



Dear all,

A recent major study has just been released, clearly demonstrating that children and young people who are overweight are at significant risk later in life, not only for poorer physical, mental, and social well-being, but also for lower grades and poorer educational opportunities, which consequently puts them at a disadvantage going forward.

The Annual Obesity Management Conference is being planned as a 2-day event, and the latest newsletters provide good indications for a range of exciting topics and developments.

We have just started a seminar on "Pregnancy and Obesity" aimed at interventions for women who are overweight and either wish to become pregnant or are already pregnant. It is striking how extensive the negative consequences are both for the mother and for the child, both in the short and long term.

Currently, there is focus on the Danish Cancer Society, which over the years has invested in companies such as McDonald's and Coca-Cola, companies directly linked to the development of obesity. This is consequently problematic, as obesity is associated with more than 18 types of cancer.

Our Prime Minister has recently stated that screen time for children and young people must be reduced now, and that future generations will wonder why we allowed increased screen time, as increased screen time in many ways is directly related to poorer well-being among children and young people.

Therefore, it is also gratifying that a new association, Obesity Denmark, has been established, which is a new patient association that views obesity as a disease. Obesity Denmark are in many ways very concerned with and appreciates how the Holbaek Model is a holistic approach to the patient and is not just based on motivation, etc., but instead strives for proper treatment for a disease that is beneficial for the patient, not least because it also reduces guilt, shame, and self-blame."

CHILDREN WITH OBESITY – WELL-BEING AND EDUCATION

Danmarks Radio (national tv) has focused on the fact that children with overweight have an increased risk of being bullied and feeling lonely even in the early grades, and that children with severe overweight are the most vulnerable. This is shown in a new report from VIVE - The National Research and Analysis Center for Welfare.

At the same time, the report shows that students with overweight in the older grades often have more absenteeism. They also have an increased risk of performing poorly in exams, and they are more likely to opt out of further education. Watch the segment here (in Danish): [Børn med overvægt bliver mobbet og isoleret, slår dansk forskning fast | Indland | DR](#)

ANNUAL OBESITY MANAGEMENT CONFERENCE 2024

The planning of the Annual Obesity Management Conference 2024 is underway. The conference will be held on October 21-22, 2024, so mark your calendars now.

The Annual Obesity Management Conference in 2024 will be held over 2 days, with the option to register for either one day or both days. There will also be an option to register for dinner and accommodation.

INDLAND

Børn med overvægt bliver mobbet og isoleret, slår dansk forskning fast





The program is currently being developed and planned. If there is a particular topic that you would like to see addressed, please do not hesitate to contact Dorte at klinikken@drholm.com

PREGNANCY AND OBESITY - SEMINAR

We have just concluded the first day of our new seminar, "Pregnancy and Obesity." It was a very informative day with a wide range of serious insights, making the topic and its management clearer, more manageable, and thus easier for our participants to approach. The seminar also focuses on ensuring that women with obesity who wish to become pregnant have the best possible conditions to achieve this.

It is alarming how many negative effects there are on the health of both the mother and the child, both in the short and long term. The seminar meticulously goes through all the potential complications related to obesity, including issues with assisted fertility, normal conception before pregnancy, gestational diabetes mellitus, preeclampsia, pregnancy-induced high blood pressure, stillbirth, and LGA during pregnancy, assisted delivery with forceps, vacuum, and cesarean section during childbirth, as well as risks of shoulder dystocia, oxygen deprivation, and mental retardation, as well as obesity in both mother and child after birth, just to mention a few key issues.

It is gratifying that the Holbaek Model, which has been developed for the treatment of children and adolescents through growth and development, can also be seamlessly applied to pregnant women with a growing fetus. Here, it is again crucial that the Holbaek Model does not involve calorie restriction and, in all its elements, paves the way for healthy growth and development.



CANCER SOCIETY IN DENMARK – ETHICAL INVESTMENTS

Over the years, the Cancer Society in Denmark has nurtured their assets by investing in a wide range of companies, including those directly linked to the development of obesity, such as McDonald's and Coca-Cola. This is, of course, problematic because obesity shows direct correlations with the development of more than 18 forms of cancer. This unfortunate situation reveals several things. Firstly, that the Cancer Society needs asset management to make the most of the allocations they receive, but also that such a strategy can backfire when they indirectly support companies that have a negative impact on the development of obesity. A disease that has a direct negative impact on their core mission, namely, to protect, assist, treat, and alleviate people living with cancer. Furthermore, it is an indication of our complex societal construction, where we are in many ways interdependent to maintain a welfare society. In this way, companies like McDonald's and Coca-Cola can also be seen as contributors to both employment and GDP through their taxation.

UNSOLICITED FEEDBACK

On Facebook, I received this wonderful feedback in another context, which I have been given permission to share. It speaks for itself.

"Dear Jens-Christian Holm,

My son was associated with you for 1 year, 1 year ago, and has since completed the program.

Thank you so much for your help 🤝 He continued his journey, and today he is a handsome young lad of 12 years old. He grew rapidly and is now 175 cm tall while maintaining his weight. This has significantly impacted his body fat percentage. He has found joy in his daily bike ride to and from school, 10 km each way, and due to the weight loss, he finds it much easier to play football. Yes, he also skis 2 x 3 km per week, at a





very impressive pace. He has gained a fantastic understanding of food and can differentiate between hunger and cravings 🍷

So again, thank you so much for your help and the push in the right direction. Even though us parents are the ones in control, it definitely helps our son when a third party says the same thing as his silly mom 🧠

Thank you a thousand times!"

NON-PHARMACOLOGICAL TREATMENT FOR PATIENTS WITH SPECIFIC CAUSES OF OBESITY

Last year, I was invited to Berlin as a speaker to discuss non-pharmacological treatment of obesity in relation to patients with "single-cause" severe obesity, such as Bardet-Biedl syndrome, Prader-Willi syndrome, MC4R mutations, and leptin receptor mutations, where medication is typically used because these patients are inherently difficult to treat. The meeting was attended by a wide range of professors from large parts of the world, primarily the USA and Europe, and brief summaries of key messages have just been published in this international journal, which you can read [here](#).

SCREEN TIME – THE DANISH PRIME MINISTER

In Jyllands-Posten, one can read that the Danish Prime Minister Mette Frederiksen (S), in a speech at the Regions' summit in Aarhus, connects the extensive and increasing well-being issues among children and young people with screen use.

She warns that tougher action must be taken now, otherwise other initiatives being discussed in the health sector will end up being "almost irrelevant".

"It's exploding in our hands. We need to do more, and we need to do it faster, and we will," she says.

Mette Frederiksen i angreb på skærme: De klistrer til vores hænder



Mette Frederiksen opened her speech, where she also announced an initiative in the health sector later this year, by talking about children and young people.

She mentions a number of specific examples of how children and young people today are watching videos of suicide, rape, and other violent acts. At the same time, she notes that they are being encouraged to watch more, as tech giants invest billions of kroner in keeping them hooked on social media, so they "get the next video".

This makes healthy children sick, the Prime Minister concludes.

Read the Danish article here:

[Mette Frederiksen i angreb på skærme: De klistrer til vores hænder \(jyllands-posten.dk\)](https://www.jyllands-posten.dk/nyheder/indland/2024/04/01/mediebrug-i-angreb-pa-skærme-de-klistrer-til-vores-hænder/)

For over 15 years, the Holbaek Model has had clear boundaries regarding children and adolescents and their screen usage. These boundaries were initially set by major international recommendations from organizations such as the WHO, the American Academy of Pediatrics, among others, due to clear adverse associations with physical, mental, and social well-being, as well as risks of inactivity and obesity, which further exacerbate the well-being of children and adolescents.

NEW ASSOCIATION – OBESITY DENMARK

Obesity Denmark is a new patient association that views obesity as a disease. Obesity Denmark has invited me to join its board and is in many ways deeply engaged with and appreciative of how the Holbaek Model, in its pedagogy and communication, provides patients with proper and holistic treatment that is not solely based on motivation, thus indirectly avoiding feelings of guilt, shame, and self-blame. Instead, patients are educated about how obesity, for over 60% of cases, is governed by genetic factors over which individuals have no control, and how fat mass



is actively defended by the body when attempting to reduce overweight. These insights directly reduce feelings of guilt, shame, and self-blame in patients' self-understanding. They are insights that also provide hope for better future treatment and in many ways empower the patient. These insights and self-developments are extremely important when one realizes that many people with obesity have lived their entire lives experiencing bullying, derogation, and feelings of guilt, shame, and self-blame.

The three articles in this newsletter about obesity and its impact on well-being and lower educational attainment, various investments by the Danish Cancer Society, and how screens negatively affect children's well-being are all important points that we hope Obesity Denmark will continue to focus on. See Obesity Denmark's website [here](#).

WEBINAR for everyone

Jens-Christian is hosting his next webinar on **Tuesday, March 21, 2024, at 8:00 PM** in the Facebook group "Boost din hverdag sundere".

This time, the topic is "Obesity and well-being".

You can access the webinar [here](#).

MASTERCLASS for Healthcare Professionals

The next MasterClass is scheduled for **Tuesday, May 28, 2024, from 11:00 AM to 12:00 PM**.

If you would like to participate, please send an email to Dorte at klinikken@drholm.com

The only requirement for participation is that you have attended Seminar 1 or more in the Holbaek Model's educational program.





If you wish to discuss a case, you can inform Dorte about it during registration, and you may receive a template to assist you. In recent MasterClasses, we have had a considerable number of participants, so we have moved away from introductions.

However, you are welcome to ask questions about the Holbæk Model, Obesity Treatment Tool Pro, or other relevant questions that you encounter in your clinical practice.

UPCOMING SEMINARS IN THE HOLBÆK MODEL

The Holbæk Model is evidence-based, and its seminar education and digital tools have been awarded as the Best National Education Program [in Europa in 2022](#).

Seminars are held in Holbæk.

Seminar 1: September 24-25, 2024.

Introduction course.

Seminar 2: November 4-5, 2024.

Follow-up course: Monitoring and Handling Variations in Overweight.

Seminar 3: June 18-19, 2024.

In-depth Course: Become Excellent – Including with Challenging Patients.

Seminar “The pregnant woman with obesity”: June 11th + September 19th, 2024

Seminar on Holbæk Model's pedagogy and communication: June 4-5, 2024

Live patient consultations. Clips from Generation XL. Recognizing





pattern dynamics and mechanisms. Reflecting on one's own role in patient presence. How can we make it easier for the patients?

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

The scientifically supported digital solution for the Holbæk Model; [*Obesity Treatment Tool Pro*](#) is part of the seminar content for all seminars.

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