

# EUROPEAN CHILDHOOD OBESITY GROUP



SEPTEMBER 2016

NEWSLETTER N.3

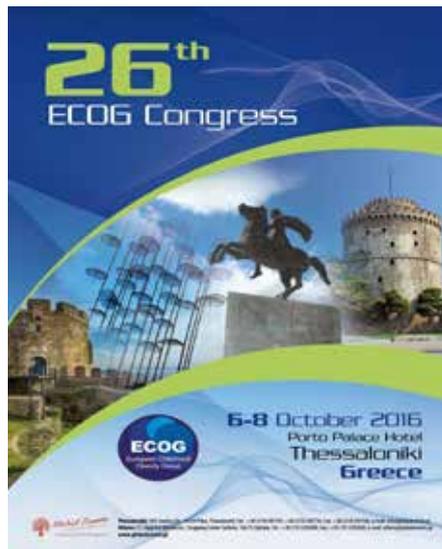
## FORTHCOMING EVENTS

### 26<sup>th</sup> ECOG Congress in Thessaloniki

The ECOG Congress will be held at Porto Palace Hotel & Conference Center. This year's Scientific program will cover a wide range of topics.

The Congress will bring together health professionals, researchers and students, offering an outstanding set of lectures, workshops and oral presentations to stimulate the exchange of knowledge on all aspects of pediatric obesity.

[\(Read more on p.3\)](#)



## SPOTTED FOR YOU

- World Obesity Day will take place on 11<sup>th</sup> October 2016.
- Report WHO: “Ending Childhood Obesity” released on January 2016
- Report 2015 EU Platform for Action on Diet, Physical Activity and Health

[\(Read more on p.6\)](#)

## CURRENT ACTIVITIES

### Sharing Experts Knowledge: the ECOG eBook

The very first free eBook on Children and Adolescent Obesity published by ECOG is online and available for free.

[\(Read more on p.4\)](#)

### An ECOG paper published on Obesity Fact

Some ECOG Members collectively worked on a scientific paper that has been recently published on Obesity Facts.

[\(Read more on p.5\)](#)

## WE ARE SOCIAL



[@ECOGobesity](#)  
[#childhoodobesity](#)  
[#obesity](#)  
[#ECOG2016](#)



[European Childhood Obesity Group](#)



## GALLERY

Pictures from past ECOG Congresses, events and initiatives.

[\(Read more on p.7\)](#)

## FORTHCOMING EVENTS

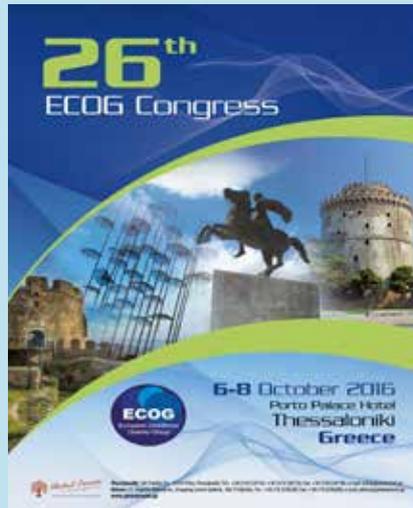
### 26<sup>th</sup> ECOG Congress in Thessaloniki

The historical and beautiful city of Thessaloniki will host the ECOG Congress 2016 from the **6<sup>th</sup> of October to the 8<sup>th</sup>**.

This year's Congress aims to discuss several aspects of pediatric obesity and the outstanding international panel of speakers will focus on:

- i) early prevention and interventions;
- ii) comorbidities and bearing of stress;
- iii) the role of genetics; and
- iv) European projects.

The ECOG Congress 2016 features a Greek session (6<sup>th</sup> of October) in collaboration with the Hellenical Medical Society of Obesity (HMSO), the Hellenic Paediatric Society and the Alexander Technological Education Institute of Thessaloniki (ATEITH).



Working Group activities and guided poster presentations will strengthen the exchange of knowledge and practices with like-minded colleagues from across Europe.

**For registration:**  
[www.ecog-obesity.eu](http://www.ecog-obesity.eu)

## Other events

### ECOG at Make Mothers Matter Conference

On the International Women's Day 2016 Dr Marie-Laure Frelut, on behalf of ECOG, was a speaker at the "[Conference on Mothers and their children's health](#)" organized by Make Mothers Matter in Brussels. Fields in focus were early obesity, hygiene, prevention of disease and education to promote children's physical and emotional health.

### ECOG & École Nationale d'Administration (ENA)

On June 2015, ECOG hosted a workshop in Brussels to discuss childhood obesity in Europe with the French École Nationale d'Administration (ENA) and 14 South Korean public managers in the field of health care. Dr Marie-Laure Frelut, on behalf of ECOG, led the discussion about projects and programmes to tackle childhood obesity in Europe.

### ECOG in Brussels to discuss childhood obesity

On April 2015, Dr Margherita Caroli, on behalf of ECOG gave a speech at "Tackling Childhood Obesity in Europe" sharing the floor with the WHO Representation to the EU and discussing actions to be taken at an EU level to tackle childhood obesity.

### ECOG Congress 2017

The 27<sup>th</sup> ECOG Congress will be organized in Rome, Italy. For more information please contact the ECOG Secretariat.

## TELL US YOUR STORY

Are you an ECOG member? Have you participated in an event recently? Would you like to share your story?

Contact us at  
[info@ecog-obesity.eu](mailto:info@ecog-obesity.eu)

## PAST CONGRESSES IN NUMBERS

### ECOG 2014 Salzburg, Austria 13-15 November

**252** delegates  
**65** speakers from **18** countries  
**18** working groups  
**116** abstracts from **27** countries  
**17** abstracts selected by Scientific Committee for oral presentations.  
**99** posters presented during **6** guided poster sessions  
**6** posters awarded  
**20** supporting organizations

### ECOG 2015 Stockholm, Sweden 12-14 October

**344** delegates from **31** countries  
**20** speakers from **11** countries  
**75** abstracts from **24** countries  
**5** working groups  
**8** abstracts selected for oral presentations  
**67** posters presented during **4** guided poster sessions





## CURRENT ACTIVITIES

### ECOG eBook

Dear colleagues and friends,

The first free eBook on child and adolescent obesity is online since one year. Fields in focus are nutrition, eating behavior, society's influence, epidemiology and prevention.

#### A SUCCESSFUL ENGLISH VERSION

The English version of the eBook website has been visited **205 705** times, the **52** chapters registered **44 588** visits and have been downloaded **12 336** times at a regularly increasing rate.

Two new chapters have been recently added:

- M. Caroli, A. Vania Weaning practices and later obesity
- E. Ardelt Gagttinger et al. Psychological indications, contraindications, and follow-up to bariatric surgery

Others will come soon about:

- Characteristics of oral health in early onset obesity
- Tackling child and adolescent obesity: an economical challenge?
- Respiratory complications of child and adolescent obesity.



#### TRANSLATIONS

Translations in parallel in Spanish, Portuguese, French, Polish and Italian are underway and should be ready in November 2016.

This process is time demanding and we apologize if it may seem a little bit long.

#### NEXT STEPS

The eBook process has to evolve along time and be as useful as possible keeping the free access alive.

Would you be so kind to answer some quick questions in the link below in order to help us make this ECOG's initiative more fruitful?

<http://ebook.ecog-obesity.eu/survey/>

Thanks a lot for your support!

## CURRENT ACTIVITIES

### An ECOG Paper published on Obesity Facts

Some ECOG members have been collectively working for several months on a scientific paper that has been published on the scientific journal *Obesity Facts* on February 2016. The intent of the study is to identify the impact of pediatric obesity on muscle fitness and to identify the most appropriate way of measuring muscle function in children with obesity taking into consideration 36 studies addressing this topic.

The paper increases our understanding of how obesity affects the developing body. The authors are interested in physical activity and physical fitness in this population and will continue to explore the effect of pediatric obesity on other components of physical fitness.

The paper is written on behalf of the ECOG by the corresponding author David Thivel (FR), Susanne Ring-Dimitriou (AT), Daniel Weghuber (AT), Marie-Laure Frelut (FR), and Grace O'Malley (IE).

Read the paper [here](#).

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### ECOG and Endocrinology, Diabetes & Metabolism Case Reports

Since some years, ECOG is collaborating with Bioscientifica publishing company on their open access publication *Endocrinology, Diabetes & Metabolism Case Reports* (EDMC).

This open access resource publishes and links together case reports and the easy-to-use search and browse functionality enables navigation between different case reports. Each of unusual cases has the potential to be of educational benefit to another clinician.

The more cases that are published, the greater the opportunity to make connections and comparisons, facilitating better patient management.

To publish your case report on EDMC please follow the [submission instructions](#).

Members of ECOG are entitled to a 20% discount on the article publication charge.



#### TELL US YOUR STORY

Please contact us and let us know about initiatives, projects and researches where you are involved and where ECOG can be useful.

Contact us at:  
[info@ecog-obesity.eu](mailto:info@ecog-obesity.eu)





SPOTTED FOR YOU

**ENDING  
CHILDHOOD  
OBESITY**



**Report WHO  
Ending Childhood Obesity**

**“Overweight and obesity impact on a child’s quality of life, and poses major health and economic consequences for them, their families and society as a whole.”**

On January 2016 the Commission on Ending Childhood Obesity released the final version of a report (ECHO) that has been developed after a two-year process to address the alarming levels of childhood obesity and overweight globally. The ECHO report proposes 6 main recommendations for governments aimed at reversing the rising trend of children aged under 5 years becoming overweight and obese.

ECOG contributed with comments and revisions on drafts of the report.

[Download the report here](#)

**42 million**

**Overweight  
infants and young  
children in 2013**

**70 million**

**Young children that  
will be overweight or  
obese by 2025 if cur-  
rent trends  
continue**

**+ 30%**

**Rate of increase in  
low- and middle-  
income countries  
in comparison with  
developed  
countries**

**Source: Commission on Ending Childhood Obesity  
E-mail: [echo@who.int](mailto:echo@who.int)**

The **EU Platform for Action on Diet, Physical Activity and Health** was launched in March 2005, bringing together the key European level organisations working in the field of nutrition and physical activity. The activities carried out by the Platform’s members are published in a yearly report serving as a basis for improving the direction and outcomes of the Platform.

The report **“Monitoring the activities of the EU Platform on Diet, Physical Activity and Health”** published in 2015 summarises the activities of the Platform in 2014, providing an overview and analysis of individual commitment monitoring reports submitted in 2014 and putting forward conclusions and recommendations for the next annual report in year.

[Report Annexes 1 and 3](#)  
[Draft of the Annex 4](#)

World Obesity Day was established in 2015 as an annual campaign with the goal of stimulating and supporting practical actions to help people achieve and maintain a healthy weight and reverse the global obesity crisis.

Do you want to know how to get involved? Click [here](#).

GALLERY



ECOG 2015 - Stockholm, Sweden



ECOG & École Nationale d'Administration Brussels, 2015



Make Mothers Matter Brussels, 2016



Tackling Childhood Obesity Conference Brussels, 2016





## ECOG BOARD 2014-2017 & CONTACTS

### ECOG BOARD

**Artur Mazur**, President – Poland

**Daniel Weghuber**, Vice President – Austria

**Andrea Vania**, Past President – Italy

**Grace O'Malley**, Secretary – Ireland

**Éva Erhardt**, Scientific advisor – Hungary

**Paulina Nowicka**, Treasurer – Sweden

**Maria Hassapidou**, Member – Greece

**Claudio Maffeis**, Member – Italy

### EUROPEAN CHILDHOOD OBESITY GROUP ASBL

Rue Philippe le Bon 15  
1000 Brussels, Belgium

telephone: +32 2 588 56 71  
website: [www.ecog-obesity.eu](http://www.ecog-obesity.eu)  
e-mail adress: [info@ecog-obesity.eu](mailto:info@ecog-obesity.eu)

#### ECOG Secretariat

**Business Solutions Europa**  
e-mail adress: [info@bs-europa.eu](mailto:info@bs-europa.eu)

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# *TAKING CHILDHOOD OBESITY OFF THE MENU*



**ECOG**

European Childhood  
Obesity Group