DASO Annual Obesity Meeting 2026

Hotel Sinatur Storebælt, Nyborg

Friday, November 6

Time	Speaker	Title
09.30-09.55	Registration, coffee and bread	
09.55-10.00	**Carsten Dirksen**, *President DASO*	Welcome
10.00-10.30	**Gijs Goossens**, *PhD Professor of Cardiometabolic Physiology of Obesity Department of Human Biology, Institute of Nutrition and Translational Research in Metabolism (NUTRIM) Maastricht University Medical Centre+, The Netherlands*	The pathophysiology of cardiometabolic complications in obesity: towards tailored approaches Chair: Carsten Dirksen
10.30-11.00	**Lærke Smidt Gasbjerg**, *MD, PhD, Tenure Track Assistant Professor, Department of Biomedical Sciences, University of Copenhagen & Center for Clinical Metabolic Research, Herlev & Gentofte Hospital, Hellerup, Denmark*	The role of gut hormones in postprandial nutrient handling – human studies on genetic variants and postprandial blood flow Chair: Jens Lund
11.00-11.30	Coffee break and sponsor visits	
11.30-12.00	**Emilia Huvinen**, *MD, PhD, Associate Professor, University of Helsinki and Helsinki University Hospital, Helsinki, Finland*	Obesity and women's reproductive health Chair: Julie Aarestrup
12.00-12.30	**Anders Fink-Jensen**, *MD, DMSci, Clinical Professor, Mental Health Centre, University Hospital-Bispebjerg and Frederiksberg, Copenhagen & Department of Clinical Medicine, University of Copenhagen, Copenhagen, Denmark*	GLP-1-based drugs, addiction, and alcohol use disorder Chair: Christina Horsager Pedersen
12.30-13.30	Lunch	
	Abstract competition	Chairs: Julie Aarestrup & Jens Lund
13.30-13.40	**Kristin Evensen**, *MD, PhD Fellow, Copenhagen Prospective Studies on Asthma in Childhood (COPSAC), Herlev and Gentofte Hospital, Copenhagen, Denmark & Department of Clinical Medicine, Faculty of Health and Medical*	Obesity-related asthma in young adults: beyond BMI towards a metabolic phenotype

	Sciences, University of Copenhagen, Copenhagen, Denmark	
13.40-13.50	**Lærke Bruun Madsen**, *MD, PhD Fellow, Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark*	Reversing severe childhood-onset obesity with pharmacotherapy (RESETTLE): a randomized controlled trial with semaglutide
13.50-14.00	**Søren Gam**, *Postdoc, Department of Endocrinology, Esbjerg Hospital, University Hospital of Southern Denmark, Esbjerg, Denmark & Research Unit of Endocrinology: Bariatrics and Diabetes, University Hospital of Southern Denmark, Esbjerg, Denmark & Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark*	Muscle strength dynamics after major weight loss: do we have a problem? a two-year follow-up after bariatric surgery
14.00-14.10	**Sarah Byberg**, *MD, PhD, Assistant Professor, Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark & Dept. of Medicine, Mass General Brigham and Harvard Medical School, Boston, MA, USA*	Meal-induced signaling between homeostatic and cognitive food-reward brain regions is reduced by incretin-based pharmacotherapy in young adults with obesity
14.10-14.20	**Guro Dahle Christofersen**, *Medical student, Research Scholar, Steno Diabetes Center Aarhus, Department of Clinical Medicine, Aarhus University Hospital, Denmark*	Appetitive traits and long-term risk of disordered eating: a 3-year follow-up in children with overweight and obesity
14.20-14.50	Group photo, coffee break and sponsor visits	
14.50-15.10	Poster pitches	Chairs: Christina Horsager Pedersen & Rebecca Vinding
15.10-16.00	Poster session with refreshments	
16.00-16.10	**Carsten Dirksen**, *President DASO*	Award ceremony
16.10-16.20	**Lærke Smidt Gasbjerg**, *Tenure Track Assistant Professor, Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark & Center for Clinical Metabolic Research, Gentofte Hospital, Hellerup, Denmark*	Winner of the Novo Nordisk Foundation Early Career Obesity Research Award Chair: Carsten Dirksen

16.20-16.40	**Signe Sørensen Torekov**, *Professor, Department of Biomedical Sciences, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark*	Winner of the Flemming Quaade Prize for Outstanding Obesity Research Chair: Carsten Dirksen
16.40-17.00	Representative for NNF	DASO-NNF Reception: Obesity Prizes
17.00-18.00	All members of DSAF/DASO	General assembly
18.00-19.00		Break (free time)
19.00-22.00		Conference dinner with abstract prizes

Saturday, November 7

Time	Speaker	Title
07.00-09.15	Breakfast	
09.15-09.45	**Paulina Nowicka**, *Professor, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala & Division of Pediatrics, Department of Clinical Science, Intervention and Technology, Karolinska Institutet, Stockholm, Sweden*	Early-life obesity: Why families matter Chair: Rebecca Vinding
09.45-10.00	**Lene Gemmer**, *Mother to Mathilde*	Parent of a child with obesity – Lived experiences Chair: Rebecca Vinding
10.00-10.30	**Morten Frost**, *MD, PhD, Clinical Professor, Department of Endocrinology, Odense University Hospital & Steno Diabetes Center Odense, Odense, Denmark*	Treatment of obesity from a bone perspective Chair: Søren Gam
10.30-11.00	Coffee break	
11.00-11.30	**Joanna Kalucka**, *PhD, Associate Professor, Department of Biomedicine, Aarhus University & Steno Diabetes Center Aarhus, Aarhus University Hospital, Aarhus, Denmark*	Defining the vascular niche of human adipose tissue across metabolic states Chair: Jens Lund
11.30-12.00	**Kathrine Kold Sørensen**, *PhD, Assistant Professor, Copenhagen University Hospital, Steno Diabetes Center Copenhagen, Herlev, Denmark*	GLP-1 receptor agonists and grocery shopping patterns Chair: Julie Aarestrup
12.00	Closing remarks and lunch to-go	Chair: Carsten Dirksen

PRIZE WINNERS

UNDERSTANDING LONG-TERM WEIGHT REGULATION

Signe Sørensen Torekov, Professor of Translational Metabolism at the University of Copenhagen, receives the 2026 Flemming Quaade Prize for Outstanding Obesity Research for her research into how weight loss can be sustained over time. The prize is awarded for her substantial scientific output and international impact, her ambitious future research programme, and her leadership in Danish obesity research.

novo nordisk foundation

NNF Early Career Obesity Research Award

DASO Danish Association for the Study of Obesity

NEW KNOWLEDGE ABOUT GUT HORMONE GIP

Lærke Smidt Gasbjerg, tenure-track Assistant Professor and research group leader at the University of Copenhagen and the Center for Clinical Metabolic Research at Gentofte Hospital, receives the 2026 Early Career Obesity Research Award for her work to advance understanding of how gastrointestinal hormones regulate metabolism and energy balance. The award recognises her innovative research programme, scientific leadership, and potential to shape the future of obesity research.

INVITED SPEAKERS

Gijs Goossens is Professor of Cardiometabolic Physiology of Obesity at the Department of Human Biology (NUTRIM-Institute of Nutrition and Translational Research in Metabolism), Maastricht University Medical Centre+, the Netherlands. He has international research standing in the area of adipose tissue dysfunction and cardiometabolic impairments in obesity, and is one of the pioneers linking oxygen availability in the adipose tissue and skeletal muscle microenvironments to metabolic and inflammatory impairments in humans. His team also investigates the impact of lifestyle, pharmacological and surgical interventions on cardiometabolic health in people with obesity, with healthy ageing as the ultimate goal. For his work, he received several prestigious awards, including the Young Investigator Award in Clinical Research from the European Association for the Study of Obesity (EASO) (2011) and the Rising Star Award from the European Association for the Study of Diabetes e.V. (EASD) (2014). Prof. Goossens served as President of the Netherlands Association for the Study of Obesity (2014-2020), and was Chair of the international obesity congress ZoomForward22 (joint congress of EASO/International Federation for the Surgery of Obesity and Metabolic Disorders) in Maastricht (2022). Currently, he is member of the Scientific Advisory Board of the Dutch Diabetes Foundation, co-chair of European Association for the Study of Obesity (EASO)'s Basic and Discovery Science Working Group, and member of EASO's Executive Board. He has (co-)authored >180 peer-reviewed articles and book chapters. Gijs Goossens's contributions to our evolving understanding of human adipose tissue and the cardiometabolic complications of obesity are illustrated by publications in e.g. Nature Reviews Endocrinology and the "New framework for the diagnosis, staging and management of obesity in adults" by the European Association for the Study of Obesity (EASO) published in Nature Medicine.

Lærke Smidt Gasbjerg, MD, PhD, is a Tenure Track Assistant Professor at the Department of Biomedical Sciences**,** University of Copenhagen (Københavns Universitet) and affiliated with the Center for Clinical Metabolic Research at Herlev og Gentofte Hospital**.** Her research focuses on the interface between molecular pharmacology, clinical physiology, and advanced imaging. She specializes in the actions and therapeutic potential of gut-derived peptide hormones, particularly GIP, GLP-1, and GLP-2. After earning her medical degree from the University of Copenhagen in 2015, Lærke Smidt Gasbjerg completed a PhD in 2019 with the establishment of a glucose-dependent insulinotropic polypeptide (GIP) receptor antagonist for human use as a tool to study the role of endogenous GIP. Her work has contributed to a deeper understanding of how gut hormones regulate metabolism, glucose homeostasis, and cardiovascular function. Lærke leads Gasbjerg Group, which employs modern technologies, including PET-CT and MRI, to study hormone action in humans. A major goal of her work is to improve the mechanistic understanding of emerging treatments of obesity. She has authored more than 95 scientific publications and collaborates extensively with national and international research partners.

Emilia Huvinen, MD, PhD, is a specialist in obstetrics and gynecology as well as obesity medicine and Associate Professor at the University of Helsinki, Finland. Dr. Huvinen serves on the board of the Finnish Association for the Study of Obesity (FASO) and is a member of the Diabetes in Pregnancy Study Group (DPSG). Her recent work includes contributions to the ICHOM working group on value-based outcomes in obesity care and the European Association for the Study of Obesity (EASO) Position Statement on the treatment of women living with obesity across the reproductive lifespan. She strives to advance women's health also as Co-Chair of the newly established EASO Women's Health Working Group. In 2024, Emilia Huvinen co-founded the European Obesity Care Academy, which she continues to develop together with Northern European obesity specialists. Alongside her academic and clinical work, she is an active public voice on obesity, women's health, and the importance of compassionate, non-stigmatizing care. Her book, Hungry Genes? Understanding obesity without blame, was published in English on Amazon in August 2026.

Anders Fink-Jensen is a board-certified psychiatrist and professor in biological psychiatry with extensive experience in both clinical and preclinical research. His work focuses on substance abuse, psychosis, schizophrenia, and psychopharmacological treatments with special emphasis on metabolic side effects. As Head of the Laboratory of Neuropsychiatry at Mental Health Center Copenhagen and a senior consultant at the Department of Psychiatry, Anders Fink-Jensen leads multidisciplinary teams in translational research. He has mentored 20 PhD students and contributed significantly to psychiatric research policy through leadership roles in the Independent Research Fund Denmark and as President of the Danish Psychiatric Society (Dansk Psykiatrisk Selskab).

Paulina Nowicka is Professor of Food Studies, Nutrition and Dietetics at Uppsala University and affiliated researcher at Karolinska Institutet, Sweden. Her research focuses on the prevention and treatment of childhood obesity, particularly family-based interventions, early childhood, and communication with children and families. She is a clinical dietitian with additional training in psychology and family therapy and a PhD in pediatrics, and has extensive clinical experience in childhood obesity treatment. She is co-chair of the European Association for the Study of Obesity (EASO) Childhood Obesity Working Group.

Morten Frost, MD, PhD, is a clinical professor and consultant endocrinologist in the Department of Endocrinology at Odense University Hospital, and Research Director of the Endocrine Research Unit and Head of the Molecular Endocrinology Laboratory (KMEB) at Syddansk Universitet - University of Southern Denmark, where he is affiliated with Steno Diabetes Center Odense. As a clinician, Morten Frost cares for patients across the spectrum of metabolic bone disease, from osteoporosis to rare monogenic disorders of high and low bone mass. His research programme examines the skeletal consequences of diabetes and the effects of incretin hormones (GIP and GLP-1) and incretin-based therapies on bone. Combining clinical and translational methodologies, he links patient-based studies and randomised trials with mechanistic work in human tissue and bone cells to connect disease biology with therapeutic opportunity. He is the principal investigator of several investigator-initiated randomised trials and has authored more than 110 peer-reviewed publications.

Dr. Joanna Kalucka is an Associate Professor and Lundbeckfonden / Lundbeck Foundation Fellow and leads the Laboratory of Angiogenesis and Inflammation at the Department of Biomedicine**,** Aarhus University, and holds a joint appointment at Steno Diabetes Center Aarhus. Her research examines how endothelial cells adapt to metabolic and inflammatory stress and how this plasticity influences vascular function, tissue remodelling, and disease progression in obesity, diabetes, cancer and infection. Before establishing her independent research programme in Aarhus, Denmark, Joanna Kalucka conducted research in endothelial metabolism at KU Leuven, Belgium. Her work demonstrated that fatty acid oxidation supports redox homeostasis in quiescent endothelial cells, revealing an unexpected metabolic requirement for vascular stability (Kalucka et al., Cell Metabolism 2018). She subsequently led the development of the first comprehensive cross-tissue single-cell atlas of murine endothelial cells (Kalucka et al., Cell 2020). By defining shared and tissue-specific endothelial phenotypes across healthy organs, this work established an important reference framework for the vascular biology community.

Kathrine Kold Sørensen, PhD, is Assistant Professor at the Department of Public Health at University of Copenhagen (Københavns Universitet) and Researcher at Steno Diabetes Center Copenhagen**.** Kathrine Kold Sørensen is particularly interested in how results from randomized controlled trials compare with findings from real-world data on glucose-lowering therapies. By using a target trial emulation framework together with methods from causal inference, Kathrine Kold Sørensen can analyze time-varying patient information and answer clinically relevant questions that matter for diabetes care. Kathrine Kold Sørensen's research centers around diabetes, but her work on GLP-1RAs also holds value for the obesity field.

SAVE THE DATES

34th European Congress on Obesity 2027

(jointly held with the 15th IFSO-EC)

May 18 - 21, Munich, Germany

Nordic Obesity Meeting 2027

October 21 - 22, Reykjavík, Iceland

DASO Annual Obesity Meeting 2027

October 28 - 30, Nyborg, Denmark

35th European Congress on Obesity 2028

April 30 - May 3, Copenhagen, Denmark

DASO Annual Obesity Meeting 2028

November 9 - 11, Nyborg, Denmark

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