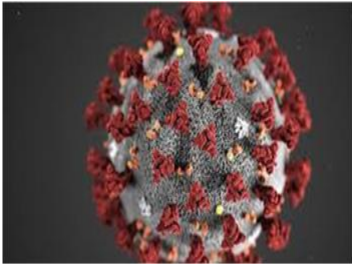


NEWSLETTER

June 2020



COVID-19 OG SEVERE OVERWEIGHT

Dear All,

The government has recently relaxed restrictions on gatherings to 50 people. Consequently, we can now resume our seminars. Scandic has also assured us that they are implementing the necessary conditions to comply with the Danish Health Authority's recommendations. We are, of course, extremely pleased about this development. You can find the statement from the European organization for people with overweight regarding obesity and risks for Covid-19 [here](#).



KALUNDBORG MUNICIPALITY

It is gratifying that Kalundborg municipality, which opted for the HOLBAEK-model as early as 2012, has decided to continue and expand their support for overweight children and young people. Additionally, efforts are underway to extend this initiative to include overweight adults in the future. You can find more information in the media feature [here](#).

OBESITY TREATMENT TOOL PRO

The Alna district in the municipality of Oslo, Norway, adopted the HOLBAEK-model in 2016 and has been utilizing the Obesity Treatment Tool Pro since the beginning of 2019. We have conducted seminars, provided supervision, and implemented our digital tools, all of which have been translated into Norwegian.



Soon, we will begin to see the results of these efforts. Marte Bulie, Public Health Coordinator, shares her experiences using the Obesity Treatment Tool Pro for children, young people, and adults.

PS: In Norway, Obesity Treatment Tool Pro is referred to as DrHolmApp.info (reflecting the translation to a new domain)

Hello,

The Alna district, encompassing 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 initial and ongoing responses.

The initiative also aimed to streamline consultation times and foster a closer dialogue with patients/participants.

After a year of utilizing the tool, many needs have been met, particularly with the Obesity Treatment Tool Pro. Presently, individual treatment plans exhibit higher quality and greater standardization. Employees using the tool often spend less time on consultations and require fewer consultations than before.

However, it's evident that more training is needed to fully harness the tool's benefits, especially in fostering effective dialogue with patients/participants and optimizing their use of DrHolmApp.info. The potential is substantial, and much of the ongoing work revolves around training our staff and families.



Please be aware that the Obesity Treatment Tool Pro now includes video consultations and features built-in BMI SDS, facilitating a straightforward and accurate assessment of treatment outcomes. It's crucial to note that many treatment reports often fail to provide a comprehensive overview of the progress of ALL patients who have initiated treatment, leading to an overestimation of effectiveness. Such an approach typically falls short of the standards required for publication in major scientific international journals and is not employed in Holbæk.

Our experience and assessment indicate that the Obesity Treatment Tool Pro ensures the correct implementation of the HOLBAEK model at a high-quality level. This support is valuable not only for less experienced practitioners in the HOLBAEK model but helps also for streamlining processes and reducing time burdens for everyone in their daily workflows.

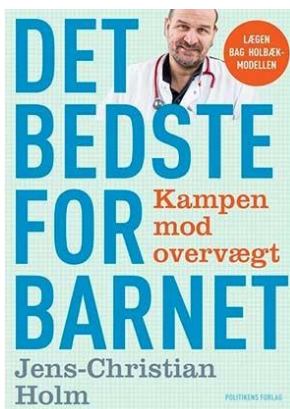
SOMMER OFFER

We are delighted to present a fantastic summer offer. A survival tool kit for the HOLBAEK model, comprising 5 copies of "*Det Bedste for Barnet – Kampen mod overvægt*" is now available at an attractive price of DKK 699, which includes shipping.

Alternatively, you can purchase individual copies of the book "*Det Bedste for Barnet – Kampen mod overvægt*" for DKK 175 each, plus shipping.

To make a purchase, kindly send an email to

bogholderi@drholm.com



Medicinske Tidsskrifters culture journalist, Maria Cuculiza gave the following review:

Det bedste for barnet: Kampen mod overvægt

Excellent pedagogy from the head doctor.

Severe obesity is a chronic spectrum of diseases that cannot be solved by eating less and moving more, says senior physician in paediatrics and head of the Unit for obese children and young people, Holbæk hospital, Jens-Christian Holm in his thought-provoking and system-critical book 'Det Bedste for Barnet: Kampen mod overvægt.'

According to Holm, weight gain does not occur because the children and young people eat too much and exercise too little, but because the body after weight loss actively defends the fat mass by saving energy in all other body functions, whereby the patient gains weight again.

Jens-Christian Holm himself has had internationally sensational successful results in helping several thousand overweight and severely obese children with long-term weight loss with the so-called Holbæk cure, where between 70 and 85 percent out of 3,700 obese children and young people lose weight.

When 'For Barnets skyld' gets 6 stars (out of 6), it is not only because it is a strong and courageous attempt to correct what he believes to be a widespread incorrect lack of understanding of the obese's own responsibility vis-à-vis the fat mass hormonal regulation using the hormone Leptin. But also because Jens-Christian Holm has managed to write a book that is solidly medically documented - at the same time that it can also be used by the obese themselves, who are explained in an excellent pedagogical way why it is so difficult for them to get rid of the extra kilos again - as well as what they have to do so that they can still achieve a more permanent weight loss

SEMINARS IN THE HOLBAEK-MODEL



It is not long now until we hold the next Seminar 2, namely on the 25th-26th of June. The Seminar will be conducted with attention to factors such as distance and hygiene, as recommended by the Danish Health Authority.

However, as mentioned earlier, we will conduct the seminars in the autumn while adhering to the recommendations of the Danish Health Authority.



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UPCOMING SEMINARS IN THE HOLBAEK-MODEL

Seminar 1: September 8th-9th, 2020.

Introductory seminar.

Seminar 2: June 25th-26th, 2020.

Follow-up seminar; follow-up on treatment.

Seminar 3: November 12th-13th, 2020.

Immersion seminar; our values in a meta-perspective.

Brush Up: December 8th, 2020.

To make the patient easy.

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

Read more about *Obesity Treatment Tool 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.