

INTERNATIONAL SCIENTIFIC SYMPOSIUM

Understanding Obesity across Ethnicities

Building a Comprehensive Understanding

DATE	Thursday, 24 September 2026
TIME	09:15 – 16:30 (registration from 08:45)
VENUE	Esbjerg Hospital Auditorium
ADDRESS	Haraldsgade 12, 6700 Esbjerg, Denmark

ORGANISED BY

Understanding Obesity across Ethnicities

Building a Comprehensive Understanding

About the Symposium

Join us for an insightful symposium exploring the complex relationship between **obesity, ethnicity, and inequality in health**. The day will feature international and national expert speakers discussing ethnic patterns in obesity, the evolutionary biology behind the epidemic, and the lived experiences of individuals navigating healthcare systems. We will also explore solutions and interventions, with a focus on tailoring approaches for diverse ethnic groups.

Through expert presentations, field studies, and Q&A sessions, attendees will gain a deeper understanding of the challenges and opportunities in addressing obesity in a global, multi-ethnic context. For additional information visit; <http://helios.rsyd.dk>

Practical Information

LOCATION	Esbjerg Hospital Auditorium — entrance at Haraldsgade 12, 6700 Esbjerg
DATE & TIME	Thursday, 24 Sept. 2026 09:15 – 16:30 (registration from 08:45)
LANGUAGE	All presentations and Q&A sessions will be conducted in English.
PRICE	The symposium is free of charge . If you are unable to attend, please notify SDOI@rsyd.dk by 21 September 2026.
CATERING	Morning coffee and tea, a light lunch, and afternoon coffee and tea with cake will be served.
PARKING	Information on parking at Esbjerg Hospital is available at esbjerggrindstedsygehus.dk/kontakt/parkering .
TARGET GROUP	Researchers, clinicians, and employees in hospitals, municipalities, and general practice who encounter — or have a particular interest in — patients living with obesity and from an ethnic minority background.
REGISTRATION	To register, please email SDOI@rsyd.dk with the following information: • Full name • Workplace and professional background • Contact details (email and phone) • Any food allergies relevant to catering
DEADLINE	Registration must be received no later than 16 September 2026, 12:00 .
CONTACT	For all inquiries, please contact SDOI@rsyd.dk .

Understanding Obesity across Ethnicities

Building a Comprehensive Understanding

Thursday, 24 September 2026 | University Hospital of Southern Denmark, Esbjerg

OPENING

Welcome, Registration & Keynote

08:45 – 09:15 *Registration, Coffee & Tea*

09:15 – 09:35 **Welcome & Opening Remarks**

Speaker: Prof. Claus Bogh Juhl, on behalf of the Organising Committee

*Department of Endocrinology, Esbjerg Hospital, University Hospital of Southern Denmark;
Steno Diabetes Center Odense, Denmark*

09:35 – 10:20 **Opening Keynote — Framing the Challenge: Obesity, Ethnicity, and Global Health Equity**

Speaker: Assoc. Prof. Natalie Darko

*Department of Global, Lifestyle and Metabolic Health, School of Medical Sciences,
University of Leicester, Leicester, UK; Director of Inclusion, Leicester NIHR Biomedical
Research Centre and CRF*

10:20 – 10:50 *Coffee & Networking Break*

SESSION I

Ethnic Patterns and Evolutionary Perspectives in Obesity

Chair: Prof. Claus Bogh Juhl, University Hospital of Southern Denmark, Esbjerg

10:50 – 11:15 **Trends & Inequalities: Ethnic Patterns in Obesity Prevalence**

Speaker: Prof. Seeromanie Harding

*Professor of Social Epidemiology, Department of Population Health Sciences, School of Life
Course & Population Health Sciences, King's College London, United Kingdom*

11:15 – 11:40 **Evolutionary Biology and Social Insecurity in the Obesity Epidemic: Lessons from the Inuit Population of Greenland**

Speaker: Prof. Marit Eika Jørgensen

Steno Diabetes Center Greenland; University of Southern Denmark

11:40 – 11:55 *Questions & Answers for both Speakers*

11:55 – 13:15 *Lunch*

SESSION II

Clinical Realities & Lived Experience

Chair: Prof. Charlotte Overgaard, University of Southern Denmark, Esbjerg

13:15 – 13:30 The Meeting with the Danish Healthcare System

Speaker: A Patient Representative — TBA

13:30 – 13:55 A Field Study: Health Inequities for Ethnically Minoritised Patients in Health Services

Speaker: Postdoc Nina Halberg

Department of Public Health, Copenhagen University; Copenhagen University Hospital, Hvidovre, Denmark

13:55 – 14:20 Weight Stigma in Healthcare Settings

Speaker: Assoc. Prof. Sarah Nutter

Faculty of Health, University of Victoria, British Columbia, Canada

14:20 – 14:35 Questions & Answers for All Speakers

14:35 – 15:00 Coffee & Networking Break

SESSION III

Towards Equitable Solutions & Interventions

Chair: Prof. Jens Meldgaard Bruun, Steno Diabetes Center Aarhus / Nationalt Center for Overvægt

15:00 – 15:25 Influence of Migration on Obesity and Diabetes Among African Migrants: Lessons from the RODAM Study

Speaker: Prof. Charles Agyemang

Professor of Global Migration, Ethnicity and Health, Amsterdam UMC, University of Amsterdam, the Netherlands

15:25 – 15:50 Ethnic Differences in Clinical Obesity Management: Moving Towards Tailored Interventions

Speaker: Prof. Jennifer Kuk

School of Kinesiology and Health Science, York University, Toronto, Canada

15:50 – 16:05 Questions & Answers for both Speakers

CLOSING

Closing Plenary

16:05 – 16:30 Closing Plenary

Speaker: Prof. Claus Bogh Juhl | Prof. Charlotte Overgaard

University Hospital of Southern Denmark, Esbjerg | Unit for Health Promotion Research, University of Southern Denmark, Esbjerg

END OF PROGRAMME