

## Report on the 4<sup>th</sup> International Conference on Obesity and Chronic Diseases (ICOCD-2019)

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### Meeting Report

The 4<sup>th</sup> Edition of International Conference on Obesity and Chronic Diseases (ICOCD-2019) witnessed around 120 attendees from around the world and concluded in San Francisco on July 03, 2019. United Scientific Group (USG), A Non-profit Organization extends its gratitude to all the committee members, speakers, sponsor and the attendees for making ICOCD-2019, a huge success.

The annual Obesity and Chronic Diseases meeting is the premier international forum to present and discuss the research, developments and new trends in the field of obesity. ICOCD-2019 offered high-quality keynote speakers, a variety of scientific sessions, poster sessions, workshops, symposiums, exhibition booths, and a great networking opportunity to all the participants.

*Prof. Reza Hakkak* (Moderator, ICOCD-2019) from the University of Arkansas for Medical Sciences (UAMS), AR, USA inaugurated the conference with a short speech followed by his keynote presentation. The keynote session then continued with the lectures by *Dr. Walter J. Pories* (East Carolina University, NC, USA) who discussed about the Metabolic Surgery; and *Dr. Jordan Perlow* (University of Arizona, AZ, USA) speaking about the relation of obesity and pregnancy. The day proceeded with a symposium by *Dr. Ronald Cortright* (East Carolina University, NC, USA) and a workshop by a well-renowned nutritionist and best-selling author *Dr. Joel Fuhrman* who spoke on "Advances in Nutritional Science to Live Healthfully Past 100". The featured speakers discussed the relation of obesity and other chronic diseases, weight loss, low carb diets, gut microsome, vitamin D and cellular metabolism.

The day concluded with poster presentations by 18 young researchers and students. Based on Scientific merits, Coherence, Awareness of previous work, Attractiveness, Self-explanatory, Text Visuals, and Overall Impression; the posters presented were judged for Best Student Poster Award. We again extend our heartiest congratulations to *Ms. Desiree Sigala* from UC Davis, CA, USA and *Mr. Prince Nii Ossah Addo* from University of Ghana, School of Public Health, Ghana for securing first and second position respectively.

The second day of the summit started with the keynote lecture by a distinguish and internationally known speaker, *Dr. George Bray* from Pennington Biomedical Research Center, LA, USA. In his lecture, he discussed the results of various diets and the clinical trials in the POUNDS study. The study was to figure out the best diet for weight loss. He concluded stating that POUNDS Lost diet, the DASH (Dietary Approaches to Stop Hypertension) diet, and the Mediterranean Diet are highly recommended.

The keynote session proceeded with a presentation by *Dr. Michael Clearfield* (Touro University, CA, USA), *Dr. Edita Stokić* (University of Novi Sad, Serbia), and *Dr. Antonio Gangemi* (University of Illinois at Chicago, IL, USA). The

day continued to discuss on Childhood Obesity through 6 potential speakers who shared their knowledge and views on various treatment options and prevention methods to the rapidly spreading obesity among children. The engaging presentation of the speakers in the session on “Chronic Diseases and Obesity” led to many productive discussions. ICOCD-2019 had many interesting presentations which were educational and inspiring; the emerging researcher’s forum provided ample opportunities for the budding researchers to interact with leading scientists.

The last day of obesity focused specifically on Obesity Treatment and Prevention. The lectures went on with vivid discussions and interactions among delegates finding a

potential cure for obesity.

The conference provided an exciting opportunity to showcase the new technologies, the new products in the field of anti-obesity and the service of the industry to the global audience.

USG heartily invites you to join the next edition of the International Conference on Obesity and Chronic Diseases scheduled for July 06-08, 2020 in San Francisco, CA, USA. Your support and presence would help us mark another milestone to this annual event.

The proceeding of the conference will be published in the Journal of on Obesity and Chronic Diseases (JOCD).