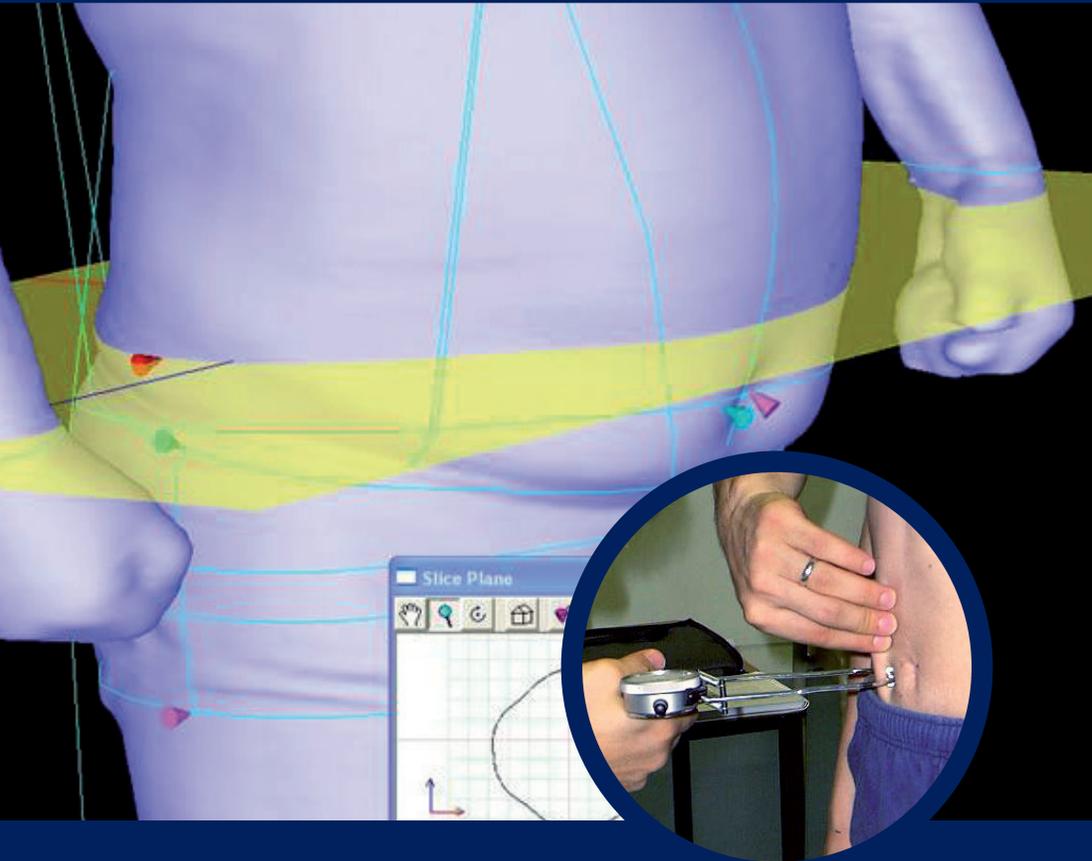


CENTRE FOR OBESITY RESEARCH & EPIDEMIOLOGY (CORE)



CORE aims to develop an integrated approach to research on obesity with a primary care, clinical and molecular focus. CORE collaborates with internationally recognised experts in obesity and its research portfolio encompasses: clinical management research, anthropometry & body composition, molecular aspects of obesity-related diseases, psychosocial aspects of obesity, physiology and behaviour, education in the healthcare system, nutrition drugs and drug development.



**ROBERT GORDON
UNIVERSITY • ABERDEEN**

**INSTITUTE FOR HEALTH
AND WELFARE RESEARCH**

Health: From Bench to Bedside

www.rgu.ac.uk/ihwr/core

Contact:

Professor J Broom, Director;

j.broom@rgu.ac.uk

Dr Arthur Stewart, Deputy Director;

a.stewart@rgu.ac.uk

Tel: +44 1224 262895

CORE owes its origins to a one year SHEFC funded feasibility study in 2005 aimed at developing a combined strategy to combat obesity based on inter-disciplinary research and an integrated approach in identifying the best structures to focus coordinated initiatives in Scotland. CORE has since increased and diversified its research activities.

CURRENT PROJECTS

COUNTERWEIGHT PROGRAMME

Initially funded by the Scottish Government, this is an obesity management programme which includes education and practice support in setting up obesity management clinics in primary care. Data collection and evaluation is integral to the programme's continuous improvement methodology.

WEIGHT MANAGEMENT AND CARDIOVASCULAR RISK

Through commercial sponsorship we are investigating the effects of varying dietary and behavioural therapies on weight management, cardiovascular risk and changes in signalling molecules which stimulate or suppress appetite and/or satiety.

BODY IMAGE

We are currently engaged in a CSO-funded project to explore the value of 3D scanning in eating disordered patients.

OBESITY AND CO-MORBIDITIES

Funded by Breast Cancer Campaign, we are investigating the molecular link between obesity, insulin resistance and increased risk of developing breast cancer.

EDUCATIONAL ACTIVITIES

MSc OBESITY SCIENCE AND MANAGEMENT

One of only two courses in the UK, and the first in Scotland, that provides postgraduate education and training for a wide range of health professionals dealing with patients for whom obesity is a key contributor to morbidity and mortality.

ANTHROPOMETRY TRAINING

We provide professional anthropometry training courses on behalf of the International Society for the Advancement of Kinanthropometry (ISAK).

PUBLIC ENGAGEMENT

CORE played a central role in the Royal Society's 350th Anniversary Summer Science Exhibition with "Fat Body Slim: Shape Matters!", in 2010. This is an interactive approach to educate young adults about the relationship between body shape, composition and health. With support from the Scottish Government we are now taking the exhibit to community centres/schools across Scotland.

www.rgu.ac.uk/fatbodyslim

OBESITY PORTAL

An online weight management resource for matters related to weight loss in obese people **www.obesityportal.org**