

**** ICOMES & AOCO 2019**

**2019 International Congress on
Obesity and Metabolic Syndrome &
Asia-Oceania Conference on Obesity**

Date: Thursday 29- Saturday 31

August, 2019

Venue: Conrad Hotel, Seoul, Korea

**The 2019 International Conference
held under the theme, "Sea of
Obesity: Navigating the Future", was
successfully held with 977
participants from 40 countries; Asia,
America, Europe, and Africa.**

참석자

Country	People
Republic of Korea	693
Australia	16
Austria	1
Bangladesh	1
Brazil	1
Canada	5
China	38
Denmark	3
Germany	1
Greece	1
Hong Kong	8
India	24
Indonesia	16
Israel	1
Japan	13
Kenya	5
Liberia	1
Lithuania	1
Malaysia	29
Mexico	1
Mongolia	1
Netherlands	2
New Zealand	1
Nigeria	19
Pakistan	1
Philippines	20
Poland	1

Romania	1
Russian Federation	1
Singapore	18
Switzerland	1
Taiwan	11
Tanzania, United Republic of	2
Thailand	16
UAE	1
United Arab Emirates	2
United Kingdom	2
United States of America	4
USA	9
Viet Nam	5
Overseas participants	284
Total	977

Abstracts submitted

Country	Numbers of abstracts submitted
Republic of Korea	118
Bangladesh	1
Canada	4
China	33
Hong Kong	4
India	18
Indonesia	15
Japan	3
Lithuania	1
Malaysia	24
Mongolia	3
Nigeria	1
Philippines	2
Romania	1
Singapore	6
Taiwan	2
Thailand	1
United States of America	5
Viet Nam	2
Total	244

**** 2019 Fun & Run Health Camp**

The KSSO Committee of Children and Adolescent Obesity has held a health camp in order to promote healthy lifestyles and sound growth in children and adolescents. This health camp, Fun & Run, aims to teach these children and adolescents healthy eating habits and active lifestyles that will nurture confident and healthy leaders. Experience the joy of movements through daily activities and recreation, and aim to promote learning by finding the joy of working out a sweat with a group of friends and teachers, engaging minds as well as bodies. We have tips on some fun exercises through daily physical activities outside the tiresome fitness classes, and also on various light, nutritious meals moving away from the usual worries of counting and tracking calories. In this fun& run health camp, where children, adolescents, families as well as families participate, one is able to back to their lifestyle, assessing poor choices and share tips on improving them.

Date: 2019.05.26.(Sun.) / 2019.10.13.(Sun.)

Venue: Seoul Children's Museum, Children's Grand Park, Chunggok General Social Welfare Center

Contents:

- Body measurements, Body Fat measurements and Blood pressure
- Learning physical activities
- Nutrition class and practice
- Recreation
- Standard weight and body fat comprehension

**** 2019 Obesity 25 SECONDS FILM FESTIVAL**

The KSSO Committee of Public Relation held a 25 second film festival to raise awareness of obesity. A number of different episodes, which were 25 seconds long had the theme of "pride and prejudice against the obese" were presented. A total of 163 videos were presented with one's experiences based on misunderstand of obesity, stereotypes of obesity or about obese people, and with a message that "obesity is a disease and so consultations with medical professionals are required."

Title: 25 seconds obesity film festival

Theme: Pride and Prejudice against Obese

Film: Adults: 134, adolescents 29, a total of 163 films

Award ceremony: 2019.09.26 (Thurs.) 19:00 The Korea Economic Daily building Dasan Hall (18F)

Awards: Adult teams: 6, adolescents teams: 3

**** EBS National Health Campaign 2019 Activity**

The KSSO Committee of Public Relation sent out a public health message through the "EBS National Health Campaign" in order to prevent national health problems. In order to promote healthy eating habits concerning with sarcopenic obesity and intermittent fasting, the campaign was held with the theme being "stomach bloating with thinning of extremities" and "intermittent fasting".

1st : Concerning the sacropenic obesity theme, there were a total of 49 radio programs aired from July 29th to September 29th 2019

2nd: With the theme of intermittent fasting, a total of 28 radio programs were aired from October 7th to October 20th 2019.

**** Obesity prevention day 2019**

On October 11th, "Obesity Prevention Day" was held to increase awareness about the importance of obesity prevention and to promote the atmosphere of living healthy. This year, "small practice, definite change" was selected as a slogan under which five participating groups (individuals, families, schools, community, and government) agreed to step up their roles in achieving the common goal of preventing obesity.

Date: October 11th (Mon.) 2019 14:00

Venue: Federation of Korean Industries Head Office Building Grand Ballroom

Contents:

Obesity prevention zone, habits of healthy living zone, eating habit zone were created to provide accurate information on healthy living life style for the public.

**** ICOMES 2020 (2019 International Congress on Obesity and Metabolic Syndrome)**

Co-hosted by the KSSO and KSMBS

Time : Thursday 3- Saturday 5 September, 2020

Venue : Conrad Hotel, Seoul, Korea