



33RD CONGRESS

EUROPEAN CHILDHOOD OBESITY GROUP



**GHENT
BELGIUM**
BIJLOKE



**CHILDHOOD OBESITY
CAN WE DO MORE?**

**8-10
OCT
2024**

Welcome to Ghent!

We extend a warm invitation to the upcoming ECOG 2024 congress, scheduled for October 8-9-10, 2024. This congress will be hosted in the historic city of Ghent, in Belgium.

The program will be thoughtfully designed to delve into a wide array of fresh insights pertaining to our collective mission of guiding children and adolescents with obesity, alongside their families, toward sustainable weight management or averting the development of chronic weight issues among the youth.

Drawing from Ghent University's rich tradition of embracing a multidisciplinary approach to childhood obesity, and building upon the wisdom gleaned from experts across various fields, our scientific committee is crafting an engaging program to share with all of you.

In response to the overarching question, "Can we do more?" we have allocated a significant portion of the program to encompass lectures, workshops, and skill-building sessions, all centred around critical aspects of best practices within our domain. This includes exploring questions such as: What constitutes healthy dietary habits, and how can we instil a wholesome lifestyle in families, children, and older adolescents? What is the latest knowledge on shifting sedentary habits toward sustainable and increased physical activities for this demographic? What unique roles do pediatricians and psychologists play in this context?

Furthermore, our program also dedicates space to the examination of novel policies and preventive measures from different countries, taking into account the perspective of the World Health Organization (WHO). We will also delve into additional interventions, such as AOM, designed for individuals grappling with severe obesity when lifestyle modifications alone prove insufficient.

The Bijloke conference venue is conveniently located near the picturesque 'Leie' river, just a 15-minute journey from the local train station or the enchanting old city. Hotel Opera can be reached with a brief 10-minute walk, while Hotel Cathedral is a 25-minute stroll away, or you can opt for Tram 1. Ghent enjoys excellent accessibility by train, being only 30 minutes away from Brussels, Bruges, and Antwerp.

We wholeheartedly invite professionals from all walks of life who are passionate about addressing CHILDHOOD OBESITY, regardless of their career stage, to join us at the ECOG 2024 conference and consider submitting an abstract.

Prof. Dr. Caroline Braet
Chair of the Organizing Committee

Prof. Dr. David Thivel
President of ECOG

[register here!](#) >

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information](#) >

e-mail: info@ecog-obesity.eu
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Scientific Committee

- **Caroline Braet, Lien Goossens, Sandra Verbeken, Belgium.**
- **Marie-Laure Frelut, France.**
- **Theodora Handjieva-Darlenska, Bulgaria.**
- **Inge Gies (VUB), Kim Vanhoorenbeeck (UIA), Christophe Matthys (KUL), Belgium.**
- **Edyta Łuszczki, Poland.**
- **Dénes Molnár, Hungary.**
- **Paulina Nowicka, Sweden.**
- **Grace O'Malley, Ireland.**
- **David Thivel, France.**
- **Andrea Vania, Italy.**
- **Elpis Vlachopapadopoulos, Greece.**
- **Daniel Weghuber, Austria.**

Local Organising Committee

- **Caroline Braet.**
- **Nele Baeck.**
- **Elisa Boelens.**
- **Laurence Claes.**
- **Maurane Desmet.**
- **EETEXPERT.**
- **Inge Gies.**
- **Lien Goossens.**
- **Leila Mathy.**
- **Tiffany Naets.**
- **Luigi Petito.**
- **Juliette Taquet.**
- **Ann Tanghe.**
- **Pietro Urgera.**
- **Eva Van Malderen.**
- **Sandra Verbeken.**
- **Ine Verbiest.**

Board of Directors

- **Caroline Braet, Belgium.**
- **Theodora Handjieva-Darlenska, Bulgaria.**
- **Edyta Łuszczki, Poland.**
- **Dénes Molnár, Hungary.**
- **David Thivel, France.**
- **Andrea Vania, Italy.**
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- **Daniel Weghuber, Austria.**

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ECOG

European Childhood
Obesity Group

Funding & Supporters



**Research Foundation
Flanders**
Opening new horizons

The European Childhood Obesity Group Congress 2024 is partially funded thanks to a grant from **FWO (Fonds Wetenschappelijk Onderzoek – Research Foundation Flanders)**



**GHENT
UNIVERSITY**

 **FACULTY OF PSYCHOLOGY
AND EDUCATIONAL SCIENCES**

The European Childhood Obesity Group Congress 2024 is partially funded thanks to a grant from the **Faculty Board of the Ghent University.**

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Programme

(Please note these are working titles and may be subject to some changes)

Day 1: October 8th

Best practices and lifestyle interventions for childhood obesity

10:00 – 12:00 Pre-Congress Satellite - Skills Training: Lifestyle interventions for children with obesity* led by Sandra Verbeken, Tiffany Naets, and Elisa Boelens

9:30 REGISTRATION DESK OPENS

13:00 – 13:30 Opening Remarks by Caroline Braet & David Thivel

13:30 - 14:00 State of the art: Lifestyle Interventions for Childhood Obesity by Grace O'Malley

14:00 - 15:30 SESSION 1: *How to learn healthy dietary habits?*

- **Lecture: Eating Habits: Do's and Dont's** by Christoph Matthys
- **Open Paper: Studying the Nutrient-Based Dietary Pattern** by Giulia Fiore
- **Open Paper: The Eating Competence Inventory** by Laurence Claes
- **Video: The 5A's of Paediatric Obesity Management** by The Canadian Obesity Network
- **Open Paper: New APPs for parents of children with obesity** by Maurane Desmet
- **Discussion** moderated by Edyta Łuszczki, Sandra Verbeken, and An Vandeputte

15:30 – 16:00 Coffee Break

16:00 - 17:30 SESSION 2: *Multidisciplinary Healthy Lifestyle Interventions*

- **Lecture: Good Practices and Approaches from Sweden** by Anders Forslund
- **Lecture: Good Practices and Approaches from The United Kingdom** by Billy White
- **Lecture: Determining Inclusion Criteria: Lessons from the EOSS-P** by Stasia Hadjiyannakis
- **Open Paper: The Integrated Care Approach in the Netherlands** by Bibian van der Voorn
- **Discussion** moderated by Marie-Laure Frelut and Tiffany Naets

17:30 – 19:00 Tapas & Poster Presentations chaired by Andrea Vania, Gabriel Torbahn, Teodora Handjieva-Darlenska, Nele Baeck, and Elpis Vlachopapadopoulou

19:00 – 20:30 Guided Boat Trip

*please note this event takes places separately from the Congress upon registration

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Day 2: October 9th

Understanding the complications associated with obesity treatment interventions

8:00 Doors Open

8:30 - 10:00 SESSION 3: *Complications: Shifting Sedentary Habits*

- **Lecture: Exploring Motivational Approaches to Combatting Sedentariness** by Greet Cardon
- **Lecture: World Health Organization: How to Involve Schools** by Juana Willumsen
- **Open Paper: The Run Daddy Run Project** by Julie Latomme
- **Open Paper: The COACH+ Programme** by Santiago Gomez
- **Open Paper: The POWELL Programme** by Julie Siroux
- **Discussion** moderated by David Thivel and Maurane Desmet

10:00 – 10:30 Coffee Break

10:30 - 12:00 SESSION 4: *Complications: Psychosocial and Medical*

- **Lecture: Sleep Apnea and Obesity** by Kim Van Hoorenbeeck
- **Lecture: Stress and Obesity** by Nathalie Michels
- **Open Paper: Obesity, Wellbeing, and Body Dissatisfaction** by Jolien De Coen
- **Open Paper: Body Stigmatization** by Louisa Ells
- **Open Paper: Childhood Obesity Awareness** by Lucas Schreurs & Inge Gies
- **Open Paper: The Cortisol-Obesity Link** by Ine Verbiest
- **Discussion** moderated by Denes Molnar & Ine Verbiest

12:00 – 12:30 State of the art: **Inflammation and Weight-Loss** by Eline van der Valk

12:30 - 13:20 ECOG General Assembly (Only ECOG Members)

13:00 - 14:00 Lunch Break

14:00 - 15:30 SESSION 5: *Complications: Eating Disorders*

- **Lecture: The Impact of "Brain-Food" Connections** by Anne Roefs
- **Lecture: How to Understand Binge Eating** by Lien Goossens
- **Open Paper: Loss of Control Pathology** by Eva Van Malderen
- **Open Paper: Eating Disorders in Weight-Related Therapy** by Hiba Jebeile
- **Open Paper: The Role of Parents in ARFID Problems** by Juliette Taquet
- **Discussion** moderated by Fernando Fernandez-Aranda & Lien Goossens

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15:30 - 16:00 Coffee Break

16:00 - 17:30 SESSION 6: *Additional Interventions and Medication-Based Treatments*

- **Lecture: Anti-Obesity Medication for Severe Obesity** by Daniel Weghuber
- **Lecture: Bariatric Surgery** by Louisa Ells
- **Open Paper: Genetic Profiling** by Philippe Froguel
- **Open Paper: Inpatient Treatment** by Eline Vermeiren
- **Open Paper: Tailored Interventions & Integrated Care** by Inge Gies
- **Discussion** moderated by Daniel Weghuber & Elisa Boelens

18:00 – 19:00 Social Programme: Reception in 16th Century Ghent Town Hall

19:30 – 22:00 Social Programme: Congress Dinner in Historical City Centre

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Day 3: October 10th

Can we do more?

8:00 DOORS OPEN

8:30 - 10:10 SESSION 7: *Starting Early in Life*

- **Lecture: Update from the WHO European Childhood Obesity Surveillance Initiative and recommendations** by Marta Buoncristiano
- **Lecture: Overweight and Pregnancy** by Roland Devlieger
- **Lecture: The Protective Effects of Breastfeeding** by Myriam Van Winckel
- **Open Paper: The OBELISK Programme** by Philippe Froguel
- **Discussion** moderated by Veronica Luque Moreno & Eva Van Malderen

10:10 – 10:30 Coffee Break

10:30 - 12:00 SESSION 8: *Food Marketing and the Role of Policy* co-chaired by ECOG, UNICEF, and EASO

- **Lecture: Food Marketing** by Maggie Geuens
- **Lecture: Protecting Children's Right to a Healthy Food Environment** by Karan Courtney Haag, UNICEF
- **Lecture: Branding and Brand Marketing** by Emma Boyland
- **Discussion** moderated by Emma Boyland & Juliette Taquet

12:00 - 13:00 Policy Roundtable: *Can we do more?*

Speakers: Frank Vandenbroucke, Philippe Froguel, Leen Van Zeele, An Vandeputte

Chaired by representatives from the Obelisk Project with Closing remarks by Caroline Braet & David Thivel

13:00 - 14:00 Social Programme: *Guided Walk in Ghent City: 'A Sustainable Food Trip'*

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Abstract Submission

Deadline for submission: June 15, 2024

- Only electronic abstracts will be accepted. Please send your abstract by using the following registration [link](#).
- Abstracts must be submitted in English.
- The maximum word count is 250 - this includes body text and tables. You **must** use the ECOG template (see below).
- The deadline for submission of abstracts is June 15, 2024.
- All those submitting abstracts will be notified of the Scientific Committee's decision by July 14, 2024. All approved abstracts will have the opportunity to be presented in a chaired poster presentation on October 8th at 17:30.
- All presenters of accepted abstracts are expected to register to and attend the congress. Please note that the early bird registration deadline is July 22, 2024.
- The best 30 abstracts will be published on the ECOG 2024 Supplement on [Annals of Nutrition and Metabolism](#).

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ECOG 2024 Abstract Template

Your abstract **must** follow the template below.

ABSTRACT TITLE

Arial 10 font bold, left aligned

AUTHOR NAMES

Arial 10 font. Surname, initials. Presenting author to be bold, affiliations numbered in superscript

ABSTRACT TEXT

Arial 10 font, left aligned, maximum 250 words

Example Abstract

Xhilmfhej Gkjknfkn is ftr dhufffffg to jbfefjb jfeuppe

Green, B1, Red, N2, White, P2

1 University of Hogwarts, Rivendell, Middle-earth

2 Royal Green Hospital, Lannisport, Westeros

Introduction: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Methods: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Results: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Conclusion: Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

1. Conflict of Interest:

None Disclosed/Payment received from

2. Funding

No Funding/Research relating to this abstract was funded by

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information](#) >

Social Programme

Guided Boat Trip



October 8, 2024

20:30 - 21:10

Bijlokekaai 7

9000 Ghent

Reception in Ghent City Hall

October 9, 2024

18:00 - 19:00

Ghent City Hall

Botermarkt 1

9000 Ghent



Congress Dinner in the Historical Centre



October 9, 2024

19:30 - 22:00

Pakhuis

Schuurkenstraat 4

9000 Ghent

Guided Walk in Ghent City: 'a sustainable food trip'

October 10, 2024

13:00 - 14:00

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Getting to Ghent



From Brussels Airport

10:25  ————— 11:47
Platform 1 1h 22min

10:30  —  — 11:32
Platform 2 1h 02min, 1 change

11:02  ————— 11:57
Platform 1 55min

11:25  —  — 12:21
Platform 1 56min, 1 change

- Trains every 30 minutes
- Approx. 1 hour travel time

From Brussels-Midi Station

09:53  ————— 10:21
Platform 15 28min

10:04  ————— 10:32
Platform 9 28min

10:29  ————— 10:57
Platform 10 28min

10:37  ————— 11:06
Platform 9 29min

- Trains every 15-20 minutes
- Approx. 30 minutes travel time

*This is a sample train schedule. Train schedules are subject to change. For the most updated schedules on the day of your travel, visit belgiantrain.be

[Check train schedules and buy train tickets HERE](#)



From Brussels Airport

- Approx. 50 minutes travel time

From Brussels City

- Approx. 50 minutes travel time

Travel to and From Brussels South Charleroi (CRL) Airport

Many flights to Brussels arrive at Brussels South Charleroi Airport (CRL). Please be advised that **there is no direct train between Ghent or Brussels and Brussels South Charleroi Airport**. Transport to and from this airport is offered by private buses.



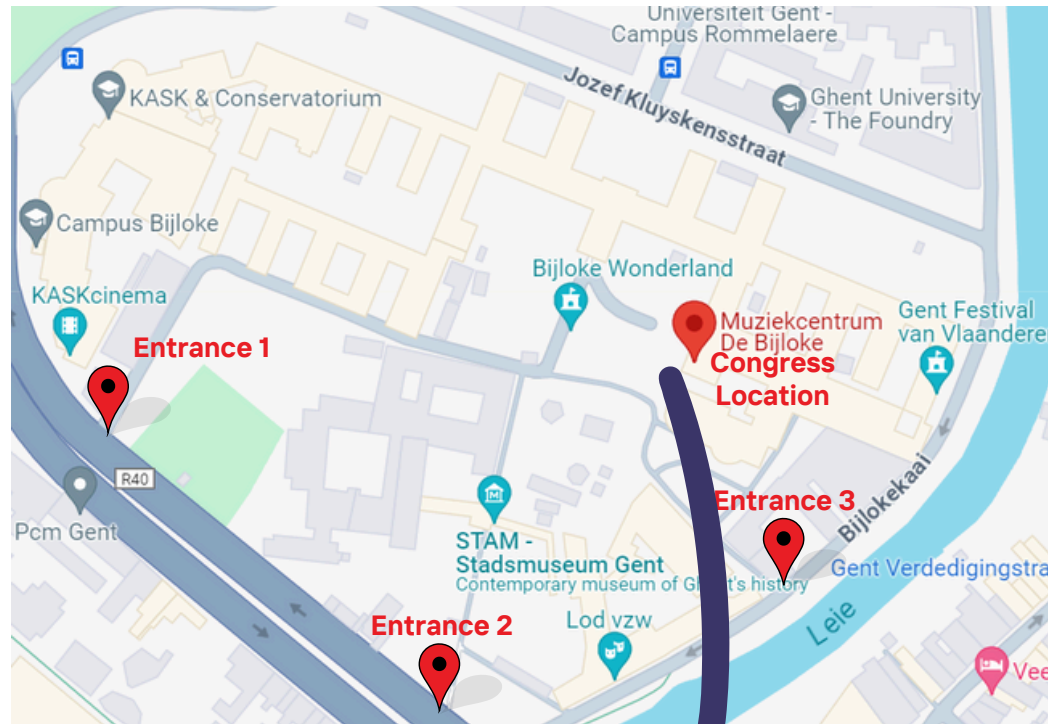
[register here!](#) >

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Congress Venue

Venue address

Bijlokekaai 7
9000 Ghent
Belgium
bijlokesite.gent



**Look for this building: Entrance 'Bijlokekaai',
and enter through the glass door**



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e-mail: info@ecog-obesity.eu
phone: +32 (0)2 588 56 71

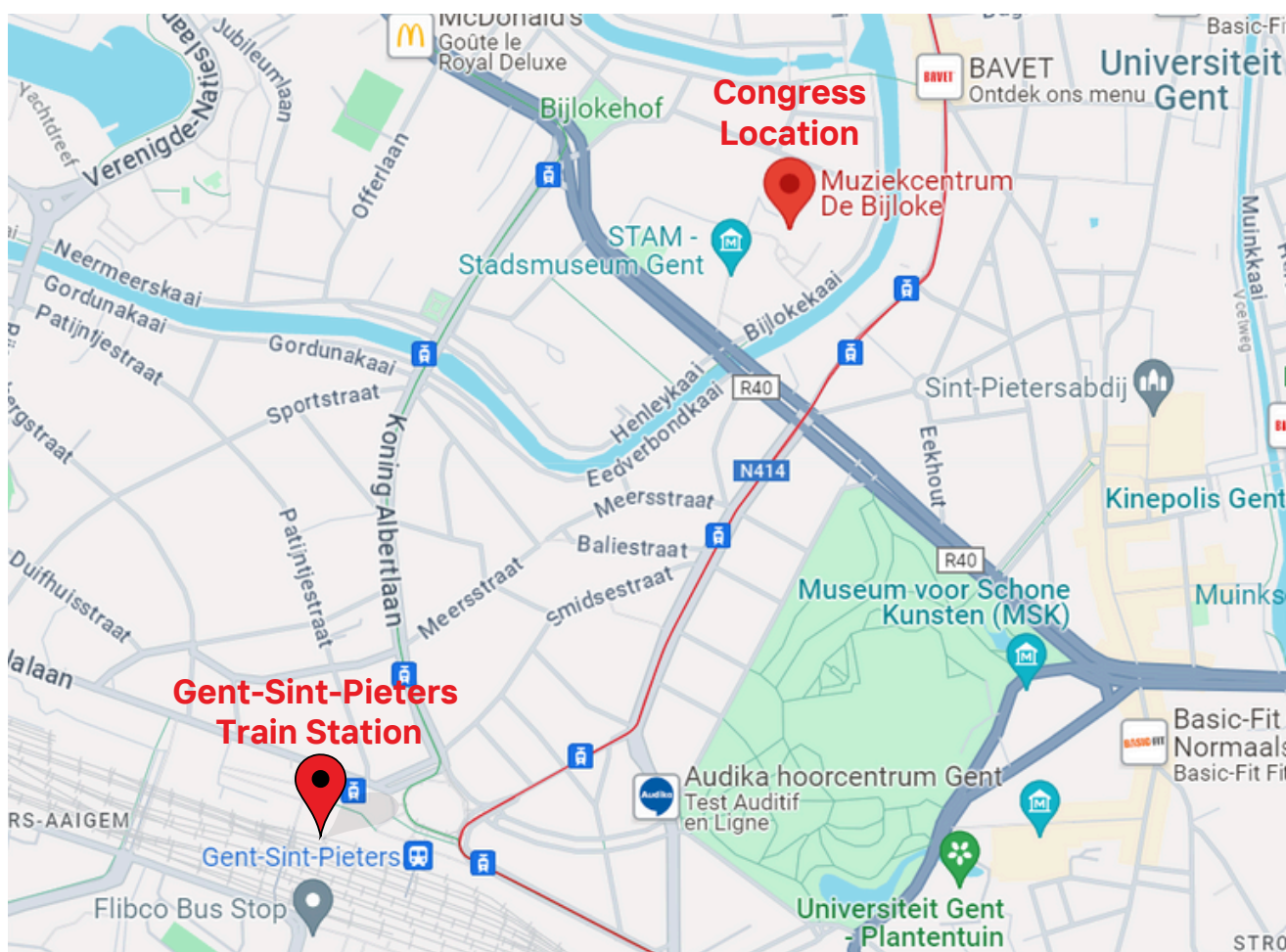


Congress Venue

Getting to the congress from the train station

16 minutes by public transport

18 minutes on foot



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[for more
information](#) ➔

Accommodation

Hotels near the congress venue



Option 1:

Ibis Gent Opera
Reserve [HERE](#)

Option 2:

Ibis Gent Kathedraal
Reserve [HERE](#)

Tourist information about Ghent

If you want to discover more about the city of Ghent, visit this [website](#).



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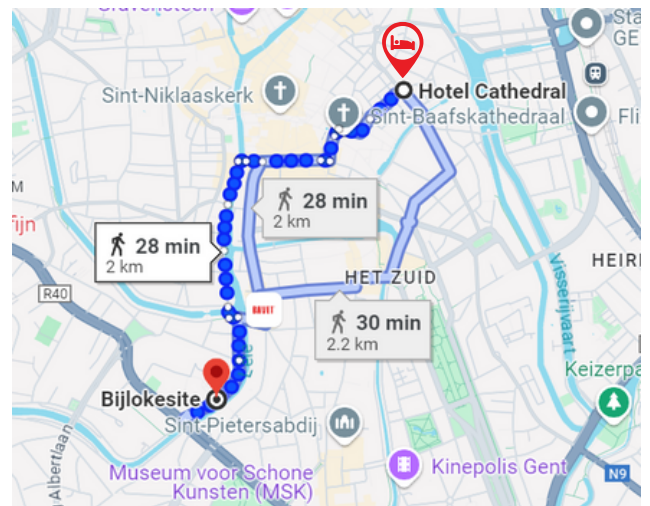
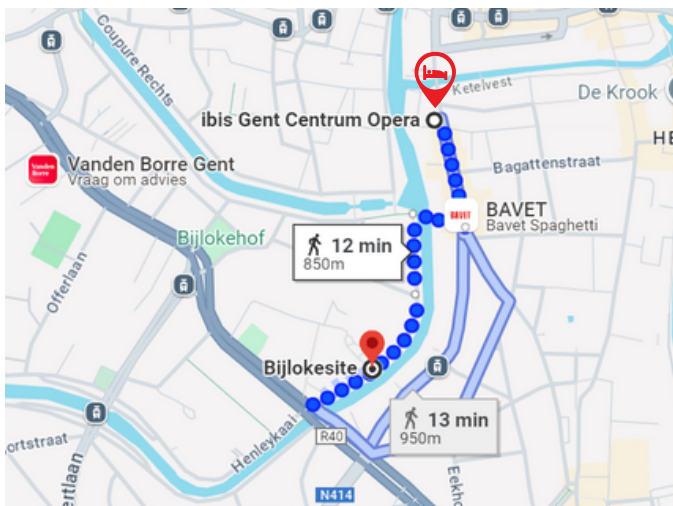
Accommodation

Hotels near the congress venue



Option 1:
Ibis Gent Opera

Option 2:
Ibis Gent Kathedraal



[register here!](#) ➔

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Registration Fees

Conference Fees

	Early Registration (Until July 22)	Late Registration (After July 22)
Student	€200 EUR	€250 EUR
ECOG Members	€290 EUR	€330 EUR
Regular	€350 EUR	€400 EUR
Access for one day only	€100 EUR	€100 EUR

Social Programme Fees

1 Hour Boat Trip – Day 1	€20 EUR
Congress Dinner – Day 2	€65 EUR

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ECOG

European Childhood
Obesity Group

Save the Date



ECOG Congress is coming back again in a new venue.

The city of Uppsala, in Sweden, will host the **34th ECOG Congress** from 26 to 28 November 2025.



Stay tuned as we continue to reveal new developments. Be sure to keep an eye out for the latest updates and announcements on our website!

e-mail: info@ecog-obesity.eu
phone: +32 (0)2 588 56 71



ECOG E-Book



Discover the [ECOG E-Book](#). The first and fully free reference on Child and Adolescent obesity.

A team of 57 experts from ECOG, leading European universities, the WHO, and the IOTF have collaborated on this book. Each specialist provides the latest insights from their field to comprehensively address the epidemic and ensure children's well-being.

Sections and points of interest:

- Epidemiology & Prevention Across Europe
- Society, Communication, Environment & Obesity
- Growth Charts & Body Composition
- Biology
- Nutrition, Food Choices & Eating Behavior
- Psychological Assessment & Disturbances
- Clinics & Complications
- Energy Expenditure & Physical Activity
- Treatment



Our Projects



Childhood obesity is rising rapidly in Europe, with approximately one in three primary school-aged children affected. This trend poses significant long-term health risks, including severe obesity, diabetes, and cardiovascular disease. Addressing this issue in adulthood is challenging, making early prevention and treatment crucial.

The [OBELISK project](#), a new European initiative, aims to combat childhood obesity by focusing on four key principles: **Prediction, Prevention, Precision, and Participation**. The project seeks to advance our understanding of the molecular mechanisms driving obesity, develop predictive tools, and explore new preventative treatments, including potential drug therapies for genetically predisposed children. OBELISK also emphasizes a participatory approach, engaging families, schools, healthcare providers, and policymakers in educational programs to support the project's goals.

ECOG President, David Thivel, highlights the importance of OBELISK, noting that *“it offers a significant opportunity to enhance knowledge and improve prevention and treatment strategies for childhood obesity across Europe.”*

ECOG is a partner of the OBELISK Project.

Programme at a Glance

Time	Day 1 October 8th	Day 2 October 9th	Day 3 October 10th
8:30 - 10:00	Registration opens at 9.30	SESSION 3: <i>Complications: Shifting Sedentary Habits</i>	SESSION 7: <i>Starting Early in Life</i>
10:00 - 10:30	Pre-Congress Session - Skills Training: Lifestyle interventions for children with obesity 10:00 - 12:30	Coffee Break	Coffee Break
10:30 - 12:00		SESSION 4: <i>Complications: Psychosocial and Medical</i>	SESSION 8: <i>Food Marketing and the Role of Policy</i>
12:00 - 13:00		State of the art: Inflammation and Weight-Loss	Policy Roundtable: Can we do more?
13:00 - 14:00	Opening Remarks & State of the art: Lifestyle Interventions for Childhood Obesity	Lunch Break	Guided Walk in Ghent City: 'A Sustainable Food Trip'
14:00 - 15:30	SESSION 1: <i>Learning healthy eating habits</i>	SESSION 5: <i>Complications: Eating Disorders</i>	<p>Contact us:</p> <p> </p> <p>Follow us on:</p> <p> </p> <p></p> <p>register here! ></p> <p>for more information ></p>
15:30 - 16:00	Coffee Break	Coffee Break	
16:00 - 17:30	SESSION 2: <i>Multidisciplinary Healthy Lifestyle Interventions</i>	SESSION 6: <i>Additional Interventions and Medication-Based Treatments</i>	
17:30 - 20:15	Tapas & Poster Presentation 17:30 - 20:15		
Social Programme	Guided Boat Trip 19:00 - 20:30	Reception in Ghent Town Hall 18:00 - 19:00	
		Congress Dinner in the Historical Centre 19:30 - 22:00	