



PRELIMINARY PROGRAM

WE ARE ECOG

Translating science into daily clinical practice

Wednesday, November 14th

13h00 Registration/ Secretariat Opening

13h30 **ECOG Working Plan**

14h00 **Round Table 1 | Empowering parents in daily practice**

- ∞ The role of parenteral involvement in obesity prevention interventions - TBC
- ∞ How to bridge the intervention-behavior gap in food parenting - TBC
- ∞ Parents as agents of change in childhood obesity - *Paulina Nowicka (Sweden)*

15h30 **Round Table 2 | Emerging Pathomechanisms**

- ∞ Microbiome signature - TBC
- ∞ Sleep pattern: quality and duration - TBC
- ∞ Role of xenobiotics and endocrine disruptors - *Conceição Calhau (Portugal)*

17h00 **Coffee-Break | E-Posters**

17h30 **Plenary Session:** Prevention of early childhood obesity – lessons learned - *Berthold Koletzko (Germany)*

18h15 **Opening Ceremony**

19h15 **Networking Cocktail**



Thursday, November 15th

08h30 **Oral Presentations 1 | 2 | 3**

09h30 **First Brazilian Satellite Symposium - ABRAN Symposium**

- ∞ Prevalence, risk factors and comorbidities of childhood obesity in Brazil - *Elza Daniel de Mello (Brasil)*
- ∞ Childhood obesity and insulin resistance - *Carlos Alberto Nogueira-de-Almeida (Brasil)*
- ∞ Clinical implications of childhood obesity in adults - *Durval Ribas Filho (Brasil)*

11h00 **Coffee Break | E-Posters**

11h30 **Round Table 3 | “Novel” diets**

- ∞ Nutraceutical: is there any support for recommendation? - TBC
- ∞ Rich fructose diets: the bad wolf? - TBC
- ∞ “Anti-inflammatory diet”: where are we? - *Renata Barros (Portugal)*

13h00 **Lunch**

14h00 **Round Table 4 | Exercise is medicine**

- ∞ The role of classical sports within pediatric obesity - *David Thivel (France)*
- ∞ Football in cardiovascular comorbidity reduction - *Peter Krustup (Denmark)*
- ∞ Football as a motivation factor - *André Seabra (Portugal)*

15h30 **Round Table 5 | New technologies: from prevention to treatment**

- ∞ EU study BigO - TBC

16h00 **Coffee Break | E-Posters**

16h30 **Meet the expert – Case Studies**

- ∞ Metabolic comorbidities - TBC
- ∞ Psychological issues - TBC

17h30 **Oral Presentations 4 | 5 | 6**

18h30 **ECOG General Assembly**

20h30 **Congress Dinner (Optional)**



Friday, November 16th

08h30 Meet the expert:

- ∞ The nutritional management of obesity. ECOG position. - TBC

09h30 Round Table 6 | ECOG Statements on:

- ∞ Mass media and childhood obesity - TBC
- ∞ Physical activity in the prevention of childhood obesity - TBC
- ∞ Soda and energy drinks in schools - TBC

11h00 Coffee Break | E-Posters

11h30 Round Table 7 | Curbing childhood obesity – prevention in different regions

- ∞ The urgent need for prevention in Arab countries NN, Qatar - TBC
- ∞ Ulla Frantti-Mallinen: The Seinajoki experience - TBC
- ∞ Thinking prevention big: ending childhood obesity zones - **Peter Bergsten (Sweden)** and **Daniel Weghuber (Austria)**

13h00 Lunch

14h00 Round Table 8 | T2DM

- ∞ Progression – **Timothy Barrett (UK)**
- ∞ Treatment – **Gian Paolo de Filippo (Italy)**

15h00 Round Table 9 | Hidden Comorbidities

- ∞ The kidney - **Liane Costa (Portugal)**
- ∞ The lung - TBC

16h00 Round Table 10 | The morbidly obese adolescent

- ∞ Comprehensive treatment of the morbid obese adolescents: what can be done? - TBC
- ∞ New pharmacotherapeutic options on the horizon - TBC
- ∞ When the decision for bariatric surgery? - **Thorsten Olbers (Sweden)**

17h30 Trends in Childhood Obesity in Europe: Lessons from COSI

18h00 Awards Ceremony

Saturday, November 17th

08h30 – 18h00 **Post-graduated Course in pediatric obesity (In Portuguese)** - Prof. Dr. Carlos Alberto Nogueira de Almeida (*Universidade Federal de São Carlos - UFSCAR, Brasil*)