



## **DSAF's Education Day & Nordic obesity meeting November 17<sup>th</sup> –19<sup>th</sup> 2022**

The annual education day on obesity and the Nordic Obesity Meeting, this year organized by the Danish Association for the Study on Obesity will take place the 17th to the 19th of November 2022. The conference will be held in Copenhagen, Denmark, and will bring together medical doctors, dieticians, health care professionals, and multidisciplinary researchers engaged in obesity research. The annual educational day, preceding the Nordic Obesity meeting, will reflect 'Perspectives on obesity management' with topics spanning from diet, exercise, technological behavioral interventions, pharmacology, obesity surgery, weight neutral approaches, obesity stigma to prevention strategies.

The Nordic Obesity Meeting on 'Novel insight on obesity biology, prevention and management strategies' will cover talks on obesity and metabolism, key genetic and non-genetic determinants of body weight regulation including early life risk factors, postpartum weight retention and sleep, and cutting edge research in human brown adipose tissue, very low calory diet, constitutional thinness and weight gain resistance. The meeting also gives young investigators the opportunity to present their research findings.

In addition to participation in the conference, Copenhagen has attractions and sights to suit every taste and interest – and most of them are within walking distance of the meeting venue.



# DSAF's Education Day 2022, November 17<sup>th</sup>–18<sup>th</sup>

## Title: Perspectives on obesity management

### Scandic Hotel, Copenhagen

#### Thursday, November 17<sup>th</sup>

Time	Speaker	Tentative title
10:30-11:00	Registration and coffee with bread	
11.00-11.10	Lise G Bjerregaard, President of DASO	Welcome
11.10-11.50	TBA	Calories, carbs or quality?
11.50-12.30	Bente K. Pedersen, Prof., University of Copenhagen & Rigshospitalet, Denmark	Physical exercise and weight loss, does it work?
12:30-13:10	Kirsi Pietiläinen, Prof., University of Helsinki, Finland	Digital platforms and technology
13:10-14:10	Lunch	
14.10-14.50	Christoffer Clemmensen, Associate Prof., University of Copenhagen, Denmark	Weight loss therapies: Past, present, and future
14.50-15.30	Richard Welbourn, MD, Nuffield Health, UK	Bariatric surgery: How effective is it and who is it for?
15.30-16:00	Carina Jørgensen, Adipositasforening, Denmark	Patient perspective(s)
16.00-16:30	Coffee	
16:30-17.10	Claus Bogh Juhl, Prof., Steno Diabetes Center Odense, Denmark	Weight neutrality – and health in obesity
17:10-17:50	Ximena Ramos Salas, PhD, Research & Policy Consultant, Sweden	Weight bias and stigma in healthcare: Leaving no one behind
17:50-18:30	Nils B Jørgensen, PhD, Hvidovre Hospital, Denmark Berit Heitmann, Professor, The Parker Institute, Copenhagen Denmark	Discussion: Weight neutral vs weight loss

**Friday, November 18<sup>th</sup>**

<b>Time</b>	<b>Speaker</b>	<b>Tentative title</b>
9.00-9:40	Jeroen Lakerveld, Associate prof., Amsterdam UMC, the Netherlands	Evidence for upstream determinants of obesity, and entry points for prevention
9.40-10.00	Lise G Bjerregaard, President of DASO	Conclusions and learning points
10.00-10.15	Break	
10.15-	Participation in the Nordic Meeting on the Study on Obesity	

## Nordic obesity meeting 2022, November 18<sup>th</sup> –19<sup>th</sup>

**Title: “Novel insight on obesity biology, prevention and management strategies”**

**Scandic Hotel, Copenhagen**

### Friday, November 18<sup>th</sup>

Time	Speaker	Tentative title
10.15-10.20	Lise G Bjerregaard, President of DASO	Welcome
10.20-10.55	TBA	Energy metabolism
10.55-11.30	Nils Wierup, Associate Prof., Lund University Diabetes Centre, Sweden	Metabolic Effects of Gastric Bypass Surgery: Is It All About Calories?
11.30-12:05	Tune H Pers, Associate Prof., University of Copenhagen, Denmark	Obesity and the brain
12:05-12:15		Q & A
12.15-13.15	Lunch	
	Abstract competition	
13.15-13.30	Conference participant	TBA
13.30-13.45	Conference participant	TBA
13.45-14.00	Conference participant	TBA
14.14-14.30	Conference participant	TBA
14.30-14:45	Conference participant	TBA
14:45-15:00	Conference participant	TBA
15:00-15:45	Coffee & posters	
15:45-16:15	Sylvain Sebert, Professor, University of Oulu, Finland	Early predictors of life course BMI trajectories
16:15-16:45	Ellen Nøhr, Professor, University of Southern Denmark and Odense University Hospital	Predictors and consequences of postpartum weight retention
16:45-17:15	Sofus Larsen, Postdoc, Parker Institute, Denmark	Sleep, weight, weight loss and weight loss maintenance
17:15-17.25	Break	
17:25-18:00	General assembly	All Danish Delegates
19.00-	Conference dinner with young investigator prizes	

**Saturday, November 19<sup>th</sup>**

<b>Time</b>	<b>Speaker</b>	<b>Tentative title</b>
09.00-9:30	Ruth Loos, Prof., Novo Nordisk Foundation Center for Basic Metabolic Research, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark	The importance of Genetics in obesity
9:30-10:00	Kirsi Virtanen, Associate Prof., University of Turku, Finland	Human brown adipose tissue
10:00-10:30	TBA	TBA
10:30-10:45	Break	
10:45-11:15	Pia Siig Vestentoft (Pia Christensen), Current: Senior Clinical Pharmacology Scientist, Novo Nordisk; Former: Assistant professor, Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark	Very low calorie diet
11:15-11:45	Jens lund, PhD Student, University of Copenhagen, Denmark	Constitutional thinness: Uncovering the physiology of human weight gain resistance
11:45-12:00		Closing remarks