



Diabetes Series Part 4: Nutrition and lifestyle management in type-2 diabetes **(Activity Code: AGI-03-P78)**

(Tues March 23, 2021 6-8 PM via WebEx)

Aim: To enhance understanding of the diagnosis, treatment and management of diabetes.

Target Audience: All healthcare practitioners

Learning objectives:

- 1) Describe how to assess and define excess weight and obesity, and identify those at greatest risk.
- 2) Discuss the management of obesity, including lifestyle advice, diet and physical activity

Speakers:

- Dr. Vijay Ganji, Professor of Human Nutrition, Human Nutrition Department, College of Health Sciences, QU Health, Qatar University, Doha, Qatar
- Dr. Zumin Shi, Professor of Human Nutrition, Human Nutrition Department, College of Health Sciences, QU Health, Qatar University, Doha, Qatar

Event Schedule	
Speaker	Topic and schedule
Dr. Vijay Ganji 6:00-7:00	Describe how to assess and define excess weight and obesity, and identify those at greatest risk.
Dr. Zumin Shi 7:00- 8:00	Discuss the management of obesity, including lifestyle advice, diet and physical activity

The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

*** This activity is an Accredited group learning activity (Category 1) as defined by the Ministry of Public Health Department of Health Professions—Accreditation Section (DHP—AS) and is approved for a maximum number of 2 Hours.**

** CPD-HP (QU—Health) is accredited by Ministry of Public Health Department of Health Professions—Accreditation Section (DHP—AS) as a provider of continuing professional development.*



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Continuing Professional Development of Health Professionals



Dr. Vijay Ganji, Professor of Human Nutrition, Human Nutrition Department, College of Health Sciences, QU Health, Qatar University, Doha, Qatar.



Prof. Vijay has been with the Human Nutrition Department, College Health Sciences at Qatar University since August 2016. Prof. Vijay has obtained his MS and PhD in Human Nutrition from the University of Nebraska, Lincoln, USA. He specializes in the areas of micronutrients (vitamin D and folic acid), micronutrient fortification of foods, and diet and chronic diseases. He comes with 25+ years of research and teaching experience from the USA. Prof. Vijay has published over 50 peer-reviewed papers and presented more than 100 papers in various international, national, and regional meetings. He has also obtained a Certificate in Adult Obesity Management from the Academy of Nutrition and Dietetics (AND). He is a Registered Dietitian from the AND. He has been serving as the Editor-In-Chief of Nutrition and Food Science journal, Emerald Publishing, UK since 2013.

Dr. Zumin Shi, Professor of Human Nutrition, Human Nutrition Department, College of Health Sciences, QU Health, Qatar University, Doha, Qatar.



Dr Zumin Shi is a professor in Nutrition at Qatar University. He got his medical degree at Beijing Medical University and was conferred a PhD in the area of epidemiology from the University of Oslo. Dr Shi is the leading nutritional epidemiologist in several cohort studies in China, Australia and Qatar. He had worked at the Jiangsu Provincial Center for Disease Control and Prevention in China for more than 10 years before he moved to Australia. In 2018, he joined Qatar University. Dr Shi's main research interest is the relationship between food intake, food safety, lifestyles and chronic diseases including diabetes, obesity, anemia and cardiovascular diseases. He has over 220 peer-reviewed publications and is an editorial member of Nutrients.