



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 15th

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 Guchtenaere; Jean De Schepper

Room 2- Chairs: Artur Mazur & André Seabra

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 Duclo; 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 Gyenesi; 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 – India | Anna Fijałkowska; Anna Dzielska; Anna Obliacińska; 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 Wabtsch; 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



P012 - Healthy me intervention program for improve adolescent girls health behaviours – India | 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

P013 - 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

P014 - Hepatic steatosis in obese children - to screen or not to screen? – Portugal | Margarida Cunha; Sara Fonseca; Joana Borges; Patricia Pais; Susana Correia

P015 - 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

P016 - 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

P017 - 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 Vlachopapadopoulou

∞ 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 Masquijo; 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 Polyakov¹; Aryuna Kosovtseva

PO09 - Intra-familial health-polarization: barriers for preventing childhood obesity – Denmark | Didde Hoeeg; 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; Aaisha 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



P024 - Pediatric obesity: a challenge for the health care system – Portugal | Íris Santos Silva; João Virtuoso; Celina Félix; Inês Campos; Tânia Prata; Glória Silva

P025 - Self-image perception in obese children – Portugal | Íris Santos Silva; João Virtuoso; Celina Félix; Inês Campos; Tânia Prata; Glória Silva

P026 - 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

P027 - 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 17th

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

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