



Danish Diabetes and Endocrine Academy
Danish Cardiovascular Academy



**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

Session I

Thursday, 15 January

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

Session III

Friday, 16 January

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

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

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 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

Professor **Claire Meek**, University Hospitals Leicester & University of Leicester (UK)

14:20-14:25 Questions & answers

14:25-14:45 Sleep disturbances and cardiometabolic health – time to wake up?

Chief physician **Rune Asger Vestergaard Frandsen**, Rigshospitalet (DK)

14:45-14:50 Questions & answers

14:50-15:05 Short oral presentation including Q&A
Two early career researchers

15:05-15:30 Break with snacks



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 Glasgow (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)