and diabetes prevention programmes and researchers to identify needs and potential solutions to get more public health benefit out of effective interventions by focusing on their sustainability and the longevity of the effects.

#### Programme

9:30am	<b>Registration/Arrival</b>	
9:55am	<b>Chair's introduction</b> Prof Carolyn Summerbell	
10:00am	<b>Presentations and questions</b> <ul style="list-style-type: none"> <li>• Professor Paul Aveyard – Weight loss and Weight Management (TBC)</li> <li>• Professor Falko Sniehotta - NULevel trial / NoHoW trial</li> <li>• Dr Linda Penn: The Fuse evaluation of 'Healthier You': Early findings</li> <li>• Questions</li> </ul>	30 minutes  10 minutes 10 minutes
11:00am	<b>Tea / coffee networking</b>	
11.30am	<b>Discussions in smaller group</b> Making intervention effects more sustainable, current practice, unmet needs, new ideas	
12:30pm	<b>Panel Q&amp;A</b>	
1:00pm	<b>Chair's closing remarks</b>	