





Steno Diabetes Center Copenhagen

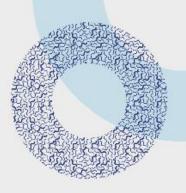
Programme

Obesity & Cardiovascular Disease Across a Lifetime

15 – 16 January 2026

Steno Diabetes Center Copenhagen, Borgmester Ib Juuls Vej 83, 2730, Herlev, Denmark

Session overview



Day 1 Thursday, 15 January

Session I Childhood Origins of Cardiometabolic Disease – Early Drivers, Mechanisms

& Prevention Challenges

Session II Critical Turning Points in Adulthood – From Risk to Resilience in

Cardiometabolic Health

Day 2 Friday, 16 January

Session III Complex Ageing – Multi-Morbidity, Polypharmacy & Evolving

Cardiometabolic Risk

Programme Thursday 15 January

08:45-09:45	Registration, light breakfast and networking
09:45-10:00	Welcome by SDCC, DCA and DDEA
Session I	Childhood Origins of Cardiometabolic Disease – Early Drivers, Mechanisms & Prevention Challenges
	Chair: Associate Professor Ulla Kampmann , • Steno Diabetes Center Aarhus (DK) and DCA/DDEA funded Postdoc
10:00-10:10	Obesity in childhood – the stark clinical reality
	Pediatrician Julie Kloppenborg , Steno Diabetes Center Copenhagen (DK)
10:10-10:15	Questions & answers
10:15-10:35	Rising tides - A wave of obesity and metabolic diseases in young people
	Associate Professor Jennifer Lyn Baker , Bispebjerg and Frederiksberg Hospital (DK)
10:35-10:40	Questions & answers
40-40-44-00	
10:40-11:00	Ultra-processed foods and risk of obesity and cardiovascular disease causation or association?
	Associate Professor Daniel Borch Ibsen , Steno Diabetes Center Aarhus & Aarhus University (DK)
11:00-11:05	Questions & answers
11:05-11:30	Break
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11:30-11:50	New perspectives on ectopic fat and cardiovascular disease – known and unknowns
	TBD
11:50-11:55	Questions & answers
11:55-12:15	Panel perspectives: Targeting childhood obesity – benefits and challenges
12:15-12:30	Short oral presentations including Q&A
	Two early career researchers
12:30-14:00	Lunch Walk and talk at SDCC
Session II	Critical Turning Points in Adulthood – From Risk to
3e331011 II	Resilience in Cardiometabolic Health
	Chair: Professor Tina Vilsbøll , Steno Diabetes Center Copenhagen (DK) and DCA/DDEA funded postdoc
14:00-14:20	Gestational Diabetes – a window of opportunity to prevent cardiometabolic disease
14:00-14:20	
14:00-14:20 14:20-14:25	cardiometabolic disease Professor Claire Meek, University Hospitals Leicester &
	cardiometabolic disease Professor Claire Meek, University Hospitals Leicester & University of Leicester (UK)
14:20-14:25	cardiometabolic disease Professor Claire Meek, University Hospitals Leicester & University of Leicester (UK) Questions & answers Sleep disturbances and cardiometabolic health – time to wake
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14:20-14:25 14:25-14:45	cardiometabolic disease Professor Claire Meek, University Hospitals Leicester & University of Leicester (UK) Questions & answers Sleep disturbances and cardiometabolic health – time to wake up? Chief physician Rune Asger Vestergaard Frandsen, Rigshospitalet (DK)
14:20-14:25 14:25-14:45 14:45-14:50	Professor Claire Meek, University Hospitals Leicester & University of Leicester (UK) Questions & answers Sleep disturbances and cardiometabolic health – time to wake up? Chief physician Rune Asger Vestergaard Frandsen, Rigshospitalet (DK) Questions & answers

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15:30-15:50	The obesity paradox in heart failure is no more
	Professor Mark Petrie, University of Glasgow (UK)
15:50-15:55	Questions & answers
16:20-16:40	GLP-1-based therapies – a paradigm shift in the prevention and treatment of cardiometabolic diseases
	Professor Naveed Sattar, University of Glasgow (UK)
16:40-16:45	Questions & answers
16:45-17:05	Panel discussion: How will the era of obesity therapies change the future of cardiology?
17:05-17:20	Closing remarks
17:45	Bus departure from SDCC to Dinner
TBD	Networking dinner



Programme Friday 16 January

09:00-09:30	Arrival and light breakfast
Session III	Complex Ageing – Multi-Morbidity, Polypharmacy & Evolving Cardiometabolic Risk
	Chair: Professor Naveed Sattar , University of Glascow (UK) and DCA/DDEA funded postdoc
09:30-09:40	Welcome back and opening remarks by SDCC, DCA and DDEA
09:40-10:00	Sex-specific considerations in coronary artery disease: diagnosis and treatment
	Clinical Professor Eva Prescott , Bispebjerg and Frederiksberg Hospital (DK)
10:00-10:05	Questions & answers
10:05-10:25	Pragmatic trials in cardiometabolic disease – think big and bold
	Professor Tor Biering-Sørensen , Herlev and Gentofte Hospital & University of Copenhagen (DK)
10:25-10:30	Questions & answers
10:30-10:45	Short oral presentation including Q&A
	Two early career researchers
10:45-11:15	Break with snacks
11:15-11:35	Confronting the inequalities and ethnic disparities in cardiometabolic health
	Professor Kamlesh Khunti, University of Leicester (UK)



11:35-11:40	Questions & answers
11:40-12:00	Obesity and atrial fibrillation – the next frontier
	Cardiology fellow Søren Diederichsen , Rigshospitalet (DK)
12:00-12:05	Questions & answers
12:05-12:25	Real-world (over?)use of medication in older adults – when to stop?
	Professor Anton Pottegaard , University of Southern Denmark (DK)
12:25-12:30	Questions & answers
12:30-13:45	Lunch break – walk and talk at SDCC
13:45-14:00	Short oral presentations Two early career researchers
14:00-14:45	The Grand Finale: Ancestral genomics and the evolutionary origins of cardiometabolic diseases
	TBD
14:45-15:00	Questions & answers
15:00-15:10	Wrap-up and closing remarks



Organising Committee Scientific Programme

Andreas Andersen, Postdoc, Steno Diabetes Center Copenhagen (DK)

Christine Rode Schwarz, Postdoc, Steno Diabetes Center Copenhagen (DK)

Emilie Bahne, PhD student, Steno Diabetes Center Copenhagen (DK)

Esben Søndergaard, Professor, University of Aarhus (DK)

Naveed Sattar, Professor, University of Glasgow (UK)

Tina Vilsbøll, Professor, Steno Diabetes Center Copenhagen (DK)

