



INTERNATIONAL
HEALTH
ALLIANCE

Children and Adolescent Health and Wellbeing

June 11th Medway Room,
Sessions House, Maidstone



PROGRAMME

- 14.00** **Registration and coffee**
- 14.30** **Opening remarks**
Geoff Lymer, chair of IHA
- 14.40** **The European perspective**
Alice Chapman-Hatchett, director IHA
- 14.45** **Obesity, body image and mental health**
Dorota Sienkiewicz,
Health Equity and Policy Coherence Coordinator,
European Public Health Alliance
- 15.15** **Q & A**
- 15.30** **Healthy Children, Healthy Lives Project**
Lou Atkinson,
Senior Researcher, Applied Research Centre in Health
and Lifestyle Interventions,
Coventry University
- 16.00** **Q & A**
- 16.15** **Close**

Speakers' profiles:

Dorota Sienkiewicz:

Dorota joined the European Public Health Alliance (EPHA) in May 2009 where currently she works as Health Equity and Policy Coherence Coordinator, contributing to EPHA's overall activities by providing policy and advocacy work in the field of health challenges from a social and economic perspective and impact of EU policies on health equity in Europe and beyond.



In particular, she deals with conditions for early life development (children's health), mental health, gender issues, poverty and social exclusion. Public health aspects of agriculture and rural development lie within her professional interests as well. She's also been involved in capacity building in public health advocacy in the region of Central and Eastern Europe.

She received Masters' degrees in Clinical Psychology from the University of Casimirus The Great in Bydgoszcz (Poland), in Social Psychology from the University of Amsterdam and subsequently in International Public Health from the Free University of Amsterdam.

Before joining EPHA she specialized in promotion and prevention of (international) mental health, Female Genital Mutilation (FGM), sexual and reproductive health, as well as health-related issues of refugees, asylum seekers and undocumented migrants.

Lou Atkinson:

Lou is a Senior Researcher at the Applied Research Centre in Health & Lifestyle Interventions at Coventry University. ARC-HLI is one of the largest health psychology informed research centres in the UK with over 10 years' track record in the development and evaluation of health behaviour change interventions and health services research.



Since finishing her MSc in 2008, Lou has specialised in research relating to maternal and child obesity, including; exploring the underlying thought processes behind behavioural decisions, perceptions of risk/benefit for physical activity and dietary choices, and identification of effective behaviour change techniques to increase physical activity in a range of populations.

In addition, Lou's research has focussed on use and non-use of weight management services, for families and children, and during pregnancy, leading to long term collaborative partnerships with a number of public health organisations.

Lou is an expert advisor on physical activity and weight management for the charity Tommy's, and is a stakeholder for NICE guidance on weight management before, during and after pregnancy.