

Nordic Obesity Meeting

September 17-18, 2009

Soria Moria congress centre • Oslo, Norway



*NOM 2009 sports a scientific and social dish
assured to appease any ardent
adiposity academic's appetite*

Norwegian Association for the Study of Obesity

www.nfff.no

Aims and scope

Nordic Obesity Meeting 2009 aims to improve the way health professionals tackle obesity, which is a major health challenge of our time. We welcome physicians, dieticians, exercise physiologists, psychologists, research fellows and scientists. The scientific programme entails the epidemiology, prevention, physiology and management of obesity.

Congress organiser

Kongresspartner • www.kongresspartner.no • Tel. +4792242756

Registration & abstract submission

Cost is 4825 NOK before June 10, 2009 (later: 5450 NOK) and includes congress fee (students: 40% discount), abstract fee, 1 dinner, 2 lunches, and single room hotel stay at the congress venue (see www.soriamoria.no). For more detailed prices and online registration, see www.kongresspartner.no. Registration can also be done by sending an email to christin@kongresspartner.no.

Submit abstracts within June 12 to christin@kongresspartner.no.

Accepted abstracts will be printed in *Obesity Facts*. English will be the official language at NOM 2009.

Congress committee

J Hjelmæsæth (congress chair)

ET Aasheim

J Aaseth (president NASO)

M Pollestad Kolsgaard

S Tonstad (scientific advisor)

M Svendsen

Programme

Thursday 17th September

11.30–12.30 Registration and exhibition visits

12.30–13.30 Lunch

13.30–14.00 Congress opening

Jan Aaseth • Wolfgang Plagge

14.00–15.00

Obesity and type 2 diabetes in Norway:
new data from the HUNT study

Jostein Holmen

Societal aspects

Prevention of obesity

Berit Heitmann

15.00–15.30

Exhibition visits

15.30–16.30

Increasing physical activity in a population
perspective. Can it be done?

Mikael Fogelholm

Gene-environment interactions

Kirsi Pietiläinen

16.30–17.00

Exhibition visits and fruity refreshments

17.00–19.00

**Original
contributions**

Track 1 Epidemiology and prevention

Track 2 From genes to personality

Track 3 Lifestyle and surgery

20.00–

Dinner

Friday 18th September

07.00–08.00	Nordic Walking	Ingrid Kristiansen
08.00–09.00	Breakfast	
09.00–10.00	Appetite regulation and drug targets	
Appetite: theory and practice		Aila Rissanen
	Benefits of 5% weight reduction	
		Jaana Lindström
10.00–10.30	Exhibition visits	
10.30–11.30	Diets in obesity management	
		Thomas Larsen
	Integrated treatment of obesity and other cardiovascular risk factors	
		Serena Tonstad
11.30–12.00	Exhibition visits and refreshments	
12.00–13.00	Surgical treatment of diabetes	
Obesity surgery		Erik Näslund
	Obesity surgery in adolescents	
		Torsten Olbers
13.00–14.15	Lunch and hotel check out	
14.15–15.00	Obesity surgery in Nordic countries	
		Torgeir Søvik
	Panel discussion	
		Rune Sandbu
15.00–15.15	Abstract awards & congress closing	