



# European Childhood Obesity Group

# 35<sup>th</sup> 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.

With the title **ImpACT** 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



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- Daniel Weghuber, Co-Chair of Congress (Salzburg, Austria)
- Susann Weihrauch-Blüher (Halle, Germany)
- Henrike Winkler (Salzburg, Austria)





# 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.](#)**

# Programme

## Day 1 | Wednesday September 16

8:00	Registration
9:30 - 10:00	<b>Opening Ceremony</b> Susanne Ring-Dimitriou & Daniel Weghuber (Austria)
10:00 - 11:00	<b>Plenary 1: Childhood Obesity Prevention – Current Status</b> <b>Complex Interventions</b> James Nobles (United Kingdom)
11:00 - 12:30	<b>EU Funded Obeclust Projects on Childhood Obesity Prevention</b> Consortium members
12:30 - 13:30	<b>Lunch Break</b>
13:30 - 14:00	<b>Plenary 2: The Role of Ecological Economics for Sustainable Health</b> Sigrid Stagl (Austria)
	<b>Parallel Sessions</b>
14:00 - 15:00	<b>Interactive Session 1: Developing Clinical Practice Guidelines for Europe</b> Gabriel Torbahn (Germany) & Paulina Nowicka (Sweden)
14:30 - 16:00	<b>Oral Sessions 1</b> (ECOG YIA)
14:30 - 16:00	<b>Oral Sessions 2</b> (ECOG YIA)
16:30 - 17:30	<b>Poster Session 1</b> (ECOG YIA)
17:30 - 18:30	<b>Plenary 3: Management of Hypothalamic Obesity</b> Christian Denzer (Germany)
19:30 - 21:30	<b>Welcome Reception</b> by the Mayor of Salzburg at the Town Hall

# Day 2 | Thursday September 17

## Parallel sessions

8:30 - 10:00

**DACH Day Teil 1 - Adipositasschulung und Pharmakotherapie**  
**Begleitende Adipositasschulung zur Pharmakotherapie**

8:30 - 10:00

**Oral session 3** (ECOG YIA)

10:00 - 10:30

**Coffee break**

## Parallel sessions

10:30 - 12:00

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

10:30 - 12:00

**Oral Session 4** (ECOG YIA)

12:00 - 12:30

**Plenary 4: Sustainability in Bariatric and Metabolic Surgery**  
**Outcomes**

Thomas H. Inge (USA)

12:30 - 13:30

**Lunch break**

13:30 - 14:00

**Plenary 5: Sustainability in Conservative Obesity Management**

**Health Behavior and Lifestyle Treatment**

Emilia Hagman (Sweden)

14:00 - 14:30

**Obesity Medication Management 2026**

Aaron Kelly (USA)

14:30 - 15:00

**Obesity Medications – The Future**

Aaron Novikoff (Germany)

15:00 - 16:00

**Poster Session 2 | Coffee Break**

16:00 - 17:30

**Parallel sessions**

16:00 - 17:30

**Application of E-Health Endorsing**  
**Physical Activity**

Markus Reichert (Austria)

16:00 - 17:30

**E-Health Approaches to Healthy**  
**Eating**

Jens Blechert (Austria)

17:30 - 18:30

**ECOG General Assembly** (Only ECOG Members)

18:30 - 21:30

**Gala Dinner & ECOG Lifetime Award**

# Day 3 | Friday September 18

8:30 - 10:00	<b>Interactive Session 2: Nutritional Management of Pharmacotherapy</b> Gabriel Torbahn (Germany) & Alina Oberauer (Austria)
10:00 - 10:30	<b>Coffee break</b>
10:30 - 11:00	<b>Plenary 6: 20 Years of EU Obesity Prevention</b> Amandine Garde (United Kingdom)
11:00 - 12:00	<b>Obelisk EU Policy Workshop</b> Daniel Weghuber (Austria) & Philippe Froguel (France)
12:00 - 12:45	<b>Young Investigator Award Ceremony</b>
12:00 - 12:45	<b>Closing Ceremony</b> Susanne Ring-Dimitriou (Austria), Daniel Weghuber (Austria)
14:00	<b>Guided City Walk to the historic old town of Salzburg</b>



# Interdisziplinäre, deutschsprachige Session

**Donnerstag, 17. September 2026**

## Möglichkeiten und Grenzen der Adipositaschulung und Pharmakotherapie

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### **Versorgungsstrukturen der Adipositaschulung in Österreich und Deutschland**

Susann Weihrauch-Blüher (Deutschland) & Harald Geiger (Österreich)

**8:30 - 10:00**

### **Möglichkeiten und Grenzen der Patient:innenschulung nach KgAS**

Ines Gellhaus (Deutschland)

### **Möglichkeiten und Grenzen der medikamentösen Adipositaschulung**

Daniel Weghuber (Österreich)

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**10:00 - 10:30**

**Kaffeepause**

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**10:30 - 12:00**

### **Interdisziplinäre Pharmakotherapie – „Obesity Medication Management“ – Eine interaktive Falldiskussion**

Katharina Mörwald & Alina Oberauer (Österreich), Katja Knab & Gabriel Torbahn (Deutschland)

# 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.

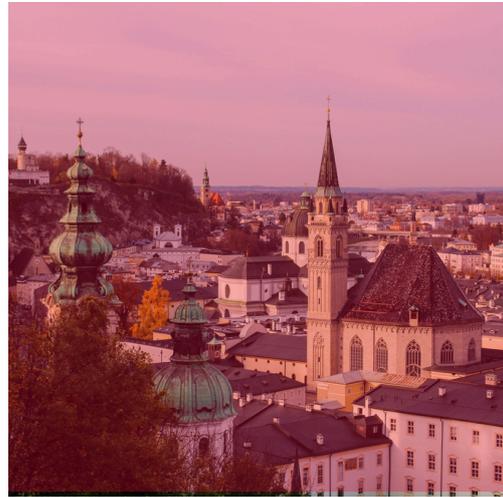


# Social Programme

## 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 (Historical Walk)

**Price:** free with registration - limited spots.



# Congress Fees

Type	Early Registration (until June 7th)	Late Registration (after June 7th)
Student	250€	300€
ECOG Member	350€	450€
Regular	450€	550€
Day Ticket, 17 September, "Adipositasschulung und Pharmakotherapie (in German)" + International Programme (in English)	150€	200€

[Register here](#)



# Where to stay in **Salzburg**

## **Arcotel Castellani Salzburg (close to venue)**

Kinga Keringer, Reservation Manager, [reservation.castellani@arcotel.com](mailto:reservation.castellani@arcotel.com)

Reservations can only be made via the following link: [bit.ly/4lbXAg9](https://bit.ly/4lbXAg9)

## **Motel One Salzburg-Süd (close to venue)**

Lina Nguyen, Reservations Manager, [lina.nguyen@motel-one.com](mailto:lina.nguyen@motel-one.com)

Reservations: +43 (662) 83502-0, [salzburg-sued@motel-one.com](mailto:salzburg-sued@motel-one.com)

[www.motel-one.com](http://www.motel-one.com)

## **St. Virgil**

Manuela Fagerer or Laura Burrello, Reservation Manager, [reservierung@virgil.at](mailto:reservierung@virgil.at)

Reservations: 0043-662-65901-516, [www.virgil.at](http://www.virgil.at)

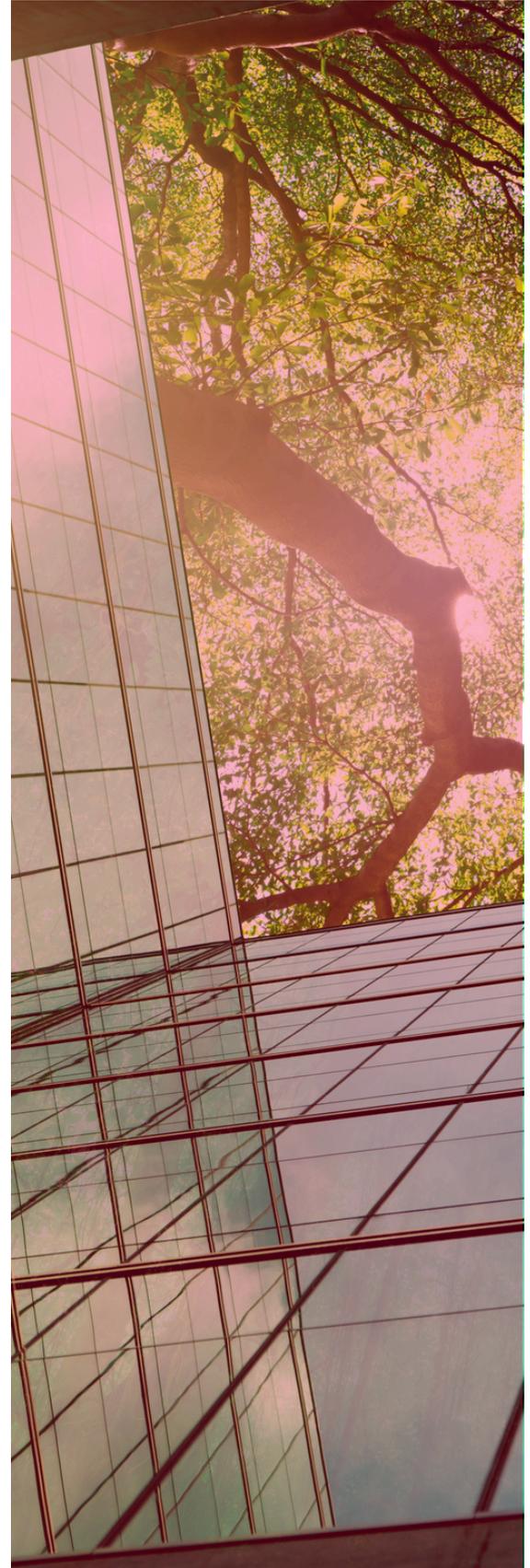


# Green Meeting

As part of our commitment to sustainability, **ECOG Salzburg 2026** is organised as a **Green Meeting** and follows the standards of the **Austrian Ecolabel (Österreichisches Umweltzeichen)**. This means we aim to minimise the environmental impact of the conference while ensuring high quality and comfort for all participants.

What this means for you:

- **Green catering:** Our catering concept prioritises **seasonal** and **regional** ingredients, a strong **plant-based** selection, and measures to reduce food waste.
- **Resource-conscious organisation:** We focus on **reducing waste**, limiting printed materials, and using **environmentally friendly** products and services where possible.
- **Your mode of travel matters:** We encourage you to support these efforts by choosing **low-emission travel options** if feasible. If flight are necessary, aim at larger hubs like Vienna and Munich, both within a 3h train ride distance from Salzburg to avoid short-haul connecting flights. The **Austrian NightJet sleeper train** system connects well to upper **Italy, Switzerland, Bruxelles, Amsterdam, Hamburg, Berlin** (via Vienna). We will award a **smart travel award** to the three longest train rides!





**ECOG**

European Childhood  
Obesity Group