



Dear All

Hope you are all well during these challenging times of increased infection spread and lockdowns. The EU is set to commence vaccinations on December 27th, prioritizing the weakest, most vulnerable, and frontline workers. I wish for a swift and successful vaccination roll out.

While lockdowns have various effects, some families may experience reduced stress and fewer instances of flu and colds. However, it's crucial to acknowledge the challenges faced by many children and young people, dealing with relative isolation, decreased physical activity, and potential conflicts at home due to limited mobility.

In our Unit, we observe numerous overweight children and young people struggling, and it will be a significant task for all of us to address these concerns as we return to normal working conditions, especially with the weight gained during this period. It is more important than ever to adhere to the precautions recommended by the Danish Health Authority.

I sincerely wish each of you a Merry Christmas and a healthy New Year.



NETWORKING AND ANNUAL OBESITY MANAGEMENT CONFERENCE 2021

The program for the 2021 Annual Holbæk Model Conference is taking shape. There will be posts about especially difficult treatable patients, and we anticipate discussing free genetic

testing for selected patients (program not yet finalized).

Additionally, expect a philosophical post about what the Dr. Holm model represents. A priest with a philosophical background will discuss its interpretation as a transcendental philosophy rather than just a behaviorist approach.

We'll share experiences of understanding the Dr. Holm model, not only from health professionals but also from teachers at schools. Topics will include whether or not we should weigh children and young people in schools, presenting both pros and cons.

If you have other suggestions for the program, please contact Dorte at klinikken@drholm.com

We plan to hold the conference on Fyn in August or September 2021, providing participants from all over Denmark with ample opportunities to join. The participation fee for the Annual Obesity Conference 2021 is DKK 1250.00 per participant for a 1-day conference. Rest assured, all necessary precautions regarding Covid-19 will be taken.

A LITTLE SUNLIGHT STORY ABOUT WORKING WITH THE DR HOLM MODEL



A year ago, in the municipality of Vesthimmerland, there was no comprehensive evidence-based program for addressing obesity in the municipality's children and young people.

A small, dedicated group in school health care set out to change this, and an obesity clinic based on the Holbæk model came into

existence. On September 1st of this year, marking the three-month anniversary of the clinic's launch, the results speak for themselves: Out of the 27 children and families associated with the clinic, which represents the maximum capacity based on the clinic's existing resources, 100% of the children who attended the overweight clinic more than once reduced their degree of overweight measured on the BMI SDS.

But the success was not achieved overnight and certainly not without hard work. Last autumn was dedicated to upgrading a small group of health nurses in the Dr Holm model at Jens-Christian Holm. During the training process, we initiated overweight courses at our respective schools to gain practice and experience in applying the Dr Holm model. We sought knowledge and exchanged ideas successful programs based on the Dr Holm model in other municipalities to ensure that the program we initiated adhered to a high professional standard. Simultaneously, the municipality acquired the Obesity Treatment Tool Pro, opening up a vast professional knowledge bank that proved extremely useful for continually enhancing our professional expertise.

An unexpected opportunity presented itself because, while we were in the middle of this comprehensive process, the country's schools were closed due to COVID-19. As a result, due to repatriation, we suddenly had an obvious opportunity to work even more purposefully in relation to the startup of the clinic. During this period, we organized systematic material for use in the obesity clinic and developed instructions and information materials. With very few funds available to start the clinic, we had

to work creatively and innovatively to address the challenges we encountered along the way, including issues related to premises.

Together, we achieve results. The feedback from children and parents who come to the obesity clinic is overwhelmingly positive. We have witnessed children and families expressing joy, even shedding tears, as they finally feel taken seriously and receive an offer that delivers tangible results. We genuinely believe that we are making a meaningful difference to these children and families. Our next goal is to secure more hours for the clinic so that we can assist all the children and families seeking our services, including the 23 children, young people, and their families already on our waiting list.

On behalf of the obesity clinic, Louise Maribo, school health nurse in Vesthimmerlands municipality.

MASTERCLASS



As something completely new, we will introduce the Masterclass, an online offering for healthcare professionals who have attended or started the Dr Holm model's competence development courses (Courses 1-4). The first Masterclass will be on Friday, January 22nd, at 14-15 pm with online access.

During this session, you can present challenging cases for discussion, receive sparring, advice, and guidance, along with a relevant theoretical review. All patient data must be anonymised. Access is free, but registration is required through Dorte (klinikken@drholm.com), where you can also obtain a template

and instructions for presenting your cases. Only four cases will be reviewed, so it will be on a first-come, first-served basis.

NEW ARTICLE

We have once again had the pleasure of contributing to a very large study published in a reputable international journal.

In this study, 61,111 children between the ages of 2 and 10 participated. Using a genome-wide association study meta-analysis, 25 independent genes were identified that showed correlations between children’s BMI, birth weight, adult BMI, and high blood pressure, as well as type 2 diabetes in adulthood.

Of the 25 genes, there were two new genes that have not been previously identified. These genes contribute to our understanding of growth and development, shedding light on which genes increase the risk of obesity in both childhood and adulthood, as well as the risk of developing obesity-related complications. These findings are significant and, hopefully, in the near future, will aid us in better understanding difficult-to-treat patients, allowing us to provide more effective treatment. You can access the article [here](#).

PLOS GENETICS

RESEARCH ARTICLE

Novel loci for childhood body mass index and shared heritability with adult cardiometabolic traits

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TO WEIGH AND MEASURE OR NOT – THAT IS THE QUESTION

There is currently a movement underway to cease measuring and weighing children at school, under the assumption that it causes stigmatization and similar unpleasant experiences for both children and their parents. However, there is no evidence to

support this connection. It is clear that if these measurements are not carried out properly, and unpleasant things are said, then, of course, it can be true.

We believe that it is a paediatric badge of honour to be able to handle measurement and weighing in a proper environment. If we fail to measure and weigh children at school, it can have unpredictable consequences for the children's physical, psychological and social well-being, thus affecting their growth and development. Physical, psychological, and social well-being are prerequisites for each other, and you cannot have one without the others.

In our view, it is a significant problem if we regress (more than 100 years back) to the practices that existed before the current health strategies were introduced. We will address this issue at the Annual Obesity Management Conference in autumn 2021.

UPCOMING SEMINARS IN THE DR HOLM-MODEL

The next seminar in the Dr Holm model is Seminar 1, which will be held on the 11th – 12th of March 2021.



The course is conducted with considerations for distance, number, and hygiene etc. as recommended by the Danish Health Authority, if the corona restrictions still remain in place.

Seminar 1: 11th - 12th of March 2021.

Introductory course.



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Read more at
www.jenschristianholm.dk

Seminar 2: 22nd – 23rd of June 2021.

Follow-up course; follow-up on treatment.

Seminar 3: 24th – 25th of November 2021.

Immersion course; our values in a meta-perspective.

Seminar 4: 25th – 26th of May 2021.

Focus on the therapist's pedagogy and communication.

Brush Up: New date in 2021 coming soon.

To make the patient easy.

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

The scientifically supported digital solution for the Dr Holm model; [*Obesity Treatment Tool Pro*](#) is part of the course content on all courses.

All seminars are held at Hotel Scandic Ringsted, Nørretorv 57, 4100 Ringsted.

