

Dear All



The first half of 2020 has been a peculiar period, dominated by the impact of Covid-19, which has reshaped the agenda and altered our fundamental assumptions about how we engage with our patients. In direct response, we have underscored the importance of recognizing that severely overweight individual, particularly adults, face a heightened risk during the Covid-19 pandemic, purportedly due to a slightly less functional immune system in this population.

Additionally, we have enhanced our digital treatment tool; Obesity Treatment Tool Pro, with video consultations, enabling us to connect with patients seamlessly despite physical distance restrictions and more. Here, we outline some of the key developments from the first half of 2020.

EASO

The European Obesity Organization EASO has written about us.

EASO has published an [article](#) that reviews the results of the Dr Holm model, showing independence from obesity-related disordered eating such as comfort, overeating, fast eating and missing meals. The model reduces the degree of obesity in 65-85% of patients, utilizing an average of 5 hours per patient per year of healthcare professional time. We also achieve reductions in high blood pressure and cholesterol, fatty liver, the parents' degree of overweight, appetite and bullying, as well as optimized quality of life and body image. These findings have been demonstrated to be independent of social class, degree of overweight, affected sugar metabolism, familial predispositions,

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

and now also disordered eating as defined by comfort, overeating, fast eating, and meal skipping.

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

JAMA PEDIATRICS.

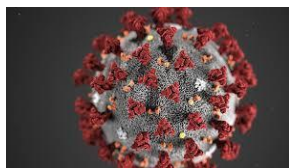
Jens-Christian has contributed to an overview article in one of the world's strongest American journals, alongside internationally leading co-authors. The focus of the article is on young people with overweight and severe obesity, covering both prevention and treatment. An essential part of the conclusion is that the treatment of severely overweight young people deserves the same resources, scientific rigor, and access to lifelong, high-quality treatment as any other chronic disease. Additionally, the article recommends prioritizing education and research for the treatment of severely overweight young people.



Read the article here;

https://www.jenschristianholm.dk/CustomerData/Files/Folders/7-pdf/1287_bilag-25b.pdf

COVID-19 AND SEVERELY OVERWEIGHT



It is crucial that the Danish Health Authority explicitly designates severe obesity as a risk group during the Covid-19 pandemic.

Individuals who are severely overweight should, in principle, be entitled to various considerations, including but not limited to cleaning, maintaining physical distance, workplace relocation (including home offices), and more. However, adults with a BMI over 30 and co-morbidities, as well as those with a BMI over 35, have not been specifically mentioned at press conferences. The focus in these conferences has instead been on the elderly,

vulnerable populations, pregnant individuals, people without a fixed residence, and those with certain chronic diseases.

During the coronavirus pandemic, it has become evident, based on data from the UK, France, the USA, and Denmark, that individuals who are severely overweight are significantly overrepresented. They constitute between 60-80% of patients requiring intensive treatment, including respirators, with longer courses of illness and higher mortality rates as a result.

The increased morbidity and mortality are purportedly linked to the lower immunological capacity of people with severe obesity. This lowered capacity is believed to elevate the risk of infectious diseases and approximately 13 types of cancer in adulthood.

Recognition of severe obesity as a disease, particularly in the context of its association with Covid-19, underscores the understanding that individuals with severe obesity cannot be expected to manage on their own. Consequently, there is a growing acknowledgment that people who are severely overweight require professional assistance. For more information, refer to our recent announcement from the European Organization for Obesity on the link between obesity and Covid-19 and their consequences [here](#).



<https://www.dr.dk/nyheder/indland/tal-viser-det-og-forsker-understreger-det-coronavirus-er-haardest-ved-overvaegtige?fbclid=IwAR2SGuEuKYXtcotjVAmRrJf-r9kwUrjoTY8UQ74AgBc6G9Qa9G8AQ4cxY3g>

<https://www.weekendavisen.dk/2020-20/samfund/en-ubekvem-sygdom?fbclid=IwAR3fLIyOqSlpd5vjbVGqUVSV78PU2BRopiNpdaLQuybZdyWERZMcrotXEde>

HELP FOR THE COVID-19 CRISIS



The use of the *Obesity Treatment Tool Pro* with patient access can address many of the challenges arising from a society-wide lockdown. By employing the *Obesity Treatment Tool Pro* with patient access, individuals can conduct consultations online independently. They can also engage in discussions with their local practitioners for support (you). Additionally, the tool provides the option for Skype-like consultations (telemedicine), allowing for human contact and interaction, ensuring it's not solely about impersonal technical communication online. This approach offers a solution that essentially allows obesity clinics to continue their operations smoothly despite the challenges posed by the Covid-19 crisis.

SCHOOL PROJECT

We are pleased to announce our partnership with Stenhus Kostskole in Holbæk, allowing them to benefit from the products and tools of the Dr Holm model.

This collaboration includes training selected teachers as network persons within the school, aiming for a nuanced understanding of obesity, its causes, and its consequences.

The initiative involves using the health game "*Sjov og sund med Dr Holm*" in 5th-6th-grade classes, incorporation the book "*Det Bedste for Børnet*" into teaching for grades 7th-10th, organizing topic weeks on obesity to enhance understanding among all school members, providing overweight students with access to *DrHolmApp.dk*, and support, and offering severely overweight students access to consultations with our multidisciplinary treatment team.



Our goal is to expand the offering to all schools in Holbæk municipality, and, eventually, to other schools interested in such initiatives. Additionally, we are actively working on establishing a PhD project to evaluate the efforts in school management.

OBESITY TREATMENT TOOL PRO



The district of Alna in the municipality of Oslo, Norway, was introduced to the Dr Holm model in 2016 and has been utilizing the Obesity Treatment Tool Pro since the beginning of 2019. We have conducted courses, provided supervision, and implemented our digital tools, which have been translated into Norwegian. Soon, we will begin to see the results. You can read about Marte Bulie's experience as the Public Health Coordinator in using the Obesity Treatment Tool Pro for children, young people, and adults.

PS: In Norway they refer to Obesity Treatment Tool Pro as DrHolmApp.info (due to the translation to a new domain).

Hello,

The district of Alna, including the Health Center, School Health Service, and Friskliv og mestring (lifestyle guidance/"training on prescription" for adults), adopted the digital treatment solution DrHolmApp.info in March 2019. The decision was driven by the need to ensure the quality of individual treatment plans, guaranteeing each patient/participant a standardized treatment plan based on their responses at the start and during treatment. The objective was also to reduce the time spent per consultation and foster closer dialogue with patients/participants.

After a year of using the tool, many needs have been met, particularly regarding the treatment license. The quality of individual treatment plans has improved, and they are now more standardized than before. We have observed that employees using the tool often spend less time on consultations and require fewer sessions than before. However, we recognize the need for more "training" in utilizing the tool to extract all its benefits, especially concerning the dialogue with patients/participants and their use of DrHolmApp.info. The potential is substantial, and much of the effort is focused on training employees and families.

Remember that Obesity Treatment Tool Pro now also includes video consultations and has built-in BMI SDS, enabling a simple and accurate evaluation of treatment results. It is crucial to note that many treatment reports often fail to provide a comprehensive treatment, leading to potential overestimations of effectiveness. Such an approach typically falls short of the standards required for publication in major scientific international journals, and it is an evaluation method we, in Holbæk, do not endorse.

In our experience and assessment, the Obesity Treatment Tool Pro ensures the correct application of the Dr Holm model at a high-quality level. This, in turn, supports less experienced practitioners in the Dr Holm model and helps everyone streamline processes, reducing time and improving workflows in everyday life.

OBESITY TREATMENT TOOL PRO – BMI SDS

[Obesity Treatment Tool Pro](#) has been developed to support, streamline, and ensure the quality of the treatment for children, young people, and adults. This applies not only during the direct consultation between the therapist and the patient/citizen but also in the intervals between the consultations. During these intervals, patients/citizens have access to a wide range of functions designed to assist in adhering to, understanding, and taking over the treatment plan.

As a groundbreaking feature, we have integrated BMI SDS (body mass index standard deviation scores) into [Obesity Treatment Tool Pro](#). This integration allows easy classification of all patients/citizens under the age of 18 in relation to age, sex, growth, and development. Moreover, this feature enables us to assist clinics using [Obesity Treatment Tool Pro](#) in 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 [Obesity Treatment Tool Pro](#) to be an essential component for the correct execution and delivery of the Dr Holm model. It ensures a high professional standard, providing therapists with a working environment that is not only more accessible and efficient but also with a heightened focus on the core aspect of the treatment process.

HEDENSTED MUNICIPALITY

Hedensted municipality was among the first eight municipalities to participate in the Municipality project, as evaluated in the Ph.D. thesis "*Community-based Treatment of Children and Adolescents with Overweight and Obesity*". The evaluation revealed that 90%



of overweight children/young people reduced their degree of obesity and high blood pressure while improving their quality of life. Discover how the Holbæk model has been integrated into Hedensted municipality's health services:

In health care in Hedensted municipality, we have worked systematically and purposefully with the Dr Holm model for the past seven years. This municipal initiative focuses on overweight children and their families, aiming for a healthier lifestyle, increased quality of life, and weight loss. The child always participates alongside parents, and we recommend the involvement of siblings and other relevant caregivers and network persons. We emphasize the importance of the entire family being prepared for lifestyle changes to support the child's prospects for weight stability and weight loss.

We employ an empathetic educational approach that aims for both the child and the family to understand the implications for the body and what the families themselves can work on in the treatment. They receive an individual and very specific action plan to take home, and we follow up on all points in subsequent consultations. During these sessions, we assist families further with the treatment points that they find most challenging to change.

We have gradually assisted over 400 families through our course. The duration of the courses is highly individualized. Our experience indicates that families respond very positively to the method. They express satisfaction with the concrete action plans implemented in their everyday lives. Many children experience weight stability, weight loss, a reduction in BMI, and/or a decrease

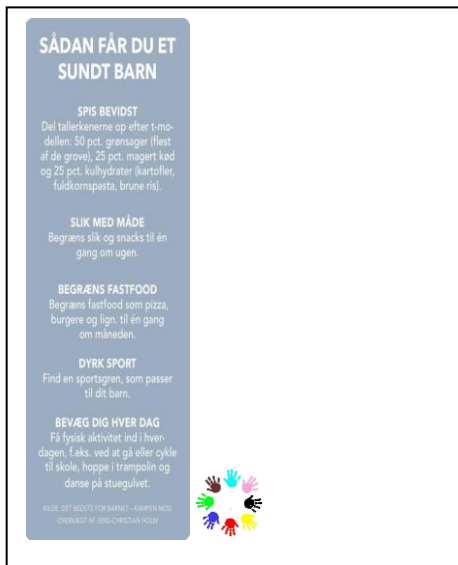
in fat mass. Simultaneously, we observe an improvement in their psychological well-being, measured via VAS score.

The method is highly applicable in municipal settings and creates opportunities for interdisciplinary collaboration across administrations, particularly for families facing particularly challenging situations. We engage child therapists (physio + ergo), family consultants, local sports associations, respite centres, specialist class teachers, day-care centers, youth counsellors and the "Julemærkehjem".

We have no doubt that we have finally found a method that works for the vast majority of families, and as professionals, we have experienced great satisfaction in working with it.

We are pleased that numerous overweight children and their families receive help and support to navigate the necessary changes for a healthier lifestyle, thereby contributing to an improved quality of life for the children.

<https://www.hedensted.dk/borger/sundhed-og-sygdom/sundhedshuset/sundhed/overvaegtige-boern-og-unge>



VERDENSBØRN ADVOCATES FOR "DET BEDSTE FOR BARNET", PROVIDING GOLDEN NUGGETS FOR PARENTS.

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?"

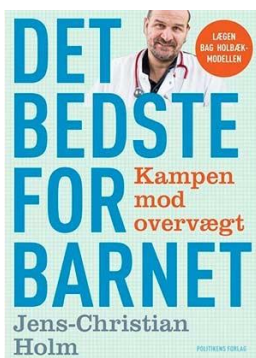
Here at VerdensBørn, we believe that there is a genuinely skilled educator/caregiver hidden in Jens-Christian Holm and we are truly grateful for his contribution to this book

The complete post from VerdensBørn can be found on our Facebook page:

<https://www.facebook.com/JensChristianHolm.side/>

SUMMER OFFER

We are delighted to present a fantastic summer offer - a survival toolkit for the Dr Holm model, comprising 5 copies of "Det Bedste for Barnet - Kampen mod overvægt" available at the favourable price of DKK 699 including shipping. Alternatively, you can purchase individual copies of the book for DKK 175,- each, plus shipping.



To make a purchase please send an email to

bogholderi@drholm.com

Read the book review by Medicinske Tidsskrifter's cultural journalist, Maria Cuculiza's [here](#)

ARABIC VERSION

The Arabic version of *Obesity Treatment Tool Pro* and *DrHolmApp.net* will be available very soon. In fact, we expect it to be completed by August 2020. This development means that our citizens who primarily speak Arabic will now have the opportunity to access and enjoy our products, tailored to Holbæk the model. In a later stage, we plan to establish a link between the Danish and Arabic versions, enabling Danish therapist to communicate effectively with patients or families who primarily speaks Arabic. Additionally, we already have a team member in the Dr Holm support team who is fluent in Arabic.

دع Dr Holm يساعدك في الحفاظ على حياة أكثر صحة - لبقية عمرك!
هنا سيتم إطلاق صفحة التواصل المباشر بالنسخة العربية من أداة إنقاص الوزن DrHolmApp للاستخدام الخاص والاستخدام المهني قبل نهاية آب/أغسطس 2020.

Let Dr Holm help you to a healthier life - for the rest of your life!
Here the arab version of DrHolmApp online weight loss tool for private and professional use will launch before the end of August 2020.



UPCOMING SEMINARS IN THE DR HOLM MODEL

Seminar 1: 8th – 9th of September 2020.

Introduction course.

Seminar 2: 25th – 26th of June 2020.

Follow-up course; follow-up on treatment

Seminar 3: 12th – 13th of November 2020.

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

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Read more
www.jenschristianholm.dk

Brush Up: 8th of December 2020.

How to make the difficult patient easier to treat.

Obesity Treatment Tool Pro is now part of the seminar content on all seminars.

Read more about *Obesity Treatment Toll Pro* here:

<https://www.jenschristianholm.dk/uk/our-products/obesity-treatment-tool-pro.aspx>

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

Wishing you alle a lovely summer,
from all of us in the Dr holm Team.

