

PREVENTION OF CHILDHOOD OBESITY



BODY, BRAIN & SOCIETY

16-20 March 2026

Monday 16 March 2026

17:00 - 17:15 Transportation to Favrholm Campus from hotels

17:15 - 17:30 Set up posters in poster rooms

17:30 - 18:45 **Informal dinner at Favrholm Campus**

18:45 - 19:00 **Official Opening by Mette Ide Davidsen**, Director of Global and Public Health, Novo Nordisk Foundation, Denmark and **Annegrette Juul**, Director of Centre for Childhood Health, Denmark

19:00 - 20:30 **SESSION 1: Realistic Systems Change to prevent childhood obesity**

Welcome by the Chair of the Scientific Committee Nina Geiker, Head of Research, Centre for Childhood Health, Denmark

KEYNOTE SPEAKER: Christina Economos, Dean, Tufts University, United States
Catalyzing Communities to Prevent Childhood Obesity: A Systems Approach

INVITED SPEAKER: Steve Allender, Distinguished Professor, Deakin University, Australia
Preventing childhood obesity – lessons from ten years of “systems” approaches

CHAIR: Nina Geiker, Head of Research, Centre for Childhood Health, Denmark

20:30 - 22:30 Drinks & networking

20:30 - 22:30 Transportation between hotels and Favrholm Campus

Tuesday 17 March 2026

08:30 Transportation to Favrholm Campus from hotels

09:00 - 10:30 **SESSION 2: The relationship between weight and well-being**

INVITED SPEAKER: Jennifer Savage, Director of the Child Health Research Center & Professor of Nutritional Sciences, Pennsylvania State University, United States
The Role of Responsive Parenting in Pediatric Obesity Prevention

INVITED SPEAKER: Paulina Nowicka, Professor, Uppsala Universitet, Sweden
Weight stigma, parental well-being, and the family experience of navigating childhood overweight and obesity

SHORT TALK: Elena Jansen, Senior Researcher, Region Hovedstadens Psychiatry, Denmark
Emotional and behavioural risk factors of overweight and binge-eating in Danish (pre-)adolescents

SHORT TALK: Camilla Laursen, Postdoctoral Researcher, Aalborg University, Denmark
“It’s not really body shaming if you only think it in your head” - The role of norms and morality in schoolchildren’s body size images and wellbeing

CHAIR: Berit Lilienthal Heitmann, Professor, The Parker Institute, Copenhagen University Hospital, Denmark

10:30 - 11:00 Coffee break

11:00 - 12:30 **SESSION 3: National structural prevention**

INVITED SPEAKER: Andrea Schmidtke, Legal Policy and Advocacy Manager, Food for Health Alliance, Australia
Enabling Best Practice in Public Health Policy for Commercial Infant and Toddler Food

INVITED SPEAKER: Jane Martin, Executive Manager, Food for Health Alliance, Australia
Prioritising Government Action to Improve Marketing and Ingredients in Commercial Foods for Babies and Toddlers

SHORT TALK: Delaram Ghodsi, Assistant Professor, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Islamic Republic of Iran
Challenges of Implementing the Law Prohibiting the Advertisement of unhealthy Foods to children in Iran

CHAIR: Teresa Holmberg, Head of Implementation and Partnerships, Centre for Childhood Health, Denmark

12:30 - 13:30 Lunch

13:30 - 15:15 **SESSION 4: Understanding the system and interplay of factors related to childhood obesity**

INVITED SPEAKER: Nick Cavill, Honorary Professor, Institution, University of Bath, United Kingdom
Understanding the system and interplay of factors related to childhood obesity

INVITED SPEAKER: Charlotte Klinker, Group Leader, Steno Diabetes Center Copenhagen, Denmark
Implementing Participatory Systems Approaches in Education to Support Student Well-Being and Healthy Weight: Insights from 13 Danish Sites

INVITED SPEAKER: James Nobles, Reader of Public Health, Leeds Beckett University, United Kingdom
Compounded Complexity: The What, the Why, the How of Systems Approaches for Obesity Prevention

Brief summary discussion

CHAIR: Steve Allender, Distinguished Professor, Deakin University, Australia

15:15 - 17:00 POSTER SESSION 1

17:00 - 18:30 SESSION 5: Interventions addressing weight

INVITED SPEAKER: Melissa Wake, Scientific Director GenV, Murdoch Children's Research Institute, United States
When more of the same isn't enough: Designing a population-scale platform to test new childhood obesity levers

INVITED SPEAKER: Michael Goran, Professor, Children's Hospital Los Angeles & Univ Southern California, United States
Translating Research on Early Nutrition and Social Determinants into Community and Policy Solutions for Obesity, Chronic Disease and Healthy Development

SHORT TALK: Christina Mogensen, Postdoctoral Researcher, University of Copenhagen, Denmark
Maternal High-Protein, Low-Glycemic Index Diet During Pregnancy Impairs Offspring Lipid Profile at 9 Years: Long-Term Findings from a Randomized Controlled Trial

SHORT TALK: Mina Nicole Händel, Associate Professor, University of Southern Denmark, Denmark
Long-term effect of attending sports school compared to conventional schools on attained body composition and cardiometabolic health in early adulthood

CHAIR: Jane Martin, Executive Manager, Food for Health Alliance, Australia

18:30 - 20:00 Dinner

20:00 - 22:00 PI Pub / Editors' Corner

21:00 - 22:30 Transportation between Favrholt Campus and hotels

Wednesday 18 March 2026

09:00 Transportation to Favrholt Campus from hotels

09:30 - 10:45 SESSION 6: Body-brain interaction 1

INVITED SPEAKER: David Burgner, Professor, Group Leader, Murdoch Children's Research Institute, Royal Children's Hospital, Australia
Obesity, Infection and Inflammation – a two-way street

INVITED SPEAKER: Jinyue Yu, Research Fellow, University College London, United Kingdom
Longitudinal Analysis of the Maternal Gut, Breast Milk, and Infant Gut Microbiota from One to Eight Weeks Postpartum: A Secondary Analysis of a Randomised Controlled Trial

SHORT TALK: Guiomar Masip, Postdoctoral Fellow, Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y Nutrición (CIBEROBn), Instituto de Salud Carlos III, Madrid, Spain
Proteomic associations with eating behaviors in young adults: a twin study

CHAIR: Berit Lilienthal Heitmann, Professor, The Parker Institute, Copenhagen University Hospital, Denmark

10:45 - 11:15 Break

11:15 - 12:30 SESSION 7: Body-brain interaction 2

INVITED SPEAKER: Matthew Paul Gillum
Using human knockouts to understand the mechanisms appetite control across the lifespan

INVITED SPEAKER: Paula Brunton, Senior Lecturer, University of Edinburgh, Scotland
Sex-dependent impacts of prenatal stress exposure on glucocorticoid regulation, metabolism and health

SHORT TALK: Yang Luo, Postdoctoral Researcher, Copenhagen Prospective Studies on Asthma in Childhood (COPSAC), Denmark
A Plasma Proteomics-Based Brain-Age Model Reveals Early-Life Biological Links Between Neurodevelopment and Obesogenic Behaviors

CHAIR: Nina Geiker, Head of Research, Centre for Childhood Health, Denmark

12:30 - 12:45 Group photo

12:45 - 13:45 Lunch

13:45 - 15:30 POSTER SESSION 2

15:30 - 16:00 Free time

16:00 - 22:00 Social outing

22:00 - 22:30 Transportation to Favrholt Campus and hotels

Thursday 19 March 2026

09:00 Transportation to Favrholm Campus from hotels

09:30 - 10:45 SESSION 8: Causes and mechanisms of inequality in weight 1

INVITED SPEAKER: Danielle Gallegos, Professor, Queensland University of Technology, Australia
Econutrition and equity: Rethinking child health with systems thinking

INVITED SPEAKER: Arne Astrup, Board Member, Centre For Childhood Health, Denmark
Are we missing the low-hanging fruits in prevention of childhood obesity

SHORT TALK: Kathrine Hansen Bukkehave, PhD Student, The Parker Institute, Frederiksberg Hospital, Denmark
The association between periodontitis, obesity and systemic low-grade inflammation in the second trimester of pregnancy

CHAIR: Berit Lilienthal Heitmann, Professor, The Parker Institute, Copenhagen University Hospital, Denmark

10:45 - 11:15 Coffee break

11:15 - 12:30 SESSION 9: PANEL DISCUSSION | Inequality in childhood weight

Carolyn Summerbell, Professor, Durham University, United Kingdom

Melissa Wake, Scientific Director GenV, Murdoch Children's Research Institute, Australia

Michael Goran, Professor, Children's Hospital Los Angeles & University Southern California, United States

Stine Schramm, Senior Project Manager & Senior Researcher, Centre for Childhood Health, Denmark

CHAIR: Jens Meldgaard Bruun, Professor, Aarhus University, Denmark

12:30 - 13:30 Lunch

13:30 - 15:00 SESSION 10: Causes and mechanisms of inequality in weight 2

INVITED SPEAKER: Lauren Lissner, Senior Professor, University of Gothenburg, Sweden
Prevention of obesity in European children – lessons learned from the IDEFICS intervention after 20 years

INVITED SPEAKER: Melissa Bateson, Professor of Ethology, Newcastle University, United Kingdom
Is food insecurity a cause of childhood obesity?

SHORT TALK: Raquel Martins, PhD Student, Lisbon School of Medicine, Portugal
Socioeconomic differences in children's response to a school-based intervention promoting fruit intake

SHORT TALK: Rafaela Rosario, Associate Professor, University of Minho, Portugal
Health Promotion for Equity: Intervention Effectiveness on Childhood Weight Status

CHAIR: Teresa Holmberg, Head of Implementation and Partnerships, Centre for Childhood Health, Denmark

15:00 - 15:30 Coffee break

15:30 - 17:00 SESSION 11: LEGO® Serious Play® Workshop

FACILITATOR: Camilla Norgaard Jensen, Chief Innovation Officer, Pioneer Centre for AI & DTU Skylab, Denmark

CHAIR: Nina Geiker, Head of Research, Centre for Childhood Health, Denmark

17:00 - 17:15 **Closing remarks by the Chair of the Scientific Committee Nina Geiker**, Head of Research, Centre for Childhood Health, Denmark

17:15 - 19:00 Transportation between Favrholm Campus and hotels

19:00 - 19:30 **Welcome drinks at Favrholm Campus**

19:30 - 02:00 **Dinner & party**

22:30 - 02:00 Transportation between Favrholm Campus and hotels

Friday 20 March 2026

09:00 Check-out from hotels

09:00 Bus departure from hotels → Favrholm Campus → City Centre → Copenhagen Airport