

Dear All



It is a huge honour that we can announce that we have just won the award for the best national education program for obesity in Europe in 2022. We are so grateful that we are being recognized for our many years of efforts to educate and create solutions to facilitate treatment of obesity for both practitioners, patients, and citizens.

DR HOLM WINS EUROPEAN TOP PRIZE

The EASO ECPO Award for Best National Training Program in Europe 2022 has been awarded to Dr Jens-Christian Holm.

Dr Jens-Christian Holm from The Children`s Obesity, European Centre for Obesity Management, Holbæk University Hospital, Denmark has just won this prestigious European prize for his educational program for obesity offered to healthcare professionals.

The Best National Training Program is awarded at the World Obesity Day Europe and was presented by The European Association for the Study of Obesity (EASO) and The European Coalition for People living with Obesity (ECPO).

[Winners of the 2022 top World Obesity Day Awards in Europe - World Obesity Day Europe \(woday.eu\)](https://www.woday.eu)



Dr Jens-Christian Holm has developed a comprehensive and professional educational program for healthcare professionals that is built on three fundamental insights; 1) to respect and treat obesity as a disease, 2) integrate the complex biology that preserves fat mass and 3) the healthcare professional's responsibility in relation to pedagogy and communication. The education is based on the HOLBAEK model, which Dr Jens-Christian Holm also invented and has developed. Dr Holm has trained more than 1,000 healthcare professionals in over 80 municipalities

in Denmark and Norway as well as in other countries and has been nominated for the award by his colleagues.

Dr Holm has won this prestigious award because, in addition to the comprehensive and professional educational training program consisting of four 2-day seminars, the evaluation committee has emphasized that the results are internationally unique, and that the professionalism of the healthcare staff is supported by a digital system that optimizes the treatment and makes it easily accessible to both the citizens and the healthcare professionals.



The digital tools developed for the treatment of obesity for children, young people and adults have thus made the treatment more accessible to citizens, patients, and healthcare professionals in a professional supervisory and educational format. In addition, these digital solutions have been integrated into municipal and regional healthcare clinics in Denmark and Norway in recent years.

It is of course a huge honour both for me personally, but also for the HOLBAEK model and for all our efforts over many years. Thanks to all those who have supported us over the years. Thanks to the patients, families, and relatives.

You can access the education and digital tools at
www.jenschristianholm.dk/uk

OBESITY WEEK 2022 SAN DIEGO

It was a great honour to be invited by our American counterpart The Obesity Society (TOS) and the American committee for children and adolescents with obesity at Obesity Week 2022 in San Diego in early

November. Obesity Week is a large American conference with participants from Europe and North and South America.



There were a number of highlights, for example that my co-chair of the European "Childhood Obesity Task Force COTF" Jennifer Baker and I were invited to a round table discussion with the US health authorities (Centers of Disease Control and Prevention (CDC)), the US Food and Drug Administration (FDA), and the European Medicines Agency (EMA) as well as several major pharmaceutical manufacturers. Here I gave a lecture where I argued that we should use fat mass percentage instead of BMI and its derived values, since they are invariably imprecise and neither provide patients nor therapists with the precision that is expected in counselling sessions in the treatment of obesity and its complications. Having the conversation at such a high professional level with some of the world's decision makers was both a great honour and a very inspiring experience. Using fat mass percentage will give a much more accurate description of the fat mass and the lean body mass, including muscle to the consultation room. This precision is important for many reasons: the advice will be more precise, result evaluations will also be more precise and our knowledge of associations between fat mass and its related complications and diseases will also be better elucidated. At the end of the day, it is about respect for obesity as a disease, where we must use the measurement that provides the best quality, even if it is more difficult to obtain than BMI.

At the Annual HOLBAEK model Obesity Management Conference 2022, there was a presentation on how we should understand the fat mass when treating obesity, see the presentation by Louise Aas Holm [here](#).

In addition, the historic breakthrough was presented that the medicine Semaglutide, given subcutaneously once weekly, leads to impressive treatment results with an acceptable range of side effects, but especially price and treatment duration are still unclear. There is no doubt that in the future there will be much better treatment for people living with obesity and especially those where it affects their mental, physical, or social everyday functionality can look forward to more effective treatment. You can see the new hallmark paper [here](#).

TO WEIGH OR NOT TO WEIGH

In the journal The Healthcare Nurse (published in Danish end November 2022), we have just authored an article about the national screening program with measurements of height and weight in schoolchildren "to weigh or not to weigh". The topic comes up regularly in the lay public, even though there is no evidence that weighing a person in itself has any harmful effects. It is clear that staff who are not properly trained in obesity can unintentionally have inappropriate communication behaviours with people living with obesity. This simply just demonstrates how important it is to have respect for obesity and to train healthcare professionals accordingly. You can see the new article (in Danish) [here](#).

ONLINE OBESITY TREATMENT TOOL PRO

We continue to develop and improve the Online Obesity Treatment Tool Pro (OOTTP), so that it provides both patients and therapists with better services. New recipes are added, there is an easier and more intuitive workflow through the questions making it possible go through a follow-up consultation in 5 different ways, from a new full new first contact to just writing a few lines, depending on how the treatment in question develops. It is really interesting how the clinician can utilise the Online Obesity Treatment Tool Pro and have fewer and shorter consultations in



daily clinical practice, partly due the patients are using the OOTTP more themselves, partly due because the patients are continuously supported online if they need it.

WEBINAR for everyone

Jens-Christian invites to his next webinar on Tuesday 13 December at 20 in the Facebook group "Boost din hverdag sundere" (in Danish).

The topic is "Complexity vs. care to master and power". You are already welcome to ask questions. This subject is a most central theme in the HOLBAEK model and is implying several important values, human perceptions, and strategies that therapists must be able to provide in order to practice the Holbaek model appropriately.

Free MASTERCLASS for healthcare professionals

The next MasterClass is Tuesday 13 December 2022 at 11-12.

If you would like to participate, please send Dorte a mail at klinikken@drholm.com

It is completely free to participate. At the MasterClass it is possible to discuss challenges in the treatment, get feed-back and supervision for a specific case (anonymized), and ask questions about the Holbaek model and the Online Obesity Treatment Tool Pro, or just listen along.

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

The only requirement to participate in the MasterClass is that you have attended Seminar 1 in the HOLBAEK model's educational program.





UPCOMING SEMINARS IN THE HOLBAEK MODEL

The next seminar in the HOLBAEK model is Seminar 1, which will be held on the 14th - 15th of March 2023. The seminar will be held in London.

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Seminar 1: 14th – 15th of March 2023.

Introductory seminar.

Seminar 2:

Follow-up seminar; follow-up on treatment.

Seminar 3:

Immersion seminar; our values in a meta perspective.

Seminar for the Holbæk model's pedagogy and communication:

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

[Seminars for Healthcare Professionals - Dr Holm](http://www.jenschristianholm.dk/uk)
([jenschristianholm.dk/uk](http://www.jenschristianholm.dk/uk))

The scientifically supported digital solution for the HOLBAEK model;

[*Obesity Treatment Tool Pro*](#) is part of the material on all seminars.