

The Centre for Obesity Research and Education (CORE) is dedicated to understanding and optimally managing the chronic disease of obesity, and measuring the effects of weight loss on health, quality of life and survival. CORE is unique in applying a multidisciplinary approach to the study of obesity, which integrates a major clinical obesity management program with strengths in clinical research, clinical epidemiology, public health, basic sciences and professional and community education. Through this integration, CORE is able to measure the health consequences of obesity, along with the unique capacity to evaluate the health benefits of weight loss.

Research Areas

CORE is, first and foremost, a research centre. Research is central to its mission and its clinical research capability is what sets CORE apart from most other similar research groups.

Basic Research

- Weight regulation – appetite control and energy expenditure
- Mechanisms of obesity related diseases

Clinical Studies

- Randomised controlled trials
- Observational studies
- Optimising therapy
- Measuring outcomes – health, quality of life and survival

Public Health

- Population health
- Prevention of obesity – secondary
- Health impact of weight loss
- Epidemiological modelling
- Cost-effectiveness and health economic studies

Awards

Mr Paul Burton – Royal Australasian College of Surgeons (RACS) Postdoctoral Fellowship

Dr Lisa Doyle – NHMRC Postgraduate Scholarship and RACS Foundation for Surgery Research Scholarship



Associate Professor Wendy Brown became Director of CORE in late 2010.

Major Findings

- Adolescent study published in the *Journal of the American Medical Association*, the first randomised controlled trial of bariatric surgery versus conservative therapies in an adolescent population
- Physiology and pathophysiology of the LAP-BAND: a series of studies exploring the role of the oesophago-gastric junction on satiety
- The real incidence of depression and the utility of the Beck Depression Index in obese patients seeking bariatric surgery

Current Projects

- Type 2 diabetes and BMI 25-30 randomised controlled trial (RCT) (Professor Paul O'Brien)
- Physical activity and weight loss in laparoscopic adjustable gastric banding (LAGB) patients RCT (Kristine Egberts)
- Optimised nutrition program for weight loss in LAGB patients RCT (Kristine Egberts)
- Meal frequency, weight loss and dietary satisfaction in LAGB patients RCT (Kristine Egberts)
- Liquid versus solid nutrition study (Kristine Egberts)
- Cohort study of changes in metabolic syndrome with weight loss (Dr Lisa Doyle)
- Indigenous diabetes study (Professor Paul O'Brien)
- Survival study (Dr Anna Peeters)
- Intensive care study (Professor Paul O'Brien)
- Knee pain study (Dr Peter Baquie)
- Impact of treatment of obesity on cancer incidence and survival (Dr Sarah Birks)
- Psychological assessment study (Dr Melissa Hayden)
- Change in BDI factor scores (Dr Melissa Hayden)
- Anti-depressant medication study (Dr Melissa Hayden)
- Predictors of attrition in weight loss interventions (Dr Leah Brennan and Irina Moroshko)
- Nuclear medicine study: gastric emptying (Mr Paul Burton)
- Upper gastrointestinal symptoms study (Mr Paul Burton)
- Video manometry study (Mr Paul Burton)
- Physical activity and weight loss in LAGB patients – systematic review (Kristine Egberts)
- Erosions after LAP-BAND surgery – systematic review (Kristine Egberts)
- Nutrition programs for weight loss in LAGB patients – systematic review (Kristine Egberts)
- Cardiac study (Professor Paul O'Brien)
- Adipose tissue study (Dr John Wentworth)
- Obesity as an auto-immune disease (Dr John Wentworth)
- Cost-effectiveness review: diabetic study (Julie Playfair)
- Cost-effectiveness review: BMI 30-35 (Julie Playfair)
- Cost-effectiveness review: adolescent study (Cheryl Laurie)

Postgraduate Students

3 PhD Students
1 Masters Student

Publications

10 Journal Articles
2 Book Chapters