

Nordic obesity meeting November 17th –19th 2022

Dear colleagues,

We are very honored and excited to welcome you to the Nordic Obesity Meeting, this year organized by the Danish Association for the Study on Obesity. The meeting will take place the 17-19 November 2022 in Copenhagen, Denmark. The conference will bring together medical doctors, dieticians, health care professionals, and multidisciplinary researchers engaged in obesity research.

Preceding the Nordic Obesity Meeting, and as part of the meeting, we will hold an educational day on obesity, which 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.

We look forward to seeing you in Copenhagen!

The Danish Association for the Study on Obesity
Committee for the Nordic Obesity Meeting 2022



DSAF's Education Day 2022, November 17th –18th

Title: Perspectives on obesity management

Scandic Hotel, Copenhagen

Thursday, November 17th

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	Kevin D Hall, Senior Investigator, National Institute of Diabetes and Digestive and Kidney Diseases, US	What matters most: 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., Department of Endocrinology, University Hospital South West Jutland and 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
	End of day 1	

Friday, November 18th

Time	Speaker	Tentative title
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 Obesity Meeting	

Nordic obesity meeting 2022, November 18th –19th

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

Scandic Hotel, Copenhagen

Friday, November 18th

Time	Speaker	Tentative title
10.15-10.20	Lise G Bjerregaard, President of DASO	Welcome
10.20-10.55	Kevin D Hall, Senior Investigator, National Institute of Diabetes and Digestive and Kidney Diseases, US	Determinants of energy balance in humans
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 C Larsen, Senior Researcher, 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 19th

Time	Speaker	Tentative title
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 - any importance for body weight or metabolic health?
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	Low energy diets in the treatment of obesity and diabetes
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

Practical info

Venue

[Scandic Copenhagen](#), Vester Søgade 6, 1601 København V

Accommodation

Scandic Copenhagen, Vester Søgade 6, 1601 København V

Prices: 1145 (single room), 1245 (double room). Booking upon registration (opens August 1).

Registration

Registration opens August 1. Online via link at <https://dsaf.dk/en/meetings/>. **Early bird fees** are valid until **14 September 2022**. The final deadline for registrations is 10 October 2022. Early career researchers (PhD age <10 years) who have had an abstract accepted for the congress will have a reduced fee and free dinner on Nov 18. Keynote speakers, sponsors and members of the organizing committee register free of charge. The registration fee covers participation in the Education day and the Nordic obesity Meeting including coffee and lunch on all three days.

Registration fees:

Type	Early rate <i>Until September 14</i>	Standard rate <i>Until October 10</i>
EASO member Nordic countries*	DKK 1050	DKK 1650
Non-member	DKK 1500	DKK 2100
EASO member Nordic countries (early career researchers, abstract accepted)	DKK 950	DKK 950

* Denmark, Finland, Iceland, Norway, Sweden

Abstracts

Submit your abstract (250 words) to dsaf@dsaf.dk **before September 1, 2022**. Find abstract guidelines [here](#).

Social events

Friday night November 18, we hope you will all join us for a conference dinner held at Scandic Copenhagen. Dinner is not included in the registration fee for the meeting, but the price is very favorable. Dinner price is 350 DKK including aperitif, 3 courses, wine, and coffee avec. Register for dinner when you sign up for the meeting.

Arrival from the airport:

Scandic Copenhagen is an 8-minute walk from the København H train station. The train (Öresundståg) will take you from Copenhagen Airport to København H in 13 minutes. You can plan your journey [here](#) or [here](#)!

This meeting is kindly sponsored by:

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