



European Association for the Study of Obesity

An Introduction to EASO

April 2019

EASO: An Overview

- Established in 1986, EASO is a federation of professional membership associations from 34 countries. It is in official relations with the WHO Regional Office for Europe
- EASO is the voice of the European obesity community, representing scientists, health care practitioners, physicians, public health experts and patients.
- EASO promotes action through collaboration in **research, education and policy.**

EASO
European Association for the Study of Obesity

EASO connects...
the leading obesity specialists in Europe,
32 member associations and over 70
Collaborating Centres (COMs)

EASO delivers...
education in Europe: ECO,
training workshops,
summer schools, position
statements and guidelines

EASO improves...
the standard of obesity
management in Europe,
via its COMs network

EASO supports...
and develops research through its Scientific
Advisory Board and EU Project participation

EASO engages...
and represents the patient
community via its Patient Council

EASO influences...
promoting research, informing policy and
shaping practice with key European stakeholders

EASO develops...
the scientists of the future via the New
Investigators United network

EASO NEW INVESTIGATORS UNITED
www.easo.org

EASO Objectives

The **Objectives** of EASO are:

- To establish obesity as an urgent and relevant health and wellbeing priority
- To develop evolving evidence-based approaches for preventing and treating obesity across the lifespan
- To promote effective solutions through research, education and policy.





European Association for the Study of Obesity

Example Projects

EASO Education: Residential Training Courses



EASO Summer School: Training the Trainers in the Prevention and Management of Obesity

Les Pensières at Fondation Mérieux, Annecy, France
30 June to 3 July 2018

Programme Book

The 2018 EASO Train the Trainer Summer School is supported via an unrestricted educational grant from Novo Nordisk







EASO New Investigators United Autumn School: Hot Topics in Obesity

Palma de Mallorca, Spain
October 1st – 3rd, 2018

Programme Book

The 2018 EASO New Investigators United Autumn School is supported via an unrestricted educational grant from Novo Nordisk



 Overview	 Teaching Topics
<p>Obesity is recognised as one of the priority health challenges in Europe and the east Mediterranean region, however specialised obesity training is not widely available. Obesity care and public health strategies can therefore vary enormously across these regions. EASO education programmes provide a solution by offering comprehensive training for health professionals working in the prevention and management of obesity.</p>	<p>Teaching will be delivered via overview lectures and interactive case study based workshops, with candidates receiving a comprehensive toolkit to improve and enhance their daily practice and project development. Course content will be delivered by European KOLs (Key Opinion Leaders) and education experts.</p> <p>Topics will include:</p>
 Aims	
<ul style="list-style-type: none">○ Candidates will be trained to deliver the highest levels of patient care○ Candidates will gain the knowledge and skills required to develop and implement public health strategies, and to influence national policymakers○ Candidates will gain the knowledge and skills to develop and implement health promotion interventions○ Candidates will be mentored to become national leaders and advocates○ Candidates will be trained and mentored to deliver EASO endorsed training at the national and local level.	<ul style="list-style-type: none">○ Comorbidities (e.g. T2D, hypertension NASH)○ Non Medical Management of Obesity (therapeutic education, dietary interventions, healthy hydration)○ Nutrition and the food environment○ Obesity Management in Adults - Bariatric Surgery○ Obesity Management in Adults - Pharmacotherapy○ Obesity Management in Adults - Physical Activity Prescription○ Obesity Management in Children○ Pregnancy (early programming, complications, post-partum weight loss)○ Psychological and Behavioural Issues (inc. appetite regulation)○ Public Health Interventions

EASO Training the Trainers in the Prevention and Management of Obesity

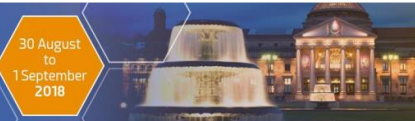
EASO Education: Stakeholder Courses

The screenshot shows the ESE website with a navigation menu including 'About Us', 'Events & Deadlines', 'Focus Areas', 'Publications', 'Education', 'Research', and 'Advocacy'. The main content area displays the 'EASO/ESE Teaching Course: Clinical Care of Obesity' with a sidebar menu for 'ECE 2018' containing links for Registration, Abstracts and Posters, Scientific Programme, Endocrine Nurses, ECE blog, Pre-Congress Events, Venue & Travel, Sponsors & Exhibition, General Information, Organising Committees, Accommodation, and Contact.

EASO/ESE Teaching Course: Clinical Care of Obesity



17th
European Congress
of Internal Medicine
Wiesbaden, Germany



ECIM 2018 – pre-congress Workshop - OMTF Teaching Course - 30 August 2018, 12:00 – 17:15

Session 1

- 12:00 – 12:30
Obesity as a disease
Dror Dicker (Israel)
- 12:30 – 13:00
Clinical evaluation of the patient with obesity
Hermann Toplak (Austria)
- 13:30 – 14:00
How to prepare the patient to change
Dominique Durrer (Switzerland)
- 14:00 – 14:30
Medical nutrition therapy
Maria Hassapidou (Greece)
- 14:30 – 15:00
Evidence based physical activity prescriptions
Barbara Ukropcova (Slovakia)
- 15:00-15:30
Open coffee and general discussion

The poster features logos for EASO, International Society of Hypertension, BIHS, and ASO at the top. The central graphic is a stylized heart shape formed by two interlocking loops, set against a blue background. The text below the graphic reads: 'Clinical Care of Obesity and Hypertension', 'Tuesday 8 May 2018', 'The Royal College of Physicians'. It also states: 'Organised by The European Association for the Study of Obesity and the International Society of Hypertension.', 'Reserve your free place at eu.eventcloud.com/easo-ish', and 'FREE TO ATTEND Register Now!' in a red banner at the bottom right. A small disclaimer at the bottom left mentions Novo Nordisk sponsorship.

EASO Education: New Investigator Support



EASO New Investigators United (NIU) was established in 2005 as a community for new investigators to collaborate on projects, share experience, expertise and clinical knowledge, and to network.

NIU combines an online community with an annual event at the ECO, where colleagues have an opportunity to meet, interact and share ideas with others from around the world. The EASO NIU network includes people involved in clinical care and treatment together with those focused on research.

Training and further educational opportunities, as well as travel grants and the opportunity to be involved in wider projects, may also be available from EASO, upon application.

We facilitate professional development and networking among early career European obesity scientists, research professionals and practitioners ...

- ... providing an arena for the exchange of ideas and best practices between experts and experts-to-come.
- ... improving opportunities for future collaboration with the aim of achieving our common goal: understanding, preventing and treating obesity.
- ... new Investigators have earned a PhD within the past five years or an MD within the past eight years AND/OR currently hold (or are applying for) an entry level position (e.g. post-doctoral fellow, instructor, or assistant professorship) at an established academic/research institution.



European Association for the Study of Obesity



Autumn School 2017

Gut microbiota: from conception through adulthood
2-4 October 2017: Palma, Majorca



The programme for 2017 will focus on gut microbiota and will include both lectures and practical training from international obesity experts. Upon completion of the course, participants will have a thorough grounding in gut microbiota research and will have the opportunity to develop skills to facilitate their research.

Topics include:

- Adipose tissue dysfunction in obesity
- The metabolic disarrangements in obesity vs "metabolically healthy obesity"
- What is gut microbiota: an overview
- The role of gut microbiota in the pathogenesis of obesity
- The role of gut microbiota in the pathogenesis of insulin resistance and type 2 diabetes
- The role of gut microbiota in cognitive development and decline - gut-brain axis
- The first 1000 days: important factors affecting gut colonisation
- The effect of nutrients on gut microbiota
- Metabolic effect of bariatric surgery: is there a role for gut microbiota?
- How the environment shapes gut microbiota

Plus practical training in:

- Writing and publishing an article: practical aspects
- Career options and trajectories in Europe: what you need to know

EASO is pleased to offer 30 places for this prestigious course. There is no registration fee and EASO will provide hotel accommodation and all meals for successful applicants. Please visit <http://easo.org/new-investigators-united/> for further information and to complete the online application form. EASO expects to receive a high number of applications, it is therefore important that you give as much information as possible in your submission.

The deadline for receipt of application is **Friday 14th July 2017**

Novo Nordisk provided partial funding of the 2017 NIU Autumn School through an unrestricted grant to EASO.

www.easo.org

Education: E-Learning



Practical, case-based learning via the Advanced Obesity Management Program

EASO invites you to join your colleagues in Europe and abroad via the online *Advanced Obesity Management Program* (AOMP) on AdvancingPractice.com.

Developed with an international audience in mind, the in-depth program was developed by the Canadian Obesity Network and allows healthcare professionals to:

- Apply knowledge through case-based learning scenarios
- Learn how to implement new obesity management skills into practice

This online program (valued at over €320) is available for FREE through an unrestricted educational grant from Novo Nordisk Global.



The AOMP has been reviewed and is endorsed by the European Association for the Study of Obesity's OMTF (Obesity Management Task Force).

Free Access via Coupon Code

EASO is pleased to allocate coupon codes for free access to the program via its National Association members and COMs network. (Note: You must register on AdvancingPractice.com to access the program. Registration is free!)

Register now to begin program



European Association for the Study of Obesity

Knowledge Transfer Series

Fedme



Nasjonal satsing – global tilnærming

Utviklet for å fremme, utdanne og dele informasjon om de siste fremskritt innen effektiv behandling av fedme.

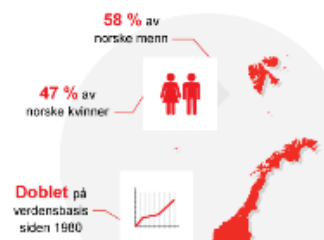
Legar og helsepersonell

Offentlige helsekontor

Forskere

EASO og Norsk forening for fedmeforskning (NFF) er stolte av å kunngjøre den nye *Obesity Knowledge Transfer Series: Norway* – et omfattende utvalg av gratis, nettbaserte læringsressurser som er laget spesielt for norske klinikere og helsepersonell.

Dette tospråklige nettstedet er utviklet i samarbeid med *mdBriefCase Group* – en ledende, global leverandør av akkreditert, nettbasert utdanning av helsepersonell.



Fedme i NORGE

Obesity KTS er et resultat av internasjonal samarbeid mellom verdenskjente legar som spesialiserer seg på fedme og vektkontroll. I tillegg har Dr. Jeran Hjeltnes, MD, PhD, jobbet med globale og lokale fedmeeksperter for å skreddersy et medisinsk videreutdanningsprogram, ressurser og beste praksiser.

Dette e-læringsmaterialet er akkreditert av European Accreditation Council for Continuing Medical Education (EACCME) for 1,0 ECMEC-enhet.

Tilgang til gratis læringsressurser

Vi gleder oss over å jobbe med *mdBriefCase Group* for å gi deg gratis tilgang til nettstedet *Obesity Knowledge Transfer Series*.

Tilgang til *Obesity KTS*



Knowledge Transfer Series: Italia

Obesità



Iniziativa nazionale – approccio globale

Accedi al modello *Obesity KTS* italiano progettato per promuovere, formare e condividere informazioni sull'approccio scientifico e la gestione dell'obesità.

Medici e operatori sanitari professionisti

Esperti in materia di sanità pubblica

Ricerca

EASO e FASO sono orgogliosi di annunciare il nuovo modello *Obesity Knowledge Transfer Series: Italia* – una serie completa di risorse online e gratuite, tutte nello stesso posto, appositamente creato per i medici italiani e gli operatori sanitari professionisti al fine di aiutare questi ultimi a gestire l'obesità del paziente. Questo sito Web online bilingua è stato sviluppato in collaborazione con *mdBriefCase Group* – un fornitore globale, leader nel settore, che offre formazione online accreditata agli operatori sanitari professionisti.

L'obesità in Italia

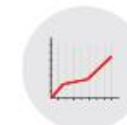
Un italiano adulto su dieci soffre di obesità. Oggi, con l'incidenza dell'obesità infantile in Italia tra le più alte d'Europa e con il diabete di tipo 2 nei bambini in continuo aumento, i medici di base e gli educatori che operano in strutture pubbliche devono lottare per la gestione dell'obesità.



Obesità infantile
In Italia è tra le più alte d'Europa



10%
Tasso di obesità negli adulti in Italia



x2
I tassi di obesità mondiale sono raddoppiati dal 1980

Il modello *Obesity Knowledge Transfer Series (KTS)* è il risultato della collaborazione internazionale di medici di fama mondiale specializzati nell'obesità e nella gestione del peso. Inoltre, il dott. Paolo Stracquadro, dottore in medicina e dottore di ricerca, ha lavorato a stretto contatto con esperti in obesità a livello locale e mondiale al fine di mettere a punto un programma base di LCM (Educazione Continua in Medicina) per formare gli operatori sanitari professionisti in Italia sugli ultimi progressi in materia di gestione efficace dell'obesità.

Il programma di LCM è in corso di accreditamento da parte dell'European Accreditation Council for Continuing Medical Education (EACCME).

Accesso gratuito, risorse di qualità dedicate all'apprendimento

Siamo lieti di lavorare con *mdBriefCase Group* per fornirvi un accesso gratuito al sito Web del modello *Obesity Knowledge Transfer Series*.



European Association for the Study of Obesity

A large, thick, blue curved line that starts from the left side of the image and curves upwards and to the right, forming a partial circle that frames the text on the right.

Collaborating Centres for Obesity Management (COMs)

EASO Collaborating Centres for Obesity Management: COMs

- Specialist Multidisciplinary Treatment Centres
- >100 Accredited Members
- COMs National Training
- Annual Education and Networking Summit
- ECO OMTF Workshops
- Shared PPTs and Recorded Sessions
- Exchange and Mentoring Programme

Factors that affect obesity



Prof. Luc Van Gaal
Head of Department of Endocrinology, Diabetology and Metabolism, Antwerp University Hospital

Obesity as a gateway disease



Prof. Gema Frühbeck
EASO Past President, Head of the Metabolic Research Laboratory, Clínica Universidad, University of Navarra



EASO COMs Exchange and Mentoring Programme

- The COMs Exchange and Mentoring Programme provides candidates with the knowledge, skills and tools required to establish and run new multidisciplinary treatment centres
- Candidates will learn about COMs structures, processes and set-up procedures by visiting a COMs Centre to observe and explore best practices
- Ongoing mentoring will help new centres to become accredited members of the EASO COMs network





European Association for the Study of Obesity

A large, thick blue arc that starts from the left side of the image and curves upwards and to the right, framing the text 'Research Projects'.

Research Projects

EVIDENCE-BASED TOOLS FOR WEIGHT LOSS MAINTENANCE



WEIGHT LOSS MAINTENANCE

Weight loss programmes help people lose weight but don't help them keep it off.



CHANGING BEHAVIOUR

Evidence-based research on what works and what does not work.



NOHOW TOOLKIT

Mobile apps, web-based tools and inputs from other technologies, such as smart scales and activity trackers.



EVIDENCE IT WORKS

The NoHoW Toolkit will be tested in the United Kingdom, Portugal and Denmark.

EASO Research: PROTEIN

Contact us | info@protein-h2020.eu



[ABOUT PROTEIN](#) ▾

[EVENTS](#) ▾

[PUBLICATIONS](#)

[BLOG](#)

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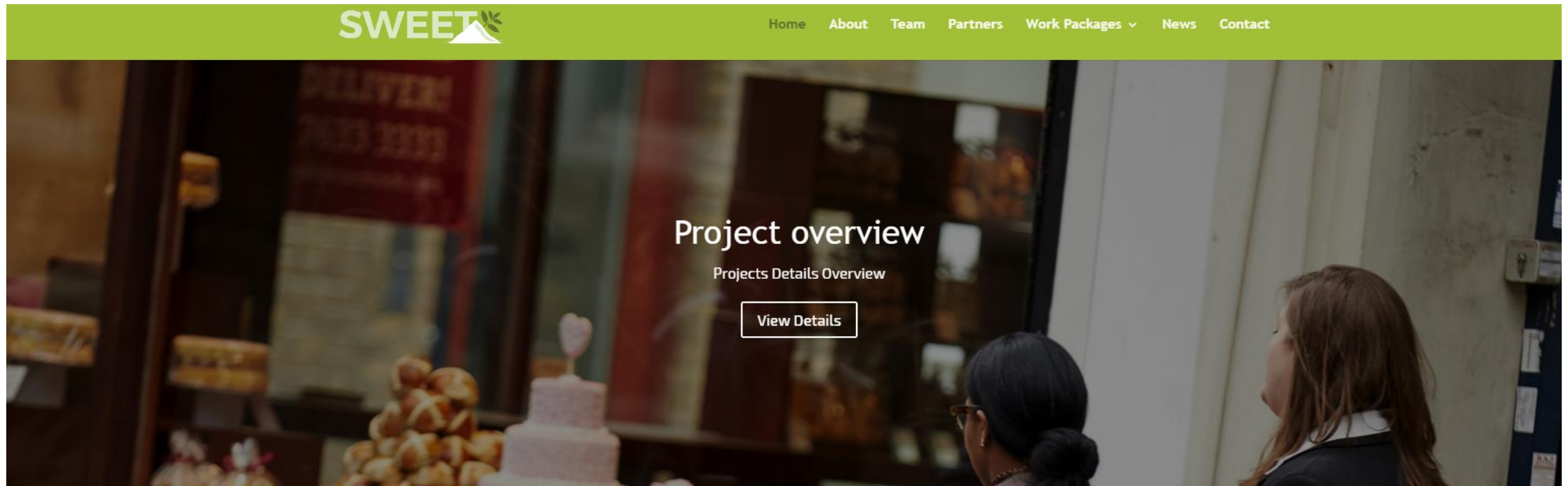
WHAT IS THE PROTEIN PROJECT?

PROTEIN is a research initiative led by a consortium of European public- and private-sector organizations working to promote health and wellbeing. By bringing together experts from across Europe, PROTEIN will develop tools using the latest communications technologies and machine learning strategies to provide personalized nutrition and physical activity support to EU citizens. PROTEIN has received funding from the European Union's Horizon 2020 Research and Innovation programme under grant agreement No 817732.



European Association for the Study of Obesity

EASO Research: SWEET



SWEET, a European Commission Horizon 2020 funded project, is supported by a consortium of 29 pan-European research, consumer and industry partners, who will develop and review evidence on long term benefits and potential risks involved in switching over to sweeteners and sweetness enhancers (S&SEs) in the context of public health and safety, obesity, and sustainability.

The 5 year multidisciplinary project engages stakeholders from across the food chain — consumers, patients, health professionals, scientists, policy makers, and regulators — to address the role of sweeteners in weight control, and potentially move viable products to market. Stakeholders, including consumers, patients, health professionals, scientists, policy makers, and regulators will engage in the project.



European Association for the Study of Obesity

Publications

Guidelines

The ABCD of Obesity: An EASO Position Statement on a Diagnostic Term with Clinical and Scientific Implications

Gema Frühbeck^{a, b} Luca Busetto^{a, c} Dror Dicker^{a, d} Volkan Yumuk^{a, e}
Gijs H. Goossens^{a, f} Johannes Hebebrand^{a, g} Jason G.C. Halford^{a, h}
Nathalie J. Farpour-Lambert^{a, i} Ellen E. Blaak^{a, f} Euan Woodward^{a, j}
Hermann Toplak^{a, k}

^aEuropean Association for the Study of Obesity (EASO), Teddington, UK; ^bDepartment of Endocrinology and Nutrition, Clínica Universidad de Navarra, University of Navarra, IdiSNA, CIBEROBN, Spanish Health Institute Carlos III, Pamplona, Spain; ^cDepartment of Medicine, University of Padova, Padova, Italy; ^dDepartment of Internal Medicine D and Obesity Clinic, Hasharon Hospital, Rabin Medical Center, Petah Tikva, Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel; ^eDivision of Endocrinology, Metabolism and Diabetes, Department of Medicine, Istanbul University Cerrahpasa Medical Faculty, Istanbul, Turkey; ^fDepartment of Human Biology, NUTRIM School of Nutrition and Translational Research in Metabolism, Maastricht University Medical Centre, Maastricht, The Netherlands; ^gDepartment of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy, University Hospital Essen, University of Duisburg-Essen, Essen, Germany; ^hDepartment of Psychological Sciences, University of Liverpool, Liverpool, UK; ⁱObesity Prevention and Care Program Contrepoids, Service of Therapeutic Education for Chronic Diseases, Department of Community Health, Primary Care and Emergency, Geneva University Hospitals and University of Geneva, Geneva, Switzerland; ^jEASO Secretariat, Middlesex, UK; ^kDepartment of Internal Medicine, Medical University of Graz, Graz, Austria

Keywords

Adiposity · Dysfunctional adipose tissue · Noncommunicable diseases · Comorbidities

Guidelines

European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care

Dominique Durrer Schutz^a Luca Busetto^b Dror Dicker^c
Nathalie Farpour-Lambert^d Rachel Pryke^e Hermann Toplak^f
Daniel Widmer^g Volkan Yumuk^h Yves Schutzⁱ

^aService d'enseignement thérapeutique pour maladies chroniques, Département de médecine communautaire, Hôpitaux Universitaires de Genève, Genève/Eurobesitas COMS Center, Vevey, Switzerland; ^bDepartment of Medicine, Padova University Hospital, Bariatric Unit, University of Padova, Padova, Italy; ^cInternal Medicine D & Obesity Clinic, Hasharon Hospital, Rabin Medical Centre, Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel; ^dService d'enseignement thérapeutique pour maladies chroniques, Département de médecine communautaire, de premier recours et des urgences, Hôpitaux Universitaires de Genève, Geneva, Switzerland; ^eGP Winyates Health Centre, Fellow National Institute for Health and Care Excellence, Winyates, UK; ^fDepartment of Internal Medicine, Medical University of Graz, Graz, Austria; ^gVice President of European Union of General Practitioners (UEMO), Lausanne, Switzerland; ^hDivision of Endocrinology, Metabolism and Diabetes, Department of Medicine, Istanbul University, Cerrahpasa Medical Faculty, Istanbul, Turkey; ⁱDepartment of Integrative Physiology, Faculty of Medicine, University of Fribourg, Fribourg, Switzerland

Keywords

Obesity · Overweight · Primary care · GPs · Management · Behavioural therapy · Motivational interviewing · Conservative treatment · Bariatric/metabolic surgery

Abstract

The first contact for patients with obesity for any medical treatment or other issues is generally with General Practitioners (GPs). Therefore, given the complexity of the disease, continuing GPs' education on obesity management is essential. This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality



European Association for the Study of Obesity

Social Media

Social Media

Media Event at EuroPrevent 2018



EASO was delighted to host a joint media masterclass with EAPC in Ljubljana, Slovenia on 20 April 2018 at the EuroPrevent Congress.

The event explored key issues across the life course in preventive cardiology, with talks at the intersection of obesity and cardiovascular health. Presentations from experts in adult, adolescent and paediatric health, the microbiome and obesity and cardiovascular disease prevention contributed to this session live streamed globally for media, and included Dr Jennifer Baker, Dr Dominique Durrer, Professor Christine Graf and Dr Irena Rogelj. The individual presentations will be made available soon on the EASO website.



Posted Apr 30 2018 by EASO Secretariat in EASO with 0 Comments

TAGS: media masterclass CATEGORIES: EASO

#AdEnough



Jamie Oliver is using his powerful brand identity to champion a campaign targeting the marketing of unhealthy food to children. In conjunction with the UK All Party Parliamentary Group on Obesity (APPG on Obesity), the campaign urges Government to enact a 9pm watershed on advertising "junk food," to reduce advert exposure to children – on TV, online, in the streets and on public transport – to make it easier for children and their families to make healthier food choices.

Given what we know about behavioural science, constant exposure to these marketing cues erodes health-conscious decision making around food choices and undermines other public health efforts to drive consumers to make healthier choices.

EASO has #AdEnough! Learn more about the campaign on the Jamie Oliver website.

Posted Apr 30 2018 by EASO Secretariat in EASO, News with 0 Comments

TAGS: #AdEnough, Jamie Oliver CATEGORIES: EASO, News

POPULAR POSTS

RELATED POSTS

EASO
@EASOobesity

Tweets **9,759**
Following **1,666**
Followers **7,029**
Likes **10.2K**

Follow

Joined July 2013
1,554 Photos and videos

New to Twitter?
Sign up now to get your own personalized timeline!
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You may also like · Refresh

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@WorldObesity

EASOresearch
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@UK_ASO

EASO Patient Council
@EASOpatients

ASMBs
@asmbs

Worldwide trends
Dani Alves
29.4K Tweets
#ThankYouFifthHarmony
56.9K Tweets
#MakeAFilmPathetic
5,625 Tweets
#RRvCSK
28.4K Tweets
شكرًا حسانم عالي
20.8K Tweets

EASO Retweeted
NCD Alliance @ncdalliance · 4h
Celebrate the successes!
Do you know a Government Ministry or @UN country team that 'kicked some goals' in preventing & controlling #NCDs or achieving NCDs-related #SDGs during 2017?
Nominate them for a @un_ncd award by 31 May! #beatNCDs #enoughNCDs who.int/ncds/un-task-f...

UNIATF Awards 2018
The call for nominations is now OPEN until **31 May 2018**
Call for nominations
The UN Interagency Task Force on the Prevention and Control of Non-communicable Diseases (UNIATF) is calling for nominations for the UNIATF Award. The awards will be issued to individuals or groups of individuals for achievements in 2017 in the area of multisectoral action in the prevention and control of NCDs and getting countries on the right trajectories in achieving NCD-related Sustainable Development Goals (SDGs).
Awards

EASO Retweeted
MooDFOOD @EU_MooDFOOD · May 10
Doctors don't know how to provide #nutrition information beyond the basics. Research in Circulation:
Medical Nutrition Education, Training, and Competencies to Advance Guideline-Based Diet Counseling by Physicians: A Science Advisory buff.ly/2l8qGgd
@Nutrition_UK



European Association for the Study of Obesity

Patient Support and Communications

EASO Patient Council

The EASO Patient Council is an integral part of the European Association for the Study of Obesity.

Patient representatives from 20 European countries advise and lead on patient related matters, advocate on behalf of patient perspectives, and provide input to EASO national member associations, EASO initiatives, the public health community, EU projects, NGOs, policymakers, and industry.

The EASO Patient Council works locally, nationally, and globally to advance the interests of patients and the patient perspectives across Europe.



20 EUROPEAN COUNTRIES



PROJECTS



ADVICE





EASO
European Association for the Study of Obesity

Tweets 9,556 Following 1,659 Followers 6,935 Likes 9,941

Follow

EASO
@EASOobesity

The European Association for the Study of Obesity represents 32 nations working to reduce unhealthy excess weight across Europe.

Europe
easo.org
Joined July 2013
1,514 Photos and videos



Tweets Tweets & replies Media

Pinned Tweet

EASO @EASOobesity · 3h
Interested in #Obesity? Join us for an EASO TTT session 23 – 24 September 2018 Polat Renaissance Hotel Istanbul, Turkey - Eastern Med Region Train the Trainer - funded places available still applications closing soon!

buff.ly/2HbJQIE



23 - 24 September 2018
Polat Renaissance Hotel
Istanbul, Turkey

1 1

EASO Retweeted

New to Twitter?
Sign up now to get your own personalized timeline!

Sign up

You may also like Refresh

- World Obesity @WorldObesity
- EASOresearch @EASOresearch
- EASO Patient Council @EASOpatients
- UK ASO @UK_ASO
- ASMBS @asmbs

Worldwide trends

- #DialDelLibro 65K Tweets
- #SanJordi 46.1K Tweets
- #StGeorgesDay 40.2K Tweets
- #23NisanKutluOlun 192K Tweets
- #royalbaby 14.7K Tweets

Patient Council Recognition and Representation

EASO Patient Council representative Magdalena Gajda receives prestigious international award



Magdalena Gajda, the Volunteer Ombudswoman of People with Obesity Disease and Founder and President of the OD-WAGA Foundation for People with Obesity Disease, has become the first Polish honoree to receive the coveted international award *LIVE ON. GIVE ON.* The Bakken Invitational Award recognises patients who, with the help of medical technology, have overcome health challenges, and use their "extra life" to give back through volunteerism and community service. Magdalena Gajda, a 2017 recipient, is the first Polish honoree of the Earl Bakken's award represents Poland on the EASO European Patient Council. Gajda is a journalist who specialises in health and social issues, is a PR and CSR expert and has authored some 3,000 publications.

[Read the press release:](#)

Posted Jan 29 2018 by EASO Secretariat in EASO, News with 0 Comments

TAGS: Magdalena Gajda, People with Obesity Disease CATEGORIES: EASO, News

CECON 2017: report from Alexandra Fraiso, EASO Patient Council



The 6th Central European Congress on Obesity (CECON 2017) was held October 5 to October 7, 2017, in Bratislava, Slovakia. I was pleased to represent the EASO Patient Council at the meeting and delivered a talk on using the Internet to help with weight loss and weight maintenance.

The topics covered at the meeting in Bratislava were interesting and wide-ranging. EASO President Professor Hermann Toplak spoke about work of EASO in central Europe and across the continent. Following presentations and some discussion about obesity in Central Europe, there were expert presentations from various fields.

A very interesting session focused on trends in bariatric surgery. There was interest in treatment of diabetes – including physical activity in management of type 2 diabetes, the panel discussion included focus on diabetes prevention and it appears that there is more interesting research in the pipeline.

As obesity is a risk factor for several co-morbidities, sessions were also dedicated to this theme.

One key focus of the Bratislava Congress was childhood obesity, which is a rising challenge in Central Europe and around the continent. Several child obesity prevention programmes were presented, including the GYERE programme in Hungary, and Maria Luger's work in Austria, several school based initiatives in Slovakia and the Childhood Obesity Surveillance Initiative (COSI) in the Czech Republic.

The final session of the congress was dedicated to nutrition and cognitive behavioural therapy in obesity.

IFSO2017 Leadership Report: Ken Clare, Acting Chair, EASO Patient Council



The International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) congress was held in London this year from 29 August – 2 September 2017.

Participation in the congress offered an exceptional opportunity for me. I was fortunate to be on the steering committee and involved in planning and delivery of sessions.

The conference offered all one would expect from a global meeting in this speciality, with world renowned experts and 2500 delegates to boot.

I presented at a session on the Allied Health Professional pre-congress study day. I really enjoyed it and the meeting was well received. We had an exhibition stand representing both WLSinfo (www.wlsinfo.org.uk) and the EASO Patients Council. We received lots of visitors and queries.

The champagne moment came from inspirational speaker Sir Ranulph Fiennes, who presented a unique and stimulating talk.



EMA 2nd International Awareness Session: Sven Schubert, EASO Patient Council



In December 2017, I was made aware by EASO of the call for expressions of interest to attend EMA's 2nd International Awareness Session in London. I expressed my interest and was accepted as an attendant on behalf of EASO/PC. After a short airplane hop across the Irish Sea and Wales, I landed at London City Airport on the evening Wednesday, March 7th 2018. EASO had booked me into a hotel near EMA in Canary Wharf and so I made my way on the DLR and by foot. Even though I had spent my youth between large cities such as Leipzig, Berlin, München and Frankfurt, London's Skyscrapers came as a bit of a shock, after nearly 20 years of living in Ireland. And so I got up on Thursday morning to join the thousands of bankers, insurance clerks, investment brokers, retailers and medicines regulators on their hasty walk to work.



We were issued delegate badges at reception and after a short wait in a downstairs lounge brought to the second floor and EMA's impressive main meeting and conference room, where I joined 67 participants from 28 different countries.

Over the next two days, we were introduced to how EMA works, in what regulatory environment it operates and what the future holds for medicines in Europe. I have summarised the presentations in the following



Member Communications

Building a system of weight management and care in Reykjavik: Erla Sveinsdóttir and Heilsuborg



Founded by a general practitioner and a physiotherapist, Heilsuborg started eight years ago as a small fitness center in Reykjavik. With a clear vision and hard work, Heilsuborg has evolved into a multi-disciplinary centre for the prevention and treatment of lifestyle – related diseases.

Obesity has been a primary focus of Heilsuborg from the beginning; combining support for the body and nourishment for the soul in one location makes it an ideal environment for treating obesity. In August 2017, Heilsuborg took a major step, moving to a newly renovated, bespoke – and much larger – location that presents many options for consumers and possibilities for the future.

Erla Gerður Sveinsdóttir trained as a GP and holds a masters degree in public health. Upon graduation, she worked for many years in primary care and in two major rehabilitation centres in Iceland. As her interest in preventing and treating obesity developed, she identified a need for a destination where people would be able to receive high quality, comprehensive and multi-disciplinary support in cultivating a healthier lifestyle. She envisioned a place where people could access state-of-the-art health education, training, support and treatment. It was on this foundation that Heilsuborg was founded. Erla is the Medical Director and an obesity consultant at the centre.

Patient and partner

Five years ago, after several years of trying countless diets on a difficult weight management journey, Sólveig Sigurðardóttir



DiaObesity Summit in Jerusalem – Registration now open



Early registration is open for the Diabetes & Obesity Summit – DiaObesity2017 held 22-24 November 2017 in Jerusalem, Israel with speakers of international renown.

[Register today!](#)

Posted Sep 8 2017 by EASO Secretariat in Education, Meetings with 0 Comments

TAGS: DiaObesity CATEGORIES: Education, Meetings

POPULAR POSTS



What questions would you would ask the parents of a child with obesity?

December 2, 2013



How is the WHO Regional Office for Europe involved in the

RELATED POSTS



ECO2018 Media Masterclass

May 8, 2018



#AdEnough

April 30, 2018



EASO Newsletter

6th CECON Preliminary Detailed Programme is available!



6th CECON is gearing towards a great success with exciting scientific program!

[PRELIMINARY DETAILED PROGRAMME AVAILABLE HERE!](#)

Accreditation

The application for the European CME Credits (ECMEC) by the European Accreditation Council for Continuing Medical Education (EACCME) was submitted for the 6th Central European Congress on Obesity (CECON) and 15th Slovak Congress on Obesity.

[REGISTER HERE](#)

Posted Aug 10 2017 by EASO Secretariat in Meetings with 0 Comments

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European Association for the Study of Obesity



European Association for the Study of Obesity

A large, thick blue arc that starts from the left side of the image and curves upwards and to the right, framing the text on the right.

**Advocacy: European Obesity
Day**

Saturday 18 May 2019

- Europe's biggest annual obesity event
- Brings together healthcare, patient and political communities – all drawing attention to obesity
- Involves EASO, National Associations, COMs, sponsors and supporters
- Activities at EU, national and local level creating publicity that for the past three years has consistently reached **more than 300 million people**

EASO European Policy Conference 2019

Thursday 16 May



The Social and Economic Impact of Preventing and Treating Obesity

Renaissance Hotel, Brussels

📍 **Speakers** include European Commission, WHO, OECD, EASO, EU member State Permanent Representations, European Social Network, Institute of Employment Studies, patients, and medical professionals

To coincide with the EASO Policy Conference

- An opportunity to attend both events (and bring policymakers to the Policy Conference)
- Up to 25 participants (10 registered to date)
- Travel and accommodation grants for National Association representatives

Key learning objectives

- Why advocacy is so important
- The art of building and implementing an advocacy plan
- Stakeholder mapping - identifying the right people to be talking to
- Messaging and use of social media

Conducted by senior advocacy consultants from Cambre

- With the participation of policymaker experts



National toolkit

- Inspiration
 - Initiatives to engage with policymakers
 - Initiatives to involve healthcare professionals
 - Initiatives to involve the media
 - Initiatives to involve patients and general public
- Overview of the online toolbox
 - Message packs and campaign artwork to banners, infographics and factsheets



European Obesity Day 2019

EASO Grants

The tools to help you **EASO GRANTS**

EASO Grants for EOD 2019 activities

To encourage participation from National Associations and COMs, EASO is offering a limited number of grants to help fund national EOD activities.

Grants of up to €5,000 each will be offered depending on the scale and potential impact of the activities involved. Priority will be given to initiatives that will be co-funded by National Associations, COMs and/or additional partners. The amounts awarded will be entirely at the discretion of EASO and will only be given to applications made in advance of the event or initiative taking place.

The projects must be held specifically in conjunction with EOD and must be prominently branded with the EOD logo. A report and photographs or video of the initiative will need to be submitted afterwards to EASO.

If you would like to apply for a grant please go to online application form at:
<https://www.europeanobesityday.eu/collaborators/grants/>



- Up to €5,000 each
- Projects must be held specifically in conjunction with European Obesity Day and clearly branded EOD
- Online application
<https://www.europeanobesityday.eu/collaborators/grants/>



European Association for the Study of Obesity

Thank you!

**Visit www.easo.org for more
information**