



Supporting healthy growth: Nordic perspectives on childhood obesity prevention

Date: 15 December 2026

Time: 10:00—16:15 (CEST/Danish time)

Place: WHO Regional Office for Europe, Auditorium 1
Marmorvej 51, DK-2100 Copenhagen Ø, Denmark

Language: English

Moderator: Professor Tiina Laatikainen, University of Eastern Finland

Please note: In-person attendance is by invitation only, due to the limited number of places. Online participation is open to all.

Preliminary programme

10:00 *Registration and coffee*

10:30 **Opening session**

- Welcome
- Inauguration of the conference (Speaker TBC)
- Opening remarks (Speaker TBC)
- PromoKids: 10 Years of PromoKids: Nordic Action for Healthy Growth and Childhood Obesity Prevention
Päivi Mäki, Chief Specialist, Finnish Institute for Health and Welfare (THL), Finland

11:00

Keynote session

- Prevention and Health Promotion in the WHO European Region
Kremlin Wickramasinghe, Director, Division of Prevention and Health Promotion, WHO Europe

Short break

- Socioeconomic and demographic inequalities in childhood obesity in the WHO European Region
Julianne Williams, Technical Officer, Division of Prevention and Health Promotion, WHO Europe
- Economic Burden of Overweight and Obesity in Sweden: Current Estimates and Future Projections
Katarina Steen Carlsson, Chief Scientific Officer, The Swedish Institute for Health Economics (IHE), Associate professor in health economics, Lund University, Sweden

12:10

Lunch

12:55

Release session: Launch of new Nordic policy report on childhood obesity prevention

- Key findings and policy recommendations (Speaker TBC)
- Decision makers' comments (Speakers TBC)
- Young voices' comments (TBC)

13:55

Coffee break

14:15

Country Spotlight session: What is happening in childhood obesity prevention in the Nordic countries?

- Denmark; Partnership for Water: Working Together to Make Water the Easy Choice and Reduce Young People's Consumption of Sweetened Beverages
Lene Winther Ringgaard, Project Director, Partnership for Water; Centre for Childhood Health
- Finland; Beyond weight: building understanding and reducing obesity stigma in Finland.
Marjaana Lahti-Koski, Adjunct Professor, Secretary General, Finnish Heart Association
- Iceland; Action Plan for Obesity Prevention. (Speaker TBC)
- Norway; Legislation prohibiting the marketing of unhealthy foods to children. (Title TBC)
Liv-Elin Torheim, Senior Adviser, Department of Public Health, Norwegian Ministry of Health and Care Services

- Sweden; How to identify risks for childhood obesity in Swedish Child Health Care Support – A new recommendation using early adiposity rebound.
Carl-Erik Flodmark, MD, Adjunct Professor, Medical Officer, National Board of Health and Welfare

15:30

Closing session

- Panel discussion
Moderator Tiina Laatikainen, Professor, University of Eastern Finland, Finland
Knut-Inge Klepp, Special Advisor, Norwegian Public Health Institute, Norway
Sofia Lourenço, Senior advisor, Danish Cancer Society, Denmark
(Panellists TBC)

- Closing remarks
Knut-Inge Klepp, Special Advisor, Norwegian Public Health Institute, Norway

16:15

End of the conference

More speakers and panellists yet to be confirmed, and titles updated. Changes on timetable may apply in final programme.