

MASTERCLASS ADOLESCENT AND YOUNG ADULT OBESITY

An immersive experience



23-25 May 2025 | Convento da Arrábida

Discover Evidence-Based Strategies for Adolescent Obesity Prevention and Treatment

Discover the best practices for preventing and treating adolescents living with obesity, shared by renowned experts in the field. This masterclass is set in an inspiring, historic venue and offers practical workshops and the latest scientific insights. It seamlessly blends rigorous academic knowledge with real-world inspiration, creating a unique environment for transformative learning.

MEET THE SPEAKERS



Helena Fonseca, M.D., Ph.D., MPH

Helena Fonseca is Associate Professor with Habilitation in Pediatrics at the Faculdade de Medicina, Universidade de Lisboa. She is the Portuguese Member at the PDCO (Paediatric Committee), European Medicines Agency. As a Senior Consultant at the Department of Paediatrics, ULS Santa Maria, she heads the Adolescent Medicine Division. She is also the Coordinator of the Adolescent Obesity Clinic. The Adolescent Medicine Division has recently been designated as the WHO Collaborating Centre for Adolescent Medicine and Training.



Luís Ferreira Moita, M.D., Ph.D.

Luís Ferreira Moita is the head of the Disease Mechanisms Laboratory at Faculdade de Medicina, Universidade de Lisboa. He did post-doctoral work with Nir Hacohen at the Whitehead Institute and Mass. General Hospital (Boston, USA) after completing his PhD at the European Molecular Biology Laboratory (Heidelberg, Germany) under the supervision of Fotis Kafatos and graduating from Faculdade de Medicina, Universidade de Lisboa. The central goals of his laboratory are to understand how stress responses modulate organismal homeostasis and how that knowledge can be harnessed for therapeutic applications.



Rui Ferreira Carvalho, M.D.

Rui Ferreira Carvalho (RFC) is a child and adolescent psychiatrist (pedopsychiatrist) with Competency in sexology. He works at the Child and Adolescent Psychiatry and Mental Health Service (SPSMIA) of the ULS Santa Maria, where he is also part of the Gender Diversity team. Postgraduate in Neurodevelopmental Disorders by the Faculdade de Medicina, Universidade de Lisboa (FMUL). RFC is a Lecturer in the Pediatrics and Psychiatry Modules in the Integrated master's in Medicine at the Faculdade de Medicina, Universidade de Lisboa, being also co-coordinator and professor of the Postgraduate Course in Human Sexuality at FMUL and SPSC. Regent and teacher of the Curricular Units of Psychopharmacology and Neuropsychopharmacology in the Master of Clinical and Health Psychology and the Master of Applied Neuropsychology of the School of Psychology and Life Sciences of Universidade Lusófona.

MEET THE SPEAKERS



Inês Pinto M.D., Ph.D.

Inês Pinto (IP) is a consultant Child and Adolescent Psychiatrist. She graduated in Medicine at Universidade do Porto and specialized at Hospital Dona Estefânia. She holds a PhD on Metabolism from FMUP with the project: "Roots of Early Obesity: Anxiety, Attachment and Neuroendocrine Biomarkers in Obese Children". IP is an Invited Assistant Professor at Faculdade de Medicina, Universidade de Lisboa, the Catholic University Medical School, and the Institute of Applied Psychology (ISPA). She is a certified trainer in the Circle of Security R model, based on Attachment Theory and Reflexive Functioning. Inês works in the Public Health System, specializing in Eating Behaviour Disorders, Perinatal Psychiatry, and Early Childhood Support. She is a member of the international mental health advisory group of IADMS (International Association of Dance Medicine and Science).



Ana Rita Vaz, M.Sc., Ph.D.

Ana Rita Vaz (ARV) is a Clinical Psychologist on the Eating Behavior Disorders Team at ULS Santa Maria. With a Ph.D. in Psychology from the University of Minho, ARV is an Invited Assistant Professor at the Faculdade de Medicina, Universidade de Lisboa, lecturer in the Master's Program in Metabolic Diseases and Eating Behavior, and a researcher at PsyLab, Institute of Environmental Health. Her research focuses on the clinical characteristics, assessment, and treatment of eating disorders and obesity, with several related papers published in national and international journals.



Joana Sousa, M.Sc., Ph.D., MPH

Joana Sousa (JS) is a Nutritionist (0156N) specializing in Community Nutrition and Public Health, with an advanced degree in Public Health (Health Promotion). She is a professor at the Lisbon School of Medicine, University of Lisbon, where she integrates the scientific and pedagogical coordination of the BSc in Nutritional Sciences and the MSc in Clinical Nutrition. With over 20 years of experience in teaching and research, with a focus on child and adolescent nutrition. She is a full member of ESPGHAN and part of its Special Interest Group on Childhood Obesity.

MEET THE SPEAKERS



António Videira-Silva, M.Sc., Ph.D.

António Videira-Silva (AVS) is a clinical exercise physiologist with advanced degrees in Exercise and Health, Metabolic Diseases and Eating Behavior, and Biomedical Sciences. In the last nine years, AVS has been responsible for the Physical Activity Consultation at the Department of Paediatrics, ULS Santa Maria, and has also contributed to several research projects. AVS is an Assistant Professor at Universidade Lusófona and a Teaching Assistant at the Faculdade de Medicina, Universidade de Lisboa. AVS work has focused on the role of exercise as an obesity-treatment strategy in adolescents and on its impact on cardiometabolic health, being an active reviewer for renowned International Journals on the topic.



José Silva Nunes, M.D., Ph.D.

José Silva Nunes is the Head of the Endocrinology, Diabetes, and Metabolism Department at ULS São José and the Multidisciplinary Obesity Consultation at Hospital Curry Cabral. He is part of the multidisciplinary team at the Integrated Responsibility Center for Surgical Obesity Treatment at ULS São José. JSN is an Assistant Professor at NOVA Medical School, being also President of the Portuguese Society for the Study of Obesity, and Coordinator of the Pre-Diabetes Study Group of the Portuguese Society of Diabetology, actively contributing to research and education in obesity and metabolic diseases.



Sara Vaz Rodrigues, M.D.

Sara Vaz Rodrigues (SVR) is a medical doctor specializing in pediatric surgery, with a degree in Medicine from the Faculdade de Medicina, Universidade de Lisboa. After completing specialized training in pediatric surgery at Hospital Dona Estefânia, SVR integrated the Integrated Responsibility Center (CRI) for Surgical Obesity Treatment at Hospital Curry Cabral, where she has been working full-time since 2020. Saras' clinical practice is dedicated to the surgical management of obesity in adolescents and adults

MEET THE SPEAKERS



Sofia Moeda, M.D.

Sofia Moeda is a Pediatrician at the Adolescent Health Unit, Department of Pediatrics, Hospital de Santa Maria, Unidade Local de Saúde de Santa Maria since 2020. She integrates the multidisciplinary team of the Obesity Clinic at the hospital. She is also a registered tutor of Integrated Master's degree in medicine, at Faculdade de Medicina, Universidade de Lisboa, Lisbon, Portugal. She is a member of YPAG Lisboa and of the Youth Council of the Department of Pediatrics, ULS Santa Maria.



Sílvia Freira, M.D., Ph.D

Sílvia Freira (SF) is a Pediatrician at the Adolescent Medicine Unit, Department of Pediatrics, Hospital de Santa Maria, ULS Santa Maria. She is an Assistant Professor in Pediatrics at the Faculdade de Medicina, Universidade de Lisboa, and Trainer in Motivational Interviewing certified by the Motivational Interviewing Network of Trainers. SF is specially interested in pediatric obesity and food behavior disorders.

SCIENTIFIC PROGRAMME

23rd May 2025

17:00-18:00	RECEPTION
18:30-19:00	Get-together
19:00-20:00	Adolescent Perspective: Living with Obesity
20:30-22:00	GROUP DINNER

24th May 2025

07:30-09:00	BREAKFAST
08:00-08:30	YOGA TIME

SESSION 1: AN INTRODUCTION TO OBESITY

09:00-09:30	Opening session <i>Helena Fonseca, M.D., Ph.D.</i>
09:30-10:30	Beyond Lifestyle: The Genetic Architecture of Obesity <i>Luís Moita, M.D., Ph.D.</i>
10:30-11:00	Neurodevelopmental disorders and Adolescent Obesity <i>Rui Ferreira Carvalho, M.D.</i>
11:00-12:00	WORKSHOP & COFFEE BREAK: HEALTHY EATING

SESSION 2: MENTAL HEALTH AND OBESITY

12:00-12:45	Depression and Anxiety as Triggers of Obesity <i>Inês Pinto, M.D., Ph.D.</i>
12:45-13:30	Emotional Hunger, Snacking, and Binge Eating: Barriers to Weight Loss <i>Ana Rita Vaz, M.D., Ph.D.</i>
13:30-15:00	GROUP LUNCH: NETWORKING

SESSION 3: LIFESTYLE CHANGES: 1st LINE THERAPY

15:00-15:45	Dietary Behavior & Counseling: Evidence-Based Strategies for Holistic Lifestyle Change <i>Joana Sousa, MSc, Ph.D.</i>
15:45-16:30	24h-movement behavior and Obesity: Evidence-Based Strategies for Holistic Lifestyle Change <i>António Videira-Silva, MSc, Ph.D.</i>
16:30-17:30	COFFEE BREAK

SCIENTIFIC PROGRAMME

24th May 2025

SESSION 4: PHARMACOLOGICAL THERAPY & BARIATRIC SURGERY: 2nd and 3rd LINE THERAPY

17:30-18:30	Pharmacological Approach to Obesity in Adolescents <i>José Silva Nunes, M.D., Ph.D.</i>
18:30-19:30	Bariatric Surgery: When to Intervene? Evidence-Based Insights into Optimal Timing and Patient Selection <i>Sara Vaz Rodrigues, M.D.</i>
20:00-20:45	EXPLORING ARRÁBIDA CONVENT: A JOURNEY THROUGH HISTORY
21:00-22:30	GROUP DINNER

25th May 2025

07:30-08:30	BREAKFAST
09:00-10:00	TIME TO WALK: OBESITY EXPERIENCE

SESSION 5: ADDRESSING OBESITY IN ADOLESCENTS

10:30-11:00	Example of a clinical appointment and summary of therapeutic options <i>Sofia Moeda, M.D.</i>
11:00-11:30	COFFEE BREAK
11:30-13:30	Communication and Behavioral Change in Adolescents with Obesity: Harnessing Motivational Interviewing for Positive Outcomes <i>Sílvia Freira, M.D., Ph.D.</i>
13:30-15:00	GROUP LUNCH
15:00-15:30	Anthropometric and Body Composition Assessment: Techniques, Technologies, and Clinical Applications <i>António Videira-Silva, MSc, Ph.D.</i>
15:30-16:00	Defining Desired Outcomes: Establishing Goals for Optimal Impact <i>António Videira-Silva, MSc, Ph.D.</i>
16:00-16:30	Preventing Unwanted Outcomes: Strategies to Mitigate Eating Behavior Disorders <i>Sofia Moeda, M.D.</i>
16:30-17:00	Closing Remarks <i>Helena Fonseca, M.D., Ph.D.</i>

PROGRAM

MASTERCLASS ADOLESCENT AND YOUNG ADULT OBESITY

An immersive experience



THANK YOU!