

Dear all



It seems that the spread with the Omicron variant is quite out of control. The Omicron variant is apparently more contagious but may lead to relatively milder disease progression. It is a significant advantage that large parts of the population are gradually vaccinated and that certain groups of children begin to be vaccinated. It is predicted that we will probably learn to live with covid-19 for several more years, which consequently has significant consequences for children and young people and their ability to move and be together and thus potentially affect their growth, development, and well-being.

The HOLBAEK model is currently spreading both in Denmark and internationally. We have just assembled a consortium, where we are applying for a large amount to evaluate the HOLBAEK model in 6 countries in Europe in both east, south, west, and north with significantly diverse cultural backgrounds and values. We are very much looking forward to hopefully carrying out the study and are optimistic because the HOLBAEK model's values are universal and not just Danish, Scandinavian, or similar. In addition, the HOLBAEK model is currently the subject of a European MasterClass series, where healthcare professionals from all over Europe will have the opportunity to follow a virtual MasterClass for 3 hours over 3 days in a row on 13th – 15th of December 2021.

Dr Holm is becoming greener understood in the sense that we want to move more away from paper formats and instead use digital solutions for materials, treatments, evaluations, programs, participant lists and more. All materials in the HOLBAEK model have already been digitalized in the last few years in the Obesity Management Treatment Tool Pro. In the past, we have used a lot of paper to hand out and update materials to our



participants. We are also converting part of our profits to plant trees around the world and are thus entering into agreements with "Verdens Skove", which is a climate organization that works purposefully to restore and expand the world's forests. Finally, we will make suggestions on how the efforts against obesity and climate can be combined at the same time. A process that has already started with, for example, the new recommendations from the Danish Veterinary and Food Administration, which have built-in considerations about reducing the consumption of meat and increasing the consumption of plant-based products. We will inform more about our specific overweight / climate efforts in the new year.

THE MEDICAL ASSOCIATION - HEALTH INEQUALITY

The president of the Danish Medical Association, Camilla Rathcke, has recently proposed that legislation be applied to combat the significant inequality in health. In an yet unpublished proposal, the Danish Medical Association recommends a more tangible line from Christiansborg, including a differentiated VAT on food, so that fast food, tobacco, alcohol and other products with a high content of fat, sugar and salt become much more expensive. Meanwhile, for example, fish, vegetables and fruit are getting cheaper.

Dr Holm welcomes this development and believes that it is the only logical consequence of the high incidence of obesity and its complications, which affects large proportions of the population's morbidity and mortality.

NEW ARTICLE

Lægeforeningen: Gør bajere, bolcher og
burgere markant dyrere



In a [new article](#), just 10 years after the first result article for the HOLBAEK model, we have shown that 5% of 2,474 overweight children and adolescents reduce their degree of overweight after an average of 1.27 years of treatment. **This is a follow-up of 3,142 person-years of treatment.** The article focused on **early** birth conditions such as gestational age, birth weight, birth length and birth weight for gestational age and its **influence** on both the degree of overweight and the treatment response for overweight. The study showed that these birth data correlated with the degree of overweight in these children and adolescents with a mean age of 11.2 years at the start of treatment but were not correlated with the treatment response for overweight.

Previously in the HOLBAEK study (formerly; The Danish Childhood Obesity Biobank) we have contributed to large international consortium studies, where we in a [study in Nature](#) have helped to identify 60 new genes that influence the development of birth weight and later upcoming cardiovascular disease and diabetes.

In another study, in the acclaimed journal [Nature Genetics](#), we helped identify 129 new genetic links between maternal and fetal genetic material, also of importance for the development of birth weight and subsequent cardiovascular disease and diabetes.

GDPR INDEPENDENT REPORT FOR EXTERNAL DATA PROTECTION

Obesity Management Treatment Tool Pro (OTTP) is the digital basis for the HOLBAEK model, which ensures quality, saves time, and streamlines the treatment processes for overweight children, adolescents, and adults. Dr Holm will be the data processor for the data responsible municipality, where a data processor agreement will be signed, in which all matters concerning the secure handling of data are described in detail.





A new guide has just been published by the Danish Data Protection Agency in October 2021, which aims to create an overview of how these data protection relationships are best described, agreed, and secured. As the entire GDPR area has developed rapidly over the last few years and the data in mind are sensitive to personal data, it is not surprising that there has been widespread uncertainty about this. In this context, we at Dr Holm have decided that we will have an independent data protection report prepared by IT experts and a law firm, in order to create the best possible degree of transparency and data security around our products. In this context, it is important to mention that all data is stored in the large data hub Hetzner Online GmbH in Germany, which is known to have a very high priority of data security.

Hetzner Online GmbH has an ISO 27001 certification, which is an expression of a very high degree of data security. A certification that many more common data hubs do not have.

Thus, we have not chosen similar solutions provided by Microsoft, Amazon, or Google, because these companies are domiciled in USA and which by the EU are considered third countries, where there is not the same guarantee for data security due to differences in legislation between USA and the EU. This is seen, for example, with the widespread dissatisfaction with Facebook, which is based in USA, and where there have been a number of scandals involving the sharing of sensitive personal data, where Mark Zuckerberg has been questioned for Facebook's actions by the US Congress on several occasions.

THE ANNUAL OBESITY MANAGEMENT CONFERENCE 2022

The Annual Obesity Management Conference 2021 was a great success with many participants, interesting lectures, and a lot of good and constructive feedback.



To accommodate this feedback, we have decided to extend the Annual Obesity Management Conference 2022 to 2 full days with the possibility of accommodation.

The first day will have a primary clinical aim and we will strive to get municipal healthcare professionals to give presentations on the treatment of obesity, including the themes that may be most interesting. The second day will have a more scientific aim where basic scientific knowledge, insights, recommendations and possibly interesting new angles and mechanisms of importance to obesity will be reviewed.

The annual conference 2022 is evidence-based and thus help to see through certain illusions that various people tend to have in regard to obesity.

You are very welcome to make 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 courses. We would like to include healthcare professionals who have not yet had the opportunity to become more familiar with the HOLBAEK model.

SEMINAR FOR THE HOLBAEK-MODEL'S PEDAGOGY AND COMMUNICATION

Seminar 4 changes its name to "Seminar for the HOLBAEK-models pedagogy and communication". The name change is prompted by former seminar participants who believe that they would like to attend this seminar repeatedly to train their pedagogical and communicative presence with the patients.



Kommenterede [EEO1]: OBS billede skal ændres til engelsk: NOTE!

The name Seminar 4 signalled that it was the course after Seminar 3 and when you have had it, well then you have had it. "Seminar for the HOLBAEK-models pedagogy and communication" focuses on the healthcare professional's pedagogy and communication and contains live consultations, video examples and thus pattern recognitions of important dynamics and mechanisms so that you can transcend your own subjectivity. In addition, the challenging aspects of the interactions between theory and practice and important themes in the treatment are reviewed. The seminar is for healthcare professionals who have had Seminar 1-3.

Kommenterede [EE02]: Den forstår jeg ikke

WEBINAR to everyone

Jens-Christian will hold his next webinar on Tuesday the 21st of December at 20.00 in the Facebook-group "Boost din hverdag sundere".

The topics this time are "body positivists", "measuring and weighing" and "eating disorder seen from the perspective of the HOLBAEK model."

You can request to become a member and thus be part of a community where you can ask questions, raise issues, and thus discuss relevant, interesting, and prominent issues.

You can already ask questions in the group and make suggestions for future topics. We have almost exceeded 2.000 members and we look forward to seeing you again 😊

MASTERCLASS for healthcare professional

Next MasterClass is on Friday 4th of February 2022 at 14-15.

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

The only requirement for participation is that you have at least attended Seminar 1 (course 1) of the HOLBAEK model's competence development



courses (Seminar 1-4). If you would like to discuss a case, simply inform Dorte about this at registration. and you may receive a template for assistance.

UPCOMING SEMINARS IN THE HOLBAEK-MODEL

The next seminar in the HOLBAEK model is Seminar 1, which will be held 29th – 30th of March 2022.



The seminar is held at Hotel Scandic Ringsted, Nørretorv 55, 4100 Ringsted

Seminar 1: 29th – 30th of March 2022.

Introductory seminar.

Seminar 2: 7th – 8th of June 2022.

Follow-up seminar; follow-up on treatment.

Seminar 3: 7th – 8th of December 2021.

Immersion seminar; our values in a meta-perspective.

Seminar for the HOLBAEK-models pedagogy and communication:

10th -11th of May 2022.

Live consultations, video examples, pattern recognition, transcending one's own subjectivity, the star model. How do we make the patients easier to treat?

Seminars in Oslo, Norway

Seminar 1: 21st – 22nd of June 2022.

Introductory course.

The Seminar is held at Hotel Thon Linne, Oslo



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

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

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