

Nomination: 19569

Dr Gary Leong | Thought Leader of the Year

Page: General Information

Name of Organization / Company

Childhood Obesity Prevention

Logo

Download File (<https://asiastevieawards.secure-platform.com/file/30059/eyJ0eXAiOiJKV1QiLCJhbGciOiJIUzI1NiJ9.eyJtZWVpYUlkIjozMDE1OSwiYWxs3dOb3RTaWduZWVcmwiOiJGYWxzZSIsImlnbChildhood%20Obesity%20Prevention%20-%20Logo.jpg>)

Web Site Address

<https://childhoodobesityprevention.com.au/> (<https://childhoodobesityprevention.com.au/>)

Page: Entry Information

Entry Title

Dr Gary Leong | Thought Leader of the Year

Category

W01 - W03 - Thought Leadership > W03. Thought Leader of The Year

Submission Format

An Essay of up to 625 Words

Essay

As a leading paediatrician and paediatric endocrinologist in the Asia-Pacific region and a 2023 Stevie Award winner, Dr Gary Leong has cemented his position as a thought leader in childhood obesity, diabetes and healthy living.

Over the past two years, Dr. Leong has deepened his commitment to breaking transgenerational cycles of poor health. With 50% of chronic diseases originating in childhood, today's environment — characterised by increased sedentariness and ultra-processed food consumption — has made excessive weight gain almost inevitable, weakening the foundations of family health.

Through his work at clinics in Sydney and Brisbane, and his Childhood Obesity Prevention initiative, Dr. Leong promotes healthy living and movement while developing holistic, integrated treatment plans that address emotional, mental, socio-cultural and economic factors. By focusing on early intervention, he helps families prevent chronic disease, empowering parents to prioritise health and model positive behaviours.

Dr. Leong is a highly respected thought leader in the field of childhood diabetes, dedicated to reducing the high rates of diabetic ketoacidosis (DKA) in children with Type 1 diabetes. His innovative achievements over the past two years include:

Leading the first-of-its-kind, three-year "DKA Down to <10" campaign, aiming to reduce DKA rates in the Nepean Blue Mountains area from 38% to less than 10%, in collaboration with various universities and hospitals. He plans to expand this initiative across the Asia-Pacific and recently presented to 2000 GPs on DKA in children with Type 1 diabetes.

Dr Leong further expanded the innovative '4 Ts' DKA prevention campaign he started in 2018, raising awareness of diabetes symptoms (thirst, toilet, thinner, tired). This includes multiple posters and educational videos distributed nationwide and recently translated into 14 languages, in addition to numerous episodes of the Healthy Happy Children podcast (see below). The campaign has had a resounding impact, including two parents in Dr. Leong's clinic who reported early diagnosis and avoided DKA after seeing the posters.

Developing a digital tool to identify early symptoms of diabetes in collaboration with a multidisciplinary team, including experts in AI and digital health, JDRF Australia and Macquarie University's Professor Farah Magrabi.

Additional evidence of Dr. Leong's innovative thought leadership on childhood obesity and related health issues includes:

Contributing expert opinion to media reports in the Sydney Morning Herald and The Australian and publishing a monthly blog. pg7 attachment
Regular LinkedIn posts, receiving over 23,000 impressions and 5,000 unique views in the past year. pg6 attachment
Co-hosting the 2023 'Happy Healthy Children' podcast with empowerment coach Roslyn Saunders and nutritionist Louise Elliott. Pg5 attachment
Educating thousands of GPs via online forums, including a monthly Zoom forum for the Nepean Blue Mountains Local Health District, national webinars for Health Ed, and community forums for Nepean Paediatrics and Healthy Living Toongabbie.
Speaking at prestigious forums, including Great Ormond Street Hospital in London and the United States Endocrine Society in Boston. Pg10 attachment
Engaging with clinical societies like RACP and ANZSPED and co-authoring papers in leading journals like the Australian Journal of General Practice and Journal of Paediatrics and Child Health. (see attachment)

Setting an example for others, Dr Leong also cycles annually for cancer and mental health charities, serves as a board member of the Fab to be Fit Foundation, and has been a foster parent with PLAN Australia for 45 years.

In addition to becoming a Stevie Award winner (Thought Leadership) in 2023, Dr. Leong's pioneering thought leadership has been recognised by awards including:

2024 Australian Small Business Champion Awards (Finalist).
2024 Innovative Together Quality Awards for his work with the Nepean Blue Mountains Family Metabolic Health Service.

Dr. Leong's diverse initiatives to improve health outcomes for children and families have solidified his position as a thought leader and a positive force in both the medical field and the broader community.

For this category please provide

An essay of up to 625 words describing the nominee's innovative achievements in thought leadership since July 1 2022, **OR** a video of up to five (5) minutes in length illustrating the same.

Optional (but highly recommended), a collection of supporting files and web addresses that you may upload to our server to support your entry and provide more background information to the judges.

Credits

Dr. Gary Leong

Do You Have Supporting Files You Would Like to Upload?

Yes

Audio (Mp3), Documents (PDFs, Word, PowerPoints), Images (PNG, JPG, TIF), and Video (Mp4)

200 MB Max per File

File 1

[REDACTED FOR PUBLICATION]

[REDACTED FOR PUBLICATION]

File 3

No File Uploaded

File 4

No File Uploaded

File 5

No File Uploaded

File 6

No File Uploaded

File 7

No File Uploaded

File 8

No File Uploaded

File 9

No File Uploaded

File 10

No File Uploaded

Do You Have Website URLs you would like to link to

Yes

URL 9

URL 10

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Terms and Conditions

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