



Dear all

We are busy, and a lot is happening in many areas regarding the Holbaek Model. The Holbaek Model's education and digital tools have won a prestigious European award as the Best National Training Program. Obesity Treatment Tool Pro has also been significantly expanded and updated, and the Annual Obesity Management Conference 2023 is scheduled for October at Hotel Nyborg Strand.

"Furthermore, in early May, a new type of medication was approved in Denmark for the treatment of children and adolescents over 12 years old, and it is expected that even better treatment options will become available in the near future. Therefore, there is a clear increased need to communicate and evaluate with our patients and assess who might potentially benefit from the addition of medical treatment. On this occasion, it is important to remember that medical treatment can never stand alone, and that thorough information and education are needed so that patients and their families can make informed decisions about their situation.

Moreover, new treatment results with online Obesity Treatment Tool Pro show that it is able to reduce the degree of overweight in up to 80% of patients. More about this will be covered in the upcoming newsletters.

### **ANNUAL OBESITY MANAGEMENT CONFERENCE 2023**

The Annual Obesity Management Conference 2023 will take place on October 31, 2023, at Hotel Nyborg Strand. We have listened to your feedback following the Annual Obesity Management Conference 2022 and are currently putting together an exciting program. If there is a topic you would like to see included in the program, please do not hesitate to





write to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com), and we will do our best to incorporate it.

The preliminary program (in Danish) can be viewed [here](#).

### RECOGNITION OF OUR EDUCATION PROGRAM

"The education and digital tools of the Holbæk model were awarded a prestigious European prize for Best European National Education Program in 2022. The Holbaek model is supported by the Danish textbook "Det Bedste for Barnet" (The Best for the Child), which also received a 6 out of 6-star rating as the best health book upon its release. You can read the review (in Danish) [here](#). The pedagogy/communication, textbook, education, and digital tools of the Holbaek model form a cohesive package that guides both patients and healthcare professionals throughout the treatment process, creating secure treatment journeys that strengthen the bond between patients and providers. This is precisely what we refer to as timely care. Furthermore, an excellent article (in Danish) describing the new award has been published [here](#).



### NEW ARTICLE

We have once again published a large, impressive international article that demonstrates how a genetic risk score for liver fat and increased cardiovascular disease in adults is also relevant in children and adolescents. We included 1768 children and adolescents with obesity from The Childrens Obesity Clinic, the European Centre for the Treatment of Obesity, as well as 1890 children and adolescents from the general population. We calculated genetic risk scores, markers for cardiovascular disease, and liver fat using magnetic resonance spectroscopy. The genetic risk variants showed associations with liver fat, the blood markers ASAT and ALAT, as well as lipid status, indicating that the genetic risks are also relevant in children and adolescents. This

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ORIGINAL ARTICLE

**An adult-based genetic risk score for liver fat associates with liver and plasma lipid traits in children and adolescents**

Yan Huang<sup>1</sup> | Sara E. Stinson<sup>1</sup> | Helene Bak Koef<sup>1</sup> | Morten A. V. Lund<sup>2,3</sup> | Louise Aa Høbe<sup>1,2</sup> | Chiu E. Fong<sup>1,2,4</sup> | Tine Nielsen<sup>1</sup> | Niels Grønb<sup>1</sup> | Olaf Pedersen<sup>1,2</sup> | Michael Christensen<sup>1,2,4</sup> | Elzaveta Chaburova<sup>1</sup> | Henrik S. Thomsen<sup>1</sup> | Aleksander Krug<sup>5,6</sup> | Stefan Steudt<sup>7,8</sup> | Jens-Christian Holm<sup>1,2</sup> | Torben Hansen<sup>1</sup>

<sup>1</sup>The Novo Nordisk Foundation Center for Basic Metabolic Research, Faculty of Health and Medical Sciences, University of Copenhagen, Copenhagen, Denmark; <sup>2</sup>The Childrens Obesity Clinic, Copenhagen University Hospital, Copenhagen, Denmark; <sup>3</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark; <sup>4</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark; <sup>5</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark; <sup>6</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark; <sup>7</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark; <sup>8</sup>Department of Pediatrics, Aarhus Hospital, Aarhus University Hospital, Aarhus, Denmark

**Abstract**  
Background & Aims: Genome-wide association studies have identified etiologic variants that also affect pleiotropic effects on cardiometabolic traits in adults. We investigated the effect of eight pleiotropic-associated genetic variants (significant pleiotropic variants) individually and combined in a weighted genetic risk score (GRS) on liver and cardiometabolic traits, and the predictive ability of the GRS for metabolic traits in children and adolescents.  
Approach & Results: Children and adolescents with overweight (including obesity) from an obesity clinic group (n = 1768) and a population-based group (n = 1890) were included. Cardiometabolic risk outcomes and genotypes were obtained. Liver fat was quantified using TEARS in a subset of 727 participants. Variants in *PCSK9*, *TNFRSF25*, *PCSK9*, *TNFRSF25*, *PCSK9*, *TNFRSF25*, *PCSK9*, *TNFRSF25* were associated with liver fat, ASAT, ALAT, and lipid status in both groups.



genetic risk score has the potential to assess patients with different risk profiles in the future. It is precisely these types of studies that provide the basis for offering patients a professional service, which we also refer to as timely care. The article can be read [here](#).

### NEW IN OBESITY TREATMENT TOOL PRO

Obesity Treatment Tool Pro is continuously evolving, especially with your feedback and suggestions for improvements.

In the past few months, a wide range of updates has been introduced, including, for example,

- Implementation of security measures to make it more difficult to enter an incorrect email address for the citizen during registration in OTTP.
- Easier reactivation of previous/completed patients/citizens in OTTP.
- The recommendations for consumption of nuts, seeds, and kernels have been updated.
- Questions regarding dried fruit are now categorized under candy/snacks.
- Questions and a potential treatment point regarding multivitamin pills have been added.
- Questions regarding butter and margarine have been categorized under the cheese and butter section.
- Under the "Journal" tab, it is indicated whether the consultation is a Healthcare Provider Consultation (B) or a Home Consultation (H).
- The "Home Consultations" are hidden in the graph, showing only the Healthcare Provider Consultations (B).
- Under the "Track Your Progress" tab, you can now also view fat mass, muscle mass, hip circumference, and waist circumference.

- Under the "Basic Data" tab (also accessible from the "Journal" tab), a "No to all" button has been added in the section for Family Dispositions, which answers "no" to the entire row of questions.
- The textbook "Det Bedste for Barnet" is now available to all users and healthcare providers as an audiobook (in Danish).
- Video consultations are compatible with all types of video communication, allowing healthcare providers to use the desired (and locally permitted) video program.

### WEBINAR for everyone

Jens-Christian will host his next webinar on Tuesday, June 20th at 8:00 PM in the Facebook group "Boost din hverdag sundere."

The topic is medication for children and adolescents. Respect for obesity in society?

You can access the webinar [here](#).

### MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for Tuesday, June 20, 2023, from 11:00 AM to 12:00 PM.

If you would like to participate, please send an email to Dorte at [klinikken@drholm.com](mailto:klinikken@drholm.com)

The only requirement for participation is that you have attended Seminar 1 or more in the Holbaek Model's educational program. If you wish to discuss a case, you can inform Dorte about it during registration, and you may receive a template to assist you. In recent MasterClasses, we have had a considerable number of participants, so we have moved away from introductions. However, you are welcome to ask questions about the Holbaek Model, Obesity Treatment Tool Pro, or other relevant questions that you encounter in your clinical practice.





## UPCOMING COURSES IN THE HOLBÆK MODEL

The Holbaek Model is evidence-based, and its seminar education and digital tools have been awarded as the Best National Education Program [in Europa in 2022](#).

Seminars are held at Hotel Scandic Ringsted, Nørretorv 55, 4100 Ringsted.

**Seminar 1:** November 7th-8th, 2023.

Introduction course.

**Seminar 2:** September 26th-27th, 2023.

Follow-up course; follow-up on the treatment.

**Seminar 3:** Autumn 2023.

In-depth course; our values in a meta-perspective.

**Seminar on Holbæk Model's pedagogy and communication:**

December 5th-6th, 2023.

Live patient consultations. Clips from Generation XL. Recognizing pattern dynamics and mechanisms. Reflecting on one's own role in patient presence. How can we make it easier for the patients?

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

The scientifically supported digital solution for the Holbæk Model; [Obesity Treatment Tool Pro](#) is part of the seminar content for all seminars.



### Contact Us

Kalundborgvej 114  
4300 Holbæk  
Denmark

Jens-Christian Holm  
Senior Physician, PhD  
+45 2620 7533  
jch@drholm.com

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

Read more at

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