

# PREVENTION MODELS OF OBESITY AND CARDIOVASCULAR DISEASES

NOVEMBER 11-12, 2016  
VIENNA, AUSTRIA

“ **OBESITY AND CARDIOVASCULAR DISEASES ARE THE MAIN CAUSES OF PREMATURE DEATH IN WESTERN COUNTRIES.**

[WWW.POC-VIENNA-2016.EU](http://WWW.POC-VIENNA-2016.EU)

The WHO declared obesity – especially in children and adolescents – as the most challenging health problem of the 21st century. Recent data from more than 19 million participants indicate that if the post 2000 trends continue – by 2025 global obesity prevalence will reach 17% in men and 21% in women. As an answer, the WHO and the EU claimed to implement effective measures to halt the rise of the epidemic of obesity and consequent diseases.

Several projects in various countries are the one way, however there is no program which could be an example for large-scale successful programs in order to counter act the global obesity challenge. Concomitant with obesity cardiovascular diseases are the main cause for early disabilities and death better understood and can be much more easier prevented – mostly trough drug therapy.

We will bring experts in that field together and really hope that new models, regimes for early and successful prevention models will be presented and discussed.

Vienna presents itself as a modern city with high tradition and offers many attractions from arts, music and science. The congress team will be happy to welcome you in Vienna and will support you in any aspect to make your visit unique.



Univ.-Prof. Dr. Kurt Widhalm

## REGISTRATION

Online Registration is open until Nov. 1, 2016  
[www.poc-vienna-2016.eu](http://www.poc-vienna-2016.eu)

### What is covered by the registration fee?

- Admission to all scientific sessions, exhibition & networking event „Heurigen evening“
- Programme and congress bag
- Coffee/Tea during breaks and light lunch

### Fee:

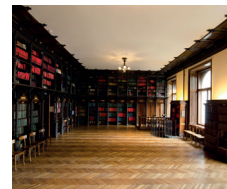
Participants	€ 400,00
Abstract submitters	€ 300,00
Students	€ 0,00

## LOCATION

### Das Billrothhaus der Gesellschaft der Ärzte in Wien – College of Physicians in Vienna

The Billrothhaus is the headquarters of the Gesellschaft der Ärzte in Wien (College of Physicians in Vienna). It was named after Theodor Billroth, an Austrian physician and former president of the society, Theodor Billroth.

[www.billrothhaus.at](http://www.billrothhaus.at)



- 📍 Frankgasse 8, 1090 Vienna, Austria
- U2 Underground: U2 station „Rathaus“ or „Schottentor“
- T Tram: Line 43/44 (Universitätsstraße)
- P Car Parking: Otto Wagnerplatz Tiefgarage, Otto-Wagner-Platz, 1090 Vienna

## CONTACT

Vienna Medical Academy  
Mrs. Susanne Pacher

Alser Strasse 4, 1090 Vienna, Austria  
Tel.: +43 1 4051383 25  
Fax: +43 1 4051383 925  
[prevention@medacad.org](mailto:prevention@medacad.org)



**INTRODUCTION / K. WIDHALM: OPENING REMARKS**

**SESSION 1: THE ROLE OF HEALTH POLICIES IN COMBATING THE OBESITY EPIDEMIC. CHAIR: K.WIDHALM/ J.M. BORYS**

Statement of the Austrian Government

*S. Karmasin, Austrian Federal Ministry of Families and Youth, Vienna*

The position of the Austrian Social Security Institutions

*U. Rabmer-Koller, Vienna*

The position of the Austrian Chamber of Physicians

*K. Forstner, Salzburg*

The position of the European commission

*Representative of the European Commission, Brussels*

Obesity prevention from a food systems perspective: Should we move to an integrated food and agricultural policy?

*N. Pushkarev, EPHA, Brussels*

Open question-round

**SESSION 2: HOW TO BROADEN OUR KNOWLEDGE ON OBESITY IN THE PUBLIC HEALTH SETTING? CHAIR: S. BLÜHER/ J. SIMON**

Epidemiological data of nutritional status: overweight, obesity, underweight in Europe

*T. Lobstein, London*

Data for Physical Activity

*H. Tschan, Vienna*

Psychological aspects

*P. Warschburger, Potsdam*

**"HOW TO EAT HEALTHY" – WORKSHOP AND PRACTICAL DEMONSTRATION**

**SESSION 3: THE THEORY BEHIND SUCCESSFUL PREVENTION OF OBESITY. CHAIR: T. LOBSTEIN/ J.LISSAU**

Principles of prevention of obesity: what works?

*S. Blüher, Leipzig*

Economic aspects of prevention

*J. Simon, Vienna*

Strategic use of technology

*M. Jones, Stanford*

Nutrition and Lifestyle Regimen for Infants

*D. Weghuber, Salzburg*

**SESSION 4: EXAMPLES OF SUCCESSFUL PROJECTS IN EUROPE. CHAIR: L. MORENO/ S. RING-DIMITRIOU**

EPODE Method – From History to Best Practice (FR)

*J.M. Borys*

VIASANO – Experiences from a long lasting community based obesity prevention (BE)

*M. Roillet*

Promoting Physical Activity in Italy to prevent Obesity – The EUROBIIS Program (IT)

*P. Defeo*

SALTO A Setting Approach – Kindergarten as Core Unit of Community Based Intervention (AT)

*S. Ring-Dimitriou*

Lessons Learned from EPODE! (WUV, EIN, NL)

*T. Visscher*

Healthy nutrition as a challenge (AT)

*J. Benedics*

**PANEL DISSUSSIONS. CHAIR: D. WEGHUBER/ M. JONES**

Discussion on presented prevention projects

What future steps need to be taken to achieve our goals in prevention?

**SESSION 5: NATIONAL ACTIVITIES / REPORTS FROM VARIOUS COUNTRIES. CHAIR: A. PIETROBELLI/ C.E. FLODMARK**

**NATIONAL ACTIVITIES: REPORTS FROM VARIOUS COUNTRIES**

A. Pietrobelli: Verona, Italy

G. Chrousos: Athens, Greece

I. Lissau: Copenhagen, Denmark

L. Moreno: Zaragoza, Spain

L. Grillich: Krems, Austria

O. Helk: Vienna, Austria

C. E. Flodmark: Malmö, Sweden

**PANEL DISCUSSION: WHAT IS THE IDEAL AGE TO ENROLL SUBJECTS AT RISK INTO PREVENTION PROGRAM. CHAIR: P. SCHWANDT/ O. PACHINGER**

Guided Poster Session

*Chair: D. Ehringer-Schetitska*

**SESSION 6: LOOKING BEYOND OBESITY: CVD PREVENTION IN HIGH RISK PATIENTS. CHAIR: H. DIEPLINGER/ H. HAUNER**

Epidemiological data of cardiovascular diseases

*H. Dieplinger, Innsbruck*

Prevention of cardiovascular diseases

*O. Pachinger, Innsbruck*

What do we learn from a family-based CVD risk factor prevention project about lipids and blood pressure?

*P. Schwandt, Munich*

**SESSION 7: HEREDITARY LIPID- AND LIPOPROTEIN DISORDERS. CHAIR: C. STEFANUTTI / G. KOSTNER**

New aspects of Familial Hypercholesterolemia

*K. Widhalm, Vienna*

The role of Nutrition in the treatment of familial hypercholesterolemia

*H. Hauner, Munich*

New results on Drugs and Lipoprotein-Apheresis

*C. Stefanutti, Rome*

New Drugs: Mechanisms

*G. Kostner, Graz*

Making the difference: The important role of FH patient organizations

*G. Hanauer, Vienna & J. Payne, UK*

Closing remarks

*K. Widhalm, Vienna*



**APPLY THE CONFERENCE NOW!**

[WWW.POC-VIENNA-2016.EU](http://WWW.POC-VIENNA-2016.EU)