

26th

ECOG Congress



6-8 October 2016

Porto Palace Hotel

Thessaloniki

Greece

Preliminary Program



INVITATION LETTER

Dear colleagues,

It is our pleasure to announce the **26th European Childhood Obesity Group (ECOG2016)** Annual Congress which will be held in Thessaloniki, Greece from October 6th to the 8th, 2016.

Thessaloniki is a vibrant and modern European city, one of the most important trade and business centres in the Balkans with great history dating back to 315 BC. The city is situated strategically in Macedonia, Northern Greece, and is easily accessible from all over the world. Nearby archaeological sites from the time of Alexander the Great and Roman and Byzantine times offer great opportunities for sightseeing before or after the Congress.

Thessaloniki is one of the largest student cities in South-Eastern Europe and has the largest student population in Greece. The city has two state universities, the Aristotle University of Thessaloniki, which was founded in 1926 and is the largest University in Greece and the University of Macedonia, as well as the Technological Education Institute of Thessaloniki. It also hosts a leading Research Center, the Center for Research and Technology-Hellas (CERTH), and many private international institutions, affiliated with and/or accredited by overseas universities.

The Congress will be held at Porto Palace Hotel & Conference Center which is housed in a historical building of 1913 and preserves its industrial architecture.

The International and Local Scientific Committees have planned a fabulous program ranging through the spectrum of childhood obesity. The Scientific program of ECOG2016 will include some of the most outstanding European researchers and will cover a wide range of topics. We will have the opportunity to exchange knowledge on all aspects of pediatric obesity.

The Congress will bring together health professionals, researchers and students, thus offering an outstanding set of State of the Art Lectures, Workshops and oral presentations.

We look forward to welcoming you in our hospitable city, and we guarantee to provide you with an unforgettable scientific and social experience.

Yours Sincerely,

Prof. Artur Mazur
President ECOG

Prof. Maria Hassapidou
President-Elect ECOG Congress 2016



COMMITTEES

ECOG BOARD 2014 - 2017

Artur Mazur, Poland - President
Daniel Weghuber, Austria - Vice President
Grace O'Malley, Ireland - Secretary
Paulina Nowicka, Sweden - Treasurer
Eva Erhardt, Hungary - Scientific Advisor
Andrea Vania, Italy - Past President
Maria Hassapidou, Greece - Member
Claudio Maffeis, Italy - Member

INTERNATIONAL SCIENTIFIC COMMITTEE

Chair: **Elpida Vlachopapadopoulou**, Greece

Paulina Nowicka, Sweden
Jennifer Baker, UK
Lauren Lissner, Sweden
George Chrousos, Greece
Claudio Maffeis, Italy
Artur Mazur, Poland
Grace O'Malley, Ireland
Thomas Reinehr, Germany
Daniel Weghuber, Austria
Ram Weiss, Israel
Andrea Vania, Italy
Nathalie Farpour-Lambert, Switzerland
Eva Erhardt, Hungary
Margherita Caroli, Italy
Denes Molnar, Hungary
Marie-Laure Frelut, France
Irena Aldhoon-Hainerova, Czech Republic
Teodora Handjieva-Darlenska, Bulgaria
Joao Breda, WHO
Anna Rito, Portugal
Amandine Garde, UK
Eliza Markidou, Cyprus
Yannis Manios, Greece
Ewa Malecka Tendera, Poland



LOCAL SCIENTIFIC COMMITTEE

Chair: **Antonis Kafatos**, Greece
Zacharoula Karabouta, Greece
Kali Makedou, Greece
Thomais Karagiozoglou, Greece
Themis Kapantais, Greece
Kiriaki Karavanaki, Greece
Kiriaki Papadopoulou, Greece
Stefanos Mihalakos, Greece
Themistoklis Tzotzas, Greece
Lia Harmandari, Greece

ORGANIZING COMMITTEE

Chair: **Maria Hassapidou**, Greece
Elpis Vlahopapadopoulou, Greece
Aimilia Papakonstantinou, Greece
Anna Kokkinopoulou, Greece





ΕΠΙΣΤΗΜΟΝΙΚΟ ΠΡΟΓΡΑΜΜΑ

The Greek session is organized in collaboration with the Hellenical Medical Society of Obesity (HMSO), the Hellenic Paediatric Society and the Alexander Technological Education Institute of Thessaloniki (ATEITH).
All presentations will be in Greek

- 08:00-09:00 Εγγραφές
- 09:00-09:30 Προσφωνήσεις
- 09:30-12:30 Ενότητα 1: **Ερευνητικά προγράμματα για την παιδική παχυσαρκία στην Ελλάδα**
- 09:30-10:00 Εθνικό πρόγραμμα πρόληψης και αντιμετώπισης της υπερβαρότητας και παχυσαρκίας κατά την παιδική και εφηβική παχυσαρκία
Λ. Χαρμανδάρη
- 10:00-10:30 Εθνικό σχέδιο δράσης για την δημόσια υγεία. Αποτύπωση, πρόληψη και αντιμετώπιση της παιδικής παχυσαρκίας - Δράσεις για την άσκηση και την υγιεινή διατροφή
Ε. Βλαχοπαπαδοπούλου
- 10:30-11:00 Πρόγραμμα πρόληψης και έγκαιρης διάγνωσης παχυσαρκίας σε παιδιά προσχολικής ηλικίας στο νομό Ηρακλείου Κρήτης
Λ. Χατζή
- 11:00-11:30 Διάλειμμα
- 11:30-12:00 Εθνική δράση υγείας για την ζωή των νέων. Το πρόγραμμα ΕΥ ΖΗΝ
Γ. Ψαρρά
- 12:00-12:30 Childhood Obesity Surveillance Initiative (COSI). Αποτελέσματα στην Ελλάδα
Μ. Χασαπίδου

- 12:30-14:30 Ενότητα 2^η: **Επιπτώσεις της παιδικής παχυσαρκίας στην υγεία**
- 12:30-13:00 Παχυσαρκία και προδιαβήτης στην παιδική ηλικία
Α. Γαλλή-Τσινοπούλου
- 13:00-13:30 Λιπώδες ήπαρ σε παχύσαρκα παιδιά
Σ. Πολύζος
- 13:30-14:00 ΔΜΣ και δυσλιπιδαιμία σε παιδιά και εφήβους
Ζ. Καραμπούτα
- 14:00-14:30 Διάλεξη
Γενετική και εξατομικευμένη διατροφή
Κ. Μακέδου
- 14:30-15:30 Διάλειμμα - Γεύμα
- 15:30-17:00 Workshop
Διατροφή στην παιδική ηλικία - Ποιές είναι οι κατάλληλες δίαιτες
- 17:00-18:30 Workshop
Άσκηση στην παιδική ηλικία



PRELIMINARY PROGRAM ECOG MAIN CONFERENCE

- 09:00-10:45 Session I: **Interventions during early life**
- 09:00-09:30 Nutrition during pregnancy. Early diagnosis of childhood obesity
Lida Hatzi (Greece)
- 09:30-10:00 Early infancy interventions
Heli Kuusipalo (Finland)
- 10:00-10:45 Working groups
-
- 10:45-11:15 Coffee break
-
- 11:15-12:15 Session II: **Comorbidities in childhood obesity**
- 11:15-11:45 Childhood obesity and pubertal disturbances
Elpida Vlachopapadopoulou (Greece)
- 11:45-12:15 Childhood obesity and innate immune function-implications for autoimmune disease
Donal O'Shea (Ireland)
-
- 12:15-13:30 Lunch with poster presentations and ECOG Board meeting
-
- 13:30-14:30 Session III: **Treatment of obesity**
- 13:30-13:50 Advances in pharmacological treatment of childhood obesity
Denes Molnar (Hungary)
- 13:50-14:10 Key parameters of physical fitness
Grace O'Malley (Ireland)
- 14:10-14:30 Familial homeostasis and negotiations of children's eating and physical activity: Intergenerational conversations
Paulina Nowicka (Sweden)
- 14:30-15:20 Working groups
-



| | |
|-------------|--|
| 15:20-15:45 | Coffee break |
| 15:45-16:45 | Session IV: Hot topics |
| 15:45-16:15 | Traditional diet of Crete versus Western dietary patterns in childhood obesity trends Antonis Kafatos (Greece) |
| 16:15-16:45 | Mobile health in personalized treatment Dimitris Fotiadis (Greece) |
| 16:45-17:00 | The highest rated late breaking abstract |
| 17:00-18:00 | ECOG General Assembly |
| 19:30 | Gala dinner |



PRELIMINARY PROGRAM ECOG MAIN CONFERENCE

| | |
|-------------|---|
| 09:00-10:00 | Session V: Prevention |
| 09:00-09:30 | Developments in European Nutrition and physical activity policies João Breda , WHO Regional Office for Europe |
| 09:30-10:00 | Ethnicity and SES. Facing the immigration problem TBA |
| <hr/> | |
| 10:00-10:45 | Working groups |
| <hr/> | |
| 10:45-11:15 | Coffee break |
| <hr/> | |
| 11:15-12:15 | Session IV: Genetics |
| 11:15-11:45 | Gender differences of psychosocial, nutritional and physical fitness variables Daniel Weghuber (Austria) |
| 11:45-12:15 | Locus modulates response to satiety before the onset of obesity Sebastien Jacquemont (Switzerland) |
| <hr/> | |
| 12:15-13:30 | Lunch with poster presentations |
| <hr/> | |
| 13:30-15:00 | Session IIV: European projects |
| 13:30-13:50 | Joint Action on Nutrition and Physical Activity (JANPA) in Europe Michel Chauliac (France) |
| 13:50-14:10 | WHO European Childhood Obesity Surveillance Initiative (COSI) Anna Rito (Portugal) |
| 14:10-14:30 | ToyBox - study and feel4diabetes: Key learnings and next steps in childhood obesity prevention Yannis Manios (Greece) |
| 14:30-14:50 | IDEFICS and I. Family: Key learnings and next steps in childhood obesity prevention Wolfgang Ahrens (Germany) |



14:50-15:15 Coffee break

15:15-16:15 Session IIV: **Hot topics**

15:15-15:45 Maternal weight gain in pregnancy and ADHD in offspring
Alina Rodriguez (UK)

15:45-16:15 Linear growth in infancy in relation to obesity in adult life
Ewa Malecka-Tendera (Poland)

16:15-16:45 Session IIIV: **The 2 highest rated abstracts**

16:45-17:30 Follow up of working groups with closing ceremony

CALL FOR ABSTRACTS

The abstract submission deadline is **June 30th, 2016**

Abstracts must be submitted in English with a maximum word count of 250 words. Authors from non-English speaking countries are requested to have their text thoroughly checked

Figures, graphics and footnotes will not be accepted

The ECOG 2016 abstract template is available below and through the following link:
www.globalevents.gr

The submission fee is 35 EUR per abstract - this should be paid at the time of abstract submission by bank transfer:

ALPHA BANK

Account No.: 480 002 002 002694

IBAN No: GR 2501404800480002002002694

SWIFT CODE: CRBAGRAAXX

To the order of : GLOBAL EVENTS

Abstracts will be selected for oral sessions or poster presentations

All abstract submitters will be notified of the status of their abstract by July 31st, 2016

Presenters of accepted abstracts are expected to attend the congress and will be entitled to an early bird registration fee once they are notified of their abstract acceptance

All accepted abstracts will be published in Acta Paediatrica

ABSTRACT TEMPLATE

Please note that only abstracts using the following template will be considered

ABSTRACT TITLE

Arial 11 font bold, left aligned

AUTHOR NAMES

Arial 11 font Initials, surname. Presenting author to be in bold, affiliations numbered in superscript

POSTAL AND E-MAIL ADDRESSES FOR CONTACT

Arial 11 font, left aligned

ABSTRACT TEXT

Arial 11 font, left aligned, maximum 250 words

EXAMPLE

Title

Childhood Obesity

Authors

B Green¹, N Red², P White²

¹ University of Hogwarts, Rivendell, Middle-earth

² Royal Green Hospital, Lannisport, Westeros

Text

Aim: Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor **Methods:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt **Results:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut **Conclusion:** Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor

The abstract should be followed by a maximum of five keywords, listed alphabetically.

GENERAL INFORMATION

Dates

October 6th - October 8th, 2016

Congress Venue

PORTO PALACE HOTEL

65, 26th October Avenue, GR - 566 26 Thessaloniki, Greece

Tel.: +30 2310 504504, Email: info@portopalace.gr, <http://www.portopalace.gr>

Language

The official language of the Congress will be English

Registration

| Registration Type | Until 31/07/2016 | From 01/08/2016 and on site |
|---|------------------|--------------------------------|
| ECOG Members | € 300 | € 450 |
| Non ECOG Members | € 420 | € 570 |
| ECOG Members from EEC | € 200 | € 300 |
| Non ECOG Members from EEC | € 250 | € 350 |
| Students | € 200 | € 300 |
| One day registration - 06/10/2016 | € 50 | € 50 |
| One day registration for student - 06/10/2016 | € 30 | € 30 |

Abstract fee: € 35

Identify your status:

- ECOG members:** Only existing members who have paid the registration fees for the last three years of their membership (2014/2015/2016) and new members who were accepted last year/two years ago and paid their fee annually can benefit from the reduced ECOG member fee
- ECOG members from EEC:** ECOG members from Eastern European Countries
- Students:** Proof of status has to be submitted to athens@globalevents.gr

Parking

There is ample free space for parking in the forecourt of the Conference Centre

Climate and Clothing

At this month of the year the temperature ranges from 15oC to 18oC (60oF to 65oF) and is getting cooler during the nights. The dress code is of individual choice and variable from casual to sporty, according to personal preference

Electrical supply

Voltage in Greece is 220 V, at a frequency of 50 Hz.

Plugs are continental style, two-pin. A plug adaptor should be taken along incompatible electric / electronic gadgets to be used

Internet

Internet facilities are available at the Business Centre of the Porto Palace Hotel

Taxis

Taxis may be arranged by the concierge of hotels or the Congress Secretariat. The trip to Makedonia airport as well as downtown takes approx. 20 min and fare is around € 20 or € 30 respectively

Pre & Post tours - Car rental

Various post tours in Thessaloniki or in the North Greece can be organized. Car rentals may be arranged through the Congress Secretariat

Mobile telephones

There is excellent coverage for mobile telephones in Greece. The local mobile telephone providers have roaming arrangements with worldwide mobile telephone providers. Please note that in Greece speaking on a mobile telephone, whilst driving is not allowed and if caught it may lead to prosecution. Mobile telephones **MUST** be switched off when inside the scientific sessions

Emergencies

Whilst in Greece, European Union citizens may seek any help they might need (police, ambulance, fire brigade, coast guard) by ringing from anywhere in Greece the number "112". The number is answered by English-speaking staff, and may be dialed from public telephones or mobile telephones

Please note, the registration fee does not include medical or any other insurance. In emergency cases, medical services in Greece will be provided at nominal fees, under the National Health Service auspices. However, no transportation to the delegate's home country would be provided

In case of emergencies, please talk to members of the organizing committee or the congress secretariat for immediate attendance

Currency - Banking hours

The currency in Greece is the Euro (€). Banking hours are Monday-Thursday from 8:00 to 14:30 and Friday from 8:00 to 14.00. Service tills are available in all bank branches and accept cards from most banks of the world

ATM

Automated Cash Dispensers (ATM) are located outside most banks. Cash can be withdrawn there, 24 hours a day. National and foreign Maestro Cards (Cash Cards) as well as Mastercard, American Express, VISA and Diners are accepted. Money can also be changed at the airport

VAT refund

Visitors from outside the European Union will be able to claim on purchases at the VAT offices at the point of departure from the European Union. Further information can be provided by the Congress Secretariat

Visa and Passports

Citizens from the most European countries will only need a valid passport. Please consult the Greek Embassy of your country about the necessity of visa application

Congress Secretariat



Global Events
...makes the difference!
Conference & Event Management

Thessaloniki: 50A Stadiou Str. 55534 Pilea, Thessaloniki,

Tel.: +30 2310 247743, +30 2310 247734, Fax: +30 2310 247746, e-mail: info@globalevents.gr

Athens: 21, Aggelou Metaxa str., Shopping Center Galleria, 166 75 Glyfada,

Tel.: +30 210 3250260, Fax: +30 210 3250260, e-mail: athens@globalevents.gr

www.globalevents.gr



26th ECOG Congress



6-8 October 2016
Porto Palace Hotel
Thessaloniki
Greece

NOTES

A series of horizontal dotted lines provided for taking notes during the congress.



Global Events
...makes the difference!

Conference & Event Management

Thessaloniki: 50A Stadiou Str. 55534 Pilea, Thessaloniki,
Tel.: +30 2310 247743, +30 2310 247734, Fax: +30 2310 247746, e-mail: info@globalevents.gr

Athens: 21, Aggelou Metaxa str., Shopping Center Galleria, 166 75 Glyfada,
Tel.: +30 210 3250260, Fax: +30 210 3250260, e-mail: athens@globalevents.gr

www.globalevents.gr