

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
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Amandine Garde, UK
Eliza Markidou, Cyprus
Yannis Manios, Greece
Ewa Malecka Tendera, Poland



LOCAL SCIENTIFIC COMMITTEE

Chair: **Antonis Kafatos**, Greece

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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





ΕΠΙΣΤΗΜΟΝΙΚΟ ΠΡΟΓΡΑΜΜΑ

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 ΕΥ ΖΗΝ
Γλυκερία Ψαρρά
- 12:00-12:30 Childhood Obesity Surveillance Initiative (COSI). Αποτελέσματα στην Ελλάδα
Μαρία Χασαπίδου



- 12:30-14:30 Ενότητα 2^η: **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



FINAL PROGRAM ECOG MAIN CONFERENCE

08:00-08:45	Registrations
08:45-09:00	Welcome addresses
09:00-10:45	Session I: Interventions during early life Chairs: Marie-Laure Frelut (France) - Stefanos Mihalakos (Greece)
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 Chairs: Artur Mazur (Poland) - Andrea Vania (Italy)
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**
Chairs: **Eva Erhardt** (Hungary) - **Themistoklis Tzotzas** (Greece)
- 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)
- 14:30-15:15 Working groups
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- 15:15-15:25 Presentation of e-book
Marie-Laure Frelut (Grance)
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- 15:25-15:45 Coffee break
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- 15:45-16:45 Session IV: **Hot topics**
Chairs: **Daniel Weghuber** (Austria) - **Aimilia Papakonstantinou** (Greece)
- 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
Chair: **Athanasios Papadopoulos** (Greece)
- SPLENDID: Preventing obesity and eating disorders through behavioural monitoring and normalization
I. Lekka, C. Maramis, C. Diou, I. Ioakeimidis, Z. Linghuan, M. Mars, I. Marti, N. Maglaveras, C. Bergh, A. Delopoulos
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- 17:00-18:00 ECOG General Assembly
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- 19:30 Gala dinner
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FINAL PROGRAM ECOG MAIN CONFERENCE

09:00-10:00	Session V: Prevention Chairs: Margherita Caroli (Italy) - Denes Molnar (Hungary)
09:00-09:30	Developments in European Nutrition and physical activity policies Ximena Salas , WHO Regional Office for Europe
09:30-10:00	Comprehensive estimates of the costs of childhood obesity in Europe Kevin Balanda (Ireland)
10:00-10:45	Working groups
10:45-11:15	Coffee break
11:15-12:15	Session VI: Genetics Chairs: Kali Makedou (Greece) - Elisavet Vardaka (Greece)
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)
12:15-13:30	Lunch with poster presentations
13:30-14:50	Session VII: European projects Chairs: Maria Hassapidou (Greece) - Yannis Manios (Greece)
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 VIII: **Hot topics**

Chairs: **Nathalie Farpour-Lambert** (Switzerland)
- **Elpida Vlachopapadopoulou** (Greece)

15:15-15:45 Maternal Pre-pregnancy body mass and offspring ADHD
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 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 Veek**¹, 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 genant Bonsmann**¹, 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-Gattinger^{1,4}, M. Meindl¹, D. Weghuber^{2,4}, **S. Ring-Dimitriou**^{3,4}

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



- 16:45-17:35 Session X: **Hydration in children**
Chair: **Maria Hassapidou** (Greece)
- 16:45-17:05 EASO initiatives for health hydration
Nathalie Farpour-Lambert (Switzerland)
- 17:05-17:25 Beyond BMI: Fluid intake and hydration in children
Jeanne Bottin (France)
- 17:25-17:35 Discussion
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- 17:35-18:10 Follow up of working groups with closing ceremony
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WORKING GROUPS

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

Registration Type	Cost
ECOG Members	€ 450
Non ECOG Members	€ 570
ECOG Members from EEC	€ 300
Non ECOG Members from EEC	€ 350
Students	€ 300
One day registration - 06/10/2016	€ 50
One day registration for student - 06/10/2016	€ 30

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 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



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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

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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

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