

Cardiometabolic Health in a Changing Climate

Understanding Risks, Advancing Research, Shaping Solutions

Date: 3 November, 2026
Venue: DGI Byen, Tietgensgade 65, 1704 København V
Course Leaders: Torben Sigsgaard, Christian Aalkjær and Pernille Højvang Nielsen

PROGRAMME

Welcome

09:00 - 09:15 Registration and coffee

09:15 - 09:25 **Welcome and introduction to the event**
Professor Christian Aalkjær, Danish Cardiovascular Academy

Session 1: Climate changes - setting the stage

Chair: NN

09:25 - 09:55 **Facts on climate - what can we expect in the near future in Northern Europe?**
Professor Peter L. Langen, iClimate Director, Aarhus University - A live interview by Simon Byrial Fischel

09:55 - 10:10 Questions and discussion

10:10 - 10:40 **Tracking progress on cardio-vascular-health and climate change globally**
Professor Torben Sigsgaard, Aarhus University

10:40 - 11:00 Break

Session 2: Climate changes and cardiovascular disease

Chair: NN

11:00 - 11:30 **Weather conditions and cardiovascular risk factors**
Affiliate Professor Christina Ellervik, Zealand University Hospital, University of Copenhagen

11:30 - 12:00 **The synergy between climate, air pollution and cardiovascular events. Status and what to expect**
Professor Torben Sigsgaard, Aarhus University

12:00 - 12:30 **(Video Lecture) Heat as an environmental risk factor on cardiovascular disease/ cardio-metabolic disease—mechanistic insights**
Professor Thomas Münzel, Johannes Gutenberg-Universität Mainz

Session 3: Pollution and cardiovascular disease

Chair: NN

12:30 - 13:15 Lunch

13:15 - 13:45 **The Urban Environment and Cardiometabolic Health - the example of Pollen and Blood Pressure**
Professor Marloes Eeftens, Swiss TPH Basel

13:45 - 14:05 **Association Between the Incidence of Hospitalizations for Acute Cardiovascular Events, Weather, and Air Pollution**
Associate Professor Julie Vishram-Nielsen, Holbæk Hospital & University of Copenhagen

Session 4: Climate changes and cardiovascular disease in the clinical practice

Chair: NN

14:05 - 14:45 **Discussion: Climate and Cardiometabolic risk scores**
Postdoc. Ásthildur Árnadóttir, University of Copenhagen

14:45 - 15:05 Break

Session 5: How can we make a difference?

Chair: NN

15:05 - 15:45 **Workshop: How can we incorporate knowledge on the correlation between climate changes and cardiovascular disease in the clinical practice and in future research projects? Who should be involved in this? How can I make a difference in this area?**

15:45 - 15:50 **Wrap up and thank you for coming**
Professor Christian Aalkjær, Danish Cardiovascular Academy &
Professor Torben Sigsgaard, Aarhus University