

Dear all



Hopefully, we are now gradually on our way out on the other side of the covid-19 pandemic lockdown, even though we right now are facing an upcoming winter where it is probably getting worse. Danish paediatric wards are currently heavily burdened with common RS virus (respiratory syncytial virus) infections, which usually occur in the coldest months of the youngest children. Instead, we now see many sick in the fall and with older children and young people that we have not seen before. Lockdown has had some complex effects on herd immunity, understood in such a way that we as a population have suddenly become more vulnerable to some more common infectious diseases. Several children's wards have thus had to reduce their function in other areas, where we have, for example, also had to reduce activity in the Children`s Obesity Clinic, which unfortunately causes longer waiting lists. Still, we are in the process of several major research projects for children and adolescents with overweight who have otherwise been dormant during lockdown.

## THE EUROPEAN COMMISSION



Cilius Fonvig and Jens-Christian Holm have met the European parliamentarian Pernille Weiss, who is working tirelessly to define severe obesity as a chronic, serious, recurrent, and progressive disease in Denmark and Europe. A large number of European countries have already declared severe obesity as a disease, which is in line with the WHO since 1948, the American Medical Association since 2013, the Canadian Medical Association since 2015, the European Association for the Study of Obesity (EASO) since 2015 and the European Commission since March 2021. Pernille Weiss is very engaged in this development and agrees that it will require a different basic understanding of obesity, including training of healthcare professionals, to be able to manage the task with a



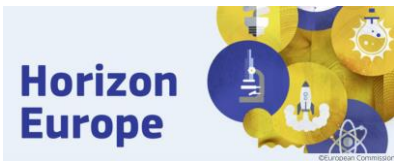
satisfactory professionalism. Pernille Weiss wants to visit us and is well aware that the HOLBAEK model is widespread in Denmark and also pick up in other countries. The HOLBAEK model thus has textbooks, courses, materials, and digital systems, which has now been translated to Norwegian, Arabic and English. Read the European Commission's announcement that obesity is a disease [here](#). Read the Danish Paediatricians' announcement that severe obesity is a chronic disease [here](#). Read the EASO's announcement that obesity is a chronic disease [here](#).

## HORIZON

We are currently planning a European Horizon application of approx. 77 million where we want to test the HOLBAEK model in at least 6 different countries in and around Europe, where priority will be given to areas outside Central Europe, such as Eastern Europe, the Baltics and Belarus. We are already in the process of establishing a European consortium with professional help from home and abroad. We have high expectations to see how we use the Holbæk model's products in the form of textbooks, courses, materials and digital systems in other cultures and languages. Of course, there is a big task in developing the project optimally, but we are in good spirits and working intensely to realize this vision.

## OBESITY TREATMENT TOOL PRO

We have made a new price structure for the *Obesity Treatment Tool Pro*, which is DKK 4,750 per healthcare professionals per year, where the healthcare professionals can take as many patients into treatment as they want. In this context, it is a great satisfaction that more than 70 municipalities within the last 8 years have chosen to let their healthcare professional competence develop with the courses in the HOLBAEK model. The course education is the largest part of the expense of





establishing a digitalized treatment clinic based on the HOLBAEK model. In this way, the digital system *Obesity Treatment Tool Pro* is now available for a relatively small annual cost. *Obesity Treatment Tool Pro* automatically calculates BMI SDS and thus allows for evaluations of treatment results at the international scientific level. *Obesity Treatment Tool Pro* is also accompanied by support and thus gives the patient a helping hand in everyday life. Our digital system has just been substantiated by an international scientific peer reviewed article that showed that 72% of users reduced their degree of overweight (85% if they used the system 5 times) while increasing physical activity, quality of life, mood and body image, while appetite and bullying were reduced, read the scientific article [here](#).

## THE HOLBAEK MODEL FOR SCHOOLS

We are at the moment implementing the HOLBAEK model at Stenhus Boarding School in Holbæk. A network of teachers has been trained and thus competence developed in the HOLBAEK model with special focus on physical, mental, and social well-being and learning, which can then hold other teachers and students in hand in terms of everyday challenges in terms of screen time, sweets, fast food, sodas, social contacts, physical activity and more. The book "*Det Bedste for Børnet*" is given to all teachers and is used indirectly in a number of disciplines such as mathematics, physics, chemistry, biology, English, Danish and more. The health board game "*Sjov og sund med Dr Holm*," which is an entertaining, fun, and educational game focuses on current issues around children's health and well-being, is also used for the middle classes. The game has been prepared by Jens-Christian Holm in collaboration with two experienced game developers / teachers. The players get around the categories "Dilemma", "Quiz", "Challenge" and "Incident" and help to create a conversation in an educational and funny atmosphere. Finally,



we use the HOLBAEK model's digital systems for those students who may need it.

### TO WEIGH OR NOT TO WEIGH

The National Board of Health (Sundhedsstyrelsen) now states that children and young people in Kolding municipality must be weighed and measured. The National Board of Health says that it is important to be able to intervene in the development of obesity. We argue that it is not only a question of obesity, but in fact several hundred different diseases in childhood that in many ways interfere with the normal growth and development and thus have the potential to have a negative impact on physical, mental, and social thriving. The reason why one should not weigh, and measure is allegedly that it causes eating disorder and secondarily obesity, which there though is no evidence to support. There is just no scientific basis whatsoever to make that claim. Instead, a recent meta-analysis has shown that clinics around the world that measure and weigh children and adolescents and treat obesity instead reduce bulimia, anorexia, emotion-based eating, and other indicators of eating disorders. To avoid weighing and measuring children and adolescents through growth and development is in principle to go back to the Dark Ages, where we are thus left without important knowledge to be able to evaluate and support children and adolescents who in principle can develop hundreds of diseases.



### WEBINAR

Jens-Christian will hold his next webinar on Tuesday, September 19 at 20.00 in the Facebook-group "Boost din hverdag sundere". This webinars topic will be the evidence behind DrHolmApp, mental illness and obesity.



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 on future topics. We have exceeded more than 1.700 members and we look forward to seeing you again 😊

## BUSINESS CARD AND SEMINAR BOOKLET

We have just made a business card where DrHolmApp.dk is described on the one page and Dr Holm Klinikken on the other. This business card is, for example, intended for other family members who have overweight or obesity or otherwise need help, but who you as a healthcare professional may not be able to accommodate yourself.

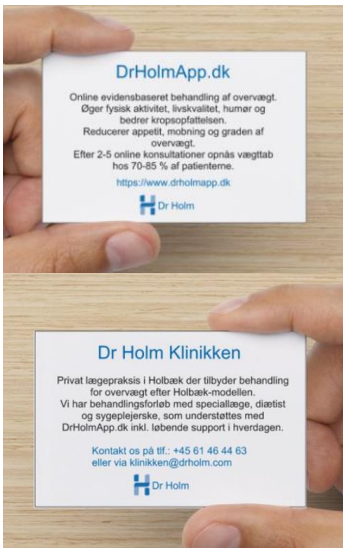
In addition, we have made a small seminar booklet that deals with the HOLBAEK competence development seminars; Seminar 1-4 as described here <https://www.jenschristianholm.dk/uk/our-products/seminars-for-healthcare-professionals.aspx>

If you are interested, send Dorte an e-mail at [klinikken@drholm.com](mailto:klinikken@drholm.com) and we will send you business card and/or seminar booklets.

## UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the Dr Holm-model is Seminar 2, which will be held on 26<sup>th</sup>-27<sup>th</sup> of October 2021.

The seminar is held at Ringsted Kongrescenter, Nørretorv 55, 4100 Ringsted.





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Read more:

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

**Seminar 1:** 18<sup>th</sup> - 19<sup>th</sup> of January 2022.

Introductory seminar.

**Seminar 2:** 26<sup>th</sup> – 27<sup>th</sup> of October 2021.

Follow-up seminar; follow-up on treatment.

**Seminar 3:** 7<sup>th</sup> – 8<sup>th</sup> of December 2021.

Immersion seminar; our values in a meta-perspective.

**Seminar 4:** Spring 2022.

Focus on the therapist's pedagogy and communication.

**Brush Up:** 30<sup>th</sup> of November 2021

To make the patient easy.

<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.*