

COMMITTEE ON ENERGY BALANCE & ACTIVE LIFESTYLE

Objectives:

The Committee on Energy Balance and Active Lifestyle seeks to define the state-of-the-science on energy balance and physical activity, its relationship to active/healthy living, including weight management, and to identify research gaps.

Committee Activities:

Obesity is a major public health concern in the United States and around the world with over 72 million individuals in the US being considered obese. Creating a unified, successful obesity reduction strategy relies on understanding the underlying causes of obesity. The Energy Balance and Active Lifestyle Committee organized a consensus-style conference for spring 2011 to assess the state of the science on understanding energy balance and the development of parameters to help individuals understand and achieve energy balance. A resulting publication in the American Journal of Clinical Nutrition (April 2012) followed this joint venture between ILSI North America, the American Society for Nutrition (ASN), and The American College of Sports Medicine (ACSM). In October 2011, the committee helped to organize a scientific session on "Energy Balance: a New Conceptual Framework" at the 11th European Nutrition Conference (FENS) in Madrid, Spain. The committee also collaborated with ILSI Japan and ILSI Focal Point China to develop two one day workshops on energy balance, in Tokyo and in Beijing in December 2011.

In 2012, the committee organized a half day scientific session at the Experimental Biology meeting (EB2012) in April. The session "Energy Balance: A New Paradigm" featured five speakers and included a panel session on future directions. The committee is presently considering a project on developing an algorithm to assess impact of behavior modification on weight management or loss. The committee is also collaborating with AND, ACSM, USDA and IFIC on an expert panel workshop "Energy Balance Crossroads: Translating the Science into Action" scheduled for October 25 & 26 in Washington, DC, and is working on a scientific session for the 2013 International Congress on Nutrition. The committee may also seek additional opportunities to collaborate on projects with ASN, ACSM and the President's Council on Physical Fitness.

Committee Members:

The Coca-Cola Company
Dr. Pepper Snapple Group
Kraft Foods Inc.
Mars, Incorporated
PepsiCo Inc.

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