



Danish Diabetes and
Endocrine Academy

Symposium on Emerging
Strategies in Obesity
Prevention and Treatment
– Local and Global
Perspectives

2 – 3 June 2025

Kampus á Frælsinum,
Fróðskaparsetur Føroya
20 Á Frælsinum,
Room: Aulan
FO-100 Tórshavn,
Faroe Islands

Session overview



Day 1

Session I

Session II

Session III

Session IV

Monday 2 June

Introduction

Genetics

Prevention and Treatment of Children

Poster session

Day 2

Session V

Session VI

Session VII

Session VIII

Tuesday 3 June

Precision Medicine in Obesity

Lifestyle Intervention - Adults

Treatment Options for Adults

Sum up of symposium

Programme

Monday, 2 June

12:00-13:00 Arrival, networking, hang posters and light lunch

13:00-13:15 Welcome and meet & greet

Coordinator **Ninna Matthews**, DDEA & **Scientific Organising Committee**

Session I Introduction

Chair: Professor **Maria Skaalum Petersen**, the National Hospital of the Faroe Islands (FO)

13:15-13:30 Assessing BMI and Obesity Patterns in the Faroe Islands: A Local Perspective on Global Health Challenges

Associate Professor **Marin Strøm**, University of the Faroe Islands (FO)

13:30-13:35 Questions & answers

Session II Genetics

Chair: Professor **Anja Lisbeth Frederiksen**, Odense University Hospital/Aalborg University Hospital (DK)

13:35-14:05 The genetics of obesity through a life course lens

Assistant Professor **Roelof Smit**, University of Copenhagen (DK)

14:05-14:15 Questions & answers

14:15-14:45 Coffee break

Session III Prevention and Treatment of Children

Chair: Clinical Professor **Jens Meldgaard Bruun**, Steno Diabetes Center Aarhus (DK)

14:45-15:05 What are the long term health consequences of childhood body size and growth/Effects of childhood obesity treatment on health
Associate Professor **Jennifer Lyn Baker**, Bispebjerg and Frederiksberg Hospital (DK)

15:05-15:15 Questions & answers

15:15-15:35 Mental health and eating-related problems in children and adolescents with obesity

Associate professor **Kajsa Järholm**, Lund University (SE)

15:35-15:45 Questions & answers

15:45-15:50 Short stretch break

15:50-16:10 Treatment of severe obesity in adolescents - specific considerations

Professor **Torsten Olbers**, Linköping University (SE)

16:10-16:20 Questions & answers

16:20-16:25 Reflections of the day

Coordinator **Ninna Matthews**, DDEA & **Scientific Organising Committee**

Session IV Poster Pitches & Poster Session

With drinks and snacks

Chairs: Professor **Anja Lisbeth Frederiksen**, Odense University Hospital/Aalborg University Hospital (DK) & Senior Medical Doctor **Herborg Johannessen**, Steno Diabetes Center Faroe Islands (FO)

16:25-16:40 Poster pitches

16:40-17:30 Poster viewing and networking

17:30-20:00 Free time and voluntary networking

20:00-22:15 Networking Dinner at Bistro/Hotel Hafnia

Programme

Tuesday, 3 June

08:15-08:45 Arrival and light breakfast

08:45-09:00 Welcome back and energizer

Session V Precision Medicine in Obesity

Chair: Professor **Anja Lisbeth Frederiksen**, Odense University Hospital/Aalborg University Hospital (DK)

09:00-09:30 Integrative Multi-Omics and Imaging Insights for Precision Medicine in Obesity

Associate Professor **Hanieh Yaghootkar**, University of Exeter (UK)

09:30-09:40 Questions and answers

09:40-10:10 The South Danish Obesity Initiative

Clinical Professor, **Claus Bogh Juhl**, Sydvestjysk Sygehus (DK)

10:10-10:20 Questions and answers

10:20-10:50 Coffee break

Session VI Lifestyle Intervention – Adults

Chair: Senior Medical Doctor **Herborg Johannessen**, Steno Diabetes Center Faroe Islands (FO)

10:50-11:20 A causal inference perspective on ultra-processed foods in obesity development

Associate Professor **Daniel Ibsen**, Steno Diabetes Center Aarhus (DK)

11:20-11:30 Questions and answers

11:30-12:00 Football as Medicine

Professor **Magni Mohr**, University of the Faroe Islands (FO)

12:00-12:10 Questions and answers

12:10-13:10 Lunch break

Session VII Treatment Options for Adults

Chair: First Year Resident, **Malthe Genét**, Holbæk Sygehus & Clinical Professor **Jens Meldgaard Bruun**, Steno Diabetes Center Aarhus (DK)

13:10-13:40 Non-medical treatment - new & improved

Clinical Professor **Jens Meldgaard Bruun**, Steno Diabetes Center Aarhus (DK)

13:40-13:50 Questions & answers

13:50-14:20 Obesity treatment in transition: the pharmacological revolution

Associate Professor **Asger Bach Lund**, Herlev and Gentofte Hospital (DK)

14:20-14:30 Questions & answers

14:30-14:50 Coffee break

Session VII Treatment Options for Adults - continued

14:50-15:20 Knife or needle – an update on bariatric surgery in the era of gut-hormone based pharmacotherapy

Clinical Research Associate Professor, **Carsten Dirksen**, Amager and Hvidovre Hospital (DK)

15:20-15:30 Questions & answers

Session VIII **Final talk/sum up talk**

15:30-16:00 Sum up of symposium

Professor **Maria Skaalum Petersen**, the National Hospital of the Faroe Islands (FO) & Senior Medical Doctor **Herborg Johannessen**, Steno Diabetes Center Faroe Islands (FO)

16:00-16:10 Questions and answers

16:10-16:20 Closing remarks by **Scientific Organising Committee** & Coordinator **Ninna Matthews**, DDEA

Organising Committee Scientific Programme

Anja Lisbeth Frederiksen, Professor, Dept. of Clinical Genetics Odense
University Hospital/Aalborg University Hospital (DK)

Herborg Johannessen, Senior Medical Doctor, Steno Diabetes Center
Faroe Islands (FO)

Jens Meldgaard Bruun, Clinical Professor, Steno Diabetes Center Aarhus
(DK)

Malthe Genét, First Year Resident, Public Health Medicine, Holbæk Sygehus
(DK)

Maria Skaalum Petersen, Professor, Department of Research, the National
Hospital of the Faroe Islands (FO)



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