



Dear All

We are now in the middle - and hopefully soon at the end - of the biggest lockdown we have ever seen in our lifetime, where we hopefully can vaccinate a large proportion of the citizens before autumn sets in. The consequences of lockdown are diverse and range from positive effects (such as that families have the opportunity to be more together in the good way, and that the spread of common winter infections is significantly lower than usual, fewer premature births and more) to the more negative effects with extensive financial and human costs as a result.

Lockdown in particular has a negative impact on the normal growth and development of children and young people with direct negative effects on their thriving and well-being. Children and young people simply find it harder to meet their normal milestones because both school and leisure activities are severely curtailed, leaving children and young people more isolated, lonely, inactive, bored, and depressed with the ability to save and tendency to gain weight inappropriately. There are many families who are affected financially, which in turn leads to more stress and insecurity in the homes, which especially affects vulnerable children and young people. All in all, lockdown poses a comprehensive challenge to the children's normal growth and development and thus has a potentially negative impact on the children's physical, mental, and



social well-being. We have already entered into several partnerships, where we use the Dr Holm Model in schools, to counteract these negative effects by bringing a number of tools into play to ensure growth, development, well-being and learning, see more [here](#).

## NETWORKING AND ANNUAL OBESITY MANAGEMENT CONFERENCE 2021



We are presenting the Annual Obesity Management Conference 2021 on September 15, 2021 at Hotel Nyborg Strand on Fyn. You are welcome to register from kl. 8.00 and the conference program starts at 8.30.

The program for the Annual Obesity Management Conference including the Dr Holm Model 2021 is still under development.

If you have suggestions for the program, please contact Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

Price for participation in the Obesity Management Annual Conference is DKK 1.250, - per participant for a 1-day conference. If you want to pre-register for the Annual Conference right now, send an email to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

If you register before 1 June, there is a 15% discount on the registration (early bird price: DKK 1.062.50).

Accommodation from 14 to 15 September can be purchased for DKK 1.007, -

We are really looking forward to it and expect it to be a bang of a day. 😊

## THE FOOD DIRECTORS NEW DIETARY ADVICE



We have posted a video review and accompanying text that deals with the Danish Veterinary and Food Administration's new dietary recommendations in the library in Obesity Treatment Tool Pro. Overall, it can be said that the recommendations focus on sustainable diet, healthy weight with fewer related complications and a reduced climate footprint, which generally means that the recommendations are now closer to the Dr Holm Model by emphasizing the importance of, for example, coarse vegetables and more and clearer boundaries. A new angle has been introduced with a focus on climate footprints (greenhouse gas emissions from, for example, processing and transport), sustainability and food waste, where it is planned to assess the food's climate footprint, which we also very much welcome. In a European forum in Germany more than 10 years ago, I suggested that we should coordinate and bring together strategies for overweight and climate, as there are a number of common denominators that could be thought of together with great advantage. Examples are more physical activity, so that you thereby increase the focus on own transport rather than transport based on fossil fuels, and that you consume nutrition that comes from local producers and like to consider the seasonal supply of food, which also reduces transport and thus leads to a lower climate footprint. The primary focus is a healthy weight with a reduced incidence of obesity-related complications.

The recommendations include the following headings:

**Plant-rich, varied and not too much;** which focuses on vegetables, legumes, fruits, nuts, seeds, whole grains, potatoes, fish, shellfish, eggs, vegetable oils and low-fat dairy products.

**More vegetables;** which means 600 grams per day, vegetables, and fruits, but mostly vegetables. Pay attention to coarse vegetables, which contain 2-6 grams of fibre per 100 grams, and fine vegetables, which contain up to 1.6 grams of fibre per 100 grams. Coarse vegetables are root vegetables, such as carrot, beetroot, celery, parsley root, and parsnip, cabbage such as broccoli, cauliflower, Brussels sprouts, kale, white cabbage, red cabbage and kale, and legumes.

Fine vegetables are tomato, cucumber, pepper, squash, and leafy vegetables such as lettuce. It is fine with vegetables that are frozen or canned, and feel free to choose seasonal vegetables.

**Less meat;** Consider meat-free days where one can get protein sources from legumes, nuts, and seeds. Preferably more seafood that contains iodine, selenium, and vitamin D as well as omega-6 fatty acids in fatty fish. It is still important with meat that contains iron, selenium, zinc, and vitamins B6, B12 and A. Try to eat only 350 grams of meat per week. Reduce the intake of processed meat.

**Whole grains;** preferably 75 grams per day which is rich in dietary fibre, vitamins and minerals and satisfies well. Choose whole grain varieties when eating bread, pasta, rice, crispbread, breakfast

cereals and porridge. Intake helps reduce the risk of obesity and its related complications.

**Vegetable oils;** like rapeseed and olive oil and low-fat dairy products. One must be aware of the calorie content, where low-fat dairy products partly contain fewer calories and partly nutrients; consider hummus and pesto.

**Less sweet, salty and fatty;** as it leads to more obesity and related complications.

**Water;** like 1-1½ litres per day and reduce your intake of alcohol, sugary drinks, and energy drinks.

**Limit food waste;** by planning purchases and avoiding impulse purchases. Pay attention to the expiration date, so that the food you buy also has a reasonable shelf life in the home.

## MASTERCLASS

The next MasterClass will be held on Friday, February 26, 2021 at 14-15, where we hope for a review of difficult topics and dilemmas and good discussions.

It is free to join. The requirement for registering for a MasterClass is that you have at least attended Course 1 in the Dr Holm Model's competence development seminars (Seminar 1-4).

It is possible to present cases with difficult-to-treat patients, where in MasterClass there is access to sparring, advice, and guidance as well as relevant theory review and discussion. Patient



data must be anonymized. It is not a requirement that you bring a case to the discussion.

You must register with Dorte (klinikken@drholm.com), where you may also receive a template and guidance for presenting your cases. A maximum of 4 cases will be selected for each MasterClass.

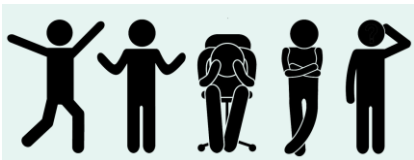
### SEMINAR 4

Due to high demand, we have created a new seminar "Seminar 4" with the main focus on the therapist's pedagogy and communication in practice. Next dates for Seminar 4 are 25-26. May 2021 and registration is open.

It will be an interactive course, where patients with their families come live on the course, just as there will be exercises with both language and body language analyses in the consultation, with clips from the DR1 series GXL and more. We have previously used live patient cases with great satisfaction among the students. The overall goal is insight into how we ourselves influence and help to make difficult patients easier, so that they can thus benefit more from the treatment, and that we understand that we ourselves have a significant influence on the treatment outcomes.

### RECENT ARTICLE ON SLEEP APNO AND QUALITY OF LIFE

In November 2020, we published an article that examined 130 children and young people with obesity or severe obesity, where as many as 43% had obstructive sleep apnea. Children with





overweight or severe obesity, with or without sleep apnea, were compared with a control group of 28 children and adolescents without overweight or severe overweight. All children were examined with a portable sleep examiner (Nox T3). The quality of life of the children was examined with a pediatric quality of life scale (PedsQL), which we have used in a number of other studies. The study concluded that there was no correlation between sleep apnea and quality of life, but that there was a correlation between quality of life and obesity in those children without sleep apnea, understood thus that children with more obesity had a lower quality of life. You can read more about the study [here](#).

It can thus be concluded that the study finds the connection where overweight and severe overweight are accompanied by a poorer quality of life, but that the study helps to show that sleep apnea does not in itself lead to a poorer quality of life despite potentially poorer sleep, increased fatigue, and poorer learning. as a result. For example, previous studies have found that children and adolescents who are overweight or severely overweight have as poor a quality of life as children and adolescents with cancer who get nausea and vomiting, lose hair and are afraid to die.

We have shown in another previous study that the presence of sleep apnea was reduced during treatment of obesity, where a reduction in overweight or severe obesity was significantly correlated to decrease the degree and incidence of sleep apnea. This study concluded that treatment of obesity should be considered as the primary treatment strategy for children and adolescents with sleep apnea and obesity or severe obesity. You can see the study [here](#).



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Read more:  
[www.jenschristianholm.dk](http://www.jenschristianholm.dk)

## UPCOMING SEMINARS IN THE DR HOLM MODEL

The next seminar in the Dr Holm Model is Seminar 1, which will be held on 27-28. April 2021. The Seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

**Seminar 1:** 27.-28. April 2021.

Introductory course.

**Seminar 2:** 22.-23. June 2021.

Follow-up course; follow-up on treatment.

**Seminar 3:** 23.-24. November 2021.

Immersion course; our values in a meta-perspective.

**Seminar 4:** 25.-26. May 2021.

Focus on the therapist's pedagogy and communication.

**Brush Up:** 30. November 2021

To make the patient easy.

<https://www.jenschristianholm.dk/uk/our-products/seminars-for-healthcare-professionals.aspx>

*Obesity Treatment Tool Pro is now part of the seminar content on all seminars.*

Read more about *Obesity Treatment Tool Pro* here:

<https://www.jenschristianholm.dk/uk/our-products/obesity-treatment-tool-pro.aspx>

All seminars are held at Hotel Scandic, Nørretorv 57, 4100 Ringsted.