

# 34<sup>th</sup> European Childhood Obesity Group Congress

Uppsala  
Sweden 26-28  
November  
2025



with the kind support of



# Welcome to Uppsala.

We are delighted to invite you to the 34th ECOG 2025 Congress, taking place from November 26–28, 2025, in the vibrant city of Uppsala, Sweden.

In keeping with the rich tradition of past ECOG congresses, this year's event embraces a truly multidisciplinary spirit, featuring sessions on prevention, treatment, nutrition, physical activity, psychology, pathophysiology, pharmacotherapy, and bariatric surgery. Together with leading experts from across Europe and beyond, we have crafted a dynamic scientific program that showcases the very latest in childhood obesity research and practice.

Join us in Uppsala as we explore critical topics like defining and measuring childhood obesity, debating the most effective preventive strategies, sharing innovative treatment approaches, identifying knowledge gaps, and inspiring the next generation of research and clinical practice.

Uppsala, home to Scandinavia's oldest and one of the most renowned universities, offers a setting that beautifully blends historical charm with modern scientific discovery. The congress will be held at Universitetshuset, the iconic main building of Uppsala University. Here, amidst the echoes of history, you will contribute to shaping the future of childhood obesity science.

Conveniently located just 40 minutes from Stockholm and only 17 minutes by train from Stockholm Arlanda Airport, Uppsala is a city designed for easy exploration, whether on foot or by bike.

Start planning your trip to Uppsala today! This year's scientific programme features over 100 accepted abstracts, offering an extraordinary breadth of perspectives and insights. Make sure to join the many oral, short oral, guided poster, and poster sessions showcasing the latest in childhood obesity research. And don't forget to invite your colleagues—this is a meeting not to be missed!

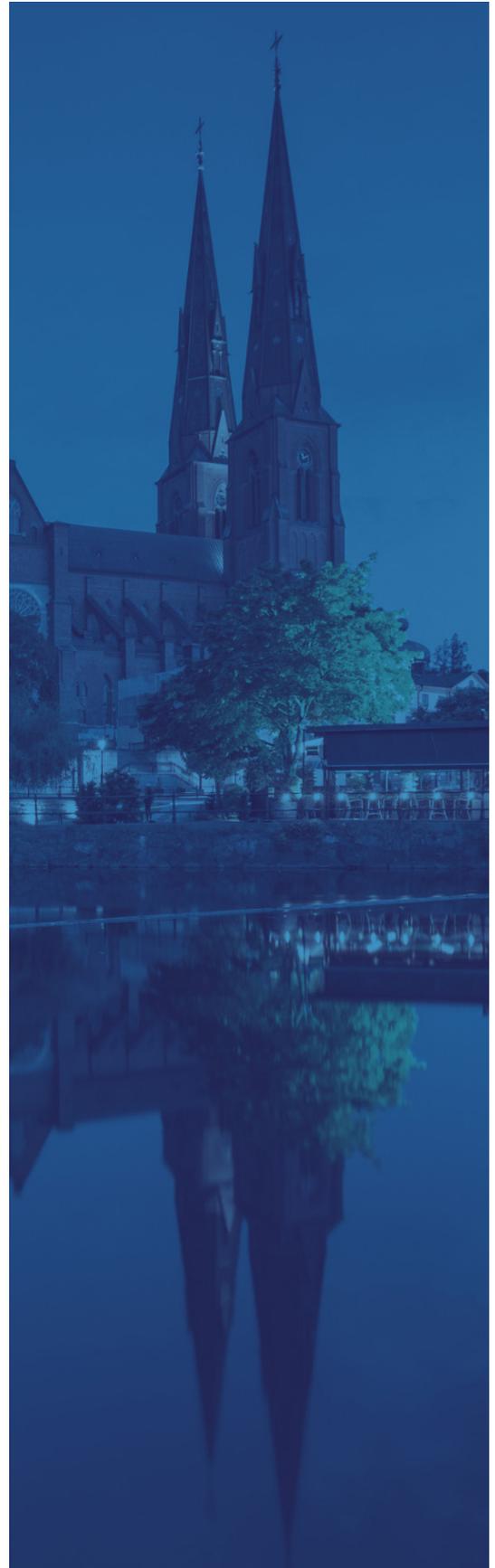
We look forward to welcoming you all to Uppsala for an inspiring and memorable ECOG 2025 Congress.

Warm regards,

Professor Paulina Nowicka  
Chair, ECOG Congress 2025

Associate Professor Anders Forslund  
Co-Chair, ECOG Congress 2025

Professor David Thivel  
President of ECOG



# About ECOG

The European Childhood Obesity Group (ECOG) is a pan-European association of professionals dealing with childhood obesity and overweight. ECOG brings together experts from a diversity of disciplines, ranging from paediatricians, psychologists, dietitians, geneticists, physical activity experts, health economists, and more – all united by an unwavering commitment to the study and prevention of childhood obesity.

ECOG was founded in 1991 with the mission of helping the European community to fully understand the health, social, psychological and economic impacts of childhood obesity.

The associations' beginnings date back to 1988, when Belgian paediatrician Walter Burniat wrote to British paediatrician Elizabeth Poskitt, suggesting that they meet at the First European Congress on Obesity (ECO) in Stockholm and discuss the lack of knowledge and dedicated advocacy and initiatives focused on childhood obesity specifically. The concept slowly evolved over a series of meetings in the following years, until the first ECOG workshop was organized in Brussels in 1991.

It was during this workshop that it became evident that there was no common definition of obesity in children, and that existing definitions relying on BMI alone were inadequate – giving way to the elaboration of an international definition of childhood obesity (Poskitt EME. 1995. Defining childhood obesity: The relative body mass index. European Childhood Obesity Group. Acta Paediatrica 84; 961-3).

Since then, ECOG has grown steadily, boasting increasing partnerships and involvement in European projects and a flagship congress that gathers hundreds of experts in the field each year.

## Board of Directors

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



# International Scientific Committee

- Paulina Nowicka, Chair, Sweden
- Anders Forslund, Co-Chair, Sweden
- David Thivel, France
- Edyta Łuszczki, Poland
- Caroline Braet, Belgium
- Elpis Vlachopapadopoulos, Greece
- Denis Molnar, Hungary
- Theodora Handjieva-Darlenska, Bulgaria
- Daniel Weghuber, Austria
- Andrea Vania, Italy
- Petur Benedikt Juliusson, Norway
- Grace O'Malley, Ireland
- Claude Marcus, Sweden
- Joseph A. Skelton, USA

## Local scientific committee

- Paulina Nowicka, Chair, Uppsala
- Anders Forslund, Co-chair, Uppsala
- Peter Bergsten, Uppsala
- Emilia Hagman, Stockholm
- Kajsa Järvholm, Lund
- Lovisa Sjögren, Gothenburg
- Pernilla Danielsson, Stockholm
- Hannes Manell, Uppsala
- Anna Ek, Stockholm

## Local organising committee

- Paulina Nowicka, Chair
- Anders Forslund, Co-Chair
- Anna Karin Lindroos
- Pia Kalm-Stevens
- Maja Engster
- Iris Ciba
- Helena Vilen
- Klara Danielsson
- Rasmus Stenlid
- Banu Ayden
- My Sjunnestrand
- Ylva Törner
- Sara Cerenius
- Peter Bergsten
- Anna Ek
- Hannes Manell
- Matilda Lingman
- Erik Gjessing

# Final Programme

## Day 1: Wednesday November 26th.

**10:00 - 12:00** ECOG Board meeting.

**12:00** Registration desk opens.

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**13:00 - 14:00 Opening Ceremony** by Vice-Chancellor, Professor Anders Hagfeldt (Sweden), Paulina Nowicka (Sweden) & Anders Forslund (Sweden) & **BLOCK I: Prevention** chaired by David Thivel (France) & Daniel Weghuber (Austria)

- ◆ **13.00-13.15** Prevention: from systems to clinics by Peter Bergsten (Sweden)
- ◆ **13.15-14.00** Presentations of current EU projects.
  - Biostreams
  - Obelisk Project EU
  - OBCT
  - BETTER4U
  - Pas Gras

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**14:00 - 15:00 Challenges and solutions around definitions of obesity in children** chaired by Elpis Vlachopapadopoulou (Greece) & Edgar van Mil (Netherlands)

- ◆ **14.00 - 14.20** Prediction of childhood obesity and its consequences by Jennifer Baker (Denmark)
- ◆ **14.20-14.35** BMI metrics in clinical practice: Limitations and alternatives by Petur Juliusson (Norway)
- ◆ **14.35-14.55** Future - emerging evidence: Maja Engsner (Sweden), Emilia Hagman (Sweden)

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14.55-15.20 Coffee Break

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**15.20 - 16.00 Clinical insights into burden of obesity** chaired by Jennifer Baker (Denmark) & Andrea Vania (Italy)

- ◆ Claude Marcus (Sweden): Obesity in children, immune system and the consequences
- ◆ Erica van den Akker (Netherlands): Eating behaviour and hyperphagia: Assessment and treatment

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**16.00 - 17.00 Welcome reception**

# Day 2: Thursday November 27th.

## 8:30- 10:00 BLOCK II Treatment

(Auditorium) Chaired by Erica van Akker (Netherlands) & Carl-Erik Flodmark (Sweden)

- ◆ **8.30-8.50** Changing the conversation: what helps families engage from the start by Paulina Nowicka (Sweden)

## ◆ 8.50-10.00 Oral Presentations

- “The FAIR Project: co-creating stigma-prevention strategies for family-based childhood obesity care” by Dan Grabowski (Denmark)
- “Obesity Treatment Program (OTP) with multi-specialty medical care – evaluation of the treatment effectiveness based on anthropometric parameters and body composition” by Anna Świąder-Leśniak (Poland)
- “Exploring feasibility and accessibility of a digital application for parents of children with obesity: a focus group study in pediatric multidisciplinary obesity centres” by Tiffany Naets (Belgium)
- “Effectiveness of a digital aftercare intervention (DiNa4u) for children and adolescents with obesity” by Pia Späth (Germany)
- “The influence of weight loss on obstructive sleep apnea and metabolic-dysfunction associated steatotic liver disease in children with obesity” Jente Beeldens (Belgium)
- “Clinical results of GLP-1 analogues combined with lifestyle interventions in adolescents with obesity” by Linnea Hedin (Sweden)
- “GLP-1 receptor agonist medications for obesity and type 2 diabetes treatment. A rapid review of change in eating behaviours and eating disorder risk.” by Yngvild Danielsen (Norway)

## Parallel Session

**8.30-10.00 Obelisk Policy Workshop** (Room XI) Moderated by Philippe Froguel (Co-coordinator of the Obelisk Project EU)

- ◆ Karolin Lundström Chair of the Sports and Leisure Committee, Uppsala Municipality
- ◆ Emilie Orring Moderaterna party, (Sweden)
- ◆ Mahnoush Etminan (Swedish Food Agency)
- ◆ Peter Bergsten, Uppsala University
- ◆ Lovisa Sjögren, University of Gothenburg

10:00-10:30 Coffee Break

## 10:30 - 12:00 BLOCK III Nutrition

(Auditorium) chaired by Edyta Łuszczki (Poland) & Anna Karin Lindroos (Sweden)

- ◆ **10.20-10.50** Ultraprocessed food and obesity in children: what is the evidence and message to the public and parents? by Edith Feskens (The Netherlands)
- ◆ **10.50-11.10** Fussy eating: how to handle challenging eating behaviours in a diverse group of children with obesity and neurodevelopmental disorders by Anna S Olafsdottir (Sweden/Iceland)

## Parallel Session

10:30 - 11:30

**ECOG eBook Presentation** chaired by Marie-Laure Frelut (France) (Room XI)

◆ **11.30-12.00 Oral presentations**

- “A cross-sectional study of food preparation skills and obesity risk in European children aged 6 – 9 years from eight countries – World Health Organization European Childhood Obesity Surveillance Initiative (COSI) 2022-2024.” by Karen Vaughan (UK)
- “Does time-limited eating in childhood and adolescence improve metabolic health? Cross-sectional and longitudinal associations using the ALSPAC cohort.” by Jill Townley (UK)
- Eating behavior profiles in children following a 10-week lifestyle camp due to overweight/obesity and low quality of life: A latent profile analysis on eating behavior by Dorthe Pauls (Denmark)

◆ **11:30 - 13:00 Workshop (Room XI):**

Measuring and understanding parent-child food interactions: Tools, challenges, and collaboration across contexts

**11.30 - 11.35** Welcome & Introduction chaired by Paulina Nowicka (Sweden)

**11:35 – 11:50** Measuring feeding practices across cultures. Elena Jansen (Denmark)

**11:50 – 12:20** Case examples: Adapting feeding tools in practice by Julie Warberg Mohr (Denmark), Ylva Törner (Sweden), Maria Henström Engblom (Sweden)

**12:20 – 12:40** Lunch break

**12:40 – 12:55** Collaborative roundtables

**12:55 – 13:00** Closing & takeaways

*12:00-13:00 Lunch Break*

**Guided Poster Presentations 1**

***Clinical aspects, treatment & pathophysiology***

*Chaired by Albane Maggio (Switzerland) & Annika Janson (Sweden)*

***(see page 11)***

**13.00-13.40 BLOCK IV Psychology** chaired by Yngvild Sørebo Danielsen (Norway) & Paulina Nowicka (Sweden)(Auditorium)

- ◆ **13.00-13.20** Screening for disordered eating in pediatric obesity treatment. There isn't a “best measure” by Caroline Braet (Belgium).
- ◆ **13.20-13.40** Managing obesity in adolescents with mental health comorbidities by Kajsa Järholm (Sweden).

*13:40-14:00 Coffee Break*

**14.00-15.30 Workshops.** (Room X and XI)

- ◆ 1). The role of digital applications: Claude Marcus/Pernilla Danielsson (Sweden) & Grace O'Malley (Ireland)
- ◆ 2). Eating disorders in clinical obesity settings. Caroline Braet (Belgium) & Kajsa Järholm (Sweden)

**15.30-17.00 ECOG General Assembly (Only ECOG Members)**

### 8.30-10.00 BLOCK V Physical activity

(Room X) chaired by Grace O'Malley (Ireland) & Anna S Olafsdottir (Sweden/Iceland).

- ◆ **8.30-8.50** Sarcopenic obesity in children by Paweł Matusik (Poland).
- ◆ **8.50-9.10** Fat free mass and its variations: implication on energy balance in adolescents with obesity by David Thivel (France).
- ◆ **9.10-9.30** Facilitating physical activity through holistic assessment by Grace O'Malley (Ireland).
- ◆ **9.30-10.00** Oral presentations.
  - "FIT3 – exercise timing modulates sensory responses and post-exercise food preferences" by Louise Corvaisier (Canada)
  - "Promoting healthy lifestyles in early childhood at school with the 0-6 EpPOI project: efficacy on motor skills and mediterranean diet adherence" by Tommaso Aversa (Italy)
  - "Adolescents with obesity and a combination of impaired fasting glucose and impaired glucose tolerance (IFG+IGT) display elevated fasting glucagon concentrations" by Thomas Pixner (Austria)

10:00-10:30 Coffee Break

### 8.30-10 BLOCK VI short oral presentations

#### on Pharmacotherapy & Pathophysiology/Metabolism

(Room XI) Chaired by Bibian van der Voorn (Netherlands) & Artur Mazur (Poland)

#### 8.30-09.15 Short oral presentations:

- "Weight loss at 18 months of setmelanotide in 2-<6-year-old patients with rare MC4R pathway diseases" by Eleonora Skentzou (Sweden)
- "Extensive genetic work-up of the ultra-rare obesity syndrome IFT74-related Bardet-Biedl syndrome" by Wenneke van Weelden (Netherlands)
- "Clinical and biochemical characteristics of children with severe obesity and monoallelic MC4R mutation" by Agnieszka Zachurzok (Poland)
- "Patient and caregiver experiences with setmelanotide treatment in Bardet-Biedl syndrome – real-world evidence and a patient support program" by Eleonora Skentzou (Sweden)
- "Glucose-dependent insulinotropic polypeptide and alanine act synergistically on glucagon secretion in alpha TC1 cells" Erik Gjessing (Sweden)
- "Follicle stimulating hormone enhances insulin secretion via beta-cell FSHR in human pancreatic islets" by Banu Aydin (Sweden)
- "Expression of follicle stimulating hormone receptor in human pancreatic islet alpha- and delta-cells" by Yilin Han (Sweden)
- "DNA methylation changes associated with in vitro fertilization: A potential link to later-life disease risk – Preliminary result" by Szilvia Bokor (Hungary)
- "Fasting insulin better predicts cardiometabolic risk factors in children and adolescents with obesity than BMI" by Sara Cerenius (Sweden)

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## Continue of BLOCK VI short oral presentations on Pharmacotherapy &

### Pathophysiology/Metabolism until 10:00

(Room XI)

- “Systematic review: The genetic contribution to obesity risk and the interaction with socioeconomic position and life course” by Jorrit Van Uhm (Netherlands)
- “The use of body mass index polygenic risk score (BMI-PRS) in a high-risk population” by Lotte Forer (Italy) & Max Bergauer (Austria)
- “Long-term behavioural and metabolic effects of maternal obesity are associated by sex-specific neuroendocrine disruption” by Andreia Amaro (Portugal)
- “Sex differences in leptin levels in children and adolescents with normal weight and overweight/obesity across pubertal stages: a systematic review and meta-analysis” by Eline van der Walle (Netherlands)
- “The psychometric validation of the TRAQ 6.0 in Flemish young people with chronic conditions” by Natwarin Janssens (Belgium)
- Caution is prescribed for the American Academy of Paediatrics’: Recommendations on weight loss medications for childhood obesity” by Bibian van der Voorn (Netherlands)

### Parallel Sessions

**10.30-12.00 BLOCK VII** short oral presentations on **Public Health/Prevention (Room X)** chaired by Ken Ong (UK) & Marie-Laure Frelut (France):

- “Trends in socioeconomic inequalities related to weight status in Spanish children and adolescents: between PASOS 2019 and 2022” by Silvia Torres (Spain)
- “Association between the number of family meals and adherence to the Mediterranean diet in children between 3 and 8 years old: SANTBOISA study” by Silvia Torres (Spain)
- “The Pacific Ending Childhood Obesity (ECHO) Initiative” by Iris Ciba (Sweden)
- “High Five! – a school-based intervention to prevent childhood obesity. Results from a cluster-RCT in Poland” by Anna Dzielska (Poland)
- “Building space for children's voices: Participatory and creative approaches for child-centred integrated obesity care” by Siegnella Concincion (Netherlands)

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**10.30-12.00 BLOCK VIII** short oral presentations on **Treatment, nutrition and psychology (Room XI)** chaired by Teodora Handjieva-Darlenska (Bulgaria) & Robert Siegel (USA):

- “Transition interventions for young people with obesity: A systematic review to inform a clinical practice guideline.” by Gabriel Torbahn (Germany)
- “Design and implementation of a tele-counselling service with dietitians for youth with obesity, and their families: The European centre for obesity” by Matzourana Argyropoulou (Greece)
- “‘Stay with me’, a coaching intervention app for parents of children with obesity” by Tiffany Naets (Belgium)
- “From guideline to practice: implementing an integrated care approach for obesity in children and adults within one family, a pilot” by Renée IJzerman (Netherlands)

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**Continue of BLOCK VII** short oral presentations on **Public Health/Prevention** (Room X)

- “Children learn to eat vegetables: Exploring facilitators and barriers to caregivers’ vegetable offering and children’s acceptance” by Xanthe Lin (Singapore)
- “Prospective analysis of adherence to the Mediterranean diet and changes in BMI in Spanish children” by Santiago Gómez (Spain)
- “Preschool educators’ perspectives on young children’s engagement with eating, bodies, and health: a qualitative study” by My Sjunnestrand (Sweden)
- “Effects of a family-based intervention to prevent pediatric obesity through promotion of healthy lifestyles among school-age children exposed to socioeconomic inequalities” by Santiago Gómez (Spain)
- “Mopping the floor with the water running – Expert views on barriers and facilitators in childhood obesity prevention and treatment” by Stuart McLennan (Germany)
- “A scalable solution for integrated care for children with overweight and obesity: Lessons learned from the implementation of the Your Coach Next Door (YCND) approach in the Netherlands” by Lisanne Arayess (Netherlands)
- “Swedish adolescents’ exposure to advertisements for unhealthy food and beverages on social media” Sofia Spolander (Sweden)
- “Association between preschool lunch composition and overweight and obesity in Stockholm County” Fernanda Roca Rubio (Sweden)
- “Evaluating effects of a societal intervention in the Storfors municipality in the “Turning the tide of obesity into health” project” by Erik Grönqvist (Sweden)

**Continue of BLOCK VIII** short oral presentations on **Treatment, nutrition and psychology** (Room XI)

- “Feeding as a first-time father – a qualitative interview study with fathers of children aged 10–24 months in Sweden” by Ylva Törner (Sweden)
- “Factors associated with perceived confidence in managing pediatric obesity among physicians and nurse practitioners in Canada” by Laurence Watelle (Canada)
- Child Health Service nurses’ experiences of clinical encounters with children and parents with overweight – a qualitative study by Julia Lindblom (Sweden)
- “Parents’ experiences from participating in an online peer-education child feeding intervention: the PICNIC Sweden pilot study” by Maria Henström Engblom (Sweden)
- “Preliminary results from the CAMP study: a multidisciplinary telemedicine-based obesity Intervention for adolescents and their families” by Lenka Veselá (Czech Republic)
- “Digital dietary assessment in paediatric care: adapting Intake24 for clinical Use” by Dania Mughal (UK)
- “Implementation and effectiveness of the healthy weight clinic type III hybrid Trial: massachusetts CORD 3.0” by Cara Ruggiero (UK)
- “Weight concern and desire for weight loss support in adolescents: results from a large cross-sectional school survey study” by Melissa Little (UK)
- “When the numbers don’t add up: How to respond to suspected misreporting in food diaries” by Emma Magyar (Hungary)
- “The relationship between maternal overweight/obesity and autism spectrum disorder: A systematic review and umbrella meta-analysis” by Robert Siegel (USA)

12:00-13:00 Lunch Break

**Guided Poster Presentations 2**  
**Public health, prevention, nutrition,**  
**physical activity & psychosocial aspects**  
Chaired by Meropi Kontogianni (Greece) &  
Cara Ruggiero (UK)

**13.00-14.20 BLOCK IX Pharmacotherapy & pathophysiology/metabolism**  
chaired by Lovisa Sjögren (Sweden) & Tryggvi Helgason (Iceland) . (Room X)

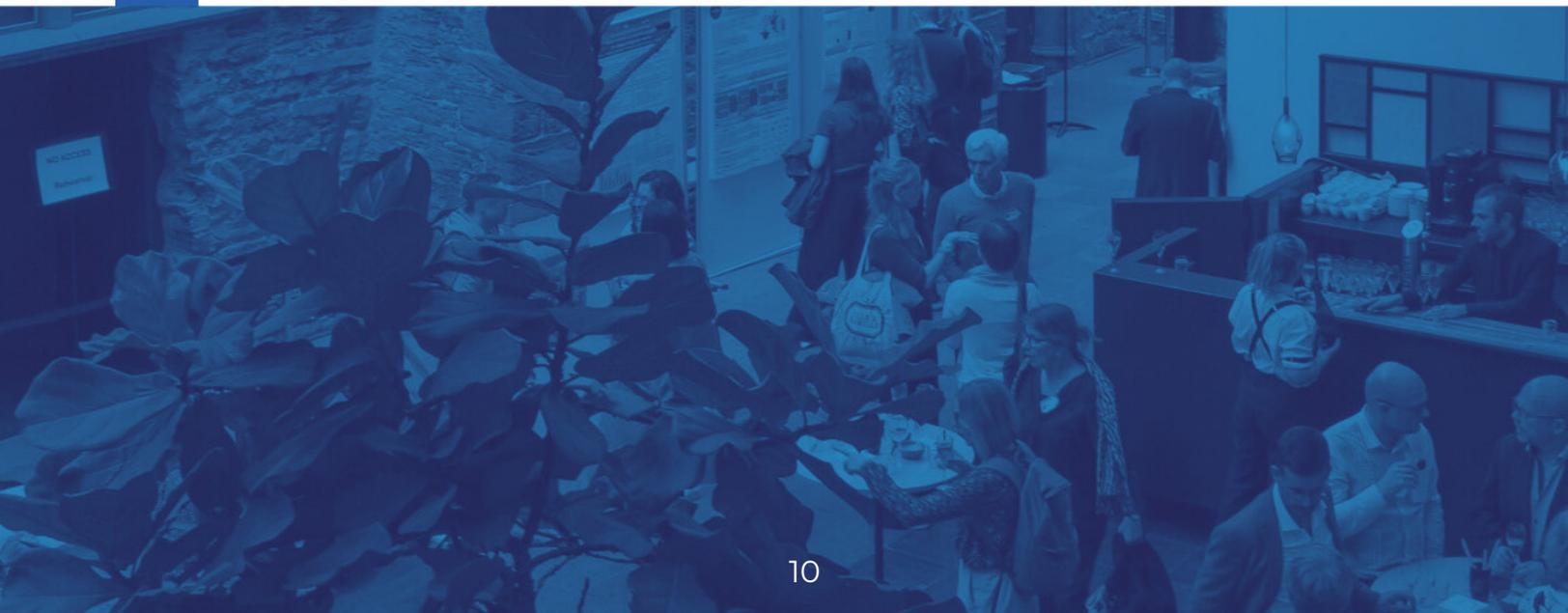
- ◆ **13.00-13.30** ECOG position on medication by Daniel Weghuber (Austria).
- ◆ **13.30-14.00** Medication and nutritional aspects by Edyta Łuszczki (Poland) and Teodora Handjieva-Darlenska (Bulgaria).
- ◆ **14.00-14.20** Obesity and diabetes by Anders Forslund (Sweden).

14:20-14:50 Coffee Break

**14.50-16.20 BLOCK X Health economics in childhood obesity- the effects on the quality of treatment and clinical care provided** chaired by Emma Frew (UK) & Emilia Hagman (Sweden) (Room X)

- ◆ **14.50-15.10** Emma Frew (UK).
- ◆ **15.10-15.30** Emilia Hagman (Sweden).
- ◆ **15.30-16.00** National/Local perspectives: Daniel Weghuber (Austria), Paweł Matusik (Poland) and Lovisa Sjögren (Sweden).
- ◆ **16.00-16.20** Debate.

**16.20-16.30 Closing ceremony.**



## **Guided Poster Presentations 1**

### ***Clinical aspects, treatment & pathophysiology Lunch 27 November***

*Chaired by Albane Maggio (Switzerland) & Annika Janson (Sweden)*

- “Early-onset of obesity model: Impact of early-onset obesity on life expectancy and on risk of complications” by Eleonora Skentzou (Sweden)
- “Do IVF mothers eat smarter? Methyl donor intake and neonatal body composition” by Ticia Olah (Hungary)
- “Evaluation of cluster randomized controlled trial to prevent child maltreatment: Impact on early childhood Body Mass Index” by Maja Engsner (Sweden)
- “Impact of body weight on the course of infections in pediatric patients” by Oliwia Leńska (Poland)
- “Ten years of pediatric obesity care: Shifting trends in health, lifestyle, and family contexts” by Albane Maggio (Switzerland)
- “Perceived barriers and enablers to accessing and engaging with paediatric obesity management services in Ireland: Preliminary service-user perspectives” by Desire Naigaga (Ireland)
- “A supportive tool for general practitioners to manage children with overweight and obesity in primary care: a mixed-methods evaluation study” by Maxime van der Velden (Netherlands)
- “Real world effect on health outcomes after one year in children with severe obesity following personalized advice for health behavior and lifestyle treatment based on the national model for integrated care” by Eline van der Walle (Netherlands)
- “Pairing liraglutide with health-behavior and lifestyle therapy for improved outcomes in adolescents with obesity: real-world data from a single center” by Julia Lishcka (Austria)
- “First experiences with EOSS-P in a pediatric multidisciplinary obesity clinic in Brussels” by Inge Gies (Belgium)
- “Measures used to assess psychosocial outcomes in children and adolescents with overweight and obesity participating in behavioral interventions” by Sabrina Sacco (Canada)
- “Adolescents experiences of mHealth care in the treatment of childhood obesity – a qualitative study” by Terese Torstensson (Sweden)
- “Early effects of Tirzepatide in an adolescent with severe obesity and hyperphagia due to MC4R Deficiency: A case report” by Mariëtte Boon (Netherlands)
- “Outcomes of GLP-1 usage in childhood obesity” by Rayna Stoyanova (Bulgaria)
- “Whom should we treat: anti-obesity drugs for overweight children of parents with eating disorders?” by Zsófia Gács (Hungary)
- “The effect of metformin in children and adolescents with severe obesity: a real-world study” by Eline van der Walle (Netherlands)
- “Bariatric surgery in a pediatric population with obesity – one-center experience” by Oliwia Leńska (Poland)
- “A “guestimation” on future pediatric anti-obesity medication approvals” by Ulf Holmbäck (Sweden)

## Guided Poster Presentations 2

### **Public health, prevention, nutrition, physical activity & psychosocial aspects Lunch 28 November**

*Chaired by Meropi Kontogianni (Greece) & Cara Ruggiero (UK)*

- “Twenty-year trend in the prevalence of increased cardiometabolic risk, measured by abdominal obesity, among Spanish children and adolescents across body mass index categories” by Santiago Gómez (Spain)
- “Integrating clinical and community environments for childhood obesity prevention: Protocols from the Multi-Pillar BIO-STREAMS Project” by Izidor Mlakar (Slovenia)
- “Building a resilient and sustainable structure for childhood obesity prevention – A collaborative initiative with Storfors” by Marit Grönberg Eskel (Sweden)
- “FLY Kids: Feasibility of a concept for lifestyle screening and promoting healthy lifestyles in young children” by Marissa Kooij (Netherlands)
- “Co-designing solutions to promote children’s vegetable intake in Singapore: Integrating evidence from systematic reviews, mixed method research and expert knowledge” by Pey Sze Teo (Singapore)
- “Dietary patterns in Swedish high school population, focusing on meal quality and eating locations” by Hanna Wieslander (Sweden)
- “Food responsiveness among children and adolescents with overweight and obesity: hierarchical regression analysis” by Kamila Czepczor-Bernat (Poland)
- “Relationship-defining memories and maternal feeding practices of siblings in the INSIGHT and SIBSIGHT cohorts” by Cara Ruggiero (UK)
- “Translating children’s preferences, perceptions, and knowledge about the food, into action for tackling obesity: the PAS GRAS Campaign” by Anabela Marisa Azul (Portugal)
- “Uisce Cliste- Healthy hydration for Dublin: increasing access to drinking water to support change behaviour” by Desire Naigaga (Ireland)
- “Health behavior patterns and their associations with central obesity: a cluster-analytical approach among Finnish children aged 9–12 years” by Maryam Rastegar (Finland)
- “Not just obesity, but physical fitness is related to ADHD symptoms and emotionality in adolescents: A potential for intervention” by Alina Rodriguez (UK)
- “Physical activity, screen time and sleep duration of 7-year-old Czech children: pre-COVID and post-COVID periods” by Tereza Svobodová (Czech Republic)
- “Check causes of obesity: A new free online tool to improve the diagnosis and tailor treatment of obesity” by Judith van Eck (Netherlands)
- “Relative Handgrip Strength (HGS/kg): A practical tool to detect cardiovascular risk in children. Percentile reference curves from 3,281 cases in Spain” by Fernando Zárate Osuna (Spain)
- “The “Turning the tide of obesity into health” project (what is this about, is it treatment or prevention?)” by Peter Bergsten (Sweden)

## Other Posters exhibited

### ***Clinical aspects, treatment & pathophysiology Lunch 27 November***

- “Three young children presenting with hyperphagia and undetectable leptin levels: pathology or physiology?” by Sanne Boeters (Netherlands)
- “Rapid therapeutic response to Tirzepatide in a rare adolescent case of Prader-Willi Syndrome with severe obesity and multiple comorbidities” by Gerthe Kerkhof (Netherlands)
- “BMI Falls Short: CXCL13 and RANTES correlate better than BMI with adiposity and glycemic status in pediatric obesity” by Ewa Kostrzeba (Poland)
- “Structured lifestyle treatment for children with obesity in primary care in south Iceland” by Íris Óskarsdóttir (Iceland)
- “Association of acanthosis nigricans with body mass index, waist-hip ratio, prenatal and postnatal risk factors in children with obesity - a preliminary data analysis” by Alona Lavrenova (Latvia)
- “Prevalence of monogenic obesity and metabolic differences in a pediatric cohort with severe obesity” by Oliwia Leńska (Poland)

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### ***Public health, prevention, nutrition, physical activity & psychosocial Lunch 28 November***

- “Reaching consensus on predictors, indicators and lifestyle management interventions for childhood overweight/obesity and metabolically unhealthy obesity in clinical settings: a Delphi method” by Meropi Kontogianni (Greece)
- “Methods for testing cardiopulmonary capacity and muscle strength in children and adolescents with overweight” by Zsófia Tarr (Hungary)
- “Feasibility and impact of the Esther Vergeer Foundation method to promote sustainable sports participation in children with obesity” by Margreet van Eesteren (Netherlands)
- “BIO-STREAMS Biobank: A European digital infrastructure for childhood obesity research” by Andreas Vezakis (Greece)



| Time        | Wednesday<br>November 26th   | Thursday<br>November 27th  | Friday<br>November 28th   |
|-------------|--|--|---|
| 8:30-10:00  | Registration desk opens at 10:00   | <b>BLOCK II: Treatment &amp; Obelisk Policy Roundtable</b>   | <b>BLOCK V: Physical activity</b><br><b>BLOCK VI: pharmacotherapy &amp; pathophysiology/metabolism (Short Presentations)</b>                  |
| 10:00-10:30 | <b>ECOG Board Meeting</b>  | <i>Coffee Break</i>  | <i>Coffee Break</i>   |
| 10:30-12:00 |  | <b>BLOCK III: Nutrition/ eBook Presentation</b>  | <b>BLOCK VII: public health &amp; prevention</b><br><b>BLOCK VIII: treatment, nutrition &amp; psychology</b>                                  |
| 12:00-13:00 | <b>F</b>   | <i>Lunch Break</i><br><b>Guided Poster Presentations 1 Clinical aspects, treatment &amp; pathophysiology</b>   | <i>Lunch Break</i><br><b>Guided Poster Presentations 2 Public health, prevention, nutrition, physical activity &amp; psychosocial aspects</b> |
| 13:00-13:40 |  | <b>Workshop</b>  | <b>BLOCK IX: Pharmacotherapy &amp; pathophysiology, metabolism</b>  |
| 13:40-14:00 | <b>Opening &amp; BLOCK I: Prevention</b>   | <b>BLOCK IV: Psychology</b>  |   |
| 14:00-15:30 | 14:00-14:55<br><b>Challenges and solutions around definitions of obesity in children</b> | <b>Workshops:</b><br>1) The role of digital applications.<br>2) Eating disorders in clinical obesity settings. | 14:50-16:20<br><b>BLOCK X Health economics</b>  |
| 15:30-16:00 | <i>Coffee Break</i><br>14:55- 15:20  |  | <b>ECOG General Assembly (Only ECOG Members)</b>  |
| 16:00-17:00 | 15:20-16:00<br><b>Clinical insights into burden of obesity</b>                           | <b>16:20-16:30 Closing Ceremony</b>  |   |
|             | <b>Welcome Reception</b>   |  |   |

# Congress Fees

## Late Registration (after September 22)

Students & Participants  
in the BORIS day

250€

ECOG Members

450€

Regular

550€

Online Regular

150€

Online Student

80€

# This is Uppsala.

Uppsala is one of Sweden's oldest cities. It was known as Östra Aros up until the 13th century, when the name Uppsala took over. Today, Uppsala is one of Sweden's four major cities with a population of 240 000 inhabitants.

Uppsala has a rich and inspiring range of cultural activities and exciting events together with whole of Sweden's history - all in one place. The tourist attractions are numerous and exciting and include something for everyone. In addition, there is beautiful nature, both in the centre of town and close by. For travelers Uppsala is only 40 minutes away from Stockholm and 17 minutes from Stockholm Arlanda Airport by train. In the city the distances are short, and you can easily walk or bike to any sight or attraction.

Uppsala is today a modern city yet retains a small town feel. It's Sweden's fourth largest city and home to two universities, the archbishopric of the Church of Sweden, a rich cultural life and beautiful scenery. Uppsala is rich in history and science and the prestigious Uppsala university is older than universities in many other countries. At the same time, the modern city is vibrating with life and is well known for its progressive research, innovation and position as a leader in modern technology. Whether you want to eat a lot or a little, outdoors or inside, Uppsala has a wide selection of pubs, cafés and outdoor restaurants. Don't forget to enjoy a Swedish fika, a Swedish social institution: a friendly, relaxing break with coffee and cake.



Text and images: courtesy of Destination Uppsala.

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# How to get to **Uppsala**.

As Stockholm Arlanda Airport is only 17 minutes away, it's easy to get from the world to Uppsala and from Uppsala to the world.

## **Stockholm Arlanda Airport**

In the middle of Scandinavia is Stockholm Arlanda Airport. This is the largest airport in Sweden, and is important for Uppsala, Uppland and the nearby regions. The airport has Sweden's most extensive route network, with more than 181 different national and international destinations. Its proximity to Arlanda makes Uppsala an easily accessible destination for travelers from all over the world.

## **Travelling to Uppsala**

It's easy and convenient to get to Uppsala, with excellent rail connections to the airport and other parts of the country. Uppsala can be easily reached by train in only 17 minutes from Stockholm Arlanda Airport. To and from the airport you can comfortably travel onwards to Uppsala on bus route 801 and by direct train departing from SkyCity, between terminals 4 and 5. Buses and trains go twice an hour during the day. If you prefer to take a taxi, the taxi companies offer fixed rates for journeys between Uppsala and Stockholm Arlanda Airport. It's just as easy to travel between Uppsala and Stockholm; the train journey takes just 30 minutes.

## **Travelling within Uppsala**

Once you've arrived in Uppsala, it's easy to make your way around the city on foot, by bike, on local transport, or by taxi. Everything is close at hand, so getting around is both simple and quick. Because the city centre is compact, everything is within walking distance - the vibrant city as well as beautiful nature.





# Welcome to Uppsala University.

Uppsala University is the oldest university in the Nordic countries, and it was established in 1477 in the city of Uppsala. In the city's historical centre is the main building of the University of Uppsala, Universitetshuset (The University Main Hall). This imposing building, in a kind of Roman Renaissance style, was designed by architect Herman Teodor Holmgren and built in the 1880s. It was inaugurated in 1887 amidst great festivities.

Since then, the university has grown and is now spread throughout the city, but the Universitetshuset is still used for lectures, conferences, concerts, academic ceremonies, trade fairs and various types of events.

The building is famous for its diversity of opulent rooms, including the incredible and spacious vestibule, with its stately interior, the impressive assembly hall with around 1,800 seats, and numerous fine lecture halls.

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# Discover more about 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](#).

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# ECOG e-Book



## The ECOG E-Book on Child and Adolescent Obesity

The first and fully free reference on Child and Adolescent obesity.

Available in 

The revision of the E-Book has been realised with funding provided by Novo Nordisk.



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

# Not a Member yet?

ECOG membership is open to researchers, practitioners and other professionals working on childhood obesity. The Board accepts also Junior Members i.e. post-graduation students, Ph.D. students, post-doc or researchers younger than thirty years old.

## Why Join?

Members will be privileged with:

- reduced congress fees at the ECOG annual congress
- full voting rights at the ECOG General Assembly
- access to the Annals of Nutrition and Metabolism
- opportunities to contribute to our E-Book project
- and privileged networking opportunities

## How to Apply?

You can apply for a membership by submitting [this online form](#). Once you have presented your application, if the Board accepts it you will receive a welcome letter and you should proceed with the payment of the annual membership fee. New members are presented at ECOG annual General Assembly.