



**WE ARE ECOG**

## Translating science into daily clinical practice

### Wednesday, November 14th

13h00 Registration/ Secretariat Opening

∞ 13h30 **ECOG Working Plan** *Daniel Weghuber (Austria)*

14h00 **Session 1 | Empowering parents in daily practice**

*Chairs: Marie-Laure Frelut & Eva Conceição*

∞ The role of parenteral involvement in obesity prevention interventions – *Tânia Gaspar (Portugal)*

∞ How to bridge the intervention-behavior gap in food parenting – *Junilla K. Larsen (Netherlands)*

∞ Motivational interviewing in primary care settings - *Gudbjörg Øen (Norway)*

15h30 **Session 2 | ECOG Statements on:**

*Chairs: Daniel Weghuber & Dénes Molnar*

∞ Mass media and childhood obesity *Margherita Caroli (Italy)*

∞ Physical activity in the prevention of childhood obesity *Susanne Ring-Dimitriou (Austria)*

∞ Consumption of sugar sweetened beverages in pediatric age *Artur Mazur (Poland)*

17h00 **Coffee-Break**

17h30 **Plenary Session 1:** Prevention of early childhood obesity – lessons learned –

*Chairs: Artur Mazur & Carla Rêgo*

*Speaker: Berthold Koletzko (Germany)*

18h15 **Opening Ceremony**

19h15 **Networking Cocktail**



## Thursday, November 15<sup>th</sup>

08h30 Oral Presentations 1|2|3

### *Room 1- Chairs: Éva Erhardt & Raquel Soares*

**OC01 - Trajectories of overweight and metabolic syndrome in the IDEFICS/I.Family cohort – Germany** | Wolfgang Ahrens; Claudia Börnhorst; Iris Pigeot

**OC02 - GAS6 protein in adiposity and metabolic syndrome in childhood obesity – Poland** | Pawel Matusik; Olimpia Zajdel-Cwynar; Magdalena Olszanecka-Glinianowicz; Ewa Malecka-Tendera

**OC03 - Adipocytokines and attained height in adolescence: a longitudinal analysis – Portugal** | Rafaela Rosário; César Agostinis-Sobrinho; Luis Lopes; Carla Moreira; Sandra Abreu; Jorge Mota; Rute Santos

**OC04 - Is vitamin D deficiency in obese youngsters a risk factor for less weight loss? – Belgium** | Karolien Van De Maele; Inge Gies; Jesse Vanbesien; Monique Van Helvoirt; Nicole Rom; Bettina Würth; Hilde Franckx; Ann De Guchteneere; Jean De Schepper

### *Room 2- Chairs: Artur Mazur & Carla Pedrosa*

**OC05 - Early feeding practices and its determinants in portuguese population – Portugal** | Sara Silva; Daniela Correia; Milton Severo; Andreia Oliveira; Duarte Torres; Carla Lopes

**OC06 - Does the association between SSB and inflammation differ by weight status? – Portugal** | Sandra Abreu; Rafaela Rosário; Carla Moreira; Luís Lopes; César Agostinis; José Oliveira-Santos; Jorge Mota; Rute Santos

**OC07 - Dietary restraint affect nutritional responses to weight loss in obese young – France** | Maud Miguet; Julie Masurier; Jean Philippe Chaput; Bruno Pereira; Céline Lambert; Ana Raimunda Dâmaso; Martine Duclou; Daniel Courteix; Yves Boirie; David Thivel

**OC08 - Pediatric obesity and its comorbidities: Results of 2 years of intervention – Portugal** | Joana Vanessa Silva; Hernâni Gonçalves; Lúcia Gomes; Miguel Costa; Carla Rêgo

### *Room 3- Chairs: Carla Laranjeira & Katharina Morwald*

**OC09 - Non-invasive cardiovascular risk assessment in prepubertal children – Hungary** | Sarolta Stomfai; Attila Gyenesei; Wolfgang Ahrens; Stefaan De Henauw; Kathrin Günther; Staffan Marild; Kirsten Mehlig; Luis A. Moreno; Alfonso Siani; Michael Tornaritis; Toomas Veidebaum; Dénes Molnár

**OC10 - Validity of self-reported weight and height among adolescent girls – Poland** | Anna Fijałkowska; Anna Dzielska; Anna Oblacińska; Joanna Mazur; Wisława Ostręga; Maria Jodkowska; Magdalena Stalmach; Dorota Kleszczewska

**OC11 - A clinical case of MC4R deficiency in a portuguese pediatric cohort study – Portugal** | Joana Rosmaninho-Salgado; Janet Pereira; Alice Mirante; Jorge M Saraiva; Sergio B. Sousa; Raquel Soares

**OC12 - One-year BMI increments in norwegian children and adolescents – Norway** | Hege Kristiansen; Mathieu Roelants; Robert Bjerknes; Pétur B. Júlíusson



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

*Chairs: Andrea Vania & Carla Rêgo*

- ∞ 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 | Posters**

*Chair: Miguel Costa*

**PO01 - Ferritin is a marker of metabolic inflammation in pediatric obesity – Sweden** | Katharina Mörwald; Ahlström Hakan; Peter Bergsten; Susanne Brunner; Janne Cadamuro; Marie Dahlbom; Anders Forslund; Joel Kullberg; Hannes Manell; Sebastian Schütz; Kirsten Roomp; Kurt Widhalm; Fanni Zsoldos; Daniel Weghuber

**PO02 - Prevalence of prediabetes and t2dm in children with nafld in Europe – Austria** | Florian Koutny; Daniel Weghuber; Antje Körner; Esther Bollow; Gunter Simic-Schleicher; K Hartmann; Markus Roehl; Martin Wabtisch; Susanne Greber-Platzer; Susanna Wiegand; Reinhard Holl

**PO03 - Impact of obesity on the bone health of prepubertal children – Portugal** | Sara Mosca; Daniel Meireles; Juliana Da Silva Cardoso; Mónica Tavares; Helena Mansilha

**PO05 - Hypertriglyceridemic waist phenotype and metabolic risk among obese children – Greece** | Eirini Dikaiakou; Elpis Vlachopapadopoulou; Ioannis Panagiotopoulos; Maria Kafetzi; Stefanos Stergiotis; Aspasia Fotinou; Stefanos Michalacos

**PO06 - Major prevalence of severe obesity and comorbidities in brazilian children – Brasil** | Ana Flávia Barra Valente; Aline De Piano Ganen; Carolina Costa Figueiredo; Karin Coca Aguilar; Caroline De Oliveira Santos; Camila Richiere Gomes; Vânia Tonetto Fernandes; Nara Michelle De Araújo Evangelista; Guido De Paula Colares Neto

*Chair: André Seabra*

**PO07 - Role of perceived social support in overweight adolescents' physical activity – Portugal** | Maria João Lagoa; Tiago Maia; José Pires; José Cunha; Luisa Aires; Carla Sá; João Luís Viana; Gustavo Silva

**PO08 - Impact of the bwf shuttle time intervention on children's bmi and motor skill – England** | Michael Duncan; Josh Hurst; Mark Noon; Chelsey Lawson; Alexandra Dobell; Emma Eyre

**PO09 - Socio-economic inequalities in physical activity among children in Italy – Italy** | Marta Buoncristiano; Angela Spinelli; Paola Nardone; Laura Lauria; Daniela Pierannunzio; Daniela Galeone; Okkio Alla Salute Group 2016

**PO10 - Is body image satisfaction associated with physical activity among adolescents? – Portugal** | José Pedro Guimarães; Sandra Abreu; Inês Aleixo; María José Martínez Patiño

**PO11 - Association between physical activity with abdominal fat in adolescents – Mexico** | Norma Ramos-Ibanez; Citlali González Álvarez



**PO12 - Healthy me intervention program for improve adolescent girls health behaviours – Poland** | Anna Dzielska; Joanna Mazur; Anna Oblacińska; Wisława Ostrega; Dorota Kleszczewska; Anna Fijałkowska

11h30 **Session 3 | Controversies in nutrition: an update**

*Chairs: Henedina Antunes & Pedro Carvalho*

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

13h00 **Lunch**

14h00 **Session 4 | Exercise is medicine**

*Chairs: André Seabra & Jorge Mota*

- ∞ The role of classical sports within pediatric obesity - *David Thivel (France)*
- ∞ Football in cardiovascular comorbidity reduction - *Peter Krustup (Denmark)*
- ∞ Obi(size), motor economy, energy expenditure and sport participation – *Manuel João Coelho e Silva (Portugal)*

15h30 **Plenary Session 2 | New technologies: from prevention to treatment**

*Chairs: Emma Boyland & Iris Pigeot*

- ∞ EU study BigO - *Anastasios Delopoulos (Greece)*

16h00 **Coffee Break | Posters**

*Chair: Lúcia Gomes*

**PO13 - Other parameters to evaluate cardiovascular risk in a pediatric population – Portugal** | Joana Vanessa Silva; Isabel Azevedo; Ana Bernardo Ferreira; Miguel Correia Silva; Alcinda Reis; Lúcia Gomes; Miguel Costa

**PO14 - Hepatic steatosis in obese children - to screen or not to screen? – Portugal** | Margarida Cunha; Sara Fonseca; Joana Borges; Patricia Pais; Susana Correia

**PO15 - Lipid peroxidation in mongoloid adolescents with obesity and hepatosis – Russia** | Marina Darenskaya; Lyubov Rychkova; Oksana Gavriloiva; Larisa Zhdanova; Elena Buldaeva; Lyudmila Grebenkina; Sergey Kolesnikov; Lyubov Kolesnikova

**PO16 - Cardiovascular risk factors in childhood obesity from a tertiary hospital – Portugal** | Sara Mosca; Daniel Meireles; Juliana Silva Cardoso; Mónica Tavares; Liane Correia-Costa; Helena Mansilha

**PO17 - Lifestyle orientation improves cardiometabolic parameters in obese adolescents – Brasil** | Deborah Cristina Landi Masquio; Raquel Munhoz Da Silveira Campos; Bárbara Dal Molin Netto; Joana Pereira De Carvalho-Ferreira; Carlos Bueno Junior; Aline De Piano Ganen; Ana R Dãmaso



**PO18 - The role of melanin concentrating hormone in prepubescent childhood obesity – Hungary** | Beáta Lelesz; Enikő Felszeghy; Éva Erhardt; Harjit Bhattoa Pal; Csaba Hegedűs; Andrea Badale; Fruzsina Kovács; Dénes Páll; Béla Juhász; György Balla; József Németh; Zoltán Szilvássy; Rita Kiss

**Chair: Victor Viana**

**PO19 - Parents' role in counteracting childhood obesity: relation with eating behaviour – Belgium** | Joanna Klosowska; Stefaan De Henauw; Sandra Verbeken; Caroline Braet; Kathleen Wijnant; Nathalie Michels

**PO20 - Juice consumption and complementary feeding before 6 months: ivapsa birth cohort – Brasil** | Patrícia Cemin Becker; Renata Oliveira Neves; Clécio Homrich Da Silva; Marcelo Zubaran Goldani; Juliana Rombaldi Bernardi

**PO21 - Nutrition before 1 year in caucasian and mongoloid adolescents with obesity – Russia** | Varvara Balzhieva; Tatiana Bairova; Lyubov Rychkova

**PO22 - Eating behavior stages in overweight and obese adolescents – Brasil** | Fabiana Poll; Helen D'Avila; Samira Cás; Elza Mello

**16h30 Case Studies Session**

- ∞ Metabolic comorbidities **Anders Forslund (Sweden) & Éva Erhardt (Hungary)**
- ∞ Psychological issues **Tiffany Naets (Belgium)**

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

**ROOM 4 - Chairs: Eva Conceição & Sónia Gonçalves**

**OC13 - Intuitive eating in a sample of adolescents undergoing weight loss treatment – Portugal** | Sofia Ramalho; Eva Conceição; Pedro F. Saint-Maurice

**OC14 - Families' perceptions of authenticity in a shared-care intervention – Denmark** | Dan Grabowski; Dikke Høeg

**OC15 - Satisfaction with apolo-teens online program for overweight/obese adolescents – Portugal** | Sílvia Félix; Sofia Ramalho; Eva Conceição; Pedro F. Saint-Maurice; Diana Silva; Helena Ferreira Mansilha

**OC16 - Emotional characteristics of preschool children with overweight and obesity – Russia** | Vladimir Polyakov; Viktoria Shkrobtak; Anastasiya Domashenkina; Aryuna Kosovtseva; Zhanna Prokhorova; Lyubov Rychkova

**OC17 - Parents' adolescents-control behaviours in adolescents with overweight risk – Portugal** | Carla Sá; João Luís Viana; Gustavo Silva; Luisa Aires; Maria João Lagoa

**ROOM 5 - Chairs: Manuel Coelho e Silva & David Thivel**

**OC18 - Adherence 24HR movement guidelines and adiposity among portuguese preschoolers – Portugal** | Susana Vale; Carla Rego; Jorge Mota

**OC19 - A physical activity consultation in the management of adolescent overweight – Portugal** | Antonio Videira-Silva; Luís Sardinha; Helena Fonseca



**OC20 - Metabolic syndrome in overweight/obese youth: a multicomponent intervention – Brasil** | Anelise Reis Gaya; Lars Bo Andersen; Caroline Brand; Arieli Fernandes Dias; Rodrigo Antunes Lima; Tais Feitosa Silva; Adroaldo Araujo Gaya; Jorge Mota; Clarice Lucena Martins

**OC21 - Sedentary time and safety perceptions among adolescents – Portugal** | Andreia Pizarro; José Ribeiro; Jorge Mota; Maria Paula Santos

**OC22 - Physical fitness of down syndrome adolescents: intervention and 1-year follow-up – Brasil** | Clarice Martins; Dafne Macêdo; Maria Luísa Félix; Luís Filipe Lemos; Taís Feitosa; Anelise Reis Gaya; Jorge Mota

**ROOM 6 - Chairs: Susana Soares & Wolfgang Ahrens**

**OC23 - Adiponectin status in different metabolic phenotypes on insulin resistance – Lithuania** | Cesar Agostinis-Sobrinho; Sofia Emanuelle De Castro Ferreira Vicente; Carla Moreira; Luís Lopes; Ana Raimunda Dâmaso; Rafaela Rosário; Raquel Munhoz Da Silveira Campos; Jorge Mota; Rute Santos

**OC24 - Do adolescents resemble their parents' and peers' snacking behavior? - The Netherlands** | Nina Van Den Broek; Junilla Larsen; Maaïke Verhagen; Jacqueline Vink

**OC25 - HOW DO THE OBESE CHILDREN AND THEIR PARENT PERCEIVE FAMILY SYSTEM FUNCTIONING? – Poland** | Agnieszka Zachurzok; Agnieszka Pasztak-Opilka; Ewa Malecka-Tendera

**OC26 - Exercise-induced symptoms in obese/overweight asthmatic teenagers – Portugal** | Maria São Pedro; Mafalda Matias; Inês Ganhão; Catarina Lacerda; Susana Correia; Ana Fernandes

18h30 **ECOG General Assembly**

20h30 **Congress Dinner (Optional)**

**Friday, November 16th**

08h30 **Meet the expert:**

**Chairs: Daniel Weghuber & Elpis Vlachopapadopoulo**

∞ The nutritional management of obesity. ECOG position. **Marie- Laure Frelut (France)**

09h30 **Session 5 | Emerging Pathomechanisms**

**Chairs: David Thivel & Luís Belo**

∞ Microbiome signature – **Ascensión Marcos (Spain)**

∞ Sleep pattern: quality and duration - **Denés Molnar (Hungary)**

∞ Role of xenobiotics and endocrine disruptors – **Diogo Pestana (Portugal)**

11h00 **Coffee Break | Posters**

**Chair: Lígia Peralta**

**PO01 - Myristic fatty acid influences in inflammatory profile in obese adolescents – Brasil** | Aline De Piano Ganen; Deborah C. L Masquiu; Lila Missae Oyama; Debora Estadella; Gabriel I.H De Souza;



Aline Boveto Santamarina; Aline D'Olio Gomes; Renata G. Moreira; Lian Tock; Raquel Munhoz Da Silveira Campos; Priscila Lima Sanches; Andreia Chamas; Ana Dâmaso; Claudia Oller Do Nascimento

**PO02 - Diabetes mellitus type 2 in adolescence – report of two cases – Portugal** | Liliana Sá; Teresa Pinheiro; Ana Bernardo Ferreira; Sara Oliveira; Sónia Aires

**PO03 - Effect of maternal weight evolution in pregnancy on offspring vascular function – Belgium** | Karolien Van De Maele; Roland Devlieger; Inge Gies

**PO04 - Melanin concentrating hormone (mch) levels correlation with adolescent obesity – Hungary** | Rita Kiss; Enikő Felszeghy; Harjit Bhattoa Pal; Beáta Lelesz; Csaba Hegedűs; Andrea Badale; Fruzsina Kovács; Éva Erhardt; Bela Juhasz; György Balla; Zoltán Szilvássy; József Németh

**PO05 - Leptin levels, bmr and insulin resistance in obese children at puberty – Brasil** | Elisabete Conterato; Tania Machado; Carlos Almeida; Elza Mello

**PO06 - Triglyceride/cholesterol hdl ratio is related to abdominal fat and insulin – Mexico** | Norma Ramos-Ibanez; Citlali González Álvarez

**Chair: Sofia Ramalho**

**PO07 - Aggression in obese adolescents of different ethnicities – Russia** | Lyubov Rychkova; Anna Pogodina; Zhanna Ayurova; Vladimir Polyakov; Aryuna Kosovtseva

**PO08 - Quality of life and psychological state of adolescents with obesity – Russia** | Lyubov Rychkova; Anna Pogodina; Zhanna Ayurova; Vladimir Polyakov<sup>1</sup>; Aryuna Kosovtseva

**PO09 - Intra-familial health-polarization: barriers for preventing childhood obesity – Denmark** | Dikke Hoeg; Dan Grabowski

**PO10 - Modifying eating behaviour using technology: bigo clinical rct feasibility study – Ireland** | Sarah Browne; Gerardine Doyle; Tahar Kechadi; Shane O'donnell; Grace O'malley; Bigo Study Consortium

**PO11 - Preventing obesity in children and adolescents- psychosocial factors – Norway** | Gudbjørg Øen

**PO12 - Two sides of the same coin: eating disorders and obesity – Portugal** | Diana Bordalo; Raquel Oliveira; Cláudia Fontes; Paula Fonseca

11h30 **Session 6 | Curbing childhood obesity – prevention in different regions**

**Chair: Pedro Moreira & Susanne Ring-Dimitriou**

- ∞ The urgent need for prevention in Mediterranean countries - **Elpis Vlachopapadopoulou (Greece)**
- ∞ The Seinajoki experience - **Ulla Frantti-Mallinen (Finland)**
- ∞ Thinking prevention big: ending childhood obesity zones - **Peter Bergsten (Sweden)**

13h00 **Lunch**



14h00 **Session 7 | T2DM**

*Chairs: Ewa Tendera & Mariana Monteiro*

- ∞ Progression – *Daniel Weghuber (Austria)*
- ∞ Treatment – *Gian Paolo de Filippo (Italy)*

15h00 **Session 8 | Hidden Comorbidities**

*Chairs: Anders Forslund & Éva Erhardt*

- ∞ The kidney - *Liane Costa (Portugal)*
- ∞ The lung – *Telma Barbosa (Portugal)*

16h00 **Coffee Break | Posters**

*Chair: Carla Vasconcelos*

**PO13 - Sweetened beverage intended for children: comparison between Brazil and Portugal – Brasil |** Nathalia Scrafide; Aline De Piano Ganen

**PO14 - Approach and adherence of childhood obesity in an outpatient cohort – Brasil |** Andréia Specht; Mariur Beghetto; Tania Machado; Elza Mello

**PO15 - Trends in nutrition and obesity in school-aged children in bulgaria – Bulgaria |** Teodora Handjieva-Darlenska; Svetoslav Handjiev

**PO16 - Childhood obesity and sleep: protocol for a systematic review – Ireland |** Sarah Elliot; Sarah Brown; Eva O' Connor; Aisha Al-Naaimi; Grace O' Malley

**PO17 - Translation and adaptation of the family nutrition and physical activity tool – Portugal |** Sónia Borges Rodrigues; Luisa Barros; Ricardo Borges Rodrigues; Sanna Salanterä; Heidi Parisod

**PO18 - Risk factors of obesity in adolescents living in rural areas of buryatia, russia – Russia |** Lyubov Rychkova; Anna Pogodina; Zhanna Ayurova

**PO19 - Andalusian law for the obesity prevention – Spain |** Begoña Gil; Teresa Campos; Amparo Lupiañez

*Chair: Andreia Teles*

**PO20 - Cesarean section is associated with higher risk of obesity in the offspring – Spain |** Nerea Martín Calvo; Borja Domingo; Lorena García Blanco; Noelia Álvarez Zallo; Laura Moreno Galarraga

**PO21 - Smoking during pregnancy as one of the risk factors of early obesity development – Russia |** Varvara Balzhieva; Tatiana Bairova; Lyubov Rychkova

**PO22 - Childhood obesity: a family issue – Portugal |** Ana Luisa Pires; Juliana Castro; Ana Carolina Araújo; Ana Rita Reis; Flávia Soares; Sara Silva; Eduarda Vidal

**PO23 - Overweight and childhood obesity: improving quality of health care – Portugal |** Daniela Rocha; Rita Regadas; Sílvia Madureira; Maria João Faria





**PO24 - Pediatric obesity: a challenge for the health care system – Portugal** | Íris Santos Silva; João Virtuoso; Celina Félix; Inês Campos; Tânia Prata; Glória Silva

**PO25 - Self-image perception in obese children – Portugal** | Íris Santos Silva; João Virtuoso; Celina Félix; Inês Campos; Tânia Prata; Glória Silva

**PO26 - Guideline-based psychological reports prior to bariatric surgery in adolescents – Austria** | Elisabeth Ardelt-Gattinger; Fanni Zsoldos; Erich Ardelt-Gattinger; Barbara Andersen; Karl Miller; Markus Meindl; Christoph Kreuzer; Roman Metzger; Susanne Ring-Dimitriou; Wolfgang Siegfried; Louisa Studtmann; Martin Wabitsch; Sylvia Weiner; Johanna Brix; Katharina Mörwald; Daniel Weghuber

**PO27 - Antropometric indices in girls fto gene carriers with android and gynoid obesity - Russia** | Tatiana Bairova; Ekaterina Sheneman; Kseniya Ievleva ; Lyubov Rychkova1

16h30 **Session 9 | The morbidly obese adolescent**

*Chair: Helena Mansilha & Pawel Matusik*

- ∞ Comprehensive treatment of the morbid obese adolescents: what can be done? - *Susanna Wiegand (Germany)*
- ∞ New pharmacotherapeutic options on the horizon - *Anders Forslund (Sweden)*
- ∞ When the decision for bariatric surgery? - *Torsten Olbers (Sweden)*

18h00 **Trends in Childhood Obesity in Europe: Lessons from COSI –**

*Chair: Pedro Graça & Margherita Caroli*

*Speaker: João Breda (Portugal)*

18h30 **Awards Ceremony**

## Saturday, November 17<sup>th</sup>

08h30 – 18h00 **Post-graduated Course in paediatric obesity (In Portuguese) –**

*Prof. Dr. Carlos Alberto Nogueira de Almeida (Universidade Federal de São Carlos - UFSCAR, Brasil)*