

Highlights from the 22nd European Congress on Obesity 2015

02 July 2015

The 22nd European Congress on Obesity (ECO), hosted by the European Association for the Study of Obesity (EASO), took place in Prague, Czech Republic, in May 2015. Obesity remains a major public health priority in Europe, with prevalence continually increasing, as was highlighted in a presentation by the WHO Regional Office for Europe. Their obesity forecast exercise indicated that unless immediate action was taken, the proportion of adults who are overweight or have obesity in Europe would rise by 2030. ECO raises awareness of the issue, and provides a platform to promote, inform and engage in the latest scientific developments in the field. The varied programme drew over 1,200 participants from 73 countries worldwide, and featured a range of obesity-related topics.

EUFIC interviewed seven of the speakers at the conference, who summarised their research findings.

Gema Frühbeck

Dr Gema Frühbeck is Head of the Metabolic Research Laboratory of the University of Navarra and combines basic research with everyday work in a clinical setting as Senior Consultant of the Department of Endocrinology & Nutrition of the Clínica Universidad de Navarra and Principal Investigator of CIBEROBN and IdiSNA research groups, Pamplona, Spain. She has also served as President of EASO from May 2012-15.

Susan Michie

Susan Michie is Professor of Health Psychology and Director of the Centre for Behaviour Change at University College London. Her research focuses on behaviour change in relation to health and how to translate evidence into practice. Topics include prevention, adjusting to illness, providers' behaviour, how to understand behaviour change theoretically, developing effective interventions. Professor Michie is Associate Editor of *Annals of Behavioral Medicine* and of *Implementation Science*. She holds >25 research grants, has published >300 journal articles and recently the books 'The Behaviour Change Wheel Guide to Designing Interventions' and 'ABC of Behaviour Change Theories'.

Hanna Konttinen

Hanna Konttinen is Postdoctoral Researcher and Adjunct Professor at the University of Helsinki in Finland. She obtained her PhD in Social Psychology in 2012 and she is currently Principal Investigator of the project, "The role of psychological eating behaviours and genetic factors in the long-term dietary and weight changes", funded by the Academy of Finland. In 2015, she was selected as the recipient of the EASO Young Investigator Award in Public Health. Her current research interests and expertise cover the role of psychosocial, socioeconomic and genetic factors in food intake, weight management and obesity, and disease outcomes.

Mark Hopkins

Dr Mark Hopkins is Senior Lecturer in Exercise Physiology at Sheffield Hallam University and visiting Research Fellow at the Appetite Control & Energy Balance Research Unit, University of Leeds. Mark has published widely on the relationships between physical activity, appetite control and body weight regulation. In particular, his research examines the physiological and metabolic responses to exercise-induced weight loss and their impact on compensatory eating behaviour in individuals who are overweight or have obesity. He is also an author of the British Association of Sport and Exercise Sciences expert statement on exercise and appetite control.

Christina Brei

Christina Brei is a PhD-student at the department of nutritional medicine, Technische Universität München, Germany. Within her PhD thesis, she is working on a randomized controlled trial investigating the impact of nutritional fatty acids during pregnancy and lactation on early human adipose tissue development (INFAT-Study). She focuses on long-term effects of the intervention until the age of 5 years. Thereby functional body composition, assessed by direct and indirect methods, is of great interest. Previously she studied nutritional science at the Justus Liebig University Giessen (MSc).

Tracie Barnett

Tracie Barnett is Associate Professor at the INRS-Institut Armand Frappier and currently has an FRQS Junior 2 award. She obtained her PhD in Epidemiology and Biostatistics at McGill University in 2004 and completed post-doctoral training in Health Promotion at Université de Montréal in 2007, when she became assistant professor in the Department of Social and Preventive Medicine and a researcher at Montreal's Sainte-Justine Children's Hospital. Dr. Barnett is leading several projects funded by the Canadian Institutes of Health Research on the impact of built and social environments, notably in residential and school settings, on pediatric obesity and lifestyle behaviours.

Knut-Inge Klepp

Professor Knut-Inge Klepp is the division director of epidemiology at the Norwegian Institute of Public Health. He was director general for public health within the Norwegian Directorate of Health from 2006 until 2015. Klepp is an adjunct professor at the University of Oslo where he previously served as a full professor in public health nutrition. He has published more than 250 papers in peer reviewed journals primarily in the field of adolescent health promotion. He has also coordinated and served as investigator on a large number of European Union research project.

For more information:

ECO2015 in Prague, Czech Republic - [Official congress Abstract Book](#)



[ECO2012 in Lyon, France - Podcast](#)

[ECO2013 in Liverpool, UK - Podcast](#)

[ECO2014 in Sofia, Bulgaria - Podcast](#)

[EOS2016 Gothenburg, Sweden - Official website](#)

[European Association for the Study of Obesity \(EASO\)](#)