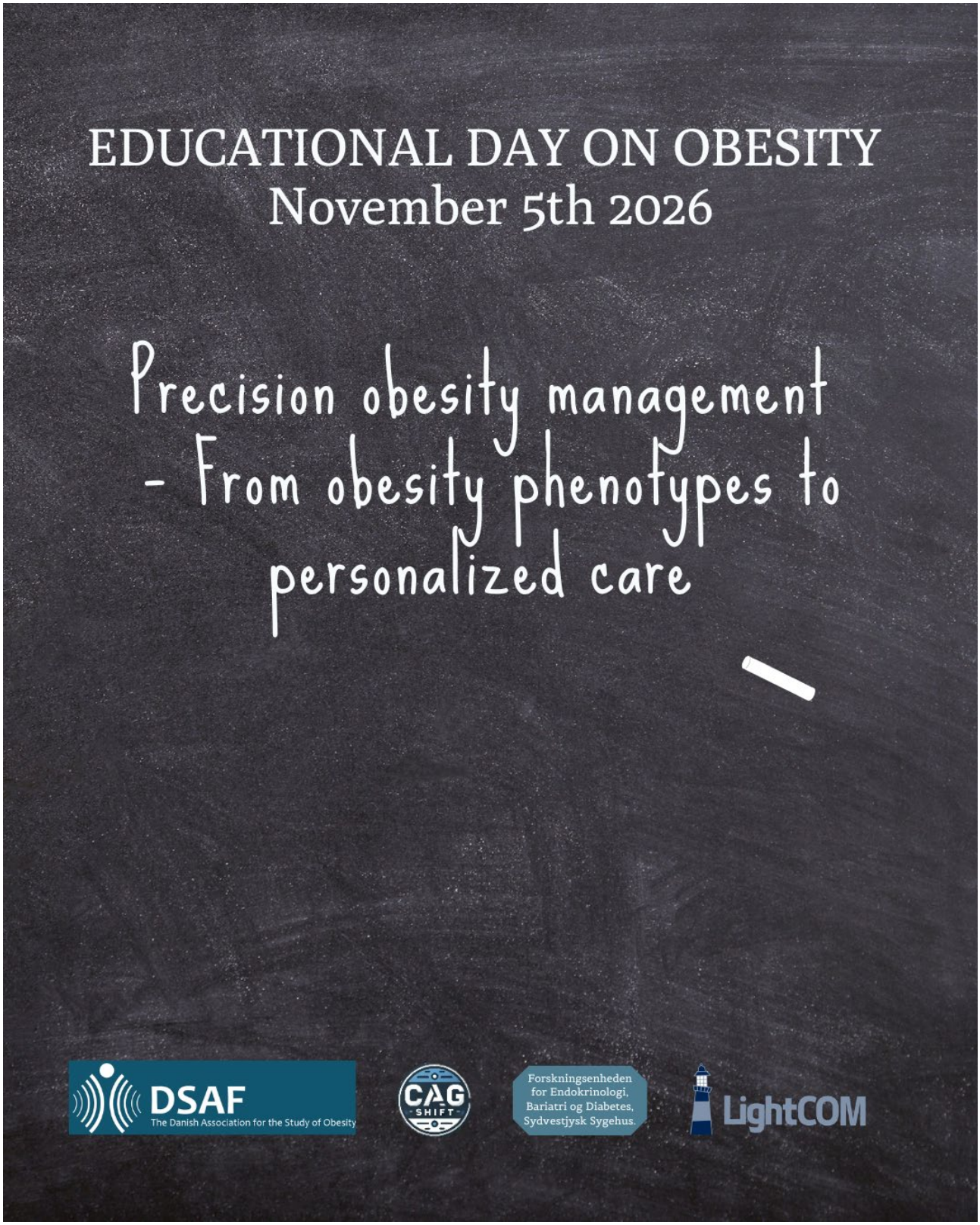

EDUCATIONAL DAY ON OBESITY
November 5th 2026
Precision obesity management
- From obesity phenotypes to
personalized care
DSAF
The Danish Association for the Study of Obesity
CAG
SHIFT
Forskningsenheden
for Endokrinologi,
Bariatri og Diabetes,
Sydvestjysk Sygehus.
LightCOM

Educational day on Obesity: Precision obesity management – from obesity phenotypes to personalized care

This year there will again be an educational day on obesity the day prior to the annual meeting in the Danish Association for the Study on Obesity (DASO). The educational day is hosted and financed by a collaboration between DASO, clinical academic group on Sustainable Health Improvements Following Obesity Treatment (CAG-SHIFT), Research Unit on Endocrinology in Esbjerg Hospital, and LightCOM.

The topic of the educational day will be the management of obesity with a focus on precision obesity management and personalization of care from several angles spanning from cell to society.

Venue and contact information

Sinatur Hotel Storebælt, Østerøvej 121, 5800 Nyborg, Denmark.

For questions related to practical aspects of registration, please contact Rebecca Kofod Vinding rebecca.kofod.vinding@regionh.dk .

Aims of the event

- To focus on one of the hot topics in the area of obesity management; namely precision obesity management with perspectives from phenotypes to individualization.
- To gather and present insights into research areas and approaches spanning from cell to society; physiological, clinical, epidemiological, and anthropological aspects.
- To gather young researchers working in obesity research, to enable them to expand their scientific network and present their own research to fellow researchers in a relaxed and welcoming atmosphere.

Learning objectives and outcomes

- Recognize that obesity is heterogenous in nature and that one size does not fit all in obesity treatment – demanding broad health targets in obesity management and research.
- Gain insight into the clinical, physiological, epidemiological, and behavioral/social aspects of individualized obesity management and how gene-environment interactions as well as life style interventions including nutrition and exercise training affect obesity management.
- Become familiar with theoretical aspects and get hands on experience with practical aspects of individualized obesity management and translational in vivo methodologies in metabolic research.
- Recognize and debate implementation of individualized strategies from clinical aspects to everyday life and behavioral/social aspects in obesity management.
- Recognize common forms of bias and assess their potential impact on study validity.

Target group

The educational day is focused primarily on students and early career researchers from academia (from pre-graduate to postdoc level). Clinicians with interest in the area of obesity management are welcome to sign up as well.

Program November 5, 2026

09.00-09.30: Registration and light breakfast.

09:30-09:40: Welcome

09.40-10.40: Session 1. Precision health and translational research methodologies towards individualization of obesity and cardiometabolic disease prevention

Moderator: *Jens Lund, Postdoc, Novo Nordisk Foundation Center for Basic Metabolic Research, University of Copenhagen, Copenhagen, Denmark*.

09.40-10.05: **Translational research on obesity: Techniques to investigate whole-body and tissue-specific metabolism**. *Gijs Goossens, Professor of Cardiometabolic Physiology of Obesity at the Department of Human Biology, Maastricht University Medical Centre, The Netherlands*.

10.05-10.30: **Towards precision obesity care: harnessing genetics for better health**. *Ruth Loos, Professor, Novo Nordisk Foundation Center for Basic Metabolic Research, University of Copenhagen, Copenhagen, Denmark*.

10.30-10.40: Questions for speakers in this session.

10.40-11.10: Break.

11.10-12.30: Session 2. Diet composition and exercise training in obesity management and type 2 diabetes remission

Moderator: *Andreas M. Fritzen, Associate Professor, Department of Biomedical Sciences, University of Copenhagen, Copenhagen, Denmark*.

11.10-11.35: **Beyond Weight Loss: Lifestyle Intervention and Type 2 Diabetes Remission**. *Søren Gregersen, Professor, Steno Diabetes Center Aarhus, Aarhus, Denmark*.

11.35-12.05: Short presentations from young researchers based on abstracts (10 minutes pr presentation):

An intensive lifestyle intervention targeting sustained remission of type 2 diabetes: the ON LiMiT pilot study. *Naja Klærke, Steno Diabetes Center Copenhagen, Copenhagen, Denmark*

Individual insulin sensitivity responses to acute exercise modalities: a randomized crossover trial with repeated measurements. *Nina Sloth Nielsen. Centre for Physical Activity Research, Rigshospitalet, University of Copenhagen, Copenhagen, Denmark*

Factor D/Adipsin activation is disrupted in obesity and improved by Roux-en-Y gastric bypass. *Tereza Alica Plchová. Laboratory of Molecular Medicine, Department of Clinical Immunology, Copenhagen University Hospital – Rigshospitalet, Copenhagen, Denmark*

12.05-12.30: Questions for speakers in this session

12.30-13.30: Lunch.

13.30-15.00: Session 3. Personalized obesity management – Behavioral/social and epidemiological perspectives

Moderator: *Rebecca Kofod Vinding, MD, PhD, Copenhagen Prospective Studies on Asthma in Childhood (COPSAC), Copenhagen University Hospital, Herlev-Gentofte, Denmark*.

13.30-13.55: **Social gradients and inequality: How psychosocial vulnerability shapes the possibilities of precision obesity management**, *Bodil Just Christensen. Assistant Professor, Department of Biomedical Sciences, University of Copenhagen, Copenhagen, Denmark*.

13.55- 14.20: **Early life body size and health across the lifecourse**, *Jennifer Lyn Baker, Associate Professor, Head of Research in Lifecourse Epidemiology at the Center for Clinical Research and Prevention, Copenhagen University Hospital - Bispebjerg and Frederiksberg, Denmark*.

14:20-14.40: Short presentations from young researchers based on abstracts (10 minutes pr presentation):

Body mass index in adolescence and multimorbidity across adult life among males. *Dominique Searle, Center for Clinical Research and Prevention, Copenhagen University Hospital - Bispebjerg and Frederiksberg, Copenhagen, Denmark*

COVID-19 Lockdown is Associated with Increased Glycemia Markers in Children: Findings from a Prospective Mother-Child Cohort Study. *Marie Jahn.* COPSAC, Copenhagen Prospective Studies on Asthma in Childhood, Herlev and Gentofte Hospital, University of Copenhagen, Copenhagen, Denmark

14.40-15.00: Questions for speakers in this session

15.00-15.20: Break.

15.20-16.25: Hands-on workshop

Exploring benefits and pitfalls in selected clinical and basic science research tools and methodologies in precision obesity management. *In this section you will be introduced to tools and methodologies like*

- **Hands-On Biopsy Workshop: Muscle & Adipose Tissue Sampling**
  Learn practical muscle and adipose tissue biopsy techniques, explore different biopsy needles, and gain hands-on experience with tissue sampling.
- **Mixed Meal Tolerance Tests and Visual Analogue Scales:** Can you taste the difference between three test shakes with different macronutrient compositions? Taste them yourself and rate your hunger and fullness using visual analogue scales.
- **Home-based free-living tests/sensors used in the DELPHI project for personal phenotyping**; Measurement of 24h blood pressure, continuous glucose monitoring, physical activity, dietary registration and self-controlled Oral Glucose Tolerance and Mixed Meal Tolerance Test by Tasso blood sampling device and smartphone apps.
- **Selection bias, information bias, confounding — what will the wheel land on?**
  Take on the “Wheel of Bias”-challenge and discover how hidden biases can shape the evidence we rely on.

16.25-16.30: Summing up and process for the poster session

16.30-17.15: Meta-science session for early career researchers; Research career inspiration

17.15 -18.30 Free time

18.30- 19.50 Dinner

20.00 - 21.00 Poster presentations

During the poster presentation, posters will be orally presented. There will be 2 minutes for presenting your poster followed by 2-3 minutes for questions.

All participants are invited to present poster at the Educational day – also if you are selected for an oral presentation at either the Educational Day or the DASO annual meeting.

Prizes

Prizes will be given for the best oral presentation and the best poster presentation. The prize consists of a small symbolic present and a diploma.

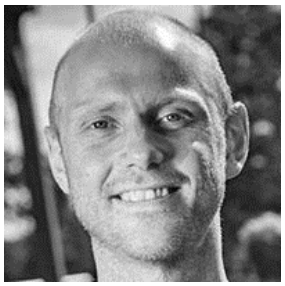
Contact information:

For questions related to the content of the educational day, please contact Associate Professor Andreas M Fritzen, Junior Chair, CAG SHIFT: amfritzen@sund.ku.dk

For questions related to practical aspects of registration, please contact Rebecca Kofod Vinding rebecca.kofod.vinding@regionh.dk

Organising committee

The educational day is organized without any sponsorship from the industry. The educational day is hosted and financed by a collaboration between DASO, CAG Sustainable Health Improvements Following Obesity Treatment (SHIFT), Research Unit of Endocrinology, Obesity and Diabetes, University Hospital of Southern Denmark, Esbjerg and LightCOM.



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