

European Childhood Obesity Group



35th

Congress

Salzburg, Austria & online.

16-17-18 September 2026.

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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 and online.

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.

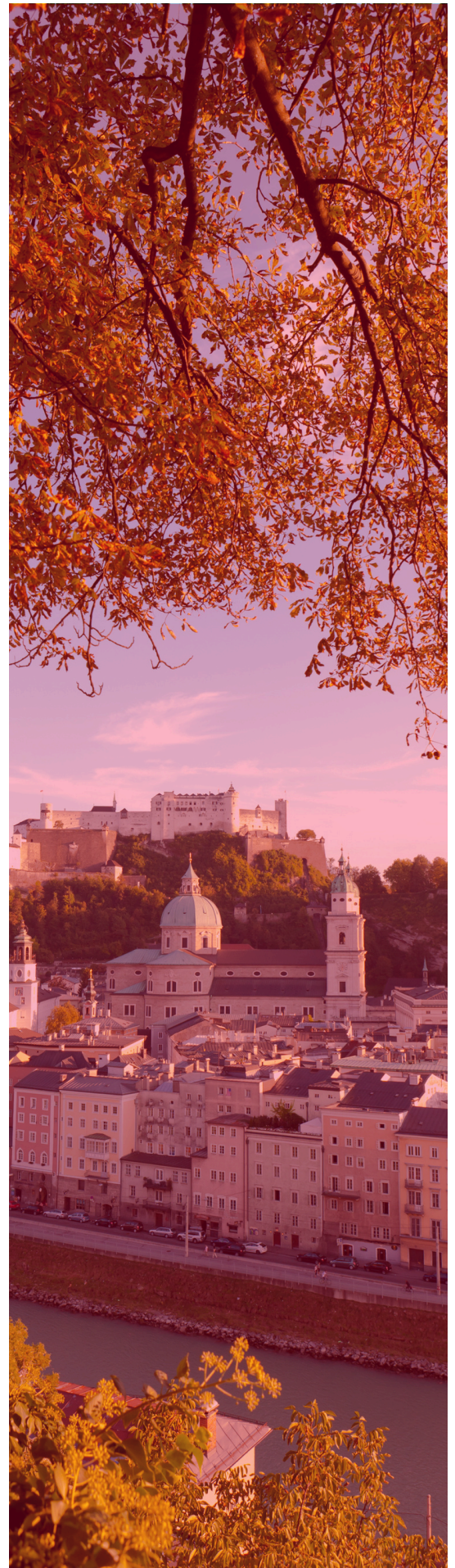
ECOG 2026 will be hosted at the University of Salzburg, Faculty of Natural and Life Sciences, offering an inspiring academic setting in one of Europe's most culturally rich cities.

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

Susanne Ring-Dimitriou
Chair, ECOG Congress 2026

Daniel Weghuber
Co-Chair, ECOG Congress 2026

David Thivel
President of ECOG



Board of Directors

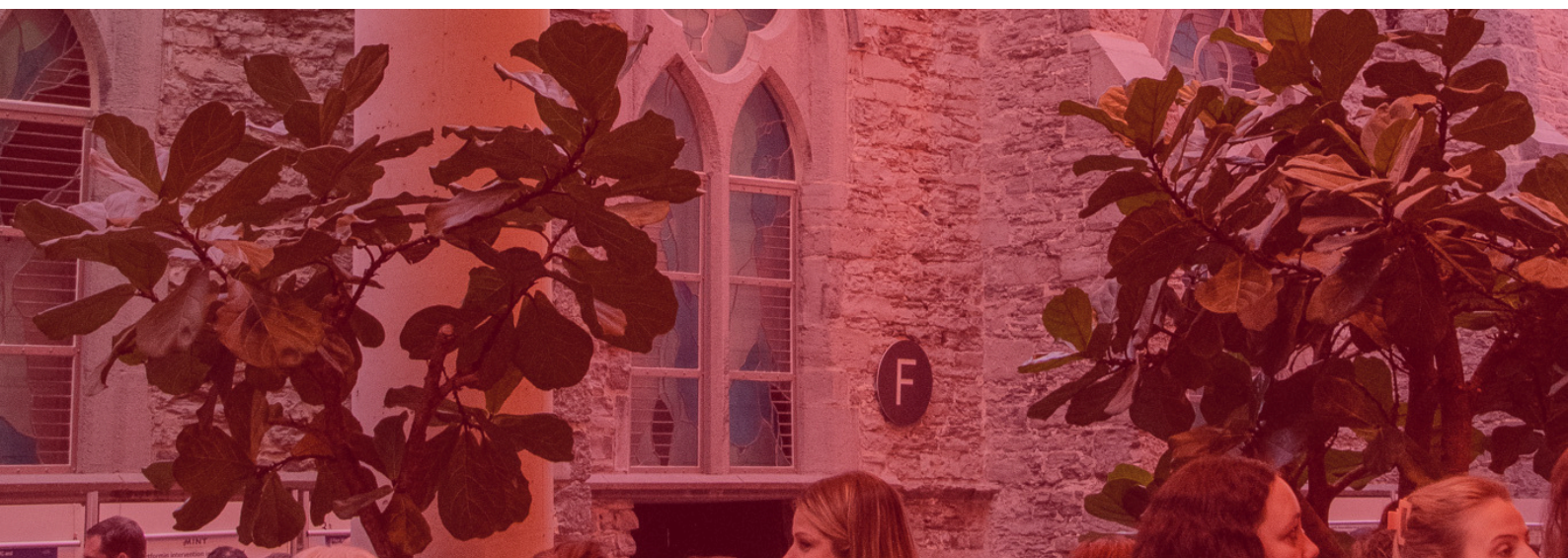
- David Thivel (Clermont-Ferrand, France)
- Caroline Braet (Ghent, Belgium)
- Teodora Handjieva-Darlenska (Sofia, Bulgaria)
- Edyta Łuszczki (Rzeszow, Poland)
- Dénes Attila Molnár (Pécs, Hungary)
- Andrea Vania (Rome, Italy)
- Elpis Vlachopapadopoulou (Athens, Greece)
- Daniel Weghuber (Salzburg, Austria)

Scientific Committee

- Peter Bergsten (Uppsala, Sweden)
- Jens Blechert (Salzburg, Austria)
- Marie-Laure Frelut (Albi, France)
- Anders Forslund (Uppsala, Sweden)
- Teodora Handjieva-Darlenska (Sofia, Bulgaria)
- Edyta Łuszczki (Rzeszow, Poland)
- Katharina Mörwald (Salzburg, Austria)
- Dénes Attila Molnár (Pécs, Hungary)
- Tiffany Naets (Ghent, Belgium)
- James Nobles (Leeds, United Kingdom)
- Paulina Nowicka (Uppsala, Sweden)
- Grace O'Malley (Dublin, Ireland)
- Markus Reichert (Salzburg, Austria)
- Susanne Ring-Dimitriou (Salzburg, Austria)
- David Thivel (Clermont-Ferrand, France)
- Gabriel Torbahn (Nuremberg, Germany)
- Andrea Vania (Rome, Italy)
- Elpis Vlachopapadopoulou (Athens, Greece)
- Michaela Weber (Salzburg, Austria)
- Daniel Weghuber (Salzburg, Austria)

Local Organising Committee

- Andrea Baumgartner (Salzburg, Austria)
- Jens Blechert (Salzburg, Austria)
- Michael Buchecker (Salzburg, Austria)
- Anna Cavini (Klagenfurt, Austria)
- Minas Dimitriou (Salzburg, Austria)
- Ines Gellhaus (Sylt, Germany)
- Katja Knab (Nuremberg, Germany)
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- Luigi Petito (Bruxelles, Belgium)
- Eva Pexa (Salzburg, Austria)
- Susanne Ring-Dimitriou, Chair of Congress (Salzburg, Austria)
- Gabriel Torbahn (Nuremberg, Germany)
- Pietro Urgera (Bruxelles, Belgium)
- Michaela Weber (Salzburg, Austria)
- 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.](#)

Pre-congress event

Invited Expert Exchange Meeting

Tuesday, September 15

14:00 - 17:00 in Blue Lecture Hall (HS 402!)

Part I – Systems-based approach to promote child health and prevent childhood obesity in a municipality setting chaired by Peter Bergsten (Sweden)

Central question: How is a systems-based approach to promote child health and prevent childhood obesity developed in a municipality setting?

1. Informing the municipality – How is a municipality informed of such work? How is the approach communicated to the municipality? Which actors are involved?
2. Municipal decision to commit – How is this decision made? What is needed for the municipality to arrive at it? Which actors are involved?
3. After the decision – Team formation, finding a coordinator and policy person within the municipal structure. Which actors are involved?
4. Evaluation – How is the evaluation of such a systems-based approach organized?
5. Prevention vs. management – How do obesity prevention and obesity management strategies relate to one another?

Illustrative cases: Zwolle/Amsterdam, with Uppsala as an early adopter.

Part II – COST Action chaired by Peter Bergsten (Sweden)

- Discuss the evaluation
- Decide on submitting a new application

Closing

Summary of action points and next steps.

Note for online attendance:

All the plenaries and the sessions are also streamed online, with the exception of poster sessions and social events.

Programme

Day 1 | Wednesday September 16

8:00 Registration opens

9:30 - 10:00

Audimax

Opening Ceremony

- Susanne Ring-Dimitriou & Daniel Weghuber (Austria)
 - David Thivel (ECOG President)
 - Michaela Rückl (Vice Rector University of Salzburg)
-

Audimax

Plenary 1: Childhood Obesity Prevention – Current Status chaired by Peter Bergsten (Sweden)

10:00 - 11:00**Complex Interventions**

James Nobles (United Kingdom)

11:00 - 12:30**EU Funded Obeclust Projects on Childhood Obesity Prevention**

chaired by Peter Bergsten (Sweden)

- eProbes
 - Obelisk Project EU
 - Pas Gras
-

12:30 - 13:30**Lunch Break****13:30 - 14:00**

Audimax

Plenary 2: The Role of Ecological Economics for Sustainable Health

Sigrid Stagl (Austria)

chaired by Daniel Weghuber (Austria)

14:00 - 15:00

Audimax

Interactive Session 1: Developing Clinical Practice Guidelines for Europe

Gabriel Torbahn (Germany) & Paulina Nowicka (Sweden)

Parallel Sessions

15:00 - 16:30

Blue Lecture hall

Oral Sessions 1 chaired by David Thivel (France) & Edyta Łuszczki (Poland)

At what age during childhood do emotional and behavioral risk factors best predict BMI in young adulthood?

Elena Jansen (Denmark)

Challenges in the assessment of childhood diet and cardiovascular disease risk: Addressing methodological issues encountered in a large systematic literature review

Sybille Kranz, YIA (USA)

Understanding obesity across the life course: the PAS GRAS age-adapted survey

Anabela Marisa Azul (Portugal)

Note for online attendance:

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Novel subtypes of glucose-insulin metabolism in children
Robert Stein (Germany)

Prefrontal cortex neurometabolic sensitivity to leptin is disrupted by maternal obesity in a sex-dependent manner
Andreia Amaro, YIA (Portugal)

Early expressions of weight stigma in preschool settings: findings from a national survey
My Sjunnestrand (Sweden)

15:00 - 16:30
Green Lecture
hall

Oral Sessions 2 chaired by Anders Forslund (Sweden) & Elpis Vlachopapadopoulou (Greece)

Making Sense of Complexity: What Works, for Whom, and Why in Specialist Weight Management Services for Children and Young People
Claire Griffiths, online (United Kingdom)

BMI z-score trajectories around the IOTF overweight threshold in early childhood: implications of guideline-based classification
Sara-Rebekka Færø Linde (Norway)

Fasting glucagon across pubertal development in children with obesity
Benjamin Barrueta, YIA (Sweden)

Effects of GLP-1 Receptor Agonists on Liver Fat and Adiposity in Adolescents with MASLD
Maria-Christina Antoniou, YIA (Greece)

Real-World Use of Subsidized Semaglutide in Icelandic Children with Obesity: A Nationwide Retrospective Cohort Study
Tryggvi Helgason (Iceland)

Metformin as an Adjunct to Lifestyle Intervention in Pediatric Obesity: Results from a Randomized Clinical Trial with 18-Month Follow-up
Anders Forslund (Sweden)

16:30 - 17:30

Poster Session 1 | YIA & Coffee break

Audimax

17:30 - 18:30

Plenary 3: Management of Hypothalamic Obesity

Christian Denzer (Germany)

chaired by Denes Molnar (Hungary)

19:30 - 21:30

Welcome Reception by the Mayor of Salzburg at Schloss Mirabell

Note for online attendance:

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Day 2 | Thursday September 17

6:45

ECOG Sunrise Run, gathering at the registration desk

Parallel sessions

8:30 - 10:00

Audimax

**DACH Day Teil 1 - Adipositasschulung und Pharmakotherapie
Begleitende Adipositasschulung zur Pharmakotherapie (details p. 13)**

8:30 - 10:00

Blue Lecture hall

Oral session 3 chaired by Teodora Handjieva-Darlenska (Bulgaria) & David Thivel (France)

Engaging children with obesity through creative co-design: a participatory CFIR-informed method to evaluate the childhood obesity network approach in Amsterdam
Renée IJzerman, YIA (Netherlands)

Tailoring Integrated Support and Care for Overweight and Obesity to Adolescents Living in The Netherlands: Perspectives of Adolescents and Health Care Professionals
Bibian van der Voorn (Netherlands)

Preventing obesity in children by municipality-based systems approach
Peter Bergsten (Sweden)

Clarifying the Distinction between Health Promotion and Prevention of Disease Progression - Should "Obesity Prevention" be Retired?
Ulf Holmbäck (Sweden)

Body Mass Index Category Transitions in Childhood and Probability of Obesity at Age 13
Rønnaug Ødegård (Norway)

Ethical implications of identifying children at risk of developing obesity
Stuart McLennan (Germany)

8:30 - 10:00

Green Lecture hall

Oral session 4 chaired by Anders Forslund (Sweden) & Andrea Vania (Italy)

Digital Obesity Treatment Integrated Into Clinical Care for Preschool-Aged Children: A One-Year Comparative Cohort Study
Louise Lindberg (Sweden)

Semi-Digital Care Versus Standard In-Person Care for Childhood Obesity: A Randomized Non-Inferiority Trial
Terese Torstensson (Sweden)

Note for online attendance:

All the plenaries and the sessions are also streamed online, with the exception of poster sessions and social events.

Impact of ADHD on the clinical management of obesity in adolescents: a retrospective longitudinal study
Antonio Videira-Silva (Portugal)

Parenting practices and long-term obesity treatment outcomes
Maurane Desmet, YIA (Belgium)

Fat-free mass preservation as a determinant of outcomes after bariatric surgery in adolescents: a reference model for the era of emerging obesity treatments
Eleonora La Sala, YIA (France)

Long-term psychiatric outcomes after metabolic and bariatric surgery during adolescence: A 15-year matched cohort study
Anna Björk, YIA (Sweden)

10:00 - 10:30

Coffee break

Parallel sessions

10:30 - 12:00

Audimax

**DACH Day Teil 2 - Adipositasschulung und Pharmakotherapie -
Begleitende Adipositasschulung zur Pharmakotherapie (details p. 13)**

10:30 - 12:00

Blue Lecture hall

Oral session 5 chaired by David Thivel (France) & Elpis Vlachopapadopoulou (Greece)

Can a multicomponent obesity care program, with or without “exercise-snacks”, improve vascular health in adolescents with severe obesity?
Simon Mazeaud, YIA (France)

Beyond Weight loss: Real-World Effects of Semaglutide on Body composition and Physical Function in Adolescents with Obesity
Hasan Jaber, YIA (Sweden)

Longitudinal Trajectories of BMI, Motor Performance, and Vascular Health in Swiss Primary School Children
Lukas Nebiker (Switzerland)

Cardiorespiratory fitness in adolescents treated with semaglutide combined with lifestyle intervention at a tertiary obesity clinic
Linnea Hedin (Sweden)

Gradual sugar reduction in dairy products in Austria with a focus on children's products: Implications for childhood obesity
Sabine Daemon (Austria)

Changes in perceived appetite and its association with change in weight and BMI during Glucagon-like peptide-1 receptor agonists (GLP-1 RAs) treatment in pediatric obesity: A real-world cohort study
Sayaka Ito (Sweden)

Note for online attendance:

All the plenaries and the sessions are also streamed online, with the exception of poster sessions and social events.

10:30 - 12:00

Green Lecture hall

Oral session 6 chaired by Paulina Nowicka (Sweden) & Edyta Łuszczki (Poland)

“When an evidence-based tool does not work in practice, I will stop using it”
- Dutch health care professionals’ perspectives on suitable tools for conversations with children with overweight or obesity and their families
Lisanne Arayess, YIA (Netherlands)

From second fiddle to feeding fatherhood: How Swedish fathers negotiate involvement in early feeding – a qualitative study
Ylva Törner Le Priol (Sweden)

What challenges do parents face in talking to adolescents about weight?
Fiona Gillison (United Kingdom)

Help-Seeking Behaviour and Delays in Obesity Care Among Families of Children with Obesity in Belgium
Inge Gies (Belgium)

Listening to children with obesity: Lived experiences of hunger, cravings, and satiety
Anna Ek (Sweden)

“Why Does She Have Such a Strange Attitude Towards Food?” A Qualitative Study on Parents’ Motivations, Expectations, and Needs in Early Childhood Obesity Treatment
Ellinor Abrahamsson (Sweden)

12:00 - 12:30

Audimax

Plenary 4: Sustainability in Bariatric and Metabolic Surgery Outcomes

Thomas H. Inge (USA)
chaired by Daniel Weghuber (Austria)

12:30 - 13:30**Lunch break**

Audimax

Plenary 5: Sustainability in Conservative Obesity Management chaired by Marie-Laure Frelut & David Thivel (France)**13:30 - 14:00****Health Behaviour 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**

Note for online attendance:

All the plenaries and the sessions are also streamed online, with the exception of poster sessions and social events.

16:00 - 17:30

Parallel sessions

16:00 - 17:30

Green Lecture
hall

Application of E-Health Endorsing Physical Activity

Markus Reichert (Austria)

16:00 - 17:30

Blue Lecture hall

E-Health Approaches to Healthy Eating

Jens Blechert (Austria)

17:30 - 18:30

Audimax

ECOG General Assembly (Only ECOG Members)

19:00 - 21:30

Gala Dinner & ECOG Lifetime Award at St Virgil

Note for online attendance:

All the plenaries and the sessions are also streamed online, with the exception of poster sessions and social events.

Day 3 | Friday September 18

8:30 - 10:00

Audimax

Interactive Session 2: Nutritional Management of Pharmacotherapy

Gabriel Torbahn (Germany) & Alina Oberauer (Austria)

10:00 - 10:30**Coffee break****10:30 - 11:00**

Audimax

Plenary 6: 20 Years of EU Obesity PreventionAmandine Garde (United Kingdom)
chaired by Daniel Weghuber (Austria)**11:00 - 12:00**

Audimax

Obelisk EU Policy Workshop chaired by Philippe Froguel (France) & Daniel Weghuber (Austria)

- Mag. Judith Benedics Head of the Unit at the Austrian Federal Ministry of Social Affairs (Austria)
- Professor Amandine Garde, University of Liverpool (UK)
- Dr. Bianca Itariu, Austrian Obesity Society (Austria)
- Philipp Pontasch, patient representative (Austria)

12:00 - 12:45

Audimax

YIA Ceremony & Closing Ceremony

Susanne Ring-Dimitriou (Austria), Daniel Weghuber (Austria)

14:00**Guided City Walk to the historic old town of Salzburg** - meeting point at the registration desk

Interdisziplinäre, deutschsprachige Session

Donnerstag, 17. September 2026

Möglichkeiten und Grenzen der Adipositasschulung und Pharmakotherapie Audimax

Versorgungsstrukturen der Adipositastherapie 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 Adipositastherapie

Daniel Weghuber (Österreich)

10:00 - 10:30

Kaffeepause

10:30 - 12:00

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

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

Poster Session 1 - Wednesday, September 16

16.30 - 17.30

A. Chaired by Marie-Laure Frelut (France) and Andrea Vania (Italy)

1. "Progressive Increase of Novel Adipokine Gremlin-1 Expression in Human Pancreatic Islet from Obesity to Prediabetes and Type 2 Diabetes" Yilin Han (Sweden)
2. "Preserved GIP Secretion but Reduced GIP/Insulin Ratio in Adolescents with Obesity" Erik Gjessing (Sweden) **YIA**
3. "Pubertal Hormones, Insulin Sensitivity, and Beta-Cell Secretory Function in Adolescents with Obesity: Evidence from Sequential Clamp Studies" Banu Aydin (Sweden)
4. "Identification of a cut-off value of the Single Point Insulin Sensitivity Estimator (SPISE) in a cohort of children and adolescents with obesity" Malgorzata Wasniewska (Italy)
5. "SPISE index as a predictor of Dysglycemia in Pediatric Obesity" Malgorzata Wasniewska (Italy)
6. "Genetic Architecture of Pediatric Obesity: Implications for Precision Medicine" Djory Cabral (Brazil) **YIA**
7. "Semaglutide in Adolescents with Overweight and Obesity: Preliminary Clinical Data" Anna Arefeva (Russia) **YIA**
8. "Enhancing Adolescent Anti-Obesity Medication (AOM) Prescribing" Jennifer Bass (USA)
9. "The effect of GLP-1 receptor agonist treatment on eating behavior in children and adolescents with obesity" Laura Döttl (Austria)
10. "Long-term weight outcomes of setmelanotide in paediatric participants with Bardet-Biedl syndrome or with POMC or LEPR deficiency and obesity" Christof Maucksch (Germany)

B. Chaired by Dénes Molnar (Hungary) and Elpis Vlachopapadopoulou (Greece)

1. "Metabolic Indices for Predicting Metabolic Syndrome in Obese Adolescents" Anna Hajdú (Hungary) **YIA**
2. "Amino acid concentration in adolescents with metabolic dysfunction associated steatosis (MASLD) during an OGTT" Thomas Pixner (Austria)
3. "Early Effects of Tirzepatide in Adolescents with Obesity: 12-Weeks Clinical Data" Kseniia Radaeva (Russia) **YIA**
4. "Early Growth Trajectories in IVF-Conceived Infants" Tícia Lilla Oláh (Hungary) **YIA**
5. "Addressing Obesity and Physical Inactivity in a Survivor of Metastatic Childhood Cancer" Zsófia Tarr (Hungary)
6. "The Impact of Pregnancy and Lifestyle on Infants' Growth and Development: PreStep Study" Saghi Zafarianeh (Austria) **YIA**
7. "Transition of care for adolescents and young adults living with obesity: an evidence-based clinical practice guideline for Germany" Gabriel Torbahn (Germany)
8. "Childhood obesity and familial hypercholesterolemia – an undertreated double burden" Jeanne Jabbour (Austria)
9. "Longitudinal associations of metabolic syndrome with depressive symptoms, perceived stress, and glucocorticoids in children and adolescents" Emmi Toivonen (Finland)

C. Chaired by Anders Forslund (Sweden) and Peter Bergsten (Sweden)

1. "Early risk factors for pediatric obesity: A multicenter Polish–Lithuanian study conducted within the EprObes consortium" Malgorzata Wójcik (Poland)
2. "Implementing childhood obesity care: From national guidelines to regional benchmarking" Annika Janson (Sweden)
3. "Sarcopenic obesity in children: From diagnostic indicators to health-related physical fitness – A narrative review" Melanie Marie-Pascale Mueller & Michaela Weber (Austria)
4. "National patterns of childhood overweight and obesity in Lithuania, 2022-2024" Vita Speckauskiene (Lithuania)
5. "Appetitive traits in 2–14-year-old Danish children: validation of the Danish CEBQ and associations with BMI-SDS and Age" Bjarke Westergaard (Denmark) [YIA](#)
6. "Body composition in Hungarian children with type 1 diabetes mellitus" Eszter Korán (Hungary) [YIA](#)

D. Chaired by Grace O'Malley (Ireland) and David Thivel (France)

1. "From evidence to action: practice-oriented youth healthcare recommendations for prevention and treatment of overweight and obesity in children and adolescents" Renée Ijzerman (the Netherlands) [YIA](#)
2. "Beyond BMI: reappraising interventions for the prevention of overweight and obesity in children and adolescents based on behavioral outcomes" Franziska Gorn (Germany)
3. "Nutritional status and adherence to the Mediterranean diet among Polish children and adolescents: a cross-sectional study" Katarzyna Dereń (Poland)

E. Chaired by Paulina Nowicka (Sweden) and Edyta Łuszczki (Poland)

1. "Motivation for vegan and vegetarian diets and prevalences of healthy lifestyle factors among Austrian school teachers and principals." Nadine Gutmann (Austria)
2. "Breastfeeding and Dietary Habits in Childhood and Adolescence: The PASOS Study" Josep Tur (Spain)
3. "A Toolbox for dietary counselling during nutrient-stimulated hormone therapies in children and adolescents living with obesity" Alina Oberauer (Austria) [YIA](#)
4. "Obesity management in pediatric skeletal dysplasia" Eleonora La Sala (France) [YIA](#)

Poster Session 2 - Thursday, September 17

15.00 - 16.00

A. Chaired by Elpis Vlachopapadopoulou (Greece) and Peter Bergsten (Sweden)

1. "Health-based treatment of adolescent obesity with low energy diet and semaglutide (eMAMMO Obesity Trial)" Kasper Schei (Norway)
2. "HNMT, CCL-3 and 4E-BP1 are candidate biomarkers for paediatric MASLD" Hannes Manell (Sweden)
3. "What is driving energy intake after weight loss? A longitudinal mediation analysis in adolescents with obesity" David Thivel (France)
4. "Monogenic and oligogenic variations in a cohort of children with early onset severe obesity: a real-world preliminary data from a tertiary pediatric endocrinology department" Elpis Vlachopapadopoulou (Greece)
5. "The impact of obesity on glycemic control in Children and Adolescents with Type 1 Diabetes. A cross-sectional study" Maria-Christina Antoniou (Greece)
6. "Adolescent Bariatric Surgery: Safety, Feasibility, and Early Outcomes from the First Dedicated Pediatric Center in Germany" Nina Dietze (Germany)
7. "Efficacy and Safety of Setmelanotide in Paediatric Patients with Acquired Hypothalamic Obesity: Final Phase 3 Trial Results" Christof Maucksch (Germany)
8. "Setmelanotide in Bardet-Biedl syndrome: A 52-week indirect comparison of Phase 3 trial participants aged 2-5 years with a natural history cohort from the international Clinical Registry Investigating Bardet-Biedl Syndrome" Christof Maucksch (Germany)
9. "The auxological win vs the metabolic reality: re-evaluating GnRHa outcome in obese children with central precocious puberty" Queenie Wing Shan See (Hong Kong)

B. Chaired by Dénes Molnar (Hungary) and Gabriel Torbahn (Germany)

1. "Association of acanthosis nigricans with obesity phenotypes, body composition, glucose metabolism and lifestyle factors in children: preliminary data analysis" Alona Lavrenova (Latvia)
2. "Diagnostic overshadowing in childhood obesity: a case study of severe obstructive sleep apnea syndrome with delayed recognition due to weight-related bias" Emma Magyar (Hungary)
3. "Associations among BMI of Lithuanian first-graders and their parents" Monika Grincaitė (Lithuania)
4. "Overweight and obesity in pre-school children – A dashboard based on routine data from school-entry examinations" Charlotte Kühnelt (Germany)
5. "Improvements in anthropometry and markers of inflammation in children and adolescents after a 10-weeks lifestyle intervention: a 3-year follow-up study" Jens Bruun (Denmark)
6. "Changes in body composition following pharmacotherapy-induced weight loss in adolescents with obesity: a real-world study." Leonie Ploner (Austria)

C. Chaired by Paulina Nowicka (Sweden) and Anders Forslund (Sweden)

1. "Why primary school matters in obesity prevention: baseline findings supporting an early lifestyle education program" Veronica Mocanu (Romania)
2. "Empowering youth healthcare professionals with evidence- and practice-based knowledge using an AI tool: a pilot study in integrated childhood obesity care" Bibian van der Voorn (The Netherlands)

3. "Barriers to participation in a pediatric obesity prevention trial: insights from the TAPE-Obesity trial." Malgorzata Wasniewska (Italy)
4. "Lifestyle patterns in preschoolers and their impact on overweight risk: a study on screen time, sleep, diet, and activity" Daniela Rodrigues (Portugal)
5. "Pairing obesity medication and multidisciplinary lifestyle modification" Maria Swittalek (Austria)
6. "A cluster-randomized controlled trial of a family-based psychosocial intervention to prevent childhood obesity from preschool ages: the PRESAFALIN study protocol" Genís Según (Spain) **YIA**
7. "Health-related quality of life and long-term weight changes in adolescents and young adults 5 years after a multimodal inpatient weight-loss program (LOGIC-study)" Katharina Gruber (Germany)
8. "From missed secondary prevention to tertiary care: a complex pediatric obesity case" Zsófia Gacs (Hungary)
9. "The EDDY Project: A school-based approach to obesity prevention in Vienna" Paula Moliterno and Kurt Widhalm (Austria)
10. "Impact of a family-based early childhood intervention on parental self-efficacy and resilience for health promotion and obesity prevention: Results from a cluster randomized controlled trial." Genís Según (Spain)
11. "Design, methods and pilot baseline results of the SEÍSMO study: a school-based cluster randomised controlled trial to prevent pediatric obesity among disadvantaged communities in Spain" Genís Según (Spain)
12. "Socioeconomic inequalities in the burden of obesity in Spanish children aged 8-12 years." Genís Según (Spain)
13. "Screen time and the likelihood of not meeting sleep recommendations in children aged 3–8 years: findings from the SANTBOISA study" Silvia Torres (Spain) **YIA**
14. "Screen time and the likelihood of not meeting sleep recommendations among Spanish children and adolescents: PASOS study" Silvia Torres (Spain)
15. "Twenty-year trend in the prevalence of increased cardiometabolic risk, measured by abdominal obesity, among Spanish children and adolescents across body mass index categories." Silvia Torres (Spain)
16. "Pediatric obesity in Spain: from 2000 to 2019 – comparison of two nationwide representative studies." Silvia Torres (Spain)

D. Chaired by Edyta Łuszczki (Poland) and Teodora Handjeva-Darlenska (Bulgaria)

1. "Migration-related characteristics and children's consumption of ultra-processed foods" Daniel Rodrigues (Portugal)
2. "Risk of eating disorders and disordered eating behaviors in children and adolescents undergoing a digital-clinical obesity treatment including daily home weighing—a long-term follow up study" Pernilla Danielsson (Sweden)
3. "Nutritional behaviors and their metabolic consequences in children with simple obesity" Malgorzata Wójcik (Poland)
4. "Sex-Specific association between zero-calorie beverage consumption and depressive symptoms in Korean adolescents: a nationwide cross-sectional study" Yoosun Cho (South Korea)
5. "Changes in self-reported eating behaviours during and after hospitalization in adolescents with obesity" Simon Mauzead (France)

E. Chaired by Grace O'Malley (Ireland) and David Thivel (France)

1. "Sedentary behaviour and physical activity patterns of Lithuanian children: results of COSI round 6 (2023)" Ausra Petrauskiene (Lithuania)
2. "Characteristics and activity participation of children with obesity in a community-based municipal lifestyle programme: the home study" Terese Torstensson (Sweden)
3. "Exergames for promoting physical activity in children with overweight and obesity: a German-Czech pilot trial – study overview" Mirka Dedicova (Czech Republic)
4. "Parental concern and screen media use in Portuguese pre-schoolers: a cross-sectional study" Josep Tur (Spain)
5. "Identification of weight loss predictors using machine learning approaches in adolescents with obesity" David Thivel (France)

F. Chaired by Marie-Laure Frelut (France) and Andrea Vania (Italy)

1. "Childhood obesity management: The impact of an online training programme for paediatric healthcare professionals in Ireland." Farzana Ferdous (Ireland)
2. "Childhood obesity policy mixes and prevalence trajectories in eight OECD countries: a structured comparative analysis using open-access data" Yousra Siddiqui (Ireland)
3. "Implementation and Evaluation of a Cross-Sector, Family-Centred Prevention Programme for Childhood Overweight and Obesity (fruehstArt): A Mixed-Methods Study" Anna-Lena Lauenstein (Germany)
4. "Interdisciplinary childhood obesity training for healthcare professionals" Grace O'Malley (Ireland)
5. "Developing an interprofessional competency framework for child and adolescent obesity management: A mixed-methods approach" Grace O'Malley (Ireland)
6. "Museotherapy as complementary care in pediatric obesity: A pilot program from Nice, France" Caroline Joucla (France)
7. "Childhood obesity education interventions for undergraduate healthcare professionals: a scoping review." Nese Gadzama (Ireland)
8. "Therapy situation for overweight and obese children and adolescents in Austria: Results from 2026" Sabine Dämon (Austria)
9. "Revision of the German S3 guideline on the treatment and prevention of obesity in children and adolescents: adaptation of the Canadian clinical practice guideline and GRADE-Based evidence assessment" Franziska Gorn (Germany)

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.

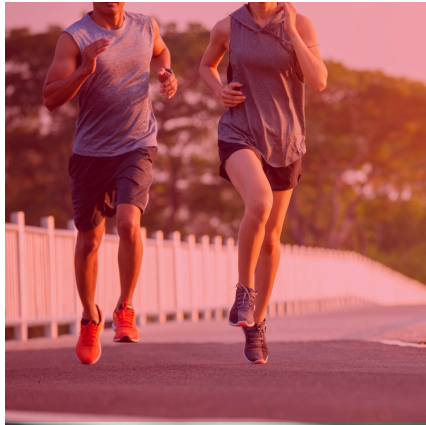
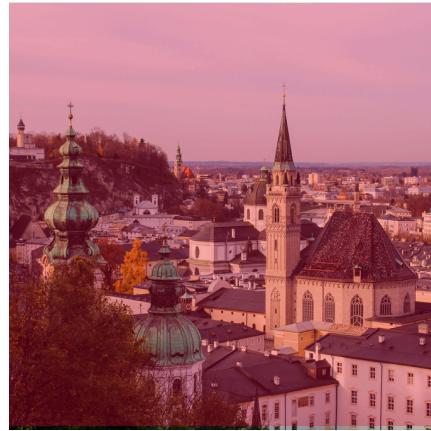


Social Programme

Day 1 | September 16

Welcome Reception **Schloss Mirabell** by the Mayor of **Salzburg** from **19:30 to 21:30**.

Price: free for everyone with registration.



Day 2 | September 17

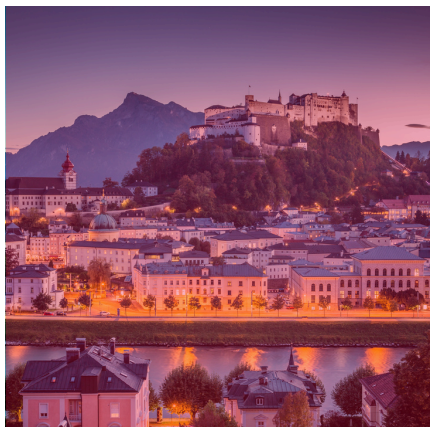
ECOG Sunrise Run the ones interested can gather at the foyer at **6.45**.

Price: free.

Day 2 | September 17

Congress Gala Dinner and **ECOG Life Time Award** from **19:00 to 21:30**.

Price: 70€ pp. [Register here.](#)



Day 3 | September 18

Guided City Walk to the historic old town of Salzburg - gathering at 14:00 at the Foyer.

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€
Online Participation	Regular 180€	Student 100€



Getting to the **venue**



Address of the venue:

University of Salzburg
Faculty of Natural and Life Sciences, Location Freisaal
Hellbrunnerstrasse 34, 5020 Salzburg, Austria

Note: We are a green meeting - public transport recommended! Parking options in the area are limited!

From Main Train Station:

- **Option 1**, very close to venue: take the trolley bus line 3 until exit Josefiaw (in the direction Salzburg Süd) and change busses to line 22 until exit Bocksbergerstraße.
- **Option 2**, 5 min walk: take the trolley bus line 3 (directly for about 11 minutes, or by changing busses - therefore take line 8 from Mozartsteg) until exit Faistauergasse (in the direction Salzburg Süd) go along Faistauergasse, Mascagnigasse, Michael-Pacher-Straße.

From the Mozart Airport Salzburg:

- Take the trolley bus line 2 (in the direction of Salzburg City Center) until exit Hans-Schmid-Platz, change busses to trolley bus line 1 (in the direction of Salzburg Arena) until exit F.-Hanusch-Platz, again change busses to trolley bus line 3 (in the direction of Salzburg Süd). This line takes you directly to the exit Faistauergasse - walk along Mascagnigasse and Michael-Pacher-Straße - it takes you about 5 minutes to reach the Faculty of Natural Sciences.

Accessibility

- The Faculty of Natural Sciences building at Hellbrunnerstraße 34 offers barrier-free access above ground and via the underground car park, with servo-assisted doors at entrances and along the route to lifts 6 and 7, which feature voice announcements and tactile controls (partly with Braille). Each floor has at least two accessible toilets; the ground-floor one includes a changing table near the cafeteria. The stair lift in Lecture Hall 403 is currently out of service (as of August 2026). In the Audimax, only the top level is barrier-free, though desks are wheelchair-accessible. The building lacks a tactile guidance system, but staircases include underpass protection.

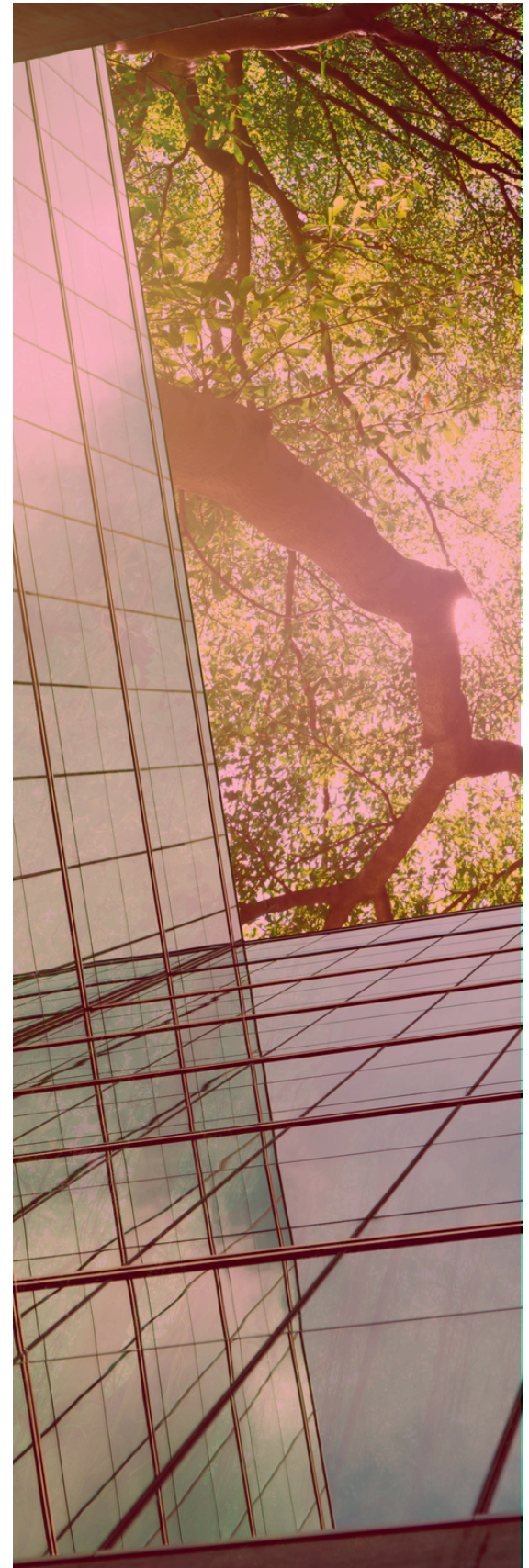
Details: [Contact & Travel information - Universität Salzburg](#)

Getting to Salzburg & 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. Please use the recycling stations provided at the venue to help reduce waste
- **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 Northern **Italy, Switzerland, Bruxelles, Amsterdam, Hamburg, Berlin** (via Vienna). We will award a **smart travel award** to the three longest train rides! **Apply to this, and win 100€ by emailing your travel documents to the organisers.**
- If **flights** are necessary, aim at **larger hubs like Vienna and Munich**, both within bi-hourly train rides (3h) distance from Salzburg. Direct flights have lower emissions compared to short-haul connecting flights to Salzburg directly.
- **Public transport in Salzburg** is free for all hotel guests (register beforehand for a guest card with your hotel). You can reach the venue easily with public transport. **Hotels issue a Salzburg Guest Card upon arrival** or before for free admission to all public transport. Find train connections under www.bahn.de or www.oebb.at local buses in Salzburg. www.salzburg-verkehr.at or in google maps.



How to become a Member?

Who can join?

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. When reaching the age of thirty years, Junior Members shall automatically become Ordinary Members.

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 uploading your CV and a Cover Letter both in English. 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. Incomplete membership requests will not be taken into consideration.

How much does it cost?

The membership costs €80 per year for the members of Western Europe and €40 for the members of Eastern Europe. Active ECOG's members are those who are up-to-date with the annual dues.

To submit your candidature, [visit this page](#).





ECOG 2026 has been organised with the
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