

EASO

European Association for the Study of Obesity

OBESITY MASTERCLASS

Hotel Cascais Miragem
Cascais - Lisbon, Portugal
20-22 November 2025

2025 Masterclass

An Interdisciplinary Approach to Obesity
Prevention and Management

PROGRAMME BOOK





ABOUT EASO: WHO ARE WE?

Established in 1986, EASO is a federation of 39 National Obesity Associations and over 200 multidisciplinary treatment centres. We are the voice of European obesity professionals, representing a community of over 20,000 scientists, academics, health care practitioners, physicians, public health experts, early career researchers and students.

EASO convenes experts from all areas of obesity to undertake actions in research, education and policy.

EASO MISSION

To improve health outcomes across society, EASO empowers, advocates and educates to research, prevent, diagnose, treat and manage the chronic disease of obesity along the life course.

EASO VISION

Identifying and solving the challenges of obesity through collaborative action with multidisciplinary stakeholders underpinned by a strong scientific understanding.

WHAT IS OUR REACH?

EASO is a federation of 39 National Associations across Europe:

Northern Region: Belgium; Denmark; Finland; Germany; Iceland; Ireland; Luxembourg; Netherlands; Norway; Sweden; United Kingdom.

Middle Region: Austria; Croatia; Czech Republic; Estonia; France; Georgia; Hungary; Latvia; Lithuania; Poland; Romania; Slovakia; Slovenia; Switzerland.

Southern Region: Armenia; Azerbaijan; Bosnia and Herzegovina; Bulgaria; Greece; Israel; Italy; Malta; Montenegro; North Macedonia; Portugal; Serbia; Spain; Türkiye.

EASO has a network of over 200 Collaborating Centres for Obesity Management (COMs). These are multidisciplinary, accredited by EASO to reach the highest standards of care, clinical education and research. The COMs network reaches over 400,000 patients annually.

The EASO Early Career Network (ECN) connects early career professionals in obesity science and practice across relevant fields including academia, basic scientific research, clinical practice, nutrition, public health and surgery. The network supports career development with educational opportunities including a residential Masterclass, ECO sessions, and monthly webinars.

EASO was founded to represent, support and develop our national association members. We build competency through medical education and advocacy training, and we build capacity through grants, awards and in-kind support.



WELCOME

It is our pleasure to welcome you to the EASO 2025 Masterclass 'An Interdisciplinary Approach to Obesity Prevention and Management' in Cascais, Portugal. We hope to provide delegates with an excellent opportunity to improve your knowledge and understanding of obesity, and to help support your professional development. The 2025 programme will be led by experts in research, prevention and management of obesity.

Our invited faculty will deliver this informative and interactive programme using presentations, discussion workshops and informal interaction. Delegates will also have an opportunity to learn from fellow delegates. We hope that by attending this Masterclass you will acquire new knowledge and understanding of:

- Disease recognition: the pathophysiology of obesity
- Pharmacotherapy in obesity
- Patient perspectives: Living with obesity
- Weight bias, stigma and discrimination
- The latest developments in medical nutrition therapy
- Health promotion versus obesity prevention
- The EASO Framework for the diagnosis, staging and treatment of obesity
- Clinical evaluation and a review of the latest obesity treatment options
- Bariatric surgery, pre- and post-surgical care
- Exercise training in obesity management
- Sarcopenia and obesity in the elderly

We hope you will find this Masterclass enjoyable and professionally rewarding.

YOURS SINCERELY,

Professor Volkan Yumuk,

President

European Association for the Study of Obesity

Mr Euan Woodward,

Executive Director

European Association for the Study of Obesity



SCIENTIFIC PROGRAMME

EASO OBESITY MASTERCLASS: AN INTERDISCIPLINARY APPROACH TO OBESITY PREVENTION AND MANAGEMENT

20 NOVEMBER 2025

12:00-13:00	LUNCH BREAK	
SESSION 1: UNDERSTANDING OBESITY		
	Chair: Volkan Yumuk (Türkiye)	
13:00-13:30	The Patient Perspective: What it's Like to Live with Obesity	ECPO and ECPO Youth Advocates
13:30-14:00	EASO Taxonomy: A Common Language for Obesity	Jennifer L Baker (Denmark)
14:00-14:30	The Pathophysiology of Cardiometabolic Complications in Obesity: Towards Tailored Approaches	Gijs Goossens (Netherlands)
14:30-15:00	Disease Recognition: The Pathophysiology of Obesity	Andreea Ciudin (Spain)
15:00-15:30	COFFEE BREAK	
15:30-16:00	Physiology and Obesity During the Woman's Lifespan	Emilia Huvinen (Finland)
SESSION 2: STRATEGISING SYSTEMS TO PREVENT OBESITY		
	Chair: Jason Halford (UK)	
16:00-16:30	Commercial Determinants of Health: Implications for Interventions and Health Strategies	Emma Boyland (UK)
16:30-17:00	Systems Mapping in the Prevention and Management of Obesity	Harry Rutter (UK)
17:00-17:30	COFFEE BREAK	
17:30-18:00	Health Promotion versus Prevention	Ximena Ramos Salas (Sweden)
18:00-18:30	How to Develop and Evaluate Community Interventions	Amy Ahern (UK)
19:30-21:30	GROUP DINNER	



SCIENTIFIC PROGRAMME

21 NOVEMBER 2025

SESSION 3: OBESITY BEFORE ADULTHOOD

	Chair: Jennifer Baker (Denmark)	
09:00-09:30	Genetic Background: A Practical Overview	Gerthe Kerkhof (Netherlands)
09:30-10:00	Neurodevelopmental Disorders and Childhood Obesity	Paulina Nowicka (Sweden)
10:00-10:30	Diagnosis and Treatment	Tryggvi Helgason (Iceland)
10:30-11:00	The Transition from Adolescence to Adult	Melania Manco (Italy)
11:00-11:30	COFFEE BREAK	

SESSION 4: OBESITY MANAGEMENT

	Chair: Lubomira Fabryova (Slovakia)	
11:30-12:00	Understanding the New EASO Framework for the Diagnosis, Staging and Treatment of Obesity	Andreea Ciudin (Spain)
12:00-12:30	Translation of Obesity Management Study Results into Clinical Practice	Dror Dicker (Israel)
12:30-13:00	Update in Obesity Management in Older Adults	Volkan Yumuk (Türkiye)
13:30-14:00	An Overview of Obesity Complications	Caterina Conte (Italy)
14:00-15:00	LUNCH BREAK	

SESSION 5: PHARMACOTHERAPY AND RELATED INTERVENTIONS

	Chair: Volkan Yumuk (Türkiye)	
15:00-15:30	EASO Grade-Based Framework on Pharmacological Algorithm for the Treatment of Obesity and its Complications	Barbara McGowan (UK)
15:30-16:00	Nutritional and Functional Considerations for Incretin-Based Therapies in Obesity Management	Laurence Dobbie (UK)
16:00-16:30	Pharmacotherapy for Children and Adolescents	Tryggvi Helgason (Iceland)
16:30-17:00	COFFEE BREAK	



SCIENTIFIC PROGRAMME

	Chair: Kirsi Pietiläinen (Finland)	
17:00-17:30	Optimal protein intake to preserve lean mass during treatment with OMM (Obesity Management Medication)	<i>Mette Svendsen (Norway)</i>
17:30-18:00	The implementation in clinical practice of the SOGLI algorithm for the diagnosis of sarcopenic obesity	<i>Lorenzo Donini (Italy)</i>
19:30-21:30	GROUP DINNER	

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22 NOVEMBER 2025

SESSION 6: NUTRITION, PHYSICAL FUNCTION AND BEHAVIOUR

	Chair: Andreea Ciudin (Spain)	
09:00-09:30	Nutritional Modulation of Cardiometabolic Health in Obesity	<i>Mònica Bulló (Spain)</i>
09:30-10:00	How to support healthy eating habits in both healthcare and industrial night shift workers	<i>Maria Wakolbinger (Austria)</i>
10:00-10:30	Dietary Interventions Post Bariatric Surgery	<i>Cathy Breen (Ireland)</i>
10:30-11:00	Physical Activity/Exercise to Improve Physical Function and General Health	<i>Jean-Michel Oppert (France)</i>
11:00-11:30	COFFEE BREAK	
	Chair: TBC	
11:30-12:00	Psychology and Behaviour: Implications for Patients and Practitioners	<i>Jason Halford (UK)</i>
12:00-12:30	From Metabolic Insight to Stigma-Free Care	<i>Sini Heinonen (Finland)</i>
12:30-13:00	Implementation Science	<i>Maria Bryant (UK)</i>
13:00-13:15	Closing Remarks	<i>Volkan Yumuk (Türkiye)</i>
13:15-14:30	LUNCH AND CLOSE	