



EASO ECN MASTERCLASS 2026
DECEMBER 7-9 in Zagreb, Croatia
"HOT TOPICS IN OBESITY"

Day 1 – Monday 7 December	
Session 1: People First	
13:00-13:15	Welcome and setting the scene
13:15-13:45	Interactive icebreaker
13:45-14:10	Patient story on living with obesity
14:10-15:00	Delegate Posters 1
15:00-15:30	Coffee break
Session 2: From Individuals to Systems	
15:30-16:15	Weight Bias, Stigma, and Person-First Language
16:15-17:00	Commercial, Built, and Digital Determinants of Health
17:00-17:15	Delegates share take home messages/actions of day 1
17:15-18:00	Delegate Posters 2
19:30-21:30	Welcome dinner and networking

Day 2 – Tuesday 8 December	
Session 3: Understanding the Biology of Obesity	
09:00-09:25	Adipose Tissue Dysfunction in Obesity: a Driver for Cardiometabolic Complications
09:25-9:50	Genetics of Obesity & Brain Control of Food Intake
09:50-10:15	Gut Microbiome and Obesity
10:15-11:00	Delegate Posters 3
11:00-11:30	Coffee break
Session 4: Obesity Care Across the Lifecourse	
11:30-12:00	Adult Obesity Management: Best-Practices & Country Realities
12:00-12:30	Paediatric Obesity Management: Best-Practices & Country Realities
12:30-13:00	Sarcopenic Obesity: Risks, Diagnosis & Treatment
13:00-14:30	Lunch and networking
Session 5: Building Your Career and Collaborations	
14:30-15:15	Panel discussion: Future Horizons of Obesity Across Disciplines
15:15-16:00	Designing Your Collaborative Career Journey
16:00-16:30	Coffee break
16:30-17:00	Career Progression Outside of Academia
17:00-17:15	Delegates share take home messages/actions of day 2
17:15-18:00	Delegate Posters 4
19:30-21:30	Dinner and networking

Day 3 – Wednesday 9 December	
Session 6: The Evolving Landscape of Obesity Research and Care	
09:00-09:30	New Developments in Pharmacotherapy
09:30-10:00	Lifestyle in the Era of Precision Obesity Care
10:00-10:30	Physiology and Obesity During the Woman's Lifespan
10:30-11:00	Co-creation in Obesity Research
11:00-11:30	Coffee break
Session 7: From Evidence to Impact	
11:30-12:00	Translating Evidence into Policy
12:00-12:45	Science Communication across Audiences
12:45-13:00	Delegates share take home messages/actions of day 3
13:00-13:15	ECN masterclass reflections and close
13:15-14:30	Lunch