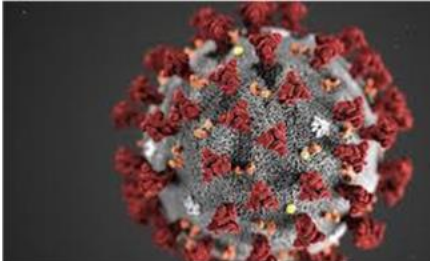




NEWSLETTER

May 2020



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



DR.DK
Tal viser det, og forsker understreger det: Coronavirus er hårdest ved overvægtige

<https://www.weekendavisen.dk/2020-20/samfund/en->



WEEKENDAVISEN.DK
En ubekvem sygdom
Tabu: Svært overvægtige er gået under radaren som en selvstændi...



COVID-19 OG SEVERE OVERWEIGHT

Dear All

It is crucial that the Danish Health Authority explicitly categorizes severe obesity as a risk factor during the Covid-19 pandemic. Individuals who are severely overweight should, in principle, be entitled to various considerations, including adjustments for cleaning, physical distance, workplace relocation (including home workplace options), and more.

However, adults with a BMI over 30 and co-morbidities, as well as those with a BMI over 35, have not been mentioned in press conferences. Instead, the focus has been on the elderly, vulnerable populations, pregnant individuals, those without a fixed residence, and people with certain chronic diseases.

Throughout the corona pandemic, data from the UK, France, the USA, and Denmark have consistently shown that severely overweight individuals are significantly overrepresented, comprising between 60-80% of patients requiring intensive treatment, including respirator use, with prolonged illness and higher mortality rates.

The increased morbidity/mortality among individuals with severe obesity is allegedly linked to their lower immunological capacity, making them more susceptible to infectious diseases and around 13 cancers in adulthood.

The recognition of severe obesity as a significant risk factor contributes to acknowledging it as a disease, emphasizing that individuals with severe obesity cannot be expected to solely manage their condition. This development underscores the need for professional assistance for those who are severely overweight. For additional information, refer to international recommendations for overweight young people [here](#),

And view our recent announcement from the European Organization for Obesity regarding the link between obesity and Covid-19 consequences [here](#).

SCHOOL PROJECT



We are pleased to announce our partnership with Stenhus Boarding School in Holbaek, enabling Stenhus to benefit from the products and tools of the HOLBAEK-model.

This collaboration involves training selected teachers to serve as network persons at the school, fostering a nuanced understanding of obesity, its causes, and its consequences. In 5th-6th grades, the health game "Sjov og Sund med Dr Holm" will be incorporated, while the book "Det Bedste for Barnet" will be utilized in teaching for grades 7-10. Additionally, topic weeks on obesity will be organized to provide everyone at the school with a comprehensive understanding of obesity. Overweight students will have access to DrHolmApp.dk, including support, and severely overweight students will have the opportunity to engage in consultations with our multidisciplinary treatment team.

The hope is to extend this offering to all schools in Holbaek municipality and subsequently to other schools that express interest. We are actively working on initiating a PhD project to evaluate the impact of these efforts in school management.

SEMINARS IN THE HOLBAEK-MODEL

We are delighted to announce that our seminars will resume following the expected relaxation of the ban on gatherings of more than 10 people on the 8th of June. Scandic assures us that they will adhere to the National Board of Health's recommendations, regarding distance, venue arrangement, coffee/tea breaks, lunch (including buffets), and restroom visits.



Consequently, we are now confident in holding Seminar 2 on the 25th-26th of June in Ringsted. We anticipate that the autumn seminars will proceed as planned, taking into consideration the



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recommendations provided by the Danish Health Authority as mentioned above.

UPCOMING SEMINARS IN THE HOLBAEK-MODEL

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

Introductory seminar.

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

Follow-up seminar; follow-up on treatment.

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

Immersion seminar; our values in a meta-perspective.

Brush Up: 8th of December 2020.

To make the patient easy.

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

Read more about *Obesity Treatment Tool Pro* here:

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

All seminars take place at Hotel Scandic, Nørretorv 57, 4100 Ringsted.