

Dear All

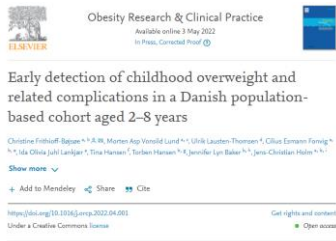


There are many things that are currently moving in the right direction. That obesity is a disease is put both relevant but also clearly on the agenda both here at home and not least also internationally. Both the WHO, EASO and the EU have joined forces to mediate a process that will make it more understandable and important to understand that obesity is a complex, recurrent and progressive disease, where we need to do something about it now. When this happens, patients can expect to be treated professionally and with decency so that we can get past the past approximately 70 years of evidence that we have neither understood nor been able to reduce the burden of having overweight in our society.

In addition, I have written a chapter on the treatment of children and adolescents with obesity in a book on the nursing education, so that nursing students now have the opportunity to become acquainted with the HOLBAEK-model and thus will be better able to understand children and adolescents living with obesity.

NEW ARTICLE [EARLY DETECTION OF CHILDHOOD OVERWEIGHT AND RELATED COMPLICATIONS IN A DANISH POPULATION-BASED COHORT AGED 2-8 YEARS](#)

It is a known phenomenon that obesity in children and adolescents tends to continue into adulthood, whereby one can understand childhood as a critical window to be able to both detect and counteract the development of obesity. In this new study, we investigated the possibility of early detection of obesity and related markers for cardiovascular disease in a Danish population study with children aged 2-8 years in collaboration with the health care and dental care in Holbaek municipality. A total of 335 preschool children were recruited from dental care and 657 school children recruited by health nurses. A subgroup of 392 children



participated in further studies at the Children`s Obesity Clinic at the Department of Children and Adolescents in Holbæk, which involved both blood tests and blood pressure measurements. The children were re-examined about a year later. The prevalence of overweight was 13.7% in both preschool children and school children at the start of studies. At the start of the study, there were minor differences in cardiovascular risk markers between preschool children with and without overweight. In school children, on the other hand, there were significant differences with significantly poorer metabolism (higher fasting glucose, insulin, and HOMA-IR (homoeostasis model of assessment for insulin resistance)), triglycerides, ALT (liver count) and lower concentrations of HDL (good cholesterol). During the study period, the incidence of overweight did not increase in preschool children, but in school children the incidence of overweight increased to 17%. The study concluded that established contacts with health nurses and dental care can be used to measure, assess, and thus detect children who develop obesity. The study also concluded that it is important to act early because risk markers for cardiovascular disease, including insulin sensitivity, cholesterol, and liver effects, are already seen in early school age. See the new study [here](#). The above study was posted as a major news item at the recent European Conference on Obesity in Maastricht in early May and reproduced in a number of leading European media. In addition, there is a very current report on this news in Denmark, which you can see [here](#).

We can also add that we have previously shown and published that in slightly older children with an average age of 11.5 years, half have developed incipient or actually high blood pressure, 45% have sleep apnea, 31% have fatty liver, 28% have elevated cholesterol and 18% have pre-diabetes. See our evidence base [here](#).

OBESITY TREATMENT TOOL PRO

Obesity Treatment Tool Pro (OTTP) is under continuous development. We have just put an updated version live, which contains a more complete version with extended basic data and objective examination, a

more intuitive manoeuvrability, and more options to use OTTP as it suits the healthcare professional, especially regarding the follow-up consultations.

Examples of updates are;

1. Basic data (allergies, family dispositions, etc.) are readily available to the therapist right from the start with the patient. There is easy access to enter Basic Data from the front page of the patient profile. Once the Basic Data has been filled in, the Basic Data will subsequently be available from the 'Journal' tab.
2. Blood pressure, hip and waist width, fat percentage and muscle mass can be easily entered in the consultation. They are optional to fill out.
3. It is possible to manually create a new consultation - without necessarily having to complete an entire consultation.
4. It is possible to manually create consultation data - back in time, so previous measurements of height, weight, fat percentage etc. can be registered and thus create more complete courses (and later be evaluated).
5. In the medical record it can be seen whether a consultation has been made at home (H) or with a healthcare professional (B).
6. The explanation about the fat mass regulation has been included in the beginning of the consultation which can be shown for the patient if needed.



You can expect that in the coming months a large number of new improvements will be made live, which usually takes place in a dialogue with our customers.



AUDIOBOOK; DET BEDSTE FOR BARNET

The audio files for "Det Bedste for Barnet" are being added to Obesity Treatment Tool Pro under the main menu, where only professionals have access. One can easily jump around the chapters and quickly find relevant excerpts.

EUROPEAN CONFERENCE ON OBESITY

From 4.-7. May 2022, the Children`s Obesity Clinic participated in the annual international conference European Conference on Obesity, in Maastricht in the Netherlands. Jens-Christian Holm who is part of the executive committee and chairman of the European Council of Experts. Several afternoon meetings were held with leading European experts as well as representatives from WHO and the EU, including MEP Pernille Weiss, who is leading an initiative where European countries must recognize obesity as a disease so that patients can achieve the same priorities as seen in other chronic diseases. In total, we presented our research with 10 features: 7 poster presentations and 3 oral presentations. My former PhD student, doctor and now PhD, Christine Frithioff-Bøjsøe, presented her project which is mentioned earlier in this newsletter; "Early detection of childhood overweight and related complications in a Danish population-based cohort aged 2-8 years".

In addition, doctor and research assistant, Maria Martens Fraulund, presented a comprehensive summary of the results from The HOLBAEK Study, concerning more than 80 articles published in peer-review journals from 2007-2021. This post was the subject of a press conference at the congress itself.

Louise Aas Holm, MD and research assistant, presented the study "Neonatal Anthropometrics and Obesity Treatment Response in Children and Adolescents", a project that has investigated whether neonatal anthropometric measures such as gestational age, birth weight and birth length can predict the effect of obesity treatment. Our research was then mentioned in a major feature of the health media Medscape.com during the congress itself. Aaron S. Kelly, PhD, Professor of Pediatrics, Co-



Early detection of childhood overweight and related complications in a Danish population-based cohort aged 2-8 years

Christine Frithioff-Bøjsøe^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Morten Asp Vonsild Lund^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Ulrik Lausten-Thomsen^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Cilus Esmann Forsvig^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Ida Olivia Juhl Lankjaer^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Tina Hansen^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Torben Hansen^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Jennifer Lyn Baker^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Jens-Christian Holm^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}



Neonatal Anthropometrics and Obesity Treatment Response in Children and Adolescents

Ulrik Lausten-Thomsen PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Morten Asp Vonsild Lund MD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Sara Elisabeth Stinson MS^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Christine Frithioff-Bøjsøe MD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Louise Aas Holm MD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Jennifer Lyn Baker PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Cilus Esmann Forsvig PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Michael Christensen MD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Lars Anagnost PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Torben Hansen PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}, Jens-Christian Holm PhD^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}

Director, University of Minnesota Center for Pediatric Obesity Medicine, Minneapolis, commented: "Recent results from HOLBAEK highlight the critical importance of identifying obesity early in life, before its complications spring up" and "Ideally, we should be in the business of managing and reducing excess adiposity as soon as it surfaces with the goal of preventing the onset of cardiometabolic risk factors, not watchful waiting and hoping for the best". Aaron Kelly applauded the HOLBAEK philosophy, which emphasizes that obesity is not the fault of the child or parent, but rather the manifestation of dysregulated energy metabolism. "The recognition that obesity is a biologically driven, chronic, refractory, and relapsing disease is interwoven into the approach, which shifts the responsibility to the care provider to provide positive outcomes of treatment." "Highlighting this fact to the parents and child can be game-changing since it removes the blame and shame associated with obesity and unburdens the family by framing the problem in a different light,"



PhD, Professor of Pediatrics, Co-director Aaron Kelly is one of the world's leading researchers in the treatment of overweight children and adolescents. And it is deeply satisfying that he clearly understands and appreciates the HOLBAEK-model's method, values, and results.

Finally, Jens-Christian Holm gave a presentation as the organizer of The European Childhood Obesity Task Force seminar, where he reviewed recommendations for treatment and what can be called the clinical imperative to treat people living with obesity.

**NEW CHAPTER IN NEW BOOK; INACTIVITY AND IMMOBILITY
AT MUNKSGAARDS PUBLISHER**



This book has just been published by Munksgaard's publishing house and is part of the curriculum in the nursing education. Jens-Christian Holm has written a chapter of 24 pages that reviews the treatment of children and young people with obesity with a focus partly on the HOLBAEK-model, and partly the paradigm shifts that the HOLBAEK-model entails in terms of calorie restriction, motivation, lifestyle, habits, pedagogy and communication. so that the nursing students now have the opportunity to become acquainted with the values and strategies of the HOLBAEK model during their education.

ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The Annual obesity management conference 2022 will be held at Hotel Nyborg Strand on the 6th – 7th of September 2022. The program is almost complete and will be really exciting and reflects the most important developments within the last year.



The first day will primarily have a clinical aim, where different healthcare professionals will 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 Obstetrics and Gynaecology 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 illusions.

You can see the program and other relevant details about the Annual Obesity Management Conference 2022 [here](#) (in Danish).

WEBINAR to everyone

Jens-Christian is holding his next webinar on Tuesday 7th of June at 8 pm in the Facebook-group "Boost din hverdag sundere".

The topics are " Presence and the impression left." 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 properly.

MASTERCLASS for Healthcare Professionals

The next MasterClass are on Tuesday the 14th of June at 13 pm – 14 pm.

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

We encourage you to come up with cases or any other questions that you may have on your mind. The only requirement for participation is that you have at least attended Seminar 1 (course 1) of the HOLBAEK-model's competence development education.



UPCOMING SEMINARS IN THE DR HOLM-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 Dr Holm-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 course content on all seminars.

Contact Us

Kalundborgvej 114
4300 Holbæk
Denmark

Jens-Christian Holm
Consultant, Ph.D.
+45 2620 7533
jch@drholm.com

Dorte Jensen
Secretary, Dr Holm
+ 45 6146 4463
klinikken@drholm.com

Read more at:

www.jenschristianholm.dk