

Dear All



So it's officially autumn and we're busy. In the capacity I have established with the results of The Children's Obesity Clinic and the adjacent Biobank; The HOLBAEK Study, as well as the accompanying competence training in the HOLBAEK-model, I have been invited over the next months to give presentations in Istanbul, Barcelona, Berlin, San Diego and Seville. These are primarily scientific, but also important meetings in terms of health policy, which include, for example, the European accredited treatment clinics meeting in Istanbul. The World Conference on Obesity in California and a European Paediatric Conference in Spain. It is an interesting and paradigm-shifting time in which we live, and I dare say that I expect the next years will bring about a series of major positive developments, which together will lead to a more proper perception and understanding of people who live with obesity, a development that will lead to more care, a development that to a greater extent will ensure the best for the child or the best for the patient.

ANNUAL OBESITY MANAGEMENT CONFERENCE 2022



The Annual Obesity Management Conference 2022 in Denmark has just been held at Hotel Nyborg Strand on the 6th-7th of September 2022 and offered two fantastic days. We were many people with participants from municipalities all over the country who, in a fantastically positive, safe and developing atmosphere, focused on an exciting 2-day program, where there was everything from philosophical reflections on basic human values and premises, to features from everyday municipal life to more scientific insights. One could find many highlights, but the importance of care in the HOLBAEK-model, the positive treatment effect that Lukas has achieved with Sethmelanotide and the entire family's history, the positive reports about The Obesity Treatment Tool Pro's

results, ease of use and effectiveness, as well as exciting posts on how to understand the fat mass, its complexity as well as the importance in pattern recognition of the many important aspects as a kind of puzzle were all important insights.

The feedback from the participants was incredibly positive and examples of statements are:

- *" Very thought provoking how few suitable obesity professionals treat obesity"*
- *" Very fine bridging between research/theory and practice, which creates a better understanding and relationship to it in practice"*
- *" Exciting knowledge that creates greater understanding and relation to practice"*
- *" Exciting learning as always"*
- *" I acquire new knowledge every time and become much wiser"*
- *" Important knowledge that is unavoidable when working with the HOLBAEK-model. Always exciting even though I have heard it up to several times before"*
- *" Super good, its health nurses talking about Obesity Treatment Tool Pro, so good to hear it from a different point of view"*
- *" Thought-provoking and important focal points for treating obesity. Cannot help thinking how many people have been misinformed about their weight and BMI. Hope and wish that it will be the new BMI limit that takes over"*
- *" Nice and exciting presentation and good debate"*
- *" Really good with many perspectives"*
- *" Great event and I really got something out of taking part. I became wiser. The theologian.... that was WAY too long ...The rest was relevant and exciting - of course to varying degrees. JC is really talented..... As a municipality, a lot of money is prioritized for this conference, and it is bad that no adjustments*



are made so that you actually understand the basic essence of the method. This applies to both the mouse example... counter regulation...leptin etc. It is SO important, so why does it have to go so fast all the time..... The HOLBAEK-model is a FABULOUS method that I really support so it would be good if there was a little humility for us participants' time and knowledge"



We can conclude that hosting the Annual Obesity Management Conference 2022 over two course days with accommodation, dinner and social elements was an enormous success. More specifically, all presentations have scored more than 4 on a scale of 1-5, which is very satisfactory when considering many presentations, many participants over a full 2-day conference.

We are therefore also planning the Annual Obesity Management Conference 2023 over two days, at the end of September 2023, more about that at a later date. Remember that we are very responsive to suggestions for program items.

Proposals already received

- Professional update in relation to the dietary guidelines in the HOLBAEK-model. Justification for the current recommendations, e.g., changed purchasing guide etc.
- Presentation by a health professional from the primary sector of a country we compare ourselves to – their experience and experience in treating overweight children and young people.
- Focus/presentation on nutrition. Your choices and considerations regarding the nutritional part. It makes good sense to have the conference over 2 days. At the same time, it requires - also in relation to being allowed to go - that the days are packed with professional presentations, and here this also includes more researchers from outside.

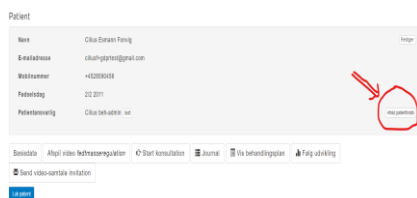
FOLLOW-UP STUDIES IN THE CHILDREN'S OBESITY CLINIC FOR CHILDREN AND YOUNG PEOPLE WITH OVERWEIGHT

At the Annual Obesity Management Conference 2022, we had the pleasure of Emilie Damgaard Brünner Hovendal as a really talented conferencier and Louise Aas Holm as a presenter, where Louise reviewed important insights in relation to defining fat mass, understanding fat mass and how we should understand and define success in course of treatment of obesity. Emilie and Louise are both PhD students in The Children's Obesity Clinic, where they have started a large follow-up study on all our former patients. The vision is to recall several thousand former patients and examine the long-term effects of partly their excess fat mass and partly the effects from the treatment. We have recently received support for a 1½ year scholarship period, which is of course very gratifying. Emilie focuses on prediabetes and Louise focuses on body composition and its influence on the development of obesity-related disease.

OBESITY TREATMENT TOOL PRO

The Obesity Treatment Tool Pro (OTTP) is a digital system that is constantly being improved, not least driven by the feedback we get from its users. It is fully developed but is constantly being refined. For example, it is now possible to end patient treatment courses, basic data is continuously expanded, just as more recipes are coming and we are expanding the library.

It is important that the professional feedback is incredibly positive and with great satisfaction that we deliver, when we say that OTTP leads to time savings of around 45% compared to the HOLBAEK-model conducted on paper and saves approximately 50- 65% when compared to other methods. The technical aspects of the HOLBAEK-model have been made more fluid and easier to manage, so to speak, and have thus



created a situation where you now have a better opportunity to be where it is most important from the patient's perspective, which together leaves a significant impression of patient care. Our mission and vision is that all people can receive good and decent treatment and that we can continuously monitor and optimize the treatment processes and, in the process, can document the treatment results.

WEBINAR to everyone

Jens-Christian is holding his **next webinar on Tuesday 4th of October at 8 pm** in the Facebook-group "Boost din hverdag sundere".

The topic is "Complexity vs. the care to master and power". You are welcome to ask questions already now. This topic is perhaps the most central theme in the HOLBAEK-model and at the same time contains a number of values, human perceptions, and strategies that the healthcare professionals must master in order to be able to practice the HOLBAEK-model appropriately.



MASTERCLASS for Healthcare Professionals

Next MasterClass are on Tuesday the 11th of October 2022 kl. 13-14.

If you want to participate, send Dorte an e-mail at klinikken@drholm.com

It is free to attend. At MasterClass, it is possible to discuss challenges in the treatment, get sparring for a specific case (anonymised), get supervision, ask questions about the HOLBAEK-model and Obesity Treatment Tool Pro, or just listen.

We are ready to discuss the challenges that you think are relevant and to answer your questions.





The only requirement for participation is that you have at least attended Seminar 1 of the HOLBAEK-model's competence development education.

UPCOMING SEMINARS IN THE HOLBAEK-MODEL

The next seminar in the HOLBAEK-model is Seminar 1, which will be held on the 27th – 28th of September 2022. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

Seminar 1: 27th – 28th of September 2022.
Introductory seminar.

Seminar 2: 25th – 26th of October 2022.
Follow-up seminar; follow-up on treatment.

Seminar 3: 6th – 7th of December 2022.
Immersion seminar; our values in a meta-perspective.

Seminar for the HOLBAEK-model's pedagogy and communication:

Spring 2023.
Live patient consultations. Clip from Generation XL. Pattern-recognizing dynamics and mechanisms. Reflection on one's own role in the present with the patient. How do we make patients easier?

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

The scientifically supported digital solution for the HOLBAEK-model; [*Obesity Treatment Tool Pro*](#) is part of the material on all seminars.



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