



Dear All



Then covid-19 also hit Dr Holm himself. Fortunately, I have only had 3 days of mild illness with a severe cold and mild fever. So, I say thank for my three vaccinations. We can only hope that we are reaching herd immunity which together with the coming of spring will hopefully diminish the influence of covid-19. It is also gratifying that things are going so relatively well after we have stopped various measures and restrictions at a national level, which, enjoy considerable attention from large parts of the world.

VISIT by MEP Pernille Weiss and WHO on Tuesday 22^{sd} of February 2022.



World Health Organization

On Tuesday, February 22, 2022, we will have prominent guests. The reason is that in March 2021, the European Commission declared that having overweight is a chronic disease. Subsequently, the EU, in collaboration with the WHO, has decided to conduct a series of visits to five selected countries, including Italy, Belgium, Denmark, Spain and France.

In Denmark, they have chosen to visit to the Children`s Obesity Clinic, which is a European accredited center for the treatment of obesity at Holbæk Hospital. The HOLBAEK-model has since its inception in 2007 been based on the value base that obesity is a chronic, serious, progressive, and recurrent disease. This insight is absolutely central to the understanding of obesity and its complications, including the importance of the pedagogy and communication in daily clinical practice. Finally, in the last 10 years we have published more than 25 international peer-reviewed scientific articles describing how the HOLBAEK model is able to reduce the degree of overweight in 69-85% of patients and reduce the degree of high blood pressure, cholesterol, fatty liver, sleep apnea, parents' degree of overweight, appetite, bullying as well as improving

quality of life, mood, and body image. And all this by just 5 hours of health professional time per patient per year, regardless of social class, degree of obesity, disturbed eating, and a genetic risk score for obesity. See the evidence base at <https://www.jenschristianholm.dk/>

It is a great honour that MEP Pernille Weiss is visiting us in a push so that we in Denmark can also better convey that severe obesity is a chronic disease. In addition, there will be prominent guests from the EU, WHO, the Danish Parliament, the Danish Cancer Society, the Danish Pediatric Society, Region Zealand's Regional Council, Hospital Management, obesity-related experts, a patient, media and more.

INTEGRATION OF THE DANISH VETERINARY AND FOOD ADMINISTRATIONS RECOMMENDATIONS IN THE DR HOLM-MODEL

In the Children's Obesity Clinic, European Center for the Treatment of Obesity, we have just adjusted our recommendations in relation to the keyhole logo and fibre content in a harmonization with the Wholegrain Partnership, which is an association of organizations such as the Danish Cancer Society. The Danish Diabetes Association, the Danish Veterinary and Food Administration and a numbers of key food producers.

This has meant changes in the HOLBAEK-model's accompanying information and image material, which is currently being updated in Obesity Treatment Tool Pro. We expect that by March 1, 2022, we will be fully updated, including a significant update of the shopping guide. If you wish to receive new shopping guides, these can be requested from Dorte at klinikken@drholm.com

SEMINAR FOR THE DR HOLM-MODEL'S PEDAGOGY AND COMMUNICATION



Recently, there have been a number of spontaneous statements about Dr Holm on social media, which we thought illustrated very well what the HOLBAEK-model offers as a service in terms of values, messages, communication, and pedagogy.

"... For those who think who is Jens-Christian Holm, so is our personal experience from the Holbaek pediatric ward you meet a doctor who is so thorough and dedicated a doctor who says things as they are and a doctor who knows how to talk to and with the young people so that they themselves are with us all the way "

Pernille Gj

"Jens-Christian Holm, as an adult I have frequented you and your team in The Dr Holm Clinic and has followed the developed "The Dr Holm-model". I came in treatment with you for 1 year and thus stopped with you in January 2020 and have now had a total weight loss of 55 kilos since I started with you in January 2019. This without the use of medication. For me, it has been the best help I have received in terms of my overweight ever. I am incredibly grateful to have been able to consult a doctor who listened and understood my illness. 😊 "

Inge O

This is exactly what the HOLBAEK-model is all about. This is also the overall theme of this seminar:

Seminar for the Dr Holm-model's pedagogy and communication: 10th - 11th of May 2022. [Sign up here](#)

ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The Annual Obesity Management Conference 2022 is held at Hotel Nyborg Strand on the 6th – 7th of September 2022. The program is still



under development and planning. If you want specific topics covered, send Dorte an e-mail at klinikken@drholm.com

Remember that the first day will primarily have a clinical aim and we will strive to get different therapists to give presentations on the treatment of obesity. Already now we can say that there will be a post about the special challenges that exist in child adolescent psychiatry and how we can build a bridge to understand and treat obesity better in the future.

The second day will have a more scientific aim, where basic scientific knowledge, insights, recommendations and any new interesting angles and mechanisms with significance for obesity will be reviewed. Here we can already say that there will be a very interesting post about philosophical aspects including existence in relation to obesity and also more specifically regarding the HOLBAEK-model.

The Annual Obesity Management Conference 2022 has as its primary theme to be evidence-based and thus help to see through mere illusions. You are very welcome to come up with suggestions for topics for Dorte on klinikken@drholm.com

As something new, there will also be access for healthcare professionals who do not have the HOLBAEK-model's competence development seminars. We would like to include healthcare professionals who have not yet had the opportunity to become more familiar with the Dr Holm-model.

WEBINAR to everyone

Jens-Christian will hold his next webinar on Tuesday 1st of March at 8 pm in the Facebook group "Boost din hverdag sundere".



The topics are obesity as a disease in an international perspective and its significance for understanding patients with dignity and thus through education and information to counteract the widespread stigma and discrimination in society, seen from the HOLBAEK-model's perspective.



MASTERCLASS for Healthcare Professionals

Next MasterClass er on Friday the 11th of March 2022 at 14 pm – 15 pm.

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

At the last masterclass, we went through an exciting and challenging patient case together, where it became clear that Obesity Treatment Tool Pro really can help the Healthcare professional with an overview, tools, quality assurance, time saving and thus keep focus and energy on what is most important to the patient.

The only requirement for participation is that you have at least attended Seminar 1 of the HOLBAEK-model's competence development seminars (Seminar 1-4). If you want to discuss a case, just inform Dorte about this.

UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the HOLBAEK-model is Seminar 1, which will be held on 26th- 27th of April 2022. The seminar is held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.





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Read more at:
www.jenschristianholm.dk

Seminar 1: 26th-27th of April 2022.

Introductory seminar.

Seminar 2: 7th – 8th of June 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 Dr Holm-model's pedagogy and communication: 10th - 11th of May 2022.

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 course content on all courses.