

34<sup>th</sup>  
Congress

European  
Childhood  
Obesity  
Group

Uppsala  
Sweden

26-28  
November  
2025





# Welcome to Uppsala.

We are delighted to invite you to the 34th ECOG 2025 Congress, taking place from November 26–28, 2025, in the vibrant city of Uppsala, Sweden.

In keeping with the rich tradition of past ECOG congresses, this year's event embraces a truly multidisciplinary spirit, featuring sessions on prevention, treatment, nutrition, physical activity, psychology, pathophysiology, pharmacotherapy, and bariatric surgery. Together with leading experts from across Europe and beyond, we have crafted a dynamic scientific program that showcases the very latest in childhood obesity research and practice.

Join us in Uppsala as we explore critical topics like defining and measuring childhood obesity, debating the most effective preventive strategies, sharing innovative treatment approaches, identifying knowledge gaps, and inspiring the next generation of research and clinical practice.

Uppsala, home to Scandinavia's oldest and most renowned university, offers a setting that beautifully blends historical charm with modern scientific discovery. The congress will be held at Universitetshuset, the iconic main building of Uppsala University. Here, amidst the echoes of history, you will contribute to shaping the future of childhood obesity science.

Conveniently located just 40 minutes from Stockholm and only 17 minutes by train from Stockholm Arlanda Airport, Uppsala is a city designed for easy exploration, whether on foot or by bike.

We encourage you to start planning your trip to Uppsala today. Submit your abstract for a chance to present your work through oral presentations, chaired poster sessions, or traditional posters. Don't forget to spread the word to your colleagues and bring your team along to this exceptional gathering.

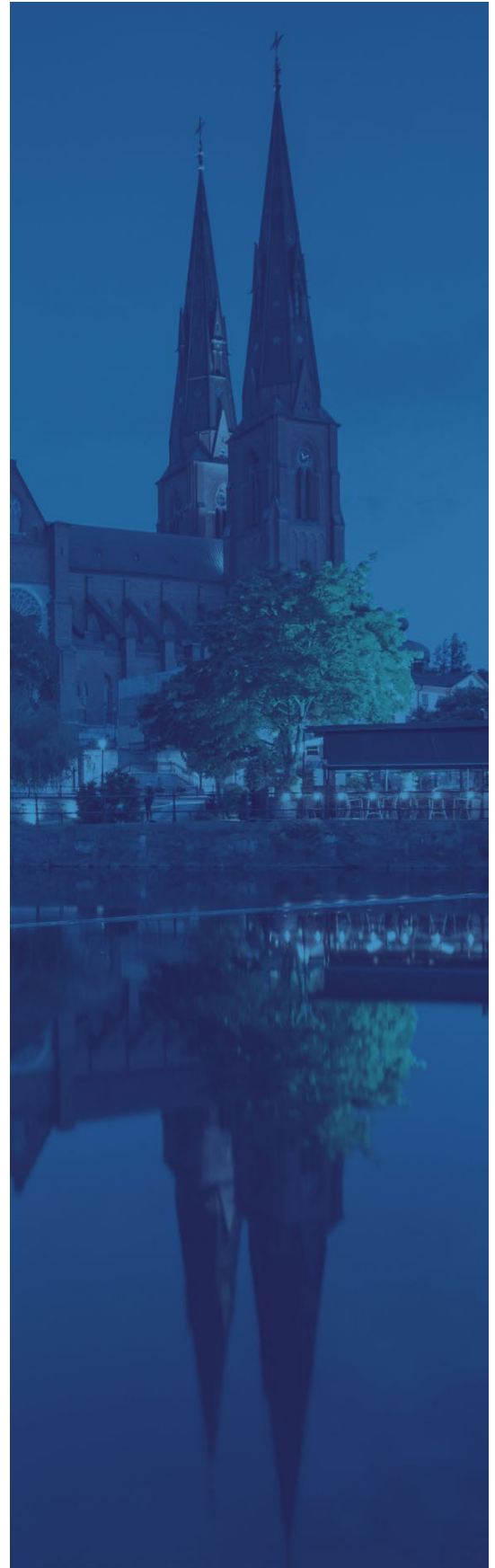
We look forward to welcoming you all to Uppsala for an inspiring and memorable ECOG 2025 Congress.

Warm regards,

Professor Paulina Nowicka  
Chair, ECOG Congress 2025

Associate Professor Anders Forslund  
Co-Chair, ECOG Congress 2025

Professor David Thivel  
President of ECOG





# About ECOG

The European Childhood Obesity Group (ECOG) is a pan-European association of professionals dealing with childhood obesity and overweight. ECOG brings together experts from a diversity of disciplines, ranging from paediatricians, psychologists, dietitians, geneticists, physical activity experts, health economists, and more – all united by an unwavering commitment to the study and prevention of childhood obesity.

ECOG was founded in 1991 with the mission of helping the European community to fully understand the health, social, psychological and economic impacts of childhood obesity.

The associations' beginnings date back to 1988, when Belgian paediatrician Walter Burniat wrote to British paediatrician Elizabeth Poskitt, suggesting that they meet at the First European Congress on Obesity (ECO) in Stockholm and discuss the lack of knowledge and dedicated advocacy and initiatives focused on childhood obesity specifically. The concept slowly evolved over a series of meetings in the following years, until the first ECOG workshop was organized in Brussels in 1991.

It was during this workshop that it became evident that there was no common definition of obesity in children, and that existing definitions relying on BMI alone were inadequate – giving way to the elaboration of an international definition of childhood obesity (Poskitt EME. 1995. Defining childhood obesity: The relative body mass index. European Childhood Obesity Group. Acta Paediatrica 84; 961-3).

Since then, ECOG has grown steadily, boasting increasing partnerships and involvement in European projects and a flagship congress that gathers hundreds of experts in the field each year.

## Board of Directors

- David Thivel, France.
- Edyta Łuszczki, Poland.
- Elpis Vlachopapadopoulos, Greece.
- Andrea Vania, Italy.
- Dénes Molnár, Hungary.
- Theodora Handjieva-Darlenska, Bulgaria.
- Caroline Braet, Belgium.
- Daniel Weghuber, Austria.





# International Scientific Committee

- Paulina Nowicka, Chair, Sweden
- Anders Forslund, Co-Chair, Sweden
- David Thivel, France
- Edyta Łuszczki, Poland
- Caroline Braet, Belgium
- Elpis Vlachopapadopoulos, Greece
- Denis Molnar, Hungary
- Theodora Handjieva-Darlenska, Bulgaria
- Daniel Weghuber, Austria
- Andrea Vania, Italy
- Petur Benedikt Juliusson, Norway
- Grace O'Malley, Ireland
- Claude Marcus, Sweden
- Joseph A. Skelton, USA

## Local scientific committee

- Paulina Nowicka, Chair, Uppsala
- Anders Forslund, Co-chair, Uppsala
- Peter Bergsten, Uppsala
- Emilia Hagman, Stockholm
- Kajsa Järvholm, Lund
- Lovisa Sjögren, Gothenburg
- Pernilla Danielsson, Stockholm
- Hannes Manell, Uppsala
- Anna Ek, Stockholm

## Local organising committee

- Paulina Nowicka, Chair
- Anders Forslund, Co-Chair
- Pia Kalm-Stevens
- Maja Engster
- Iris Ciba
- Helena Vilen
- Klara Danielsson
- Rasmus Stenlid
- Banu Ayden
- My Sjunnestrand
- Ylva Törner
- Sara Cerenius

# Preliminary Programme

## Day 1: Wednesday November 26th.

**10:00 - 12:00** ECOG Board meeting.

**12:00 - 13:00** Registration desk opens.

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**13:00 - 14:00 Opening Ceremony & BLOCK I: Prevention** chaired by David Thivel

◆ **13.00-13.15** Prevention: from systems to clinics by Peter Bergsten (Sweden)

◆ **13.15-14.00** Presentations of current EU projects.

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**14:00 - 15:00 Challenges and solutions around definitions of obesity in children** chaired by Anders Forslund & TBA.

◆ **14.00 - 14.20** Prediction of childhood obesity and its consequences by Jennifer Baker (Denmark)

◆ **14.20-14.35** Current limitations with measurement by Petur Juliusson (Norway)

◆ **14.35-14.55** Future - emerging evidence: Maja Engsner (Sweden), Emilia Hagman (Sweden)

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**14.55-15.20 Break**

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**15.20 - 16.00 Clinical insights into burden of obesity** chaired by Jennifer Baker (Denmark) & TBA.

◆ Claude Marcus (Sweden): Obesity in children, immune system and the consequences

◆ Jenny Vinglid (Sweden): Living with obesity. Parents' and children's perspectives

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**16.00 - 17.00 Welcome reception**



# Day 2: Thursday November 27th.

## Parallel Sessions

### 8:30- 10:00 BLOCK II Treatment

(Room X)

- ◆ **8.30-8.50** Identification of barriers and gaps in referrals: how to communicate and maximizing parent engagement? by Paulina Nowicka (Sweden)
- ◆ **8.50-9.10** Genetic background: A practical overview by Antje Körner (Germany)
- ◆ **9.10-10.00** Oral presentations

### 8.30-10.00 Obelisk Policy

Workshop (Room XI)

- ◆ Panelists TBA.

10:00-10:30 Coffee Break

**10:30 - 12:00 BLOCK III Nutrition** chaired by Edyta Łuszczki (Poland) and TBA.

- ◆ **10.30-11.00** Ultraprocessed food and obesity in children: what is the evidence and message to the public and parents? by Edith Feskens (The Netherlands)
- ◆ **11.10-11.30** Fussing eating: how to handle challenging eating behaviours in a diverse group of children with obesity and neurodevelopmental disorders by Anna S Olafsdottir (Sweden/Iceland)
- 11.30-12.00** Oral presentations

12:00-13:00 Lunch Break

**13.00-15.30 BLOCK IV Psychology** chaired by TBA

- ◆ **13.00-13.20** Screening for disordered eating in pediatric obesity treatment. There isn't a "best measure" by Caroline Braet (Belgium).
- ◆ **13.20-13.40** Managing obesity in adolescents with mental health comorbidities by Kajsa Järholm (Sweden).

13:40-14:00 Coffee Break

**14.00-15.30 Workshops.** (Room X and XI)

- ◆ 1). The role of digital applications: Claude Marcus/Pernilla Danielsson and Grace O'Malley.
- ◆ 2). Eating disorders in clinical obesity settings. Caroline Braet and Kajsa Järholm.

**15.30-17.00 ECOG General Assembly**

## Day 3: Friday November 28th.

**8.30-10.00 BLOCK V Physical activity** chaired by Grace O'Malley (Ireland) and Anna S Olafsdottir (Sweden/Iceland).

- ◆ **8.30-8.50** Sarcopenic obesity in children by Paweł Matusik (Poland).
- ◆ **8.50-9.10** Fat free mass and its variations: implication on energy balance in adolescents with obesity by David Thivel (France).
- ◆ **9.10-9.30** Facilitating physical activity through holistic assessment by Grace O'Malley (Ireland).
- ◆ **9.30-10.00** Oral presentations.

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*10:00-10:30 Coffee Break*

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**10.30-12.00 BLOCK VI Guided posters** (Room XI).

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*12:00-13:00 Lunch Break*

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**13.00-13.40 BLOCK VII Pharmacotherapy & pathophysiology/metabolism** chaired by Lovisa Sjögren (Sweden) and TBA.

- ◆ **13.00-13.20** ECOG position on medication by Daniel Weghuber (Austria) and Gabriel Torbahn (Germany).
- ◆ **13.20-13.40** Medication and nutritional aspects by Edyta Łuszczki (Poland) and Teodora Handjieva-Darlenska (Bulgaria).
- ◆ **13.40-14.00** Obesity and diabetes by Anders Forslund (Sweden).

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*14:20-14:50 Coffee Break*

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**14.50-16.20 BLOCK VIII Health economics in childhood obesity- the effects on the quality of treatment and clinical care provided.**

- ◆ **14.50-15.10** Emma Frew (UK).
- ◆ **15.10-15.30** Emilia Hagman (Sweden).
- ◆ **15.30-16.00** National/Local perspectives: Daniel Weghuber (Austria), Paweł Matusik (Poland) and Lovisa Sjögren (Sweden).
- ◆ **16.00-16.20** Debate.

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**16.20-16.30 Closing ceremony.**



Time	Wednesday November 26th	Thursday November 27th	Friday November 28th
8:30-10:00	Registration desk opens at 10:00	<b>BLOCK II: Treatment &amp; Obelisk Policy Rountable</b>	<b>BLOCK V: Physical activity</b>
10:00-10:30	<b>ECOG Board Meeting</b>	<i>Coffee Break</i>	<i>Coffee Break</i>
10:30-12:00		<b>BLOCK III: Nutrition</b>	<b>BLOCK VI: Guided posters</b>
12:00-13:00	Registration desk closes at 13:00	<i>Lunch Break</i>	<i>Lunch Break</i>
13:00-13:40	<b>Opening &amp; BLOCK I: Prevention</b>	<b>BLOCK IV: Psychology</b>	<b>BLOCK VII: Pharmacotherapy &amp; Pathophysiology Metabolism</b>
13:40-14:00		<i>Coffee Break</i>	
14:00-15:30	14:00-14:55 Challenges and solutions around definitions of obesity in children	<b>Workshops: 1) The role of digital applications. 2) Eating disorders in clinical obesity settings.</b>	<i>14:20-14:50 Coffee Break</i>
	<i>Coffee Break 14:55- 15:20</i>		
15:30-16:00	15:20-16:00 Clinical insights into burden of obesity	<b>ECOG General Assembly (Only ECOG Members)</b>	14:50-16:20 <b>BLOCK VIII Health economics in childhood obesity</b>
16:00-17:00	<b>Welcome Reception</b>		<b>16:20-16:30 Closing Ceremony</b>



# Congress Fees

**Early  
Registration**  
(until September 22)

**Late  
Registration**  
(after September 22)

Students & Participants  
in the BORIS day

200€

250€

ECOG Members

350€

450€

Regular

450€

550€



n intervention in child  
olescents with obesit  
P<sup>1</sup>, Danielsson, K<sup>1</sup>, Vilén, H<sup>1</sup>, Stenlid, R<sup>1,2</sup>, Man  
Forslund, A<sup>1,2</sup>  
Women's and Children's health, Uppsala university, Upps  
Medical Cell Biology, Uppsala university, Uppsala, Sweden

Table 1. Baseline characteristics according to treatment group

	Metformin IR + lifestyle	Metformin XR + lifestyle	Lifestyle alone
Subjects (n) randomized/completed	29 / 25	30 / 26	30 / 27
Age (years) (Mean)	12.0	12.0	11.7
BMI kg/m <sup>2</sup> (Mean)	32.3	32.8	32.8
BMI z	3.1	3.3	3.3
IT	17 / 13	13 / 17	

Subjects were randomized, and 78 subjects completed the study (Table 1)

- Reduction in BMI-SDS was greater in the Metformin XR + lifestyle group compared with lifestyle alone (difference between groups 0.132 SD, p=0.02)
- Mean BMI-SDS change from baseline to the end of the study was for the Metformin IR + lifestyle group -0.280 (p= 0.009), Metformin XR + lifestyle -0.281 (p= 0.006) and for lifestyle alone -0.126 (p= 0.359).
- There were no significant changes in other metabolic parameters between baseline and end of study in any of the groups, besides a reduction in 2-hour insulin in the Metformin IR + lifestyle group (Table 2).

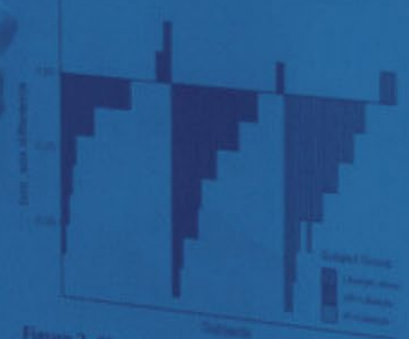


Figure 2. Change in BMI-SDS from baseline to end of study

# Abstract Submission

## Deadline for submission: June 15, 2025.

- Only electronic abstracts will be accepted. Please send your abstract by using [the following registration link](#). Abstracts must be submitted in English.
- The maximum word count is **250** - this includes body text and tables. You must use the ECOG template ([Download Here](#)).
- Please make sure the file is named using your last name, followed by '\_**ECOG2025**' (e.g., **Smith\_ECOG2025**), before submitting.
- The deadline for submission of abstracts is June 15, 2025.
- All those submitting abstracts will be notified of the Scientific Committee's decision by August 1, 2025.
- All presenters of accepted abstracts are expected to register to and attend the congress. Please note that the early bird registration deadline is 22 September 2025.
- The best 30 abstracts will be published on the ECOG 2025 Supplement on [Annals of Nutrition and Metabolism](#).

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# Abstract Template

Your abstract must follow the template below ([Download](#))

## ABSTRACT TITLE

Arial 10 font bold, left aligned.

## AUTHOR NAMES

Arial 10 font. First Name, Surname. Presenting author to be bold, affiliations in superscript.

## Example Abstract

Abstract Title

First Name(s) Surname<sup>a</sup>, First Name(s) Surname<sup>b</sup>

<sup>a</sup> University of Hogwarts, Rivendell, Middle-earth

<sup>b</sup> Royal Green Hospital, Lannisport, Westeros

**Introduction:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

**Methods:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

**Results:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

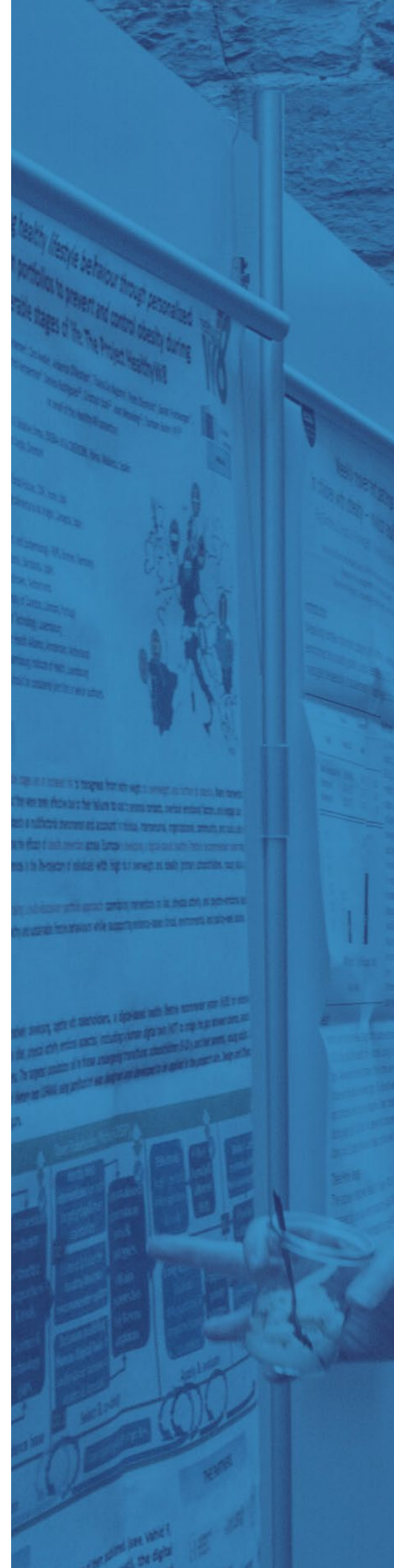
**Conclusion:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

## 1. Conflict of Interest:

None Disclosed/Payment received from .....

## 2. Funding

No Funding/Research relating to this abstract was funded by .....





# This is Uppsala.

Uppsala is one of Sweden's oldest cities. It was known as Östra Aros up until the 13th century, when the name Uppsala took over. Today, Uppsala is one of Sweden's four major cities with a population of 240 000 inhabitants.

Uppsala has a rich and inspiring range of cultural activities and exciting events together with whole of Sweden's history - all in one place. The tourist attractions are numerous and exciting and include something for everyone. In addition, there is beautiful nature, both in the centre of town and close by. For travelers Uppsala is only 40 minutes away from Stockholm and 17 minutes from Stockholm Arlanda Airport by train. In the city the distances are short, and you can easily walk or bike to any sight or attraction.

Uppsala is today a modern city yet retains a small town feel. It's Sweden's fourth largest city and home to two universities, the archbishopric of the Church of Sweden, a rich cultural life and beautiful scenery. Uppsala is rich in history and science and the prestigious Uppsala university is older than universities in many other countries. At the same time, the modern city is vibrating with life and is well known for its progressive research, innovation and position as a leader in modern technology. Whether you want to eat a lot or a little, outdoors or inside, Uppsala has a wide selection of pubs, cafés and outdoor restaurants. Don't forget to enjoy a Swedish fika, a Swedish social institution: a friendly, relaxing break with coffee and cake.



Text and images: courtesy of Destination Uppsala.

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# How to get to Uppsala.

As Stockholm Arlanda Airport is only 17 minutes away, it's easy to get from the world to Uppsala and from Uppsala to the world.

## Stockholm Arlanda Airport

In the middle of Scandinavia is Stockholm Arlanda Airport. This is the largest airport in Sweden, and is important for Uppsala, Uppland and the nearby regions. The airport has Sweden's most extensive route network, with more than 181 different national and international destinations. Its proximity to Arlanda makes Uppsala an easily accessible destination for travelers from all over the world.

## Travelling to Uppsala

It's easy and convenient to get to Uppsala, with excellent rail connections to the airport and other parts of the country. Uppsala can be easily reached by train in only 17 minutes from Stockholm Arlanda Airport. To and from the airport you can comfortably travel onwards to Uppsala on bus route 801 and by direct train departing from SkyCity, between terminals 4 and 5. Buses and trains go twice an hour during the day. If you prefer to take a taxi, the taxi companies offer fixed rates for journeys between Uppsala and Stockholm Arlanda Airport. It's just as easy to travel between Uppsala and Stockholm; the train journey takes just 30 minutes.

## Travelling within Uppsala

Once you've arrived in Uppsala, it's easy to make your way around the city on foot, by bike, on local transport, or by taxi. Everything is close at hand, so getting around is both simple and quick. Because the city centre is compact, everything is within walking distance - the vibrant city as well as beautiful nature.







# Welcome to Uppsala University.

Uppsala University is the oldest university in the Nordic countries, and it was established in 1477 in the city of Uppsala. In the city's historical centre is the main building of the University of Uppsala, Universitetshuset (The University Main Hall). This imposing building, in a kind of Roman Renaissance style, was designed by architect Herman Teodor Holmgren and built in the 1880s. It was inaugurated in 1887 amidst great festivities.

Since then, the university has grown and is now spread throughout the city, but the Universitetshuset is still used for lectures, conferences, concerts, academic ceremonies, trade fairs and various types of events.

The building is famous for its diversity of opulent rooms, including the incredible and spacious vestibule, with its stately interior, the impressive assembly hall with around 1,800 seats, and numerous fine lecture halls.

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# Discover more about our **Projects**



Childhood obesity is rising rapidly in Europe, with approximately one in three primary school-aged children affected. This trend poses significant long-term health risks, including severe obesity, diabetes, and cardiovascular disease. Addressing this issue in adulthood is challenging, making early prevention and treatment crucial.

The OBELISK project, a new European initiative, aims to combat childhood obesity by focusing on four key principles: Prediction, Prevention, Precision, and Participation. The project seeks to advance our understanding of the molecular mechanisms driving obesity, develop predictive tools, and explore new preventative treatments, including potential drug therapies for genetically predisposed children. OBELISK also emphasizes a participatory approach, engaging families, schools, healthcare providers, and policymakers in educational programs to support the project's goals.

ECOG President, David Thivel, highlights the importance of OBELISK, noting that "it offers a significant opportunity to enhance knowledge and improve prevention and treatment strategies for childhood obesity across Europe."

ECOG is a partner of the [OBELISK Project](#).

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# ECOG e-Book



## The ECOG E-Book on Child and Adolescent Obesity

The first and fully free reference on Child and Adolescent obesity.

Available in 

The revision of the E-Book has been realised with funding provided by Novo Nordisk.



Discover the [ECOG E-Book](#). The first and fully free reference on Child and Adolescent obesity.

A team of 57 experts from ECOG, leading European universities, the WHO, and the IOTF have collaborated on this book. Each specialist provides the latest insights from their field to comprehensively address the epidemic and ensure children's well-being.

### Sections and points of interest:

- Epidemiology & Prevention Across Europe
- Society, Communication, Environment & Obesity
- Growth Charts & Body Composition
- Biology
- Nutrition, Food Choices & Eating Behavior
- Psychological Assessment & Disturbances
- Clinics & Complications
- Energy Expenditure & Physical Activity
- Treatment



# Not a Member yet?

ECOG membership is open to researchers, practitioners and other professionals working on childhood obesity. The Board accepts also Junior Members i.e. post-graduation students, Ph.D. students, post-doc or researchers younger than thirty years old.

## Why Join?

Members will be privileged with:

- reduced congress fees at the ECOG annual congress
- full voting rights at the ECOG General Assembly
- access to the Annals of Nutrition and Metabolism
- opportunities to contribute to our E-Book project
- and privileged networking opportunities

## How to Apply?

You can apply for a membership by submitting [this online form](#). Once you have presented your application, if the Board accepts it you will receive a welcome letter and you should proceed with the payment of the annual membership fee. New members are presented at ECOG annual General Assembly.