

To: Finnish Association for the Study of Obesity

May 23, 2012

Report of the 19th European Congress on Obesity (ECO2012)

The 19th European Congress on Obesity (ECO2012) took place in Lyon, France from May 9 to 12 2012 at Palais de Congres. The conference was well attended by different experts in the field of obesity and young researchers who were welcomed by Professor Jean-Michel Oppert, the president of European Association for the Study of Obesity (EASO). Professor Martine Laville the chair for the 19th European Congress on Obesity (ECO2012) followed with some opening remarks on the importance of the research community and EASO's commitment to building on our existing research excellence.

The ECO2012 International Scientific Committee gave out EASO's young investigator Award. The first award for Basics Science was awarded to J. Hoeks from Netherlands, the second award for Clinical Research went to V. Catalan from Spain and the third award for Public Health went to C. Llewellyn from United Kingdom. The three winners presented their ideas, hard work and the skilful way in which they defended their research.

Presentations from experts and PhD researchers formed the main part of the conference, and these took place in parallel sessions in the morning and afternoon. The range of the topics and research approaches were very wide and all the presentations were of a very high standard.

Some of the plenary sessions were given by:

- A. Basdevant from France: Future trends in clinical research and management. The presenter talked about misclassification of obesity and over reliance on a tool which is familiar and cheap. "beyond BMI: fat mass, beyond fat mass: adipose tissue and beyond waist circumference: mapping of body fat by CT and MRI".
- E. Näslund from Sweden: Epidemiologic evidence on the long term harms and benefits of bariatric surgery. The presenter discussed the criteria for bariatric surgery in Sweden (BMI $\geq 35\text{kg/m}^2$ and between 18-60yrs), the advantages, improves diabetes, decreases mortality and risk of cancer in women) and disadvantages (increased risk of sever hyperglycemia and gallbladder disease).
- J. Friedman from the USA: Leptin and the homeostatic system regulating body weight. The presenter explained about the uses of leptin in regulating the adipose tissues and controlling the state of starvation.

Some of the morning speakers were:

- C. Llewellyn: Inherited behavioral susceptibility to adiposity in infancy: A multivariate genetic analysis of appetite and weight in the GEMINI birth cohort. The presenter explained the heritability of appetite and appetite driven weight gain in identical twins.
- M. Bekkers: Longitudinal analysis of indoor temperature and BMI in children; The PIAMA birth cohort study. The presenter discussed about indoor temperature and BMI in children from birth up to 11 years and concluded that indoor temperature didn't affect the BMI of the children.
- R. Hovengen: Growth pattern in early childhood among overweight versus non-overweight 8-9 years old in Norway. A prospective longitudinal study. The speaker reflected in his research that the early infancy to be the first critical period for the onset of overweight at 8-9 years.

Lunch breaks gave everyone the opportunity to examine the posters and talk with the presenters about their research.

There were more than 850 posters under six different topics such as environmental and prevention, epidemiology and intergenerational aspects, integrated biology and inter organ crosstalk, genes, molecular and cellular mechanisms, clinical practice and multidisciplinary management and childhood obesity. I had a privilege to present my work (relationship of breastfeeding to child overweight at the age of 3 years) as guided poster.

Some of the afternoon speakers were:

- S. Lioret: Parent focused intervention impacts obesity risk behaviors in infants: Results of the Melbourne infant program cluster-randomized controlled trial. The speaker's talk gave an entertaining insight into educating mothers to support development of positive diet and physical activity, reducing the amount of noncore food and increases the intake of vegetables in children.
- E. A. Nohr: Obesity in pregnancy; outcomes in the mother and child. The speaker reflected the importance of dietary change and physical exercise before pregnancy.
- M. A. Charles: Early maternal and paternal influences on the risk of obesity in offspring. The speaker discussed the genetic predisposition, family life style and nutrition in early life and pointed out the influence of paternal obesity to rapid weight gain at different periods in early life.

I would like to conclude my report by thanking FASO for giving me the travel grant to participate in ECO2012. The conference helped me to widen my knowledge in the area of obesity and enjoy the lovely city of Lyon.

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