



ECO2021 ONLINE PROGRAMME: BASIC SCIENCE - 10 MAY 2021, MONDAY

10:10-11:00

ROOM 1

ECO2021 Welcome & Plenary with Meet the Expert Q&A
Central regulation of metabolism

11:00-11:30

MOVEMENT BREAK, COFFEE AND TOPIC FORUM DISCUSSIONS

11:30-12:30

ROOM 1

Topic Session
Central regulation of metabolism

ROOM 2

Topic Session
Obesity & Cancer

ROOM 3

Accepted Symposium:
Different approaches towards personalised
nutrition – status quo and future directions

ROOM 4

EASO Workshop
Killing statistical zombies (for good)

14:00-15:00

ROOM 1

Abstract Discussion Session:
Integrative Pphysiology I

ROOM 2

Abstract Discussion Session:
Adipose Tissue Biology

ROOM 3

Topic Session:
Communicating Science Workshop

ROOM 4

Funding opportunities from European
Research Council (ERC) in Horizon Europe

15:00-16:00

ROOM 1

Abstract Discussion Session: Integrative
Physiology II

ROOM 2

Topic Session
Inter-organ communication /
Integrative physiology

ROOM 3

Topic Session
Adipose tissue biology

ROOM 4

Topic Session
Obesity Canada Distinguished Lecturer
Award Presentation & COS/ECO Weight
Bias Panel

16:00-16:45

ROOM 1

Plenary with Meet the Expert Q&A
New insights into adipose tissue



ECO2021 ONLINE PROGRAMME: CHILDHOOD AND ADOLESCENT OBESITY - 11 MAY 2021, TUESDAY

09:15-10:00

ROOM 1

Plenary with Meet the Expert Q&A: Obesity and Pregnancy

10:00-11:00

ROOM 1

Topic Session:
Physical Fitness and Physical Activity

ROOM 2

Topic Session:
Mental Health

ROOM 3

Joint Session:
with WHO/Europe: Childhood obesity &
launch Childhood Obesity Surveillance
Initiative Report Round 4

ROOM 4

ECPO Session:
How can we face Weight Stigma?

11:00-11:30

MOVEMENT BREAK, COFFEE AND TOPIC FORUM DISCUSSIONS

11:30-12:30

ROOM 1

Topic Session:
Successful Interventions for Obesity
Prevention and Treatment in Children and
Adolescents

ROOM 2

Topic Session:
Child Nutrition and Health

ROOM 3

Workshop:
Storytelling for Policymakers

ROOM 4

EASO COTF Teaching Workshop:
Session I

12:30-14:00

ROOM 1

Industry Session 1

ROOM 2

12:30-13:30
Industry Session 2

14:00-15:00

ROOM 1

Abstract Discussion Session:
Early Life Risk Factors

ROOM 2

Abstract Discussion Session:
Management and Intervention

ROOM 3

EASO COTF Teaching Workshop:
Session II

ROOM 4

Accepted Symposium:
Beyond Body Mass Index: positioning body
composition in the nutrition assessment
menu

15:00-16:00

ROOM 1

Abstract Discussion Session:
Nutrition/Dietary Patterns

ROOM 2

Abstract Discussion Session:
Life Course Approaches

ROOM 3

**Joint Session with COS and WHO
European Office :** Reducing the impact of
digital marketing of foods to children and
adolescents

ROOM 4

Joint EASO COTF/ECOG session:
GLP-1 treatment of adolescents with
obesity

16:00-16:45

ROOM 1

Plenary with Meet the Expert Q&A:
COVID19: Impacts on Child and Adolescent
Health and Lifestyle

16.00 - 17.00

ROOM 2

ECPO Session:
Why 'People First' Language?



ECO2021 ONLINE PROGRAMME: BEHAVIOURAL AND PUBLIC HEALTH - 12 MAY 2021, WEDNESDAY

09:15-10:00

ROOM 1

Plenary with Meet the Expert Q&A
Reassessing prevention: From children to the elderly

10:00-11:00

ROOM 1

Topic Session:
Obesity and COVID19: underlying mechanisms and clinical implications

ROOM 2

Accepted Symposium:
The EU PROTEIN Project

ROOM 3

Joint Session with WHO European Office for Prevention and Control of Noncommunicable Diseases:
Sustainable and healthy diets

ROOM 4

EASO PHTF Session:
Barriers to Health in Europe - Perceptions and Reality

11:00-11:30

MOVEMENT BREAK, COFFEE AND TOPIC FORUM DISCUSSIONS

11:30-12:30

ROOM 1

Topic Session:
Apps: what are they good for?

ROOM 2

Topic Session:
Modelling obesity scenarios at regional, national and European levels

ROOM 3

Accepted Symposium
The impact of COVID-19 measures on lifestyle and weight: towards positive solutions

ROOM 4

EASO PHTF Session:
Barriers to Health in Europe: Policy Solutions and Recommendations

12:30-14:00

ROOM 2

Industry Session 3

14:00-15:00

ROOM 1

Abstract Discussion Session:
Behaviour Change

ROOM 2

Abstract Discussion Session:
Epidemiology

ROOM 3

Research agenda: what's missing?

15:00-16:00

ROOM 1

Abstract Discussion Session:
Nutrition

ROOM 2

Accepted Symposium:
COllaboration in health economic modelling of OverWEight and oBesity: An invitation to the Cobweb network

ROOM 3

Topic Session:
Mental health and obesity stigma

ROOM 4

Abstract Discussion Session:
COVID-19

16:00-16:45

ROOM 1

Plenary with Meet the Expert Q&A
Discussion:
Sustainability, food systems and climate change

16:00-17:00

ROOM 2

ECPO Session:
The importance of the patient voice in advocacy.

16:45-18:15

ROOM 1

Industry Session 4



ECO2021 ONLINE PROGRAMME: MANAGEMENT AND INTERVENTION - 13 MAY 2021, THURSDAY

09:15-10:00

ROOM 1

Plenary with Meet the Expert Q&A:
Lipodistrophy / Sarcopenic obesity

10:00-11:00

ROOM 1

Topic Session:
Drug treatment of obesity in adults

ROOM 2

EASO NWG Session:
Medical Nutrition Therapy
Recommendations

ROOM 3

EASO OMTF Session:
Sleep, Health and Obesity

ROOM 4

ECPO Session:
Role Play in the clinical setting with ECPO

11:00-11:30

MOVEMENT BREAK, COFFEE AND TOPIC FORUM DISCUSSIONS

11:30-12:30

ROOM 1

Topic Session:
Personalized treatment of obesity

ROOM 2

Topic Session:
Weight-reduced markers, to prevent weight
regain

ROOM 3

Accepted Symposium
Understanding Sarcopenic Obesity: The
Ignored Phenotype?

ROOM 4

EASO OMTF Session:
The diagnosis and management of post-
bariatric hypoglycaemia

12:30-14:00

ROOM 2

Industry Session 5

ROOM 3

Industry Session 6

ROOM 4

Industry Session 7

14:00-15:00

ROOM 1

Abstract Discussion Session:
Novel Anti-Obesity Medications

ROOM 2

Abstract Discussion Session:
Behavioural and Lifestyle Interventions

ROOM 3

EASO OMTF Workshop:
Exercise in the management
of obesity in adults

ROOM 4

Abstract Discussion Session:
Bariatric Surgery

15:00-16:00

ROOM 1

The ABCD of Obesity: a Joint Session with
AACE and EASO

ROOM 2

Joint Session with EASO and the WHO
European Office for Prevention and
Control of Noncommunicable Diseases on
Brief Interventions in Primary Healthcare
settings for integrated NCD risk factors

ROOM 3

Topic Session:
Special dieting

ROOM 4

Abstract Discussion Session:
Obesity Complications – COVID-19

16:00-16:45

ROOM 1

Plenary with Meet the Expert Q&A:
Predimed studies

16:45-17:00

ROOM 1

Closing Remarks