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
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, Chech Republic
Teodora Handjieva-Darlenksa, 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
Efthymios 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
Efthymios Kapantais, Greece
Aimilia Papakonstantinou, Greece
Anna Kokkinopoulou, Greece
The Greek session is organized in collaboration with the Hellenic Medical Association for Obesity (HMAO), 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
Πρόεδροι: Μαρία Χασαπίδου - Ευαγγελία Χαρμανδάρη

09:30-10:00 Εθνικό πρόγραμμα πρόληψης και αντιμετώπισης της υπερβαρότητας και παχυσαρκίας κατά την παιδική και εφηβική παχυσαρκία Ευαγγελία 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 Ελπίδα Βλαχοπαπαδοπούλου

10:30-11:00 Πρόγραμμα πρόληψης και έγκαιρης διάγνωσης παχυσαρκίας σε παιδιά προσχολικής ηλικίας στο νομό Ηρακλείου Κρήτης Λήδα Χατζή

11:00-11:30 Διάλειμμα

11:30-12:00 Εθνική δράση υγείας για την ζωή των νέων. Το πρόγραμμα EY ZHN Γλυκερία Ψαρρά

12:00-12:30 Childhood Obesity Surveillance Initiative (COSI). Αποτελέσματα στην Ελλάδα Μαρία Χασαπίδου
12:30-14:30 Ενότητα 2η: Επιπτώσεις της παιδικής παχυσαρκίας στην υγεία
Πρόεδροι: Αρετή Μακέδου - Κυριακή Καραβανάκη

12:30-13:00 Παχυσαρκία και προδιαβήτης στην παιδική ηλικία
Ασημίνα Γαλλή-Τσινοπούλου

13:00-13:30 Λιπώδες ήπαρ σε παχύσαρκα παιδιά
Στέργιος Πολύζος

13:30-14:00 ΔΜΣ και δυσλιπιδαιμία σε παιδιά και εφήβους
Ζαχαρούλα Καραμπούτα

14:00-14:30 Διάλεξη
Πρόεδρος: Απόστολος Ευθυμιάδης
Γενετική και εξατομικευμένη διατροφή
Καλή Μακέδου

14:30-15:30 Διάλειμμα - Γεύμα

15:30-17:00 Workshop
Διατροφή στην παιδική ηλικία - Ποιές είναι οι κατάλληλες δίαιτες
Ειρήνη Μπαθρέλου - Λούλα Αδαμίδου

17:00-18:30 Workshop
Άσκηση στην παιδική ηλικία
Μιχάλης Μακρύλος - Σουζάνα Παπαδοπούλου
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08:00-08:45</td>
<td>Registrations</td>
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<tr>
<td>08:45-09:00</td>
<td>Welcome addresses</td>
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<tr>
<td>09:00-10:45</td>
<td>Session I: <strong>Interventions during early life</strong></td>
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<td>Chairs: <strong>Marie-Laure Frelut</strong> (France) - <strong>Stefanos Mihalakos</strong> (Greece)</td>
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<tr>
<td>09:00-09:30</td>
<td>Nutrition during pregnancy. Early diagnosis of childhood obesity</td>
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<td><strong>Lida Hatzi</strong> (Greece)</td>
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<td>09:30-10:00</td>
<td>Early infancy interventions</td>
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<td><strong>Heli Kuusipalo</strong> (Finland)</td>
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<td>10:00-10:45</td>
<td>Working groups</td>
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<td>10:45-11:15</td>
<td>Coffee break</td>
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<tr>
<td>11:15-12:15</td>
<td>Session II: <strong>Comorbidities in childhood obesity</strong></td>
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<td>Chairs: <strong>Artur Mazur</strong> (Poland) - <strong>Andrea Vania</strong> (Italy)</td>
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<td>11:15-11:45</td>
<td>Childhood obesity and pubertal disturbances</td>
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<td><strong>Elpida Vlachopapadopoulou</strong> (Greece)</td>
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<td>11:45-12:15</td>
<td>Childhood obesity and innate immune function-implications for</td>
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<td>autoimmune disease</td>
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<td><strong>Donal O’Shea</strong> (Ireland)</td>
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<td>12:15-13:30</td>
<td>Lunch with poster presentations and ECOG Board meeting</td>
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<td>13:30-14:30</td>
<td>Session III: <strong>Treatment of obesity</strong></td>
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<td>13:30-13:50</td>
<td>Advances in pharmacological treatment of childhood obesity</td>
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<td>13:50-14:10</td>
<td>Key parameters of physical fitness</td>
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<td>14:10-14:30</td>
<td>Familial homeostasis and negotiations of children’s eating and physical activity: Intergenerational conversations</td>
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<td>14:30-15:15</td>
<td>Working groups</td>
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<td>15:15-15:25</td>
<td>Presentation of e-book</td>
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<td>15:25-15:45</td>
<td>Coffee break</td>
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<td>15:45-16:45</td>
<td>Session IV: <strong>Hot topics</strong></td>
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<td>15:45-16:15</td>
<td>Traditional diet of Crete versus Western dietary patterns in childhood obesity trends</td>
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<td>16:15-16:45</td>
<td>Mobile health in personalized treatment</td>
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<tr>
<td>16:45-17:00</td>
<td>The highest rated late breaking abstract</td>
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<td>17:00-18:00</td>
<td>ECOG General Assembly</td>
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<td>19:30</td>
<td>Gala dinner</td>
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<td>Time</td>
<td>Session V: Prevention</td>
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<td>09:00-10:00</td>
<td>Developments in European Nutrition and physical activity policies</td>
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<td>09:00-09:30</td>
<td>Comprehensive estimates of the costs of childhood obesity in Europe</td>
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<td>09:30-10:00</td>
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<td>10:00-10:45</td>
<td>Working groups</td>
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<td>10:45-11:15</td>
<td>Coffee break</td>
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<tr>
<td>11:15-12:15</td>
<td>Session VI: Genetics</td>
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<td>11:15-11:45</td>
<td>Gender differences of psychosocial, nutritional and physical fitness variables</td>
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<td>11:45-12:15</td>
<td>Locus modulates response to satiety before the onset of obesity</td>
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<td>12:15-13:30</td>
<td>Lunch with poster presentations</td>
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<td>13:30-14:50</td>
<td>Session VII: European projects</td>
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<td>13:30-13:50</td>
<td>Joint Action on Nutrition and Physical Activity (JANPA) in Europe</td>
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<td>13:50-14:10</td>
<td>WHO European Childhood Obesity Surveillance Initiative (COSI)</td>
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<td>14:10-14:30</td>
<td>ToyBox - study and feel4diabetes: Key learnings and next steps in childhood obesity prevention</td>
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<tr>
<td>14:30-14:50</td>
<td>IDEFICS and I. Family: Key learnings and next steps in childhood obesity prevention</td>
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</tbody>
</table>
Coffee break

Session VIII: Hot topics
Chairs: Nathalie Farpour-Lambert (Switzerland) - Elpida Vlachopapadopoulou (Greece)

Maternal Pre-pregnancy body mass and offspring ADHD 
Alina Rodriguez (UK)

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

Session IX: The 3 highest rated abstracts 
Chair: Stavros Kalogiannis (Greece)

Eating styles and adiposity in 4-6 year-olds: do maternal feeding practices and health cognitions matter?
R. Camfferman¹, S.M.C. van der Veek¹, R.C.A Rippe¹, J. Mesman¹
¹Center for Child and Family Studies, Education and Child Studies, Leiden University, Leiden, The Netherlands

How to promote fruit and vegetable consumption in schools: a toolkit
T.N. Mak¹, S. Storcksdieck genannt Bonsmann¹, S. Caldeira¹, J. Wollgast¹
¹European Commission, Joint Research Centre, Ispra, Italy

QATO-chad - A brief instrument to measure addiction to overeating in children and adolescents
E. Ardelt-Gattinger¹, M. Meindl¹, D. Weghuber², S. Ring-Dimitriou³,⁴
¹Department of Psychology, Paris-Lodron University, Salzburg, Austria
²Department of Pediatrics, Paracelsus Medical University, Salzburg, Austria
³Department of Sport Science and Kinesiology, Paris-Lodron University, Salzburg, Austria
⁴SALTO and Obesity Academy Austria, Salzburg, Austria, Susanne.
ring@sbg.ac.at
<table>
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<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>16:45-17:35</td>
<td>Session X: <strong>Hydration in children</strong></td>
<td>Chair: Maria Hassapidou (Greece)</td>
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<tr>
<td>16:45-17:05</td>
<td>EASO initiatives for health hydration</td>
<td>Nathalie Farpour-Lambert (Switzerland)</td>
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<tr>
<td>17:05-17:25</td>
<td>Beyond BMI: Fluid intake and hydration in children</td>
<td>Jeanne Bottin (France)</td>
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<td>17:25-17:35</td>
<td>Discussion</td>
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<td>17:35-18:10</td>
<td>Follow up of working groups with closing ceremony</td>
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Working groups activities are among the best features of ECOG Congresses as they provide additional opportunities for delegates to interact and discuss a wide array of topics.

The groups—composed by 12 up to 20 delegates each—will meet three times during the Congress in order to discuss prepared ahead of time questions related to the talks provided during the event.

At the end of the second day of Congress all the delegates will meet for the “Follow-up to working groups and next steps” in order to sum up and discuss the results of working group sessions.

During this year’s Congress 4 working groups will be led by distinguished chairs:

**Fitness and exercise in obese children**
Chairs: Grace O Malley - David Thivel

**Methods of behavioural intervention-motivational interviewing for health professionals/ family therapy**
Chairs: Moria Golan - Paulina Nowicka

**Anthropometric measurements in children**
Chairs: Anna Rito - Eliza Markidou

**Policy options for prevention of childhood obesity**
Chair: Margherita Caroli
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**

<table>
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<tr>
<th>Registration Type</th>
<th>Cost</th>
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<tbody>
<tr>
<td>ECOG Members</td>
<td>€ 450</td>
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<tr>
<td>Non ECOG Members</td>
<td>€ 570</td>
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<tr>
<td>ECOG Members from EEC</td>
<td>€ 300</td>
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<tr>
<td>Non ECOG Members from EEC</td>
<td>€ 350</td>
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<tr>
<td>Students</td>
<td>€ 300</td>
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<tr>
<td>One day registration - 06/10/2016</td>
<td>€ 50</td>
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<tr>
<td>One day registration for student - 06/10/2016</td>
<td>€ 30</td>
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</tbody>
</table>

**Identify your status:**

1. **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

2. **ECOG members from EEC**: ECOG members from Eastern European Countries

3. **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 15°C to 18°C (60°F to 65°F) 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

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