

## **Integrating treatment of disordered eating, eating disorders and weight management: Current evidence and guidance for practice**

Join us to hear about the current evidence and guidance for practice on how to address disordered eating as part of weight management interventions and the integration of weight management and eating disorder treatment for adults with higher weight.

**Date/time:**

**Wednesday 20 September 2023, 7-8pm AEST**

**Wednesday 20 September 2023, 5-6am EDT**

**Wednesday 20 September 2023, 10-11am BST**

<b>Integrating treatment of disordered eating, eating disorders and weight management: Current evidence and guidance for practice</b>	<b>Prof Phillipa Hay</b> Foundation Chair of Mental Health at Western Sydney University (WSU) and Director of Mental Health Research at South Western Sydney Local Health District.
<b>Lived experience speaker</b>	<b>Andrew Wilson</b> Board member, engagement, and advocacy lead for the Weight Issues Network (WIN), board member of the Obesity Collective, a member of Inclusion Collaborative (NBMLHD), Wentworth Healthcare PHN Community Advisory Committee, Governance committee member of Penrith Head to Health.
<b>Case presentation</b>	<b>A/Prof Milan Piya</b> Associate Professor in Diabetes, Obesity and Metabolism at the School of Medicine, Western Sydney University, as well as a clinical academic endocrinologist at Camden and Campbelltown Hospitals.
<b>Case discussion and Q&amp;A</b>	<b>Facilitated by:</b> <b>Hannah Melville</b> PhD Candidate, University of Sydney Accredited Practising Dietitian

## About the speakers



### **Prof Phillipa Hay**

Professor Hay, MD DPhil FRANZCP, is Foundation Chair of Mental Health at Western Sydney University (WSU) and Director of Mental Health Research at South Western Sydney Local Health District. She is committed to research that results in a better understanding of eating and related disorders to reduce the individual, family and community burden. Her current research focuses on randomised controlled trials of interventions for eating disorders, as well as public health and community interventions that will reduce barriers to accessing care. She is the chair of the guideline development group for the clinical practice guidelines on the management of eating disorders for people with higher weight.



### **Andrew Wilson**

Andrew is a board member, engagement and advocacy lead for the Weight Issues Network (WIN) an Australian Lived Experience anti-stigma obesity advocacy group, a board member of the Obesity Collective, a member of Inclusion Collaborative (NBMLHD), Wentworth Healthcare PHN Community Advisory Committee, Governance committee member of Penrith Head to Health.

He has spoken at World Obesity Day events for The Obesity Collective and Weight Issues Network, at ANZMOSS, ANZOS and the International Congress on Obesity in 2022 on radio, newspaper articles and the SBS "Insights" program to help advocate for people living with obesity.

He presents an online Monthly Australia-wide Community Meetup for people living with obesity and runs the WIN Lived Experience Leadership Group to help inform strategy, media and research.

Andrew founded and runs Lads Living Large, a men's obesity self-support group in 2019 with other likeminded men and the Mid Mountains Men's Walk & Talk, a group of men who walk, connect & support each other in the Blue Mountains area NSW. Both groups have managed to support men through some very challenging times.

He has presented on Radio Blue Mountains for 12 years and lives in the Blue Mountains NSW with his wife, teenage son, dogs, cat, chickens, and bees.



### **A/Prof Milan Piya**

Milan Piya is an Associate Professor in Diabetes, Obesity and Metabolism at the School of Medicine, Western Sydney University, as well as a clinical academic endocrinologist at Camden and Campbelltown Hospitals. He is research lead for the multidisciplinary publicly funded South Western Sydney Metabolic Rehabilitation and Bariatric Program (SWS MRBP) based in Camden Hospital, NSW and has been exploring the effect of multidisciplinary weight management on the metabolic and psychological health in people with class 3 obesity. He has a clinical and research interest in Type 2 diabetes, obesity and associated health conditions, particularly in the context of severe obesity.