others, are promising. Intervention studies in large cohorts and other disorders like schizophrenia, bipolar and anxiety disorders are a key next step.

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8

Early life stress and subsequent obesity in women

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A history of childhood trauma, defined as events of abuse (physical, emotional or sexual) or neglect (physical or emotional) occurring before the age of 18 years is overwhelmingly present in individuals with Borderline Personality Disorder (BPD). This has been demonstrated repeatedly within the research, with reported figures of up to 84% of BPD patients having experienced some form of abuse or neglect and usually sexual and physical abuse. As such, childhood trauma is considered one of the most important factors in the aetiology of BPD. Childhood maltreatment coupled with genetic vulnerability evokes a stress response that can promote pathophysiological processes thus predisposing an individual to BPD. Chronic stress results from prolonged early life trauma, and also when the stressor itself is short in duration but is *perceived* to be threatening for much longer. As such, individuals with a history of childhood trauma often have altered hypothalamic–pituitary– adrenal (HPA) axis activity. The hyperactivation of the HPA axis due to chronic stress can increase the level of androgens in the body and result in clinical hyperandrogenism, which is a key feature in the diagnosis of polycystic ovarian syndrome (PCOS). Obesity is commonly associated with PCOS and also in women with early life trauma. In this presentation, the underpinning psychoneuroendocrine causal factors as well as the mental health consequences of obesity, PCOS and Borderline Personality Disorder will be discussed as well as novel treatment approaches.

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9

Facilitating change in retail settings covering government, small stores and supermarkets

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10

The facilitators and barriers to implementation from the experience of government in settings under their control

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11

What else can be implemented to enhance policy outcomes including pricing, labelling, placement and product

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12

The experience of Wester Leisure Services in improving the nutritional value of the food supply from a business perspective

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13

Engaging food businesses in healthy eating initiatives: lessons from the UK

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Introduction: Local governments play a large role in the health of their communities, and never more so than in the UK following the decentralisation of public health to local boroughs in 2012. Following this, the Healthier Catering Commitment (HCC) award was created as a response to high childhood obesity rates and the proliferation of fast food in London boroughs. HCC is a voluntary, local government-delivered initiative that engages food businesses (restaurants and takeaways) to improve the healthiness of their offerings (e.g. switching to healthier frying methods). Understanding the successful engagement strategies, challenges, and how to overcome them, will provide valuable insight into how local governments can influence their local food environments.

Methods: Key informant, semi-structured interviews were conducted with local government staff involved in HCC delivery, exploring their experiences and challenges of engaging food businesses. A thematic analysis approach was used.

Results: Participants drew on a variety of strategies to engage businesses, highlighting incentives, the ease of joining and the potential benefits both to their business and the health of their customers and community. The main barriers to joining were a fear of loss of business, as well as practical challenges to implementing and maintaining the award. HCC officers were also impeded by limited resourcing, balancing this by drawing heavily on shared resources and in-kind support from within and across councils. The ease of understanding and implementing the HCC, and it's flexibility in delivery were seen as key strengths. Participants discussed