

Using GLP-1 obesity management medications

Speaker biographies

Dr Laurence Dobbie

NIHR Academic Clinical Fellow in General Practice, King's College London
Clinical Fellow in Obesity Medicine, Guy's and St Thomas' NHS Foundation Trust

Talk title: GLP-1 Receptor Agonists and Obesity Management Medications: use, evidence, safety, and future directions in the UK

Biography: Dr Laurence Dobbie is an NIHR Academic Clinical Fellow in General Practice at King's College London, a GP Registrar, and a Clinical Fellow in Obesity Medicine at Guy's and St Thomas' NHS Foundation Trust. His work spans primary care, obesity medicine, and academic research, with particular interests in obesity treatment, health inequalities, and the implementation of obesity management medications in clinical practice. He is involved in research and policy work relating to incretin-based therapies and multidisciplinary obesity care in the UK.

Dr Daniela Ojeda Mercado

Koelliker Hospital, Turin, Italy

Talk title: Nutritional aspects in obesity management medication. Considerations before, during and after GLP-1 obesity treatment: the role of the registered dietitian and nutrition professional

Biography: Dr Daniela Ojeda Mercado is a registered dietitian at Koelliker Hospital, in Turin Italy, where she provides nutritional assessment and dietary support within the Gastroenterology, Digestive Endoscopy and Clinical Nutrition Units, the Obesity Unit, and the Pelvic Unit. Her work focuses on the nutritional management of patients with complex conditions, including severe obesity, metabolic syndromes, functional gastrointestinal disorders, and pelvic-perineal issues, using a highly personalised and multidisciplinary approach.

She holds a degree in Dietetics from the University of Turin and previously studied Dietetics and Clinical Nutrition at the ISSSTE Institute in Mexico. She has completed a first-level Master's in Healthcare Management and a specialisation in clinical research methodology. Her clinical practice is supported by further training in nephrology, oncology, geriatrics, and artificial nutrition.

Dr Ojeda Mercado is also a research fellow at the Department of Medical Sciences of the University of Turin and serves on the obesity committee of the EFAD European Specialist Dietetic Network (ESDN), which brings together international dietetic specialists to develop shared clinical strategies for obesity management across Europe. She is coordinator of the Obesity, Metabolic Diseases and NAFLD Study Group of ASAND (Italian Scientific Association of Nutrition and Dietetics). She is an active member of several scientific societies, including IFSO, SICOB, SINU, SINPE, ESPEN, EFAD and ASAND, and has co-authored peer-reviewed articles, national guidelines, and international position statements.

Dr Clarissa Dakin

Post Doctoral Researcher in Food Science and Nutrition at University of Leeds

Talk title: Psychological considerations of GLP-1 receptor agonists in obesity treatment

Biography: Clarissa Dakin is a post-doctoral researcher in Food Science and Nutrition at the University of Leeds, specialising in appetite control and eating behaviour. Her research integrates psychological, physiological and neurobiological approaches to understand individual differences in eating, satiety and weight management.

Clarissa developed and validated the Motivations to Eat Profile 7 (MEP 7), a brief psychometric measure of eating behaviour traits now used in clinical and research settings, including the EMBED trial. She currently leads behavioural and psychological research within EMBED, a randomised weight loss trial examining appetite regulation and body composition.

Her current work includes systematic review and experimental research on how GLP 1 receptor agonists influence eating behaviour, appetite, energy intake and alcohol consumption in adults with overweight or obesity. Clarissa has contributed to major European projects (e.g. NoHoW, SWEET), presents internationally, and received the 2024 Gerard P. Smith Award from SSIB.

Sarah Le Brocq

Founder & Director, All About Obesity

Talk title: Using obesity management medications – the patient perspective

Biography: Sarah Le Brocq is a leading UK obesity advocate, speaker and Founder of *All About Obesity CIC*, an organisation dedicated to transforming how obesity is understood, treated and supported. Combining her lived experience with a background in science and over 16 years in the pharmaceutical industry and NHS, Sarah brings unique insight and credibility to her work. She sits on national committees including NICE and the All-Party Parliamentary Group on Obesity, shaping research, policy and practice. A respected thought leader and media commentator, Sarah is committed to tackling weight stigma and improving care for people living with obesity.

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