



European
Childhood
Obesity
Group



35th
Congress

Salzburg, Austria.

16-17-18 September 2026.

Welcome to Salzburg.

We are pleased to invite you to the 35th European Childhood Obesity Group (ECOG) Congress, taking place from 16–18 September 2026 in Salzburg, Austria.

Under the theme “**ImpACTing on Sustainability for the Management and Prevention of Childhood Obesity**,” ECOG 2026 will bring together researchers, clinicians, health professionals, and policymakers to advance sustainable, evidence-based solutions to childhood obesity.

The congress will feature **keynote lectures, oral and poster sessions**, the **Young Investigator Award**, an exchange session with German societies, and **interactive workshops** on eHealth and digital health services, and the third edition of the **Policy Workshop**. A broad range of thematic areas will cover prevention, pharmacotherapy, lifestyle treatment, education and health literacy, precision health, clinical management, nutrition, physical activity, mechanisms of obesity, and policy.

ECOG 2026 will be hosted at the University of Salzburg, Faculty of Natural and Life Sciences, offering an inspiring academic setting in one of Europe’s most culturally rich cities.

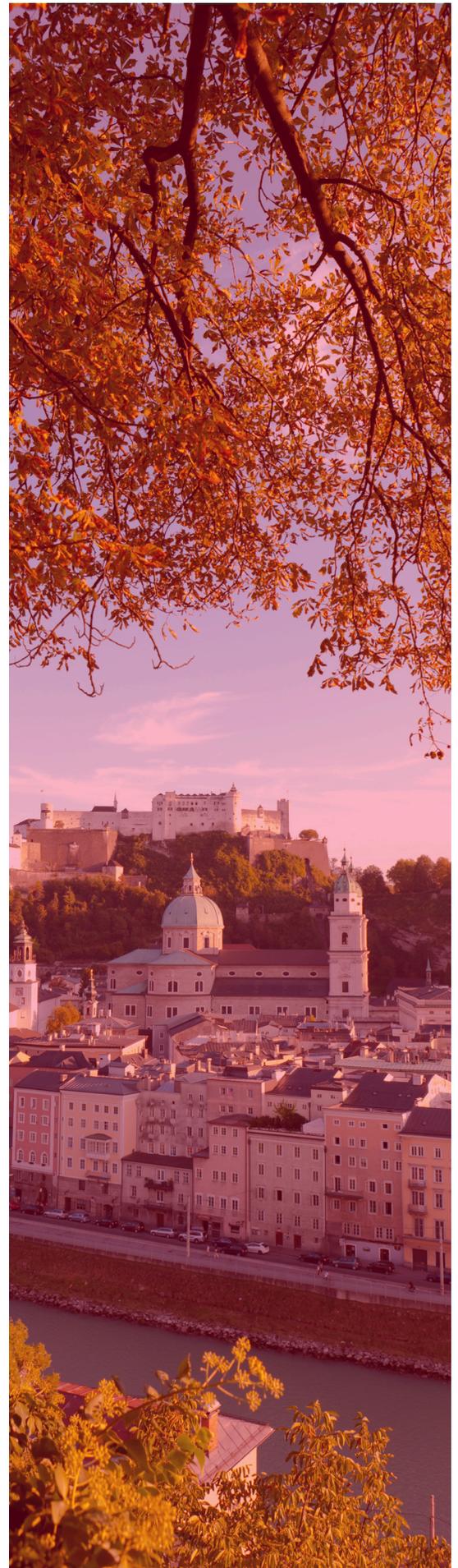
Submit your abstract by May 17 to present your work and join our growing community.

We look forward to welcoming you to Salzburg for ECOG 2026.

Susanne Ring-Dimitrou
Chair, ECOG Congress 2026

Daniel Weghuber
Co-Chair, ECOG Congress 2026

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, nutritionists, geneticists, physical activity experts, 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 major educational and European projects and a flagship congress that gathers hundreds of experts in the field each year.

[Find out more on our website.](#)

Preliminary Programme

Day 1: Wednesday September 16.

8:00 *Registration desk opens*

09:30 - 10:00 **Opening Ceremony**

10:00 - 12:30 Plenary 1 “**Childhood Obesity Prevention - Current Status**”

- **10:30 - 11:00** “**Complex Interventions**” by James Nobles (United Kingdom)
 - **11:00 - 12:30** EU Funded Obeclust Projects on Childhood Obesity Prevention
-

12:30 - 13.30 Lunch Break

13:30 - 14:00 Plenary 2 Plenary 2 “**The role of ecological economics for sustainable health**” by Sigrid Stagl (Austria)

14:00 - 15:00 Interactive Session 1 “**Developing Clinical Practice Guidelines for Europe**” by Gabriel Torbahn (Germany) & Paulina Nowicka (Sweden)

14:30 - 16:00 **Parallel Sessions**

Oral Session 1

&

Young Investigator Award

Oral Session 2

&

Young Investigator Award

16:00 - 16.30 Coffee Break

16:30 - 17:30 Poster Session 1 & Young Investigator Award

17:30 - 18:30 Plenary 3 **Management of Hypothalamic Obesity** by TBA

19:30 - 21:30 **Welcome Reception** by the Mayor of Salzburg at the Town Hall

Day 2: Thursday September 17.

8:30 - 10:00 Parallel Sessions

**DACH Day Teil 1 -
Adipositasschulung und
Pharmakotherapie: Möglichkeiten
und Grenzen**

**Oral Session 3
&
Young Investigator Award**

10:00 - 10:30 Coffee Break

10:30 - 12:00 Parallel Sessions

**DACH Day Teil 2 -
Adipositasschulung und
Pharmakotherapie -Begleitende
Adpositasschulung zur
Pharmakotherapie**

**Oral Session 4
&
Young Investigator Award**

12:00 - 12:30 Plenary 4 “Sustainability in Bariatric and Metabolic Surgery Outcomes” by Thomas H Inge (USA)

12:30 - 13.30 Lunch Break

13:30 - 15:00 Plenary 5 “Sustainability in Conservative Obesity Management”

- **13:30 - 14:00 Health Behavior and Lifestyle Treatment** by Emilia Hagman (Sweden)
- **14:00 - 14:30 Obesity Medication Management 2026** by Aaron Kelly (USA)
- **14:30 – 15:00 Obesity Medications – the future** by Timo Müller (Germany)

15:00 - 16:00 Poster Session 2 & Coffee Break

16:00 - 17:30 Parallel Sessions

**Application of E-Health Endorsing
Physical Activity** by Markus Reichert
(Austria)

**Application of E-Health Endorsing
Healthy Eating** by Jens Blechert
(Austria)

17:30 - 18:30 ECOG General Assembly

18:30 - 21:30 Congress Gala Dinner & ECOG Life Time Award

Day 3: Friday September 18.

8:30 - 10:00 Interactive Session 4 “Nutritional Management of Pharmacotherapy” by Gabriel Torbahn (Germany) & Alina Oberauer (Austria)

10:00 - 10:30 Coffee Break

10:30 - 11:00 Roundtable discussion “20 years of EU Obesity Prevention” by Amandine Garde (United Kingdom)

11:00 - 12:00 Obelisk EU Policy Workshop

- Speakers TBA
-

12:00 - 12:45 Young Investigator Award Ceremony

12:45 - 13:00 Closing Ceremony

13:00 - Guided City Walk to the historic old town of Salzburg with a focus on 100 years Salzburg Festival (Historical Walk)



Abstract Submission.

Deadline for submission: May 17, 2025

- Only electronic abstracts will be accepted. Please send your abstract by using the following registration [link](#).
- You may decide whether to submit your abstract for the **Young Investigator Award** and whether you wish to give an oral presentation or present a poster.
- The maximum word count is 250 - this includes body text and tables. You **must** use the ECOG template (see the other page).
- The deadline for submission of abstracts is May 17, 2026.
- All those submitting abstracts will be notified of the Scientific Committee's decision by May 27, 2026.
- All presenters of accepted abstracts are expected to register to and attend the congress. Please note that the early bird registration deadline is June 7th 2026.
- The best 30 abstracts will be published on the ECOG 2026 Supplement on [Annals of Nutrition and Metabolism](#).





Abstract Template.

Your abstract must follow the template below. Download your abstract [here](#). Upload it [here](#).

ABSTRACT TITLE

Arial 10 font bold, left aligned

AUTHOR NAMES

Arial 10 font. First Name, Surname. Presenting author to be bold, affiliations in superscript.

ABSTRACT TEXT

Arial 10 font, left aligned, maximum 250 words

Example Abstract

Abstract Title

First Name(s) Surname, First Name(s) Surname.
University of Hogwarts, Rivendell, Middle-earth
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

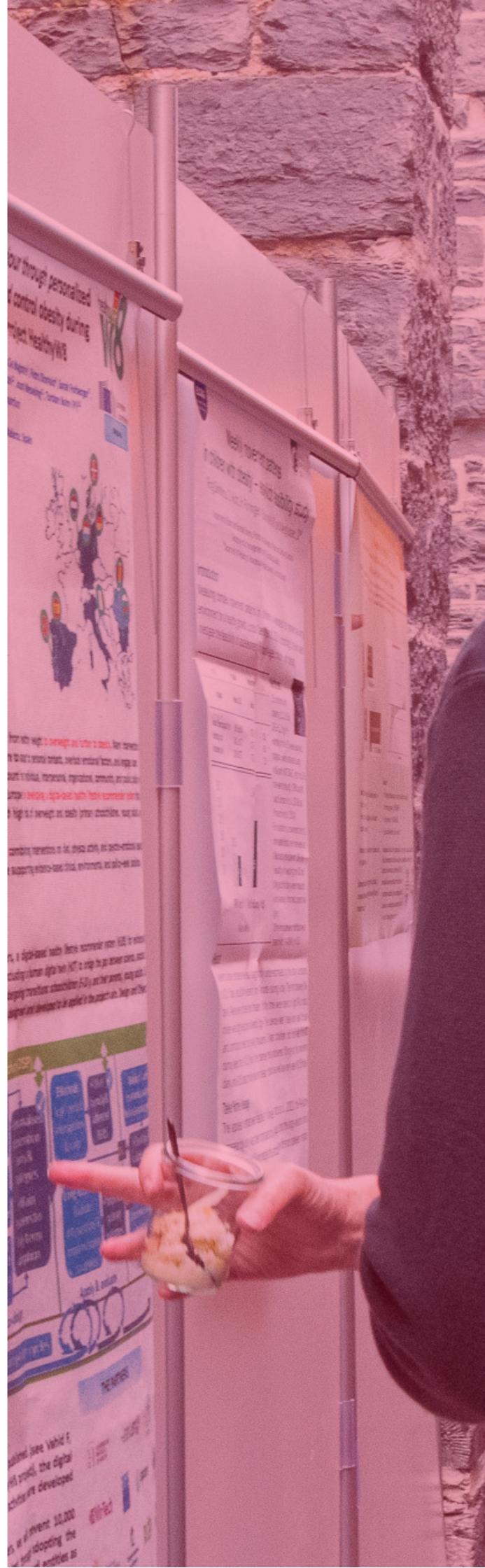
No Funding/Research relating to this abstract was funded by

Young Investigator Award

One of ECOG's key objectives is to support the development of **Early Career Researchers** and to foster excellence in childhood obesity research. In line with this mission, ECOG is pleased to introduce the ECOG **Young Investigator Awards (ECOG YIA)** as part of the ECOG Congress 2026 in Salzburg.

The ECOG Young Investigator Awards aim to recognise and promote outstanding **scientific contributions** from **young researchers** working in the field of **childhood and adolescent obesity**. This new initiative provides an opportunity for early-career scientists to showcase their work, gain visibility within the international ECOG community, and receive recognition for scientific excellence.

Eligible participants (**defined as investigators aged 35 years or younger when uploading the abstract**) may choose to enter the ECOG Young Investigator Award competition when submitting their work to the ECOG Congress 2026. Abstracts submitted to the competition will undergo review, and shortlisted candidates will be invited to present their work during dedicated sessions at the Congress.

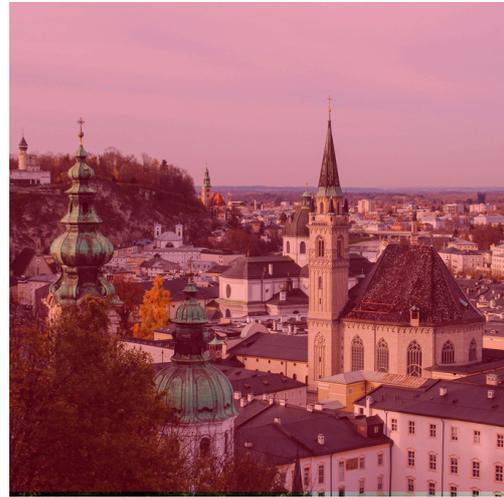


Social Programme

Day 1: September 16

Welcome Reception in the **Town Hall City of Salzburg** from **18:30 to 21:30**.

Price: free for everyone with registration.



Day 2: September 17

Congress Gala Dinner and ECOG Life Time Award from **18:30 to 21:30**.

Price: 70€ pp. [Register here.](#)

Day 3: September 18

Guided City Walk to the historic old town of Salzburg with a focus on 100 years Salzburg Festival (Historical Walk)

Price: 28€ pp.



Congress Fees

Type	Early Registration (until June 7th)	Late Registration (after June 7th)
Student	250€	300€
ECOG Member	350€	450€
Regular	450€	550€
Zugang 17 September - Adipositaschulung und Pharmakotherapie (Nur auf Deutsch)	200 €	250€

[Register here](#)





ECOG

European Childhood
Obesity Group