



Newsletter

February 2020

The European Obesity Organization EASO has featured our work

**SUCCESS IN TREATMENT AGAINST THE
ODDS: THE CHILDREN'S OBESITY CLINIC,
HOLBAEK, DENMARK**

EASO has published an [article](#) which reviews that the results of the HOLBAEK-model are independent of obesity-related disordered eating such as comfort, overeating, fast eating and meal skipping. The HOLBAEK-model reduces the degree of obesity in 65-85% of patients, requiring an average use of 5 hours of healthcare professional time per patient per year. We also achieve reductions in high blood pressure and cholesterol, fatty liver, the parents' degree of overweight. Additionally, improvements are observed in appetite and bullying, leading to optimized quality of life and body image. These findings have been shown to be independent of social class, degree of overweight, affected sugar metabolism, familial predispositions and now also disordered eating as defined by comfort, overeating, fast eating and meal skipping.

Read [EASO's review of us here](#).

Obesity Treatment Tool Pro– BMI SDS

[Obesity Treatment Tool Pro](#) has been developed to support, streamline, and ensure the quality of the treatment of children, young people, and adults. This applies not only during the actual consultation between the healthcare professional and the patient/citizen, but also between the consultations, where the patient/citizen has access to





a wide range of functions aiding in adherence to, understanding, and taking over the treatment plan.

As something entirely new, we have incorporated BMI SDS (Body Mass Index Standard Deviation Scores) into [Obesity Treatment Tool Pro](#). This feature allows easy classification of all patients/citizens under the age of 18 in relation to age, sex, growth, and development. Additionally, it enables clinics that use the [Obesity Treatment Tool Pro](#) to conduct outcome evaluations based on changes in BMI SDS and simultaneous changes in other parameters such as quality of life, mood, bullying, appetite, disordered eating, and more.

We consider the [Obesity Treatment Tool Pro](#) to be a prerequisite for the HOLBAEK-model to be executed and delivered correctly. It ensures a high professional standard and provides therapists with a working environment that is both easier, more efficient, and with a greater focus on the core aspects of treatment.

VerdensBørn advocates for "Det Bedste for Barnet", providing golden nuggets for parents.

SÅDAN FÅR DU ET SUNDT BARN

SPIS BEVIDST
Del tallerkenerne op efter t-moddellen: 50 pct. grønsager (flest af de grove), 25 pct. magert kød og 25 pct. kulhydrater (kartofler, fuldkornspasta, brune ris).

SLIK MED MÅDE
Begræns slik og snacks til én gang om ugen.

BEGRÆNS FASTFOOD
Begræns fastfood som pizza, burgere og lign. til én gang om måneden.

DYRK SPORT
Find en sportsgren, som passer til dit barn.

BEVÆG DIG HVER DAG
Få fysisk aktivitet ind i hverdagen, f.eks. ved at gå eller cykle til skole, hoppe i trampolin og danse på stuegulvet.

KILDE: DET BEDSTE FOR BARNET - KAMPEN MOD OVERVÆGT AF JENS-CHRISTIAN HOLM

In VerdensBørn, we discuss the importance of being mindful parents and caregivers EVERY DAY, as we must make daily decisions for the well-being of the child or the family/group of children. A wise senior doctor aptly expressed in an interview: "Every day, you face numerous choices that may feel good in the moment but are not the best in the long run. Therefore, as parents, you must constantly train yourself to understand your goals. You have to learn to say no, and you have to learn to do it many times. Because your child wants cola, as it tastes darn good. It wants to watch television all the time, it's genuinely enjoyable. However, as soon as you start wavering in your no, the child notices it immediately and begins to ride the wave of 'mom has a hard time saying no'. But what do you prefer in the long run? Letting your child drink cola to avoid conflicts or having a healthy child?"

Here at VerdensBørn, we believe that there is a genuinely skilled educator/caregiver hidden in [Jens-Christian Holm](#) and we are truly grateful for his contribution to this book



The complete post from VerdensBørn can be found on our Facebook page:
<https://www.facebook.com/JensChristianHolm.side/>



Obesity Treatment Tool Pro – Updated treatment material

The treatment material is continuously evolving. The most recent and updated materials are always available in Obesity Treatment Tool Pro under

"Behandlertmateriale". Until 2019, all former course participants received an email with

updated material for use in treatment. However, moving forward, all

updated material will be digitally implemented in [Obesity Treatment Tool Pro](#) and will NOT be sent out via email.

👤 Patienter	>
★ Medarbejdere	>
📁 Behandlertmateriale	>
📖 Bibliotek	>
🍴 Sunde opskrifter	>
🏃 Fysisk aktivitet	>
📄 Vores evidensgrundlag	>
🗨️ FAQ - OSS	>
📖 Indkøbsguide	>



Dr Holm Team update.

Rikke Melskens has decided to pursue a new career opportunity. She will now serve as a project manager responsible for surgical utensils and a sterile depot.

Rikke has been involved from the beginning in both the municipal project and our courses for both professionals and private patients. Her skilled and inspiring contributions will certainly be missed.



As a result, we are pleased to announce the addition of 5 new consultants to our team.

Welcome to the team, health nurses Maria-Louise Bergmann and Rikke Haugsted Christensen.



Maria-Louise Bergmann is a senior health nurse in Tønder municipality and has generously offered her assistance to us.



Dr Holm

The same applies to Rikke Haugsted Christensen, a health nurse in Hedensted municipality.



Maria-Louise and Rikke will primarily help with seminar teaching and supervision related to the [Obesity Treatment Tool Pro](#).



We also welcome Anne-Sabrina Jespersen, who is joining us as a clinical dietitian for both the Dr Holm Clinic and as a seminar teacher.



In addition, we have hired Ida Langkjær, a medical student. Ida will be assisting us in a new initiative where we certify schools in the categories of nutrition, activity, and a healthy mental environment, a certification known as [Dr Holm – Det Bedste for Børn](#).



We have also brought on board Tau Berg, a student of Nutrition and Health at Ankerhus vocational college. Tau will be assisting Ida with the [Dr Holm – Det Bedste for Børn](#) certification.

Finally, Eliane Elias Obeid has joined us. Eliane has already done a fantastic job translating DrHolmApp, Obesity Treatment Tool Pro, and our other materials into Arabic, and we have high expectations for her contributions.



Upcoming seminars in the HOLBAEK-model

Seminar 1: August 20th and 21st, 2020 – Introductory seminar.

Seminar 2: June 2nd and 3rd, 2020 – Follow-up seminar; follow-up on treatment.

Seminar 3: November 17th and 18th, 2020 – Immersion seminar; our values in a meta-perspective.

Brush Up: June 9th, 2020 - for the experienced healthcare professionals who have gone through all three courses and still want to immerse themselves in the treatment method, gain new knowledge, hear about experiences from the clinic, understand our values, and explore the new pedagogy.

Obesity Treatment Tool Pro is included in the seminar content on all future seminars.

Contact

Seminars for healthcare professionals and

Obesity Treatment Tool Pro



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