



**Central Australian Rural Practitioners Association
45th Conference**

Obesity

Centre for Remote Health: cnr Skinner & Simpson St. Alice Springs

Friday 19th October 2007

- 12:00 **Conference registration**
12:30 Welcome
12.45 Evaluation of the 4th edition. Ricky Mentha & Maxine Chaseling
1.15 A healthy school canteen and nutrition programme in the bush.
1.30 Learning to cook: Athol Wark, Charles Darwin University
1.45 Training Aboriginal Health Workers for community health programmes:
2.00 General discussion
2.15 *Afternoon Tea.*
- 2.45 Childhood Obesity: Growing trends: relationships with metabolic syndrome
and other health problems in adulthood. Dr Louise Baur, Westmead children's
hospital, Sydney.
4.00 Facilitated discussion
5.00 Close
- 7:00 pm CARPA DINNER – Rudi's Trattoria, Gap Rd Cost: \$25 + drinks**

Saturday 20th October 2007

- 9.00 Gastric banding and weight loss surgery. Evidence and practice. Dr Phillip
Games, Royal Adelaide Hospital.
10.30 Morning Tea
11.00 What does the literature say: Overview of the evidence for effects of obesity,
factors affecting obesity and strategies for losing weight. Dr Ciara O'Sullivan,
remote physician, Central Australia
12.00 What are the top sellers in community stores? Roy Price, community
nutritionist, Central Australia
12.30 Just Do It: Some pre-lunch exercise to counter 2 days of sitting! : Pippa
Tessman
1.00 Lunch
1.30 Overview of 5th edition manual changes: Jo Wright, Andrew White, Naz
Remtulla, Christine Connors, Lesley-Ann Niewoldt, Rebecca Gooley
3.00 Afternoon tea
3.30 **CARPA AGM**

COST: FULL CONFERENCE \$150 ONE DAY \$80

**Dinner is payable separately at registration \$25 per person
Pre-conference seminar (see separate flyer) \$50**

***CARPA aims to be a focus for multidisciplinary activity in support of
Primary Health Care in Central Australia by being involved in the
education, training and support of health practitioners at all levels.***