

# Day 1 Thursday 5<sup>th</sup> feb

08.00 Registration & coffee

09.00 Welcome

## **Theme 1: Childhood obesity and Beyond: Public Health Lessons from EU Projects**

Integrating young peoples' perspectives into obesity prevention: lessons for public health  
*Knut Inge Klepp, Norway*

Socioeconomic factors in obesity prevention: implications for early intervention and health,  
*Tiina Laatikainen, Finland*

## **Theme 2: Liver fat and gut health**

Pathogenesis of MASLD in humans: role of obesity and genetic factors  
*Hannele Yki-Järvinen, Finland*

Pathogenesis of MASLD in humans: role of obesity and genetic factors,  
*Fredrik Bäckhed, Sweden*

*Short abstract presentations*

## **Theme 3: Weight maintenance - behavior, surgery and medication**

Personalized treatment with surgery and weight loss drugs,  
*Magnus Sundbom, Sweden*

AMOS follow-up,  
*Kajsa Järholm & Torsten Olbers, Sweden*

Pre- and postoperative care,  
*Gudrún Höskuldsdóttir, Iceland*

## **Theme 4: NPF and clinical aspects of obesity treatment**

Neurodevelopmental conditions and obesity: what the evidence tells us (with a Nordic lens), *Elisabeth Wendts, Sweden*

Clinical reality of NPF and obesity: aspects of obesity treatment in children and adults,  
*Anna Olafsdóttir, Iceland*

## **Theme 5: Relevance of sleep in obesity treatment**

Understanding and talking about sleep health with adolescents,  
*Anna Gutniak, Sweden*

Adverse cardiometabolic effects of sleep loss and circadian disruption in humans,  
*Jonathan Cedernaes, Sweden*

16.45 Concluding remarks. Poster viewing and drinks

18.30 Dinner and Dance

## **DAY 2** Friday 6<sup>th</sup> feb

08.55 Welcome day 2

### **Theme 6: Genetics of obesity and the adipocyte**

Genetics of Obesity in Greenlanders: lessons from an isolated population,  
*Anders Albrechtsen, Denmark*

Linking white adipose tissue to cardiometabolic disease,  
*Mikael Rydén, Sweden*

Adipose tissue mitochondria in obesity and weight loss – insights from twin cohort studies,  
*Kirsi Pietiläinen, Finland*

*Short abstract presentations*

### **Theme 7: Time restricted eating**

Time restricted eating,  
*Mette Svendsen Norway*

*Abstract elevator pitches*

### **Theme 8: Physical activity**

Health-enhancing physical activity in obesity management:  
*TBA*

### **Pro-con debate: Does GLP1-RA's make behavioral treatment in obesity unnecessary?**

**Yes!** *André Heikius, Finland*     **No!** *Jens Christian Holm, Denmark*

### **Future of obesity treatment in the Nordic countries**

16.45 Concluding remarks and Thank you!