

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
Online:	Zoom
Language:	English
Moderator:	Professor Tiina Laatikainen, University of Eastern Finland

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

12:05 *Lunch*

12:50 **Release session**

New Nordic policy report: Promoting healthy growth and preventing childhood obesity: Approaches and policies in the Nordic region

- Key findings and policy recommendations

Liselotte Schäfer Elinder, Professor, Department of Global Public Health, Karolinska Institutet, Sweden

- Decision makers' comments on the report

Minister Alma D. Möller, Ministry of Health, Iceland

13:50 *Coffee break*

14:10 **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

Selma Margrét Reynisdóttir, Special Advisor, Department of Health, Icelandic Ministry of Health

- Norway
  Legislation against the marketing of unhealthy foods to children: the Norwegian experience.

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, Associate Professor, Medical Officer, National Board of Health and Welfare in Sweden

15:25 **Panel discussion**

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

Sofia Lourenço, Senior advisor, Danish Cancer Society, Denmark

Carl-Erik Flodmark, MD, Associate Professor, Medical Officer, National Board of Health and Welfare, Sweden

Selma Margrét Reynisdóttir, Special Advisor, Department of Health, Ministry of Health, Iceland

Tanja Tilles-Tirkkonen, Adjunct Professor, Senior Specialist, Ministry of Social Affairs and Health, Finland

16:05 **Closing remarks**

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

16:15 End of the conference

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