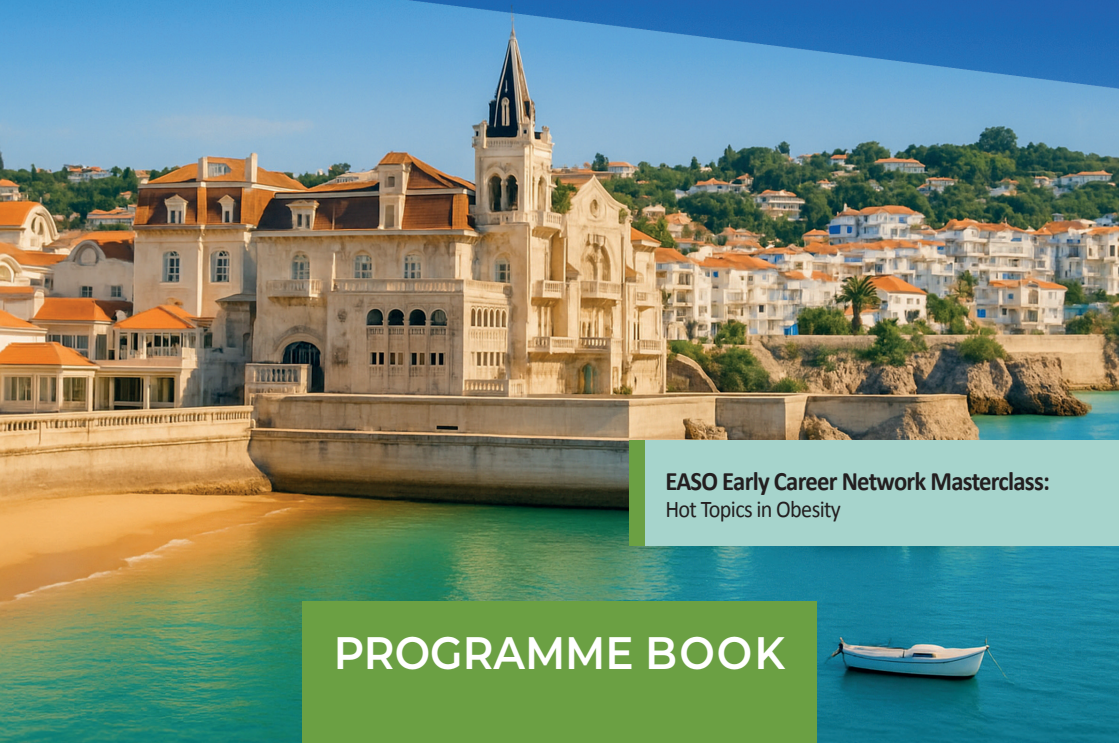


ECN MASTERCLASS

HOTEL CASCAIS MIRAGEM

Cascais – Lisbon, Portugal
20-22 November 2025



EASO Early Career Network Masterclass:
Hot Topics in Obesity

PROGRAMME BOOK





ABOUT EASO: WHO ARE WE?

Established in 1986, EASO is a federation of 39 National Obesity Associations, over 200 multidisciplinary treatment centres, and over 1,000 members of the Early Career Network (ECN). EASO hosts the annual European Congress on Obesity (ECO). We are the voice of European obesity professionals, representing a community of over 20,000 scientists, academics, healthcare 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.

The EASO Collaborating Centres for Obesity Management (COMs) form a multidisciplinary network accredited by EASO for meeting the highest standards in obesity care, clinical education, and research. The network includes over 200 centres across Europe, collectively reaching more than 400,000 patients each year.

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 Early Career Network (ECN) Masterclass 2025 here in Cascais, Portugal. We aim to provide opportunities to deepen knowledge and understanding of obesity and support your professional development. This year's 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 followed by discussion and informal interaction. Delegates will also learn from fellow participants through poster presentations. We hope that by attending this Masterclass you will acquire new knowledge and understanding of:

- Patient journeys and youth perspectives on living with obesity
- Weight bias, obesity stigma and advocacy
- Obesity as a disease of the central nervous system
- Genetics of obesity
- Adipose tissue dysfunction in obesity
- The obesity nexus: linking neural, immune, and epithelial crosstalk
- Meal patterns, including fasting and circadian rhythm
- Psychology in obesity
- Advancements in obesity pharmacotherapy
- Optimising health through physical activity
- Obesity management in adults and children
- Commercial determinants of health
- Complex systems approaches to action on obesity
- Inequality in child and adolescent obesity
- Future directions for obesity research and care

We would like to thank the Novo Nordisk Foundation for providing sponsorship funding to support this event. The Novo Nordisk Foundation provided sponsorship but had no influence on the organisation or content of this event.

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

EARLY CAREER NETWORK BOARD MEMBERS

Andrej Belančić
Croatia

Beatriz Domingues Farinha
Spain

Becky Evans
UK

Bram Berntzen
Netherlands

Emil Hidayatli
Azerbaijan

Eugenia Romano
Italy/UK

Georgia Colleluori
Italy

Laura Kudlek
Germany

Matt Harris
UK

Sabine Pawellek
Germany

Sohvi Lommi
Finland



Established in 2005, the EASO Early Career Network (ECN) serves as a formal community for early career researchers, students, scientists, and clinical practitioners across disciplines to collaborate on projects and share experiences and expertise. The ECN is recognised by EASO as an integral part of the organisation. EASO ECN membership is free and provides access to various benefits, including education, funding and awards, and opportunities to network throughout the year. The ECN is represented at the annual European Congress on Obesity (ECO), where the ECN community have an opportunity to meet, interact and share ideas with colleagues from around the world.

WELCOME NOTE FROM THE EARLY CAREER NETWORK BOARD

The ECN Board are pleased to welcome you to the EASO ECN Masterclass 2025. The Board brings together a wide range of professional interests, national representation, and expertise, from basic science, nutrition and medical practice, childhood obesity, and public health. The Board encourages all delegates to actively participate, ask questions, and connect with each other to make the most of your experience at the Masterclass.

Following the ECN Masterclass, the Board will continue to keep you updated on training and educational opportunities, networking and mentorship. The ECN has been expanded to offer affiliation to undergraduates and recent graduates interested in pursuing a career in an obesity-related field. We encourage public health students, practitioners, and those involved in public policy at local, national, and regional levels to join the network. We are reaching out to sister societies in fields related to obesity and related disease areas to consider becoming involved in the ECN. You are kindly asked to encourage your early career colleagues to join the ECN via the EASO website, to help build the Network and work towards a better understanding of obesity.

Social media

Stay connected with EASO and the ECN on social media. Across these pages, ECN members can find information on eLearning Hub events; the latest ECN activities; relevant research publications; job advertisements in obesity and related fields; and other posts of interest.

Please follow

X (Twitter): @EASOobesityECN

Facebook: EASOobesity Early Career Network

LinkedIn group: EASOobesityECN

OPPORTUNITIES TO GET INVOLVED WITH THE EARLY CAREER NETWORK

▶ ECN eLearning Hub Webinars

Monthly webinars provide knowledge-sharing and skill development on topics relevant to early career students, researchers and professionals in obesity. Past webinars have covered topics such as publishing in obesity journals, non-stigmatising language, and effective research communication. Recordings are available via the EASO Video Archive. Topic and speaker suggestions are welcomed – please email suggestions to ecn@easo.org.

▶ WhatsApp group

This group is used to share updates, announcements, and resources with ECN members. Members can quickly ask questions and share information across Europe. Scan the QR code to join the ECN WhatsApp group.



▶ ECN Best Thesis Award

This award recognises early career researchers and their thesis contributions to the field of obesity at international level. Best Thesis Award finalists are invited to present their research at the annual ECO (with complimentary registration and a dedicated travel grant to support participation). The winner is announced during the ECO session and receives an award certificate with a €500 cash prize.

▶ EASO NNF New Investigator Awards

ECN members have been offered the opportunity to apply for one of four New Investigator Awards, across Basic Science, Clinical Research, Childhood Obesity, and Public Health. Each award includes a 300,000 DKK grant to fund new research over one year. Winners present their research grant plans at a special session during the annual ECO, and return the following year to showcase their results. To learn about the work of previous Award winners, visit the EASO website.

▶ Travel grants to ECO and other research or training events

ECN members are eligible to apply for travel grants to attend ECO. ECN members are also eligible to apply for the ECN Development Fund Travel Grants to attend national society meetings, participate in specialist training (including the EASO COMs Summit) and present obesity-related research at conferences focused on relevant topic areas, such as endocrinology, diabetes and cancer.

► **ECN Exchange Programme**

This Programme allows ECN members to visit specialist research sites across Europe, including university labs, for 3-5 days. Participants will have the opportunity to learn from experts in the field and gain skills such as data analysis, lab techniques, clinical trial design, and patient evaluation. Each visit will also include a facility tour and discussions about research and collaboration with the host site experts. Check the EASO website for the latest updates.

► **ECN Bulletins & ECN Spotlight**

Regular ECN bulletins advertise upcoming ECN webinars, and also outline upcoming events, activities and news relevant to ECN members. The bulletin includes the 'ECN Spotlight' section, featuring ECN members and their research. Please contact ecn@easo.org if you would like to be featured.

► **ECN activities at the European Congress on Obesity (ECO)**

The ECN takes an active role in the annual ECO, providing opportunities for delegates to build their professional networks and share research. Check the EASO website for upcoming ECO activities.

► **Leadership opportunities**

Does your national obesity society have an early career group? If not, please contact the ECN Board who will be able to support your national society in the establishment of an early career group with close ties to the ECN. The ECN Board can also help members coordinate national ECN meet-ups. Please contact ecn@easo.org if you are interested.

► **5-Minute Continuing Professional Development (CPD)**

The EASO 5-Minute CPD offers short, evidence-based modules designed to strengthen knowledge, confidence, and daily practice. Each module addresses a focused topic through case studies, patient perspectives, technique demonstrations, and brief pre- and post-tests. Content is developed by international experts across academia, clinical practice, policy, and public health.

We hope these activities sound interesting to you and look forward to your active participation in the EASO ECN! Speak to an ECN Board member or scan to explore the EASO website for more information. Please encourage your early career colleagues to join our network.

With kind regards,

The EASO ECN Board

Andrej Belančić, Beatriz Domingues Farinha, Becky Evans, Bram Berntzen, Emil Hidayatli, Eugenia Romano, Georgia Colleluori, Laura Kudlek, Matt Harris, Sabine Pawellek, Sohvi Lommi



IMPORTANT EASO PUBLICATIONS

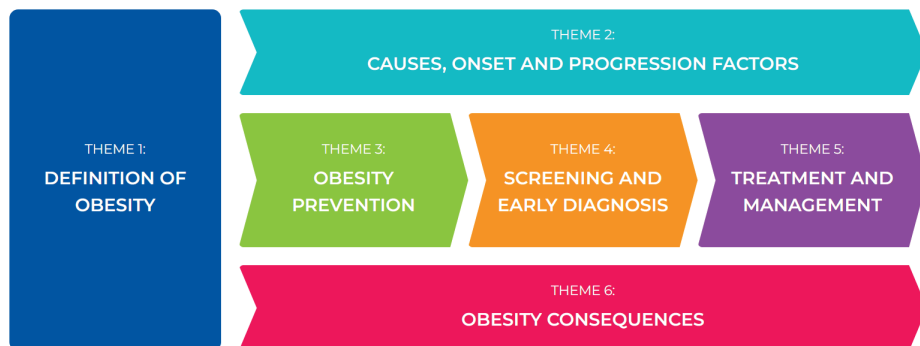
THE EASO OBESITY TAXONOMY: PROVIDING A COMMON LANGUAGE FOR OBESITY



Words matter: accurate framing and consistent terminology are vital for ensuring accurate diagnosis, effective treatment, consistent research, clear communication, informed policymaking, and overall improved patient outcomes. It aligns the efforts of stakeholders towards a common goal, leading to a more coordinated and effective approach to managing obesity appropriately (as an NCD – a chronic relapsing disease).

Scan the QR code to see the EASO Obesity Taxonomy infographic, and find the related taxonomy publication.

An overview of the taxonomy themes is below.



PERSON FIRST LANGUAGE GUIDE: ADDRESSING WEIGHT BIAS



EASO promotes person-first language and non-stigmatising images in all obesity-related written and verbal communications. EASO actively works to reduce weight bias and weight-based discrimination, urging researchers, healthcare professionals, policymakers, media professionals and others to use inclusive language, communications, and practices. This short guide aims to support the development of non-stigmatising research, project outputs and other communications.

FRAMEWORK FOR OBESITY DIAGNOSIS, STAGING AND MANAGEMENT

REFRAMING OBESITY AS A CHRONIC DISEASE

The European Association for the Study of Obesity (EASO) has introduced a framework to align obesity diagnosis and treatment with chronic disease standards

WHY A NEW FRAMEWORK?

Obesity is a chronic, relapsing disease with multifactorial causes, yet traditional BMI-based diagnostic approaches don't fully capture its complexity



"Obesity diagnosis should go beyond BMI alone"

THE ADIPOSITY-BASED CHRONIC DISEASE (ABCD) MODEL



Anthropometric Component:

Body fat distribution (waist-to-height ratio, WHtR) is a stronger indicator of cardiometabolic disease



Clinical Component:

Evaluates health effects of dysfunctional or excess adipose tissue



Inclusion of Lower BMI Group:

People with BMI 25–30 kg/m² and increased abdominal fat are already at increased risk



STAGING FOR TAILORED INTERVENTIONS TO PREVENT OBESITY-RELATED COMORBIDITIES

Health Status Evaluation:

Physical, functional, and psychological assessments



Staging System:

Disease severity guides individualized treatments

BEYOND WEIGHT LOSS: HOLISTIC MANAGEMENT GOALS

Treatment Goals:

Long-term health benefits, mental well-being, physical functioning and improved quality of life

Therapeutic Approaches:

Behavioral and nutritional interventions, medications, and bariatric procedures based on clinically identified need

Medication Use:

Now suggested for individuals with BMI ≥25 with complications, not just those with high BMI

TOWARDS A PARADIGM SHIFT IN OBESITY MANAGEMENT

This framework offers a structured, long-term, personalized approach – advancing obesity management beyond short-term weight loss

- Aligns obesity care with other chronic diseases

- Encourages regulatory changes in clinical trial designs to move away from BMI cut-offs
- BMI is not enough. Body fat distribution – waist-to-height ratio (WHtR) – is a stronger indicator of cardiometabolic disease risk

KEY TAKEAWAYS



- Obesity is a complex, relapsing chronic disease
- Diagnosis requires more than BMI: consider body fat distribution and overall health
- Staging and individual assessment should guide therapy
- Long-term goals focus on holistic health outcomes, not just weight loss



SCIENTIFIC PROGRAMME

20 NOVEMBER 2025

12:00-13:00	LUNCH	
	Chairs: Bram Berntzen (Netherlands), Laura Kudlek (Germany)	
13:00-13:40	Welcome, Introductions & Ice Breaker	<i>Early Career Network Board</i>
13:40-14:20	Living with Obesity: Personal Journeys and Youth Perspectives	<i>Sólveig Sigurðardóttir (Iceland), Rhys Courtney-Tucker (UK), Mia Maloney (Ireland/Spain)</i>
14:20-15:00	Workshop: Weight Bias, Obesity Stigma & Advocacy	<i>Ximena Ramos Salas (Sweden), ECPO and ECPO Youth Advocates</i>
15:00-15:40	DELEGATE POSTERS 1	
15:40-16:10	COFFEE BREAK	
	Chairs: Matt Harris (UK), Georgia Colleluori (Italy)	
16:10-16:50	Obesity as a Disease of the Central Nervous System	<i>Paul Pfluger (Germany)</i>
16:50-17:30	Genetics of Obesity	<i>Tayfun Özçelik (Türkiye)</i>
17:30-18:30	DELEGATE POSTERS 2	
19:30-21:30	WELCOME DINNER	

SCIENTIFIC PROGRAMME

21 NOVEMBER 2025

	Chairs: Georgia Colleluori (Italy), Bram Berntzen (Netherlands)	
09:10-09:50	Adipose Tissue Dysfunction in Obesity: a Driver for Cardiometabolic Complications	<i>Gijs Goossens (Netherlands)</i>
09:50-10:30	The Obesity Nexus: Linking Neural, Immune, and Epithelial Crosstalk	<i>Roksana M. Pirzgalska (Portugal)</i>
10:30-11:10	DELEGATE POSTERS 3	
11:10-11:40	COFFEE BREAK	
	Chairs: Emil Hidayatli (Azerbaijan), Laura Kudlek (Germany)	
11:40-12:20	Meal Patterns, Including Fasting and Circadian Rhythm	<i>Mette Svendsen (Norway)</i>
12:20-13:00	Psychology in Obesity	<i>Jason Halford (UK)</i>
13:00-14:10	LUNCH	
	Chairs: Matt Harris (UK), Sabine Pawellek (Germany)	
14:10-14:50	Optimising Health through Physical Activity: Best Practices and Recommendations	<i>Jean-Michel Oppert (France)</i>
14:50-15:30	Adult Session: 360 Degrees of Obesity Management in Adults	<i>Volkan Yumuk (Türkiye)</i>
15:30-16:00	COFFEE BREAK	
	Chairs: Matt Harris (UK), Emil Hidayatli (Azerbaijan)	
16:00-16:40	Paediatric Session: 360 Degrees of Obesity Management in Children	<i>Tryggvi Helgason (Iceland)</i>
16:40-17:20	EASO Grade-Based Framework on Pharmacological Algorithm for the Treatment of Obesity and its Complications	<i>Barbara McGowan (UK)</i>
17:20-18:30	DELEGATE POSTERS 4	
19:30-21:30	DINNER	

SCIENTIFIC PROGRAMME

22 NOVEMBER 2025

	Chairs: Becky Evans (UK), Bram Berntzen (Netherlands)	
09:10-10:10	Workshop: A Complex Systems Approach to Action on Obesity	<i>Harry Rutter (UK)</i>
10:10-10:50	Commercial Determinants of Health	<i>Emma Boyland (UK)</i>
10:50-11:20	COFFEE BREAK	
	Chairs: Sabine Pawellek (Germany), Laura Kudlek (Germany)	
11:20-12:00	Inequality in Child and Adolescent Obesity	<i>Grace O'Malley (Ireland)</i>
12:00-13:00	Panel discussion: Future Directions for Obesity Research and Care	<i>Obesity Key Opinion Leaders</i>
13:00-14:30	CLOSE & LUNCH	<i>Early Career Network Board</i>

EASO ECN MASTERCLASS POSTER SCHEDULE

Poster number	Delegate	Country
Session 1 (Thursday 15:00-15:40)		
5	Marco Brandimonte	Spain
9	Miriam Dojčárová	Slovakia
13	Nouhaila Hamari	Netherlands
18	Ida Karlsson	Sweden
22	Robin Lengton	Netherlands
26	Valerie Montpellier	Netherlands
30	Nathalie Rohmann	Germany
34	Berta Valente	Portugal
39	Yue Wang	UK
Session 2 (Thursday 17:30-18:30)		
2	Martyn Anderton	UK
6	Jacob With Christensen	Denmark
10	Daisy Forman	UK
14	Jikke Heslen	Netherlands
17	Panagiota Kaloudi	Greece
19	Sontje Krupka	Germany
23	Jia Jiet Lim	UK
27	Thi Hoang Ha Nguyen	Netherlands
31	Edoardo Scopini	Italy
35	Jamie van der Vaart	Netherlands
38	Can Volkan Yumuk	Türkiye

EASO ECN MASTERCLASS POSTER SCHEDULE

Poster number	Delegate	Country
Session 3 (Friday 10:30-11:10)		
3	Marthe Isaksen Aukan	Norway
7	Aoife Courtney	Ireland
11	Laura Vuorela	Finland
15	David Horner	Denmark
20	Monika Kunzová	Czech Republic
24	Raquel Martins	Portugal
28	Mariana Pereira	Portugal
32	Anastasia Searle	UK
36	Amar van Laar	Belgium
Session 4 (Friday 17:20-18:30)		
1	Lucia Alonso	Spain
4	Nour Baratli	Luxembourg
8	Francesco d'Aniello	Italy
12	Yagmur Goksoy Solak	Turkey
16	Mariya Kalinkova	Bulgaria
21	Gillian Larik	Netherlands
25	Jessica Mellotte	Ireland
29	Iulia Alexandra Pirga	Romania
33	Maja Sosnowska	Poland
37	Nicoletta Gianni	Italy

EASO EARLY CAREER NETWORK BOARD



Belančić, Andrej (Croatia)

Andrej is a Specialist in Clinical Pharmacology at the Clinical Hospital Centre Rijeka, Croatia, and Lecturer at the Faculty of Medicine, University of Rijeka. Named Best Young Scientist in 2024, he has authored over 120 papers, 200 abstracts, national guidelines, and book chapters. His research focuses on clinical pharmacology, obesity, and metabolic diseases. He serves as Secretary of the Croatian Society of Obesity and Co-chair of the EACPT Early Career Clinical Pharmacologists group. Andrej also leads national early-career initiatives and public campaigns on obesity prevention and aims to expand these efforts across Europe through the EASO ECN.



Berntzen, Bram (Netherlands)

Bram is a postdoctoral researcher in the Department of Epidemiology and Data Science at Amsterdam University Medical Center, Netherlands. He earned his PhD in Population Health from the University of Helsinki, where he studied physical activity, eating behaviour, and sleep in twins with differing BMI. His current work examines how genetic, environmental, and personal factors – such as neighbourhood environment, sleep, and life stress – affect obesity and chronic disease risk. Bram is passionate about understanding obesity's complex causes and improving public health. As an ECN Board member, he aims to foster interdisciplinary collaboration and support early career researchers.

EASO EARLY CAREER NETWORK BOARD



Colleluori, Georgia (Italy)

Georgia Colleluori is an Assistant Professor of Human Anatomy at Marche Polytechnic University, Ancona, Italy. She trained at Campus Biomedico of Rome, Baylor College of Medicine (Houston, US), and Marche Polytechnic University. Her research focuses on adipocyte biology, the effects of sex hormones and lifestyle therapy, and hypothalamic-adipose tissue crosstalk in obesity and metabolic diseases. She has authored around 40 publications and received multiple awards, including the Anna Kuliscioff Prize. Georgia serves on the Young Committee of the Italian Society of Obesity and is active in obesity education and stigma reduction.



Evans, Rebecca (United Kingdom)

Rebecca is a Postdoctoral Researcher in the Appetite and Obesity Research Group, Institute of Population Health, University of Liverpool, UK. She completed her PhD in Psychology at Liverpool in 2024, examining digital food marketing via videogame livestreaming and its effects on young people's eating behaviour. Her research focuses on environmental determinants of eating and public health interventions such as nutrition labelling. Rebecca has received the Nutrition Society Prize and the EASO ECN Best Thesis Award, and delivered the British Science Festival Social Sciences Lecture. She collaborates with WHO and Digital Foodscapes and supports early career researcher development.

EASO EARLY CAREER NETWORK BOARD



Farinha, Beatriz (Spain)

Beatriz is a PhD student in Biomedicine at the University of Córdoba, conducting research at the Maimonides Institute for Biomedical Research (IMIBIC) within the Metabolism and Adipocyte Differentiation-Metabolic Syndrome group. She holds a Master's in Biopharmaceutical Sciences and a Bachelor's in Biochemistry from the University of Lisbon, with research experience in Portugal and Spain. Her work explores how adipose tissue fibrosis and extracellular matrix remodelling contribute to obesity-associated liver disease. Using 3D models and patient-derived samples, she studies adipose-liver communication. As an ECN Board member, Beatriz aims to promote collaboration and raise awareness of obesity's role in metabolic diseases.



Harris, Matt (United Kingdom)

Matt is a senior surgical resident in the UK and PhD fellow in cancer data science at the Manchester Cancer Research Centre and Leeds Clinical Trials Research Unit. His research investigates the links between obesity, weight loss interventions, and cancer risk, using Bayesian statistics and trial modelling. Clinically, he is training in general and upper gastrointestinal surgery, focusing on metabolic and bariatric surgery. Matt also serves as clinical lead at Inovus Medical and chairs the UK Robotic and Digital Surgery Trainee Committee. As an ECN Board member, he aims to bridge research, clinical practice, and innovation in obesity.

EASO EARLY CAREER NETWORK BOARD



Hidayatli, Emil (Azerbaijan)

Emil is an Obesity Care Specialist and clinical nutrition expert based in Baku, Azerbaijan, with over 10 years of experience. A graduate of Azerbaijan Medical University, he trained in anaesthesiology and emergency medicine before specialising in obesity management. He is Vice Chairman and lead trainer at the Academy of Nutrition, Dietetics and Obesity Prevention and holds a Postgraduate Certificate in Obesity Care and Management from the College of Contemporary Health (UK). Emil lectures widely on obesity management and metabolic diseases.



Kudlek, Laura (Germany)

Laura is a postdoctoral researcher in Public Health at the University of Heidelberg, Germany. Her research focuses on scalable, cost-effective interventions for obesity treatment and tertiary prevention, with an emphasis on psycho-behavioural traits and precision medicine. She earned her PhD from the University of Cambridge, MSc in Health Psychology from University College London, and BSc in Psychology from Maastricht University. Laura's work explores integrated obesity and mental health care in Germany. As an ECN Board member, she aims to strengthen collaboration between disciplines and support the professional development of early career obesity researchers across Europe.

EASO EARLY CAREER NETWORK BOARD



Lommi, Sohvi (Finland)

Sohvi is a postdoctoral researcher in the Public Health programme at the Folkhälsan Research Center in Helsinki, Finland. Her research examines determinants of excess weight and weight gain from adolescence to adulthood, focusing on circadian rhythms and central obesity. She earned her PhD from the University of Helsinki in 2023, exploring associations between food consumption, oral health, the oral microbiome, and obesity in youth. Sohvi holds an MSc in Nutrition Science and serves on the board of the Finnish Association for the Study of Obesity.



Pawellek, Sabine (Germany)

Sabine holds a Bachelor's in Health Sciences from the Technical University of Munich and two Master's degrees from Leipzig University in Sport Sciences and Pedagogical Psychology. She is completing a PhD in sport pedagogy and works as a Research Associate on a digital obesity therapy project. At the KLAKS Obesity Therapy Centre, she works as a physical activity and behavioural therapist. Her research focuses on childhood obesity therapy, digital media, body image, and therapist competencies. An active member of the German Obesity Society, Sabine joined the ECN Board to promote multidisciplinary collaboration and bridge research with clinical practice.

EASO EARLY CAREER NETWORK BOARD



Romano, Eugenia (United Kingdom/Italy)

Eugenia is a researcher at the Institute of Psychiatry, Psychology & Neuroscience, King's College London, and teaches on the MSc Mental Health Studies programme. Her research explores mental health, multimorbidity, and health inequalities, with a focus on stigma and obesity. A licensed psychologist, she earned her PhD at the University of Liverpool and MSc and BSc degrees in Clinical and Health Psychology from the University of Pisa. Eugenia contributes to IFSO and WHO projects on bariatric surgery and health guidelines.

FACULTY BIOGRAPHIES

Boyland, Emma (United Kingdom)

Emma Boyland is an experimental psychologist and Professor of Food Marketing and Child Health based in the Department of Psychology at the University of Liverpool. Her research focuses on understanding the extent and nature of food and beverage marketing and its impact on eating behaviour, particularly in children. Prof Boyland is an established global leader in her research field with over 130 peer-reviewed papers and £4 million in research funding to her institution. She has extensive experience of knowledge exchange and translation, supporting use of evidence to inform and evaluate public health policy in the UK and internationally.

Ciudin, Andreea (Spain)

Dr. Andreea Ciudin, PhD in 2017, is a specialist in Endocrinology and Nutrition at the Hospital Vall d'Hebron, coordinator of the Obesity Unit- EASO-COM Barcelona, Spain focusing the clinical and research activity in obesity and Type 2 diabetes. Associated professor of human physiology at Medicine Universitat Autònoma de Barcelona. Treasurer of the Spanish Society for the Study of Obesity (SEEDO), coordinator of the working group of obesity and its complications of SEEDO and Spanish EASO-COMs, Co-chair of the Obesity Management Working Group of EASO, Senior researcher of the Diabetes and Metabolism Research Group (Vall Hebron Institut de Recerca-VHIR) as PI in the investigational line in Obesity and its complications, mainly focused on MAFLD, cognitive impairment, medical aspects of bariatric surgery and sarcopenic obesity.

Courtney-Tucker, Rhys (United Kingdom)

Hi, I'm Rhys from the UK. I'm currently a 2nd year Modern History and Politics student at Cardiff University. I am also a committee member for Cardiff University Windsurf Club as I have been windsurfing for a few years now. My interests are watersports, music and most recently I have started film photography in my own time.

Goossens, Gijs (Netherlands)

Dr Gijs Goossens is Professor of Cardiometabolic Physiology of Obesity at the Department of Human Biology (NUTRIM School of Nutrition and Translational Research in Metabolism), Maastricht University Medical Centre+. He has an international research standing in the area of obesity-related adipose tissue dysfunction and cardiometabolic impairments, and is one of the pioneers in the field of adipose tissue and skeletal muscle oxygenation in humans. The overarching goal of his translational research is to better understand the mechanisms underlying adipose tissue dysfunction and cardiometabolic complications in people with obesity, with the aim to establish more personalized, effective lifestyle and pharmacological interventions to improve cardiometabolic health, with healthy ageing as the ultimate goal. The latter is investigated on a whole-body, tissue and cellular level, by integrating innovative human in vivo techniques, analyses in adipose tissue and skeletal muscle biopsies, and mechanistic in vitro experiments using human primary adipocytes and myotubes.

FACULTY BIOGRAPHIES

Halford, Jason (United Kingdom)

Professor Jason Halford is Head of the School of Psychology, University of Leeds, and past President of the European Association for the Study of Obesity. He is a Board Director of the European Coalition for People living with Obesity (ECPO) and treasurer for World Obesity Federation (WOF).

His research has focused on eating behaviour and weight management, and the role of psychological factors in weight gain and weight loss, with a recent focus on stress and coping.

Helgason, Tryggvi (Iceland)

Tryggvi Helgason, MD, is a paediatrician and clinical researcher who specialises in childhood and adolescent obesity. He studied medicine in Reykjavik, Iceland and finished paediatrics in the Sophia children's hospital in Rotterdam, the Netherlands. He leads the Health school, the childhood obesity clinic in Landspítali, University hospital in Reykjavik, Iceland.

He is currently a board member and former president of the Icelandic association for the study of obesity. He is also the EASO Vice President for the northern region, but mainly a clinical paediatrician. He has met over 1000 families, where the children have obesity, assisting them in their search for healthy lifestyles in an obesogenic environment. He participates in developing national programs and guidelines in Iceland and is enthusiastic about teaching health care professionals, institutions and the general public about what obesity is.

His current interest include research on obesity in Iceland, background, treatments and future consequences of childhood obesity. And finding and implementing preventive measures on a societal level to decrease the number of children and grown ups developing obesity in the future.

FACULTY BIOGRAPHIES

Maloney, Mia (Ireland)

Mia Maloney is a youth advocate with ECO who lives with obesity and Autism. She first spoke publicly at ECO2024 in Venice, where she helped launch *"Mom, What is Obesity?"* — a children's book encouraging open, stigma-free conversations about weight and health. In 2025, Mia took part in the World Obesity Day book launch in Dublin speaking opening in front of the Irish minster for health and presented at ECO2025 in Málaga, focusing on the lived experience of stigma and the importance of youth voices in obesity awareness.

O'Malley, Grace (Ireland)

Dr. Grace O'Malley leads the Obesity Research and Care Group in RCSI. She holds a joint position in the School of Physiotherapy, Division of Population Health Sciences, RCSI and at the Child and Adolescent Weight Management Service, Children's Health Ireland at Temple Street. She is a clinician-scientist working in the field of childhood obesity research and practice. She graduated from Trinity College Dublin as a Physiotherapist in 2004 and thereafter commenced working clinically in paediatrics at Temple Street Children's University Hospital, Dublin. She was awarded a scholarship from Trinity College to undertake a research M.Sc. (2006) to explore how obesity affects physical fitness in children and adolescents. In 2008, she was awarded a Fulbright Scholarship to research the pathophysiology of Type-2 diabetes in children with obesity at the Yale School of Medicine (USA) and in 2011 she commenced a PhD at University College Cork, investigating the treatment of paediatric obesity with novel interventions. This research encompassed a series of patient-orientated and health service delivery studies and led to the establishment of Ireland's first multidisciplinary clinical service for paediatric and adolescent obesity. In 2017 Grace joined the team at RCSI as part of the Strategic Academic Programme where her research focuses on clinical, eHealth and public health aspects of paediatric obesity.

FACULTY BIOGRAPHIES

Oppert, Jean-Michel (France)

Jean-Michel Oppert, MD, PhD, is Professor of Nutrition at Sorbonne University and head of the Department of Nutrition at Pitié-Salpêtrière university hospital in Paris, France.

His current research interests include the measurement and prescription of physical activity and exercise for health, with a focus on obesity management, but also the investigation of urban environmental determinants of physical activity, diet and obesity. He has been or is involved in various EU and national projects and is author or co-author of more than 300 papers in the peer-reviewed literature on these topics. JM Oppert is also a past president of EASO.

Özçelik, Tayfun (Türkiye)

Professor Tayfun Özçelik is Chair of the Department of Molecular Biology and Genetics at Bilkent University and a medical geneticist whose career has focused on discovering the genes that cause human hereditary and complex diseases. His work helped identify SNRPN and PMP22, the key genes in Prader-Willi syndrome and Charcot-Marie-Tooth disease type 1A, discoveries cited by Nature Genetics and incorporated into standard medical textbooks worldwide. He pioneered “reverse phenotyping” to map genes underlying complex neurodevelopmental and neurobehavioral traits, showing that CRY1 mutations can drive delayed sleep phase disorder and ADHD. His laboratory has also identified genes involved in rare human gait phenotypes (quadrupedal locomotion / Üner Tan syndrome) and familial leukemia (MLH1 deficiency). He continues to lead international collaborations on human genome variation, obesity and brown adipose

tissue related disorders, clinically actionable diagnostics, and has been recognized by the American Society of Human Genetics as a Thought Leader. (<https://mbg.bilkent.edu.tr/tayfun-ozcelik/>; https://www.youtube.com/watch?v=GmCBsZe_kXQ&t)

Pfluger, Paul (Germany)

Paul Pfluger is a researcher at the Helmholtz Center in Munich and professor for NeuroBiology of Diabetes at the Technical University Munich. His work is directed towards elucidating molecular mechanisms that regulate energy and glucose homeostasis, with a special emphasize on the hypothalamic control of metabolism. He earned his Master in Human and Environmental Toxicology at the University of Konstanz, Germany, followed by a PhD in Biochemistry of Micronutrients at the German Institute of Human Nutrition, University of Potsdam, Germany and a postdoc and assistant professorship at the Obesity Research Center of the University of Cincinnati, Ohio, USA. He is currently recipient of an ERC Consolidator Grant on the role of AgRP neurons for weight management.

FACULTY BIOGRAPHIES

Pirzgalska, Roksana (Portugal)

Roksana Pirzgalska is a post-doctoral researcher at the Champalimaud Foundation (Lisbon, Portugal). She completed her PhD in Bioengineering Systems in 2018 through the MIT-Portugal Program. During her doctoral studies, she uncovered key insights into adipose tissue biology. She discovered that sympathetic innervation drives leptin-induced lipolysis (Cell, 2015; co-first author) and identified sympathetic neuron-associated macrophages as the first functional neuroimmune component in the adipose tissue (Nature Medicine, 2017; co-first author).

Currently, she is studying the gut neuroepithelial circuit from both basic and clinical research perspectives. Her research combines human intestinal organoids, differentiated from duodenal biopsies, to explore the connection between neuroepithelial cues and nutrient absorption. With a focus on translational science, her work aims to uncover new biological mechanisms and therapeutic strategies, contributing to advancements in obesity research.

Ramos Salas, Ximena (Sweden)

Ximena Ramos Salas has a PhD in public health and 20+ years of experience in health research and policy (Canadian Institutes of Health Research) and obesity education, advocacy, and patient engagement (Obesity Canada). As a weight stigma and obesity expert she works with several international organizations such as the European Association for the Study of Obesity and the World Health Organization. She coordinated the 2020 Canadian Adult Obesity Management Clinical Practice Guidelines, (<https://obesitycanada.ca/guidelines/>) which used a patient-centred approach and provided recommendations to reduce weight stigma. She is the chair of Bias 180, a non-profit organization with a mandate to address chronic disease stigma.

Rutter, Harry (United Kingdom)

Harry Rutter is professor of global public health at the University of Bath, senior academic adviser to Public Health England, and holds adjunct positions in Norway and Ireland. He was founder director of the English National Obesity Observatory, led the development of the English National Child Measurement Programme, and chaired the NICE group on walking and cycling. His research is focused on effective ways to improve the research, policy and practice responses to complex system problems in public health, with a particular focus on non-communicable diseases.

FACULTY BIOGRAPHIES

Sigurdardóttir, Sólveig (Iceland)

Sólveig Sigurdardóttir is the past president of ECPO (European Coalition for People Living with Obesity), one of the organisation's founders and sits on the board. She is the chairman of SFO - Association of People with Obesity in Iceland. Sólveig has been an advocate for people living with Obesity for over ten years and has worked as a consultant on projects related to Obesity.

Svendsen, Mette (Norway)

Mette Svendsen has been working 25 years giving Nutrition Medical Therapy for people living with obesity as a Registered Dietitian at the Oslo University Hospital, Norway. She is a member of the working group "obesity in the elderly and sarcopenic obesity". Her research interests are in nutrition, eating behavior and meal patterns, especially the sources of dietary protein and optimal intake during medical therapy and fasting. She is the leader of the Norwegian Association for the Study of Obesity and member of the Norwegian Board of Nutrition.

Yumuk, Volkan (Türkiye)

Professor Volkan Demirhan Yumuk graduated from Hacettepe University Medical School in Ankara and completed a residency in internal medicine in 1992.

In 1994 Dr Yumuk completed a research fellowship program at University of Michigan School of Medicine and in 1997 completed the clinical endocrinology fellowship program at the University of Alabama School of Medicine.

He became a full professor of medicine in 2006 and is currently a faculty member in the Division of Endocrinology, Metabolism and Diabetes, Istanbul University Cerrahpasa Medical Faculty. Volkan Yumuk's research area is obesity, with a major clinical interest in prevention and management of obesity and type 2 diabetes. He has published many papers in national and international journals, and authored chapters in books in the field of endocrinology.

Professor Yumuk is a founding member and the current president of the Turkish Association for the Study of Obesity; he has since 2011 been a member of the executive committee of the European Association for the Study of Obesity (EASO) and is currently President. Chair of the 18th European Congress on Obesity in Istanbul in 2011, he has been a SCOPE (Specialist Certification of Obesity Professional Education) Fellow since 2007.

PARTICIPANT BIOGRAPHIES

Alonso, Lucia (Spain)

I am Lucía Alonso, a Clinical Dietitian at the Endocrinology and Nutrition Department of Hospital Clinic Barcelona, Spain. Currently, I am pursuing a PhD in Nutrition, focusing on patient experience and empowerment in obesity care. My work combines evidence-based dietary strategies with a multidisciplinary understanding of obesity as a complex, chronic disease. Through my research and clinical practice, I aim to contribute to more compassionate, stigma-free and personalized care pathways for people living with obesity.

Anderton, Martyn (United Kingdom)

I am Martyn Anderton, I work in public health in Wigan, Greater Manchester, UK as a health improvement practitioner. My role specialises in obesity prevention and food health with a focus on prevention and tackling the root causes of ill health. I am currently completing an MSc in Obesity and Weight Management at the University of Chester and have a particular interest in the ongoing ultra processed food evidence and how local government can influence long term health through food and physical activity.

Aukan, Marthe Isaksen (Norway)

Marthe is a postdoctoral researcher at the Norwegian University of Science and Technology (NTNU). She holds a background in nutrition and clinical health sciences, with obesity and health as her main field of study. Her PhD focused on appetite regulation, eating behavior, and food reward in individuals with obesity following lifestyle intervention or bariatric surgery. She currently leads the PRO-FIT randomized controlled trial on weight loss maintenance through resistance training and a high-protein diet, including a sub-study on gut microbiota and appetite regulation.

Baratli, Nour (Luxembourg)

Nour Baratli is a dietitian and currently a research trainee at the Luxembourg Institute of Health, where she explores the physical health issues related to weight bias and stigma in people living with obesity (PLWO). In her clinical practice, she promotes evidence-based, patient-centered care that enhances quality of life of patients beyond weight loss. She is also Deputy Secretary of the Luxembourgish Association for the Study of Obesity, through which she actively contributes to advancing research, advocacy, and compassionate care for people living with obesity at both national and international levels.

PARTICIPANT BIOGRAPHIES

Brandimonte, Marco (Spain)

Marco Brandimonte-Hernández is a PhD student in Nutrition at the University of Granada (Spain), affiliated with the Department of Biochemistry and Molecular Biology II, Faculty of Pharmacy. His PhD project, funded by ILSI (International Life Science Institute), focuses on identifying early-life risk factors for obesity and cardiometabolic complications in children and adolescents through systematic reviews and meta-analyses. He also collaborates on basic research exploring metabolic mechanisms using cell culture models and animal models. His main research interests include obesity prevention, early developmental origins of health and disease, and the integration of epidemiological and molecular approaches in nutrition research.

Christensen, Jacob With (Denmark)

I am a master's student in Human Physiology at the University of Copenhagen. For my thesis at the Novo Nordisk Foundation Center for Basic Metabolic Research, I am investigating a novel cold-induced metabolite transporter. Our loss of function in vitro model shows increased respiratory capacity which is not the result of increased mitochondrial mass. The regulatory effects of this transporter represent a potential target to modulate energy expenditure and improve the cardiometabolic health of people living with obesity.

Courtney, Aoife (Ireland)

Aoife Courtney is an endocrinology trainee and MD candidate currently completing a fellowship in obesity medicine at the Centre for Obesity Management, St Columcille's Hospital, Dublin, Ireland. Her research focuses on obesity in women, particularly the impact of the menopause transition and treatment responses in women living with obesity. Beyond research, she is actively involved in medical education and in promoting sustainability in healthcare.

D'Aniello, Francesco (Italy)

Francesco d'Aniello is a Research Clinical Fellow in Paediatric Endocrinology at Bambino Gesù Children's Hospital in Rome. He previously worked as a Research Clinical Fellow at the Centre for Endocrinology, Queen Mary University of London, in collaboration with Dr Sasha Howard. He obtained his medical degree from the University of Naples Federico II.

His main research interests include pubertal disorders, adolescent medicine, and obesity. He is particularly interested in exploring the relationship between obesity and hypogonadism, as well as delayed puberty and hypogonadotrophic hypogonadism. He was awarded the ESPE Early Career Scientific Development Grant in 2023.

PARTICIPANT BIOGRAPHIES

Dojčárová, Miriam (Slovakia)

Miriam Dojčárová is a PhD candidate at the Biomedical Research Center of the Slovak Academy of Sciences, Institute of Experimental Endocrinology. Her research focuses on lifestyle interventions in obesity and metabolic health including neurodegeneration, integrating nutrition, exercise physiology, and behavioral science. She is an active member of the EASO-accredited Center of Obesity Management, where she combines clinical nutrition practice with translational research and drives its technological advancement through digitalization and development of online tools. With a background in Public Health and Nutrition, she also contributes to national health programs and educational initiatives promoting sustainable eating and obesity prevention.

Forman, Daisy (United Kingdom)

I am a PhD student at the Sports and Physical Activity Centre (Sheffield Hallam University). My research focuses on a paediatric Tier 3 weight management service delivered by the National Health Service (NHS). Specifically, I am exploring whether (and if so, how) Complications from Excess Weight (CEW) clinics support engagement amongst children, young people and their families from ethnic minority backgrounds.

I am also a registered nurse and a graduate with an MSc in Public Health. My research interests relate to health inequalities and promoting inclusive and accessible healthcare services.

Gianni, Nicoletta (Italy)

I am Nicoletta Gianni, a biologist specializing in Human Nutrition and in Psychobiology of Nutrition and Eating Behavior. I completed my studies in Rome, followed by internships at Villa Miralago (Varese, Italy) and Bolzano Hospital (Italy), where I worked in the areas of pediatric obesity, eating disorders and bariatric surgery. Currently, I work as a researcher at the Bambino Gesù Pediatric Hospital in Rome (Unit of Predictive and Preventive Medicine and the Unit of Endocrinology), focusing on the multidisciplinary management of pediatric overweight and obesity, through intensive treatment programs.

Additionally, I am actively involved in nutrition education projects in schools, promoting health and wellness among younger generations.

Goksoy Solak, Yagmur (Türkiye)

Yağmur Göksoy Solak, MD, is a fellow in Endocrinology and Metabolism at Marmara University, Istanbul, and a PhD student in Genetics at Istanbul University, Institute of Health Sciences. She graduated with honors from Istanbul University, Istanbul Faculty of Medicine in 2013 and completed her residency in Internal Medicine in 2019. Her main research interests are obesity genetics, thyroid cancer genetics, endocrine oncology, and bone metabolism, and she is also involved in projects on metabolic and endocrine diseases. She is keen to combine her clinical and academic training to gain deeper insights into endocrine and metabolic diseases and to contribute, step by step, to the improvement of patient care.

PARTICIPANT BIOGRAPHIES

Hamari, Nouhaila (Netherlands)

I'm a third-year PhD candidate in the department of Human Biology at Maastricht University. My research focuses on the long-term effects of a novel butyrate-containing triglyceride oil on insulin sensitivity and other metabolic health markers in individuals with overweight or obesity who are at higher risk of developing type 2 diabetes. I completed my master's in biomedical sciences at Maastricht University in 2023, specializing in Nutrition, Physical Activity, and Metabolism. Most of my work takes place in a clinical setting, where I use advanced techniques to study energy and metabolism. I'm passionate about understanding how nutrition can help prevent chronic diseases and promote optimal health.

Hesen, Jikka (Netherlands)

Jikke Hesen is a PhD student at the research group Eating Disorders and Obesity at Maastricht University, The Netherlands. In her PhD project, Jikke investigates whether and how individual variation in psychological, biomedical, environmental, behavioral and personal variables relate to an individual's body weight. By comparing and clustering the comprehensive individual profiles of participants varying in body weight, she aims to obtain a better understanding of how certain combinations of variables cause and maintain overweight. Moreover, she investigates how these comprehensive profiles translate to (un) healthy behavior in daily life. By means of this research project, she hopes to contribute to the development of personalized treatment for obesity and overweight.

Horner, David (Denmark)

David Horner is a BRIDGE Postdoctoral Fellow at the University of Copenhagen, based at the Department of Biomedical Sciences and the Novo Nordisk Foundation Center for Basic Metabolic Research. His research focuses on early metabolic determinants of childhood obesity, using multi-omics profiling to identify endotypes that predict long-term cardiometabolic risk. With a background in clinical paediatrics and data-driven health science, he collaborates closely with the COPSAC birth cohort to link early-life metabolism with later disease. David has published in *Nature Metabolism*, *PLoS Medicine*, and the *Journal of the American Heart Association*, and aims to translate precision proteomics and metabolomics into tools for early prevention and targeted intervention in child health.

PARTICIPANT BIOGRAPHIES

Kalinkova, Mariya (Bulgaria)

My name is Mariya Kalinkova, and I am an endocrinologist and metabolic specialist, practising in Sofia city and Gotche Delchev town Bulgaria. I graduated from the Medical University of Sofia in 2015 and completed my specialization in Endocrinology and Metabolic Diseases at Acibadem City Clinic Tokuda Hospital, Sofia. I currently practice at the hospital's First Internal Clinic and Outpatient Center and serves as an Assistant in Internal Medicine and Endocrinology at Sofia University. My professional interests include thyroid disorders, diabetes, adrenal and gonadal diseases, and obesity management. I am actively involved in research on the pharmacogenetics of diabetes and obesity as part of her PhD work, focusing on gene variants influencing therapeutic response to metformin and GLP-1 receptor agonists as well as surgical treatment of obesity. She is a National Clinical Fellow at the European Association for the Study of Obesity (EASO) and a member of several professional societies, participating regularly in international congresses and scientific forums. I am an author and co-author of two scientific books in the field of endocrinology and metabolic diseases.

Kaloudi, Panagiota (Greece)

Panagiota Kaloudi is a Registered Dietitian-Nutritionist and PhD candidate at the Agricultural University of Athens. She holds an MSc in Diabetes and Obesity from the National and Kapodistrian University of Athens and a BSc in Nutrition and Dietetics from Harokopio University. She is a Research Associate at the Cardiovascular Prevention and Research Unit, Department of Medicine, National and Kapodistrian University of Athens and participates in the National Action Against Childhood Obesity in partnership with UNICEF and the Ministry of Health. Her research interests focus on obesity, cardiovascular risk, and dietary behavior.

Karlsson, Ida (Germany)

I am a postdoctoral researcher at the department of Global Public Health at Karolinska Institutet in Sweden with a clinical background as a registered nurse. My current research focuses on implementing a coherent model of family support for parents to children 6-12 years affected by overweight or obesity. The aim is to support the prevention and treatment of childhood obesity by providing universal and targeted support. My research has been mainly on intervention and implementation research with a focus on public health and I have a passion for translating research to practice.

PARTICIPANT BIOGRAPHIES

Krupka, Sontje (Denmark)

Sontje Krupka is a doctoral researcher at Helmholtz Munich HI-MAG and the University of Leipzig. Her research centres on adipose tissue biology, combining murine models, human samples, and omics technologies to bridge molecular mechanisms with clinical observations. In previous projects, she studied environmental influences on metabolism, including the effects of plasticizers and COVID-19 infection on adipose tissue. Her current work focuses on how genetic variation shapes adipose tissue function and contributes to inter-individual differences in metabolic outcomes. She is actively involved in the organisation and modernisation of the Leipzig Obesity BioBank and is passionate about fostering collaboration between basic and clinical research.

Kunzová, Monika (Czech Republic)

Monika Kunzová is a lecturer and researcher at the Faculty of Medicine, Masaryk University, and affiliated with the International Clinical Research Center at St. Anne's University Hospital in Brno. She teaches clinical nutrition, nutritional epidemiology, and evidence-based approaches to obesity and metabolic disease management at undergraduate and postgraduate levels. Her research interests focus on obesity, metabolic health, and underdiagnosed fat disorders, especially lipedema. She also has experience with the Czech adaptation of an international diabetes prevention programme and applies motivational interviewing techniques in both teaching and clinical contexts. Monika is dedicated to reducing stigma, supporting patient-centered care, and integrating current research into education and practice.

Larik, Gillian (Netherlands)

I am a PhD-candidate finishing up my thesis at the Department of Human Biology at Maastricht University, the Netherlands. My research focuses on the interplay between the gut microbiota and metabolic health. I conducted a clinical trial on personalized fiber mixtures in individuals with overweight and obesity and contributed to the development and validation of a novel real-time method to measure gut microbial activity in humans.

Lengton, Robin (Netherlands)

I am a PhD candidate at Erasmus University Medical Center in Rotterdam, The Netherlands. My research focuses on the role of stress biology, particularly glucocorticoid receptor sensitivity and cortisol regulation, in the development of obesity and cardiometabolic diseases. With a background in Biopharmaceutical and Biomedical Sciences, I integrate molecular assays, stress physiology, and large cohort analyses to investigate how individual differences in glucocorticoid action contribute to metabolic risk. I am passionate about translating biological insights into personalized prevention and treatment strategies for obesity and related disorders.

PARTICIPANT BIOGRAPHIES

Lim, Jia Jiet (United Kingdom)

Dr Jia Jiet Lim is a Postdoctoral Research Fellow at the University of Leeds, UK. With expertise in postprandial dietary interventions and longer-term weight loss trials, his work focuses on energy metabolism, appetite-regulating hormones, and metabolic health. Currently, he works on the EMBED Weight Loss Study (Examining the Mechanisms that Underlie the Biological Drive to Eat in Humans). He aims to understand the role of endogenous gut hormones (e.g., GLP-1, PYY, ghrelin) in appetite regulation, with the goal of providing clearer guidance on interpreting gut hormone responses as meaningful indicators of appetite.

Martins, Raquel (Portugal)

Raquel Martins is a PhD student in Nutrition at the Lisbon School of Medicine, University of Lisbon. Her doctoral research aims to evaluate the effectiveness of a school-based intervention using gamification and storytelling techniques to promote fruit and vegetable consumption among children. She holds a bachelor's degree in Nutrition and Dietetics and a master's in Metabolic Diseases and Eating Behavior. Since 2019, Raquel has worked as a nutritionist and a researcher at the Environmental Health Institute of Lisbon School of Medicine, collaborating on several projects focused on public and environmental health, nutrition education, behavioral interventions, and health literacy.

Mellotte, Jessica (Ireland)

I am a Clinical Specialist Dietitian at a Level 3/4 Centre for Obesity Management in Dublin, Ireland, specialising in the medical and surgical treatment of obesity. I hold an MSc in Obesity, with a strong academic foundation in chronic disease management, behaviour change, and long-term obesity care. My clinical work focuses on advanced dietary interventions, pharmacotherapy support, and perioperative bariatric care within a multidisciplinary team. I actively contribute to service development, pathway implementation, and professional education, ensuring the integration of evidence-based practice into routine care. My professional interests centre on evolving models of chronic disease management, sustainable obesity treatment strategies, and improving health equity for people living with obesity.

Monpellier, Valerie (Netherlands)

I am a medical doctor and epidemiologist and have been working in the field of obesity since 2013. I am working at the Nederlandse Obesitas Kliniek (Dutch obesity clinic) as a research coordinator. My research spans a wide range of topics, from muscle mass loss to the role of genetic variants in obesity. I have also co-founded an initiative focused on standardizing quality of life measurement in obesity treatment (S.Q.O.T. initiative).

PARTICIPANT BIOGRAPHIES

Nguyen, Thi Hoang Ha (Netherlands)

Ha is a PhD student at Amsterdam UMC and Vrije Universiteit Amsterdam in the Netherlands. Trained as a preventive medicine doctor, she has further developed her expertise in epidemiology. Her PhD research focuses on examining how the built environment, measured using geospatial data, influences obesity-related behaviours and outcomes, drawing on data from multiple national cohorts. Her work is part of the OBCT consortium (Obesity: Biological, socioCultural, and environmental risk Trajectories). Through her research, she aims to generate evidence that supports the creation of healthier living environments for all.

Pereira, Mariana (Portugal)

I hold a BSc degree in Biology and a MSc in Cell and Molecular Biology. My work focuses on the field of Biology, particularly in Endocrinology, Metabolism, and Genetics. Currently, I am a PhD student at the Biomedical Sciences doctoral program at the School of Medicine and Biomedical Sciences of University of Porto. My project, titled “Exploring the molecular signatures associated with weight loss after bariatric surgery”, aims to enhance our understanding of the reasons for suboptimal weight loss after bariatric surgery, through the assessment of genomic, proteomic, and inflammatory signatures in the pre- and post-operative periods.

Pirga, Iulia Alexandra (Romania)

I am an Endocrinologist and PhD Candidate based in Craiova, Romania. I am particularly interested in how reproductive determinants and hormonal factors intersect with metabolic health and cardiovascular function across a woman’s life course. By focusing on obesity, a highly prevalent, modifiable condition, I hope to contribute to the development of evidence-based interventions that target risk at an early stage, before irreversible cardiovascular complications occur.

Rohmann, Nathalie (Germany)

Nathalie holds a PhD in Nutritional Sciences and works as a clinician scientist in obesity research at the University Medical Center Schleswig-Holstein in Kiel, Germany. Her research focuses on long-term trajectories in people living with severe obesity, combining clinical data with real-world implementation. She coordinates a prospective obesity cohort and is involved in pharmacological trials in metabolic care. Her broader interests include sustainable treatment structures, predictors of weight loss, and stigma-free care models. Nathalie also currently serves as the Early Career Representative of the German Obesity Society.

PARTICIPANT BIOGRAPHIES

Scopini, Edoardo (Italy)

I am Edoardo Scopini, a Ph.D. fellow at Marche Polytechnic University in Italy, working on obesity and energy balance regulation in mammals. My current research focuses on evaluating circulating factors, in particular their impact on basal metabolism, fat accumulation, hunger, and satiety through their coordinated action on both brain regions and peripheral organs. From a translational perspective, the aim of the research is to find a potential therapeutic agent to counteract some adverse effects of obesity and related metabolic disorders. Beyond science, I am motivated by the opportunity to make a tangible impact on people's lives and proud to contribute to the global effort to combat obesity and its correlated metabolic disorders.

Searle, Anastasia (United Kingdom)

I am a second year PhD researcher studying social identity and behaviour change in people living with obesity treated with GLP-1 RAs. With a background in psychology, I am passionate about understanding the myriad factors that drive behaviour. By elucidating lived experience, and recognising how social constructionism shapes one's experience, I feel it is possible to draw from this knowledge to inform best practices for behavioural support in tandem with pharmacological treatment.

Sosnowska, Maja (Poland)

Maja Sosnowska is a clinical dietitian and lecturer at the Medical University of Warsaw, working at the Department of Diabetology and Internal Medicine at University Hospital. She provides nutritional care for patients with obesity and diabetes, integrating diet therapy with pharmacological treatment. Her work combines clinical practice, academic teaching, and research in obesity management and diabetes care. Her main interests include GLP-1-based therapy, nutritional behaviour, and patient education. She is currently developing a PhD project on the impact of pharmacological obesity treatment on diet quality and nutritional status.

Valente, Berta (Portugal)

I am a Registered Dietitian and a PhD candidate in Public Health at the Faculty of Medicine, University of Porto, Portugal. My research focuses on socioeconomic inequalities in obesity, examining how social, economic, and contextual factors shape obesity across Porto, Portugal, and Europe. I am guided by a vision of equitable and inclusive public health that reduces social inequalities and promotes population well-being. I work with nationally representative data from health surveys as well as longitudinal data from population-based cohorts. My research is conducted in collaboration with the Institute of Public Health of the University of Porto, the Health Economics Unit of Lund University (Sweden), and the NNEdPro Global Institute for Food, Nutrition and Health (UK).

PARTICIPANT BIOGRAPHIES

van der Vaart, Jamie (Netherlands)

I am a PhD candidate in the group of Patrick Rensen at Leiden University Medical Center (The Netherlands), with a background in biomedical sciences. My research focuses on lipid metabolism in the context of obesity and cardiovascular disease. I am especially interested in how we can stimulate energy expenditure and improve lipid handling to reduce obesity and the related cardiometabolic risk. Currently, I am studying how glucagon and related pathways influence lipid flux and energy balance, with the aim of identifying new therapeutic strategies against obesity.

van Laar, Amar (Belgium)

As a health scientist and molecular nutrition scientist by education, I have performed various kinds of research on obesity and metabolic diseases, often in relationship to food. I currently work as a postdoctoral researcher at KU Leuven combining research on the impact of obesity in people living with type 1 diabetes (as part of the international SOPHIA project) with the development of tools to support obesity care. During my PhD, I studied the metabolic health effects of rare sugars to assess their potential as sugar replacers. To further increase the impact of my work and expertise, I combine my professional activities as researcher with activities within a political council and in the board of directors of a thinktank.

Vuorela, Laura (Finland)

Laura Vuorela, a recent MD graduate from the University of Helsinki, is dedicated to integrating academic research with clinical practice. She is currently pursuing her PhD within the Obesity Research Unit, led by Professor Kirsi Pietiläinen. Her PhD project focuses on understanding the determinants of long-term weight loss success after bariatric surgery through a multidisciplinary approach, with particular interest in eating behavior, mental well-being, body image, and metabolic health. Alongside her research, she works as a physician in primary care, which has strengthened her patient-centered perspective on obesity care.

Wang, Yue (United Kingdom)

Yue Wang is a PhD student in the School of Psychology at the University of Leeds. Before starting her PhD, she worked as a mental health educator in a university counselling centre. Her research focuses on weight stigma, obesity, and disordered eating behaviours among adolescents and young adults, with a particular interest in how different experiences of weight stigma influence mental health and disordered eating across cultures.

Yumuk, Can Volkan (Türkiye)

I am a master's student in bioinformatics at Acıbadem University in Istanbul, Türkiye. My research focuses on identifying connections between the gut microbiome and lifestyle changes in patients with obesity. I aim to pursue a PhD degree, investigating further relationships between obesity and microbiome.

REFLECTION SHEET

Turn the “light-bulb” moments from this meeting into meaningful actions that will improve your research and practice and benefit your patients.

What inspired me (Could be a sentence idea, project or person)	What did this mean to me?	How can I act on this in my work or research?

REFLECTION SHEET

Most inspirational speakers at the meeting

Things to follow up on

(People/projects/organisations/books/articles to find out more about)

Keep in touch with:

(Email addresses/Twitter handles of people you met)

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European Association for the Study of Obesity



**ABSTRACT
SUBMISSION
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