

Dear all



It was a great pleasure to see and meet many of you at the Annual Obesity Management Conference 2021 at Hotel Nyborg Strand on 7 September. It was a fantastic day with over 120 participants, and the program received numerous praises in the evaluations.

Secondly, we are thrilled to announce the acceptance and publication of the first scientific article demonstrating that the digital system DrHolmApp.dk lives up to expectations, producing results closely aligned with the achievements of the Holbæk model. The Holbæk model has already generated results featured in over 25 scientific, peer-reviewed, international articles across various journals in the last 10 years. For instance, previous studies within the Holbæk model reveal that approximately 75% of patients, whether in municipalities or hospitals, experience a reduction in the degree of overweight. Moreover, a more favorable body composition is achieved, including reductions in high blood pressure, cholesterol, fatty liver, bullying, and appetite. Additionally, parents' overweight levels tend to decrease when their children begin family-based treatment. These results remain consistent regardless of social class, the initial degree of overweight, genetic risk score for overweight, familial dispositions, with an average of only about 5 hours of health professional time per patient per year.

FIRST SCIENTIFIC ARTICLE DESCRIBES DRHOLMAPP

Many digital solutions face criticism, either for lacking scientific evidence or for not being developed by professionals with experience in clinical settings. Hence, it is particularly gratifying that we can now present the first scientific article describing DrHolmApp.dk, shedding light on what therapists using the Obesity Management Tool Pro can anticipate in their clinical interactions.



DrHolmApp has been meticulously developed as a digital tool for obesity treatment, drawing insights from the experiences of thousands of patients with obesity and a decade of training hundreds of health professionals.

The scientific study of DrHolmApp involved 940 adults, predominantly women (92%), and demonstrated a reduction of 0.63 BMI points overall. Among the 71% of users who decreased their overweight status, BMI was reduced by 0.94 BMI points. Users reported an increase in physical activity by 1.5 days per week, with one hour of activity per day. Furthermore, improvements in quality of life, mood, body perception, and reductions in bullying, appetite, and the desire for weight loss were noted.

Users who increased their usage of DrHolmApp showed a higher degree of overweight reduction. Remarkably, among users who had undergone at least 5 consultations, 85% had reduced their BMI. For comparison, a recent meta-analysis of 12 studies (out of approximately 300,000 digital health solutions, with very few scientifically evaluated) found that their combined BMI reduction was only 0.45 BMI points, and there were no significant changes in physical activity.

The Obesity Management Tool Pro, incorporating the DrHolmApp solution and involving patients in their own treatment, establishes a therapeutic infrastructure that strengthens, ensures quality, and streamlines the treatment of individuals with obesity.

We are pleased to demonstrate that our digital systems have produced results consistent with the Holbæk model's [evidence base](#). For further details, you can read the article titled '[Longitudinal Evaluation of an mHealth Overweight and Obesity Management Tool](#),' published in the international journal mHealth

DrHolmApp is also available in Norwegian, English, and Arabic.

THE ANNUAL OBESITY MANAGEMENT CONFERENCE 2021

On September 7, 2021, we hosted the Annual Obesity Management Conference at Hotel Nyborg Strand. It was a fantastic event, and we were delighted to see a large gathering of individuals, all competence-developed in the Dr Holm-model, seeking to understand obesity in children, young people, and adults.

We received numerous positive comments in the evaluations, and we value this feedback, which will inform our planning for the next Annual Obesity Management Conference. Some comments highlighted the tightly packed and exciting program, suggested more time for patient discussions, recommended additional breaks, and inquired about the possibility of nurses sharing their experiences. There was also interest in making it a 2-day conference for the next year.

We are currently seriously considering the suggestion for a 2-day conference, allowing participants to sign up for both days or choose between them for maximum flexibility. If implemented, the program will include topic groupings on the individual days.

As for whether the Annual Obesity Management Conference 2022 should be extended to 2 days, we welcome your opinion. Feel free to share your thoughts by writing to Dorte at klinikken@drholm.com





The families gathered and discussed the challenges of navigating society/system while living with severe obesity.



Dr. Cilius Esmann Fonvig, with a Ph.D. and postdoctoral background, discussed, among other topics, the recognition of obesity in children and adolescents as a chronic disease.



Chief physician, PhD, head of research Jens-Christian Holm discussed the importance of Covid-19 lockdowns for growth, well-being, and development. He also talked about GLP-1 treatment for children and adolescents, as well as the question of whether we should weigh children and adolescents in schools.



Professor Torben Hansen discussed genetics and gut bacteria in relation to obesity.



Professor Emeritus Thorkild I A Sørensen discussed the complex causes and consequences of obesity.



WEBINAR

Jens-Christian will host his next webinar on Tuesday, September 21, at 20:00 in the Facebook group "Boost din hverdag sundere." The topics will cover sugar addiction, the musculoskeletal system, and the fall of the horse.

Feel free to request membership and join a community where you can ask questions, raise issues, and engage in discussions about relevant, interesting, and important topics.

You can also start asking questions in the group and suggest future topics. With over 1,300 members, we're excited to welcome you again 😊

UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the Dr Holm-model is Seminar 2, scheduled for October 26th – 27th, 2021.

The seminar will take place at Ringsted Kongrescenter, Nørretorv 55, 4100 Ringsted.

Seminar 1: 18th - 19th of January 2022.

Introduction course.

Seminar 2: 26th-27th of October 2021.

Follow-up course; follow-up on treatment.

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

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

Seminar 4: Spring 2022.

Focus on the healthcare professional pedagogy and communication.





Brush Up: 30th of November 2021

How to make the difficult patient easier to treat.

<https://www.jenschristianholm.dk/vi-tilbyder/kurser-for-fagpersoner/kursus-tilmelding.aspx>

Obesity Treatment Tool Pro is included in the content of 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:
www.jenschristianholm.dk