



Current Executive Committee (Trustees)

President:	Jean-Michel Oppert (France)
President-Elect:	Gema Frühbeck (Spain)
Secretary:	Hermann Toplak (Austria)
Treasurer:	John Blundell (UK)
Regional Vice President Northern Region:	Aila Rissanen (Finland)
Regional Vice President Middle Region:	Gabriela Roman (Romania)
Regional Vice President Southern Region:	Max Maislos (Israel)

Ex Officio

Childhood Obesity Task Force Chair:	Ram Weiss (Israel)
Obesity Management Task Force Chair:	Constantine Tsigos (Greece)
Prevention and Public Health Task Force Chairs:	Lauren Lissner (Sweden)
	Tommy Visscher (Netherlands)
Executive Director:	Euan Woodward (UK)

The European Association for the Study of Obesity (EASO)

Overview

2010 was a busy and successful year for EASO. In a year with no European Congress on Obesity (ECO), the EASO Executive Committee was able to address key Association actions and develop a series of important new projects.

The most important actions were the establishment of a Scientific Advisory Board (SAB) and the undertaking of a comprehensive strategic review of EASO. The strategic review, which incorporated consultation with the SAB and with every EASO National Association member, led to the development of an action driven Strategic Plan for 2010-2012.

The Scientific Advisory Board

A key development in 2010 was the establishment of EASO's Scientific Advisory Board (SAB). The EASO SAB is a temporary 'Think Tank' created to carry out independent consultations on key scientific and organisational issues with the aim of 'painting a landscape' of obesity research and management in Europe.

The SAB met for the first time in February 2010 and in effect conducted a SWOT analysis of obesity science in Europe. The findings of the SAB, which were published as an Editorial of *Obesity Facts*, laid the foundations for a strategic review from which the EASO Executive Committee developed a three year Strategic Plan - a plan which incorporates a set of actions that meet the needs of our members and will essentially help us to tackle obesity at a European level. These actions can be monitored by our Executive Committee and General Council.

The SAB has not only helped EASO to understand the current strengths and weaknesses of obesity prevention, management and research in Europe - it will also help the Association to promote excellence in science, to develop an exchange of scientific ideas and a transfer of knowledge to younger scientists in Europe. The SAB will continue to undertake consultations for EASO throughout 2011, most notably to work with a number of key stakeholders including EASO National Association members to identify key European obesity research priorities.

The 2010-2012 Strategic Review

Following a period of steady development, EASO was registered as a UK charity in 2005 and this structured approach has resulted in a dramatic increase in the scope and reach of its activities. Because of this growth and also a desire to focus on complex European issues, the EASO Executive Committee reached the conclusion in 2009 that a flexible, consistent administration was required. Following detailed assessment and analysis, the EASO Executive Committee decided to establish its own administrative office which is now responsible for the administration of the Association, its committees, membership, Task Forces and congresses. This decision was endorsed and ratified by the EASO General Council in May 2009 and the EASO administrative office (EASO Secretariat) commenced operations on 1st September 2009. This administrative restructuring has allowed the Association to better serve its members and to adapt to new challenges, to new countries and to new and changing cultures.

Since the establishment of this new administrative structure, the EASO Executive Committee, in collaboration with our General Council, Task Forces and Scientific Advisory Board, has carried out a comprehensive analysis of obesity science in Europe (research, management and education) in relation to existing EASO activities. The results of this exercise have led in 2010 to the development of an action driven strategic plan (2010-2012).

The European Association for the Study of Obesity (EASO)

As part of the SAB exercise outlined above, the EASO General Council, EASO's governing body, was asked to address a number of issues specific to national associations and many members recommended strategic projects and activities which they felt EASO should carry out in order to meet our charitable objectives and to assist our National Association members. It is interesting to note that the recommendations of the scientific expert group match those of the General Council. The Executive Committee took all of this information into account and developed a set of long term objectives, together with a clear action plan, which were designed to help the Association meet the needs of its membership and to address scientific and organisational challenges facing EASO as it enters a new decade.

EASO is a well organised, well managed association with a committed Executive Committee and membership. The development of a set of clear objectives, based on sound scientific analysis and most importantly, on the recommendations of our membership, will allow EASO to meet the challenges facing us in the coming years and to grow and develop in a professional but also flexible manner. | The EASO 2010 - 2012 Strategic Plan was endorsed and approved by the EASO General Council in July 2010.

EASO at ICO2010

Whilst there was no ECO in 2010, EASO was active internationally at the 11th International Congress on Obesity (ICO2010). EASO held two important scientific sessions during ICO2010.

1) The EASO Prevention and Public Health Task Force (PPHTF), in conjunction with the Karolinska Institute, hosted a pre congress meeting entitled 'sociocultural, behavioral and economic factors in obesity prevention'. The meeting was attended by over 100 delegates and a meeting report, to be published in *Obesity Facts* in 2011, was prepared by the PPHTF.

2) EASO held a 'Regional Session' in which we addressed a number of important European issues, outlined the findings of the SAB and highlighted the work of EASO's scientific Task Forces in addressing these issues. The session was well attended and led to the development of important collaborations. EASO is currently working on a project initiated by NIH that has the aim of identifying obesity related research topics that would be suitable for EU/US collaboration and thus joint funding. The EASO SAB began a consultation in 2010 to identify areas of scientific research where we would foresee that there might be real benefits for cross-Atlantic collaboration. These recommendations will be finalised during the 18th European Congress on Obesity (ECO2011), which will take place in Istanbul from 25-28 May 2011.

A number of important association decisions were also made during ICO2010. At the 2010 EASO General Council meeting, the membership of EASO approved the appointment of Hermann Toplak (Austria) and Gabriela Roman (Romania) to the Executive Committee positions of Secretary and Regional Vice President (Middle Region) respectively. The membership also voted to determine the host of EASO's 2013 congress. We are pleased to announce that ECO2013, the 20th European Congress on Obesity, will take place in Liverpool, UK in May 2013.

The European Association for the Study of Obesity (EASO)

EASO Strategic Plan - An Assessment of Actions Achieved

The objects of EASO are:

- To promote the preservation and protection of health and relief of sickness for the public benefit in the field of obesity and its related disorders
- To promote research, the dissemination of the results of such research and exchange of scientific information in the field of obesity within Europe
- To develop a deeper understanding of how to achieve and maintain a healthy bodyweight, and to manage and prevent obesity and its related conditions by those engaged in the study of obesity - healthcare professionals, health related organisations, governments and the European community

In order to outline how EASO has worked to achieve these objectives throughout 2010, an update of the EASO 2010-2012 Strategic Plan is outlined below.

Action	Update
General Governance	
The EC will ensure that EASO is governed professionally and in accordance with UK Charity Law.	This is an ongoing process. The EASO Secretariat liaises with relevant financial and legal experts to ensure that the Association is correctly and efficiently managed.
Education	
EASO will organise the annual ECO. The ECO will incorporate opportunities for developing country members, regional sessions and association sessions. EASO will aim to increase delegate numbers by 500 in 2011.	<p>The ECO is now an annual congress, with the EASO General Council in 2010 agreeing to hold the ECO every year. Five separate National Associations bid to host both the 2013 and 2014 editions, highlighting the continued and indeed increasing involvement of National Association in EASO activities.</p> <p>The EASO Secretariat and relevant Local Organisers continue to strive to increase delegate numbers and also participation of exhibitors and sponsors.</p>
<p>EASO will present Awards and Travel Grants at each ECO.</p> <p>The Awards structure will continue in its present form for a further two years, after which time a review will be carried out to assess validity and level of application.</p> <p>The EC will seek funding to cover travel grants and will aim to offer 20 grants of €500 per ECO.</p>	<p>EASO continues to present Scientific Awards for Excellence and at ECO2011, the following will be presented:</p> <p>Friedrich Wassermann Award Young Investigator Awards YIU Best Thesis Award Best Abstract and Best Poster Awards</p> <p>At ECO2011, 20 individuals will receive Travel Grants.</p>

The European Association for the Study of Obesity (EASO)

Action	Update
EASO will regularly organise a Björntorp Symposium. The Björntorp Symposium is EASO's highest level educational activity and will focus on a specific topic, relevant to basic and clinical research each edition. The Björntorp Symposium must be self funding and the EC will discuss organising an annual edition.	The next EASO Björntorp Symposium will take place in Gothenburg in June 2011. The topic will be 'Neuroendocrine Influence on the Metabolic Syndrome'. There will be 50 delegates and 15 expert speakers. EASO secured funding to allow a reduced registration fee with a further 50% reduction for PhD students. Providing that finance is secured for each edition, from 2011, the Björntorp Symposium will become annual and will rotate around Europe.
Each EASO Task Force will organise a workshop at the ECO.	Each Task Force has organised a high level workshop at ECO211 and future ECO scientific programmes have been structured to ensure that these workshops remain a key feature of each congress.
EASO will organise courses/workshops/meetings throughout Europe - at the request of National Associations or key players in those countries where no National Association exists (see Kiev 2009 and Moscow 2010). EASO, via the EC and TFs, will aim to organise two courses per year.	EASO held a general workshop in Moscow in November 2010, as part of the annual meeting of the XII All-Russian Congress of Dietitians and Nutritionists. This workshop was well received by delegates and has resulted in a stronger relationship between EASO and our Russian member association - indeed, EASO will host a Russian Obesity session as part of ECO2011.
EASO will investigate the possibility of organising satellite meetings/sessions at relevant congresses across Europe (EASD, ESH, IFSO-EC, EASL etc.)	This project will be further investigated in 2011.
The COTF will prepare a statement on bariatric surgery in adolescents (to be published in Obesity Facts).	This project will be reviewed and implemented in 2011.
The OMTF will review and revise the 2007 guidelines on bariatric surgery and will prepare an update statement. The project will be a collaboration with IFSO-EC.	This project is ongoing. As part of a wider collaboration with IFSO-EC, the 2007 guidelines will be revised as part of the EASO/IFSO-EC Medico Surgical Obesity Workshop, to be held in Munich in December 2011.
The OMTF will prepare 'advice statements' on issues such as 'treating obesity in the elderly', 'managing obesity and diabetes', and 'managing obesity in psychiatric patients' and will liaise with relevant societies in these fields as appropriate. These statements will be published in Obesity Facts.	This project is ongoing and will commence with collaborations with ESH. Implementation will commence in 2011.

The European Association for the Study of Obesity (EASO)

Action	Update
The PPHTF will prepare a report (to be published in Obesity Facts) on the PTF satellite in Stockholm (10/7/10).	The PPHTF satellite held as part of ICO2010 was very successful, with over 100 participants. The report has been prepared and will be published in Obesity Facts in 2011.
The PPHTF will prepare a paper (to be published in Obesity Facts) on 'the role of prevention on obesity healthcare'.	This project is ongoing and will be completed in 2011.
The PPHTF will prepare a paper (to be published in Obesity Facts) on 'what is the European definition of obesity'.	This project is ongoing and will be completed in 2011.
The PPHTF will represent EASO on the EU Platform on Diet, Physical Activity and Health.	This project is ongoing. Members of the PPHTF represent EASO at all Platform meetings and EASO has submitted comprehensive commitments and monitoring reports.
EASO will investigate organising a European medico-surgical meeting in collaboration with IFSO-EC.	<p>This project is an ongoing collaboration between EASO and IFSO-EC. The meeting, to be entitled the 'EASO/IFSO-EC European Medico-Surgical Obesity Workshop' will take place in Munich in December 2011.</p> <p>EASO and IFSO-EC have developed joint Organising and Advisory Committees and a programme has been developed. Promotion of the meeting will commence at ECO2011.</p>

Collaboration/Dissemination

EASO will link with relevant sister societies (ESH, EASD, EASL, IFSO-EC, EACR etc.). Links will cover: website links, programme endorsements, sessions at meetings, joint sessions/meetings, guidelines, EU projects etc.	EASO has established links with a number of sister societies in co-morbid fields and will host 'Association Sessions' at ECO2011 with EASD, ECCO, ESH, IFSO-EC and ISBNPA. EASO is also working on the development of joint statements and guidelines with ESH and IFSO-EC.
EASO will endeavour to act as a disseminating partner in all relevant EU projects (including the EU Platform). EASO will contact existing project coordinators and will communicate its willingness to participate to the scientific community.	EASO is formally involved as the disseminating partner in three separate EU project proposals. Further information on the outcome of the proposals will be available in mid 2011.

The European Association for the Study of Obesity (EASO)

Action	Update
EASO will organise Industry Roundtable Meetings. Participants will be representatives from EASO and industry and each informal meeting will focus on a particular topic (suggested in part by industry).	<p>The EASO Communications and Fundraising Committee (CFC) was established in 2010 and has a formal role reporting to the Executive Committee.</p> <p>The CFC established an Industry Roundtable - a platform for information discussion between EASO and our industry partners. Two successful meetings have now been held (the latest in February 2011). This has resulted in the development of Corporate Membership packages, from which EASO hopes to generate important ongoing income.</p>
Where relevant, EASO will participate in EU projects in a formal capacity	See above. EASO is formally involved as the disseminating partner in three separate EU project proposals. Further information on the outcome of the proposals will be available in mid 2011.
EASO will investigate the establishment of a scientific exchange programme across Europe. This will be managed in conjunction with the OMTF Collaborating Centres scheme.	This project will be investigated in 2011.
EASO will work to attract new members in those European countries where there is no existing member.	This is an ongoing project. EASO, via its Regional Vice Presidents, maintains communication with a number of societies across Europe with the aim of developing Obesity Associations that are well structures and able to join EASO.
EASO will enhance its Young Investigators United programme to include regular meetings, workshops and an online exchange programme.	A new YIU Board was elected (by the members of YIU) in 2010. This new board has developed an action plan which includes the creation of an online community on Facebook. The YIU now has over 150 members and will hold scientific and social events at ECO2011 - where all attendees will be asked to join the growing YIU network.

The European Association for the Study of Obesity (EASO)

Action	Update
Recognition/Monitoring	
EASO will develop an EASO 'Collaborating Centres' scheme - for accrediting and working with Collaborating Centres across Europe.	This is an extremely important project for EASO. In 2010 the OMTF developed a set of membership assessment criteria for the 'EASO Collaborating Centres of Obesity Management'. This paper, together with an accreditation process, will be finalised and published in Obesity Facts in 2011.
EASO will consult its Scientific Advisory Board (SAB) on a timely basis to ensure that the Association is continuously abreast of and able to react to scientific developments.	The EASO SAB has now been established and met in 2010, as outlined in detail above.
EASO will develop a branding and media strategy and will communicate with relevant partners across Europe.	This project will be further developed in 2011.
EASO will participate in the joint EU/WHO project on Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union'	This project has now been completed. EASO was a named participant and was represented by members of the Executive Committee.
EASO will regularly communicate with its National Association Membership to ensure that member needs are met through the implementation of this action plan.	This is an ongoing process. The EASO Secretariat and Executive Committee communicate with the EASO membership regularly via e-bulletins and through the EASO website. It is important to note that the Executive Committee strives to involve the EASO membership in all important developments, particularly strategic initiatives including the formation of this action plan.

The European Association for the Study of Obesity (EASO)

Action	Update
<p>EASO will raise awareness of obesity as a sub specialty by liaising with WHO/EU and by participating in the 2010 European Obesity Day (EOD) project. EASO will prepare a position statement for the EOD.</p>	<p>EASO is now in formal relations with the WHO Regional Office for Europe. A set of joint actions are in development and will be finalised during ECO2011 in Istanbul.</p> <p>EASO participated in the 2010 European Obesity Day. EASO promoted the event via its website and to its members, prepared a position statement endorsing the initiative and via its President-Elect, attended a European Parliament meeting in Strasbourg.</p> <p>In 2010 EASO and EOD developed a strategic partnership, entitled the European Obesity Community. EASO now acts as the scientific advisory board for EOD and joint actions include the development of an online community and topic specific patient/scientific workshops.</p> <p>EASO continues to collaborate with the EU Commission on a number of projects, aimed at raising awareness of obesity in Europe and promoting the extensive EASO network of National Associations.</p>

European Association for the Study of Obesity

113-119 High Street
Hampton Hill
Middlesex, TW12 1NJ
UK

Telephone: +44 20 8783 2256
Fax: +44 20 8979 6700
Web: www.easo.org

Registered charity number 1111288
Registered company number 5483950
Registered in England and Wales, United Kingdom
EASO is limited by guarantee