

ECO 2009 Pre-Congress Meeting

6th May 2009, Amsterdam

**Health behaviour and health status
in European adolescents:**

**The HELENA Project (Healthy Lifestyle in Europe
by Nutrition in Adolescence)**

General Information

Programme

8:00-8:45 Registration

8:45-9:00 Welcome address

SESSION I: Introducing HELENA

9:00-9:30 Luis A. Moreno - Frédéric Gottrand
HELENA Study design, methodology & quality assurance

9:30-10:00 Stefaan De Henauw
Adolescents' health from a public health perspective. What can we learn from HELENA?

SESSION II: Lifestyle risk factors

10:00-10:30 Mathilde Kersting
Dietary patterns in European adolescents

10:30-11:00 Michael Sjöström
Physical activity level and pattern among European adolescents

11:00-11:30
Coffee Break & Poster Exhibition

11:30-12:00 Manuel Castillo
Physical fitness at adolescent age

12:00-12:30 Tineke De Vriendt
Stress and obesity

12:30-14:00
Lunch & Poster Exhibition

SESSION III: Young Investigators

14:00-14:30

Young Investigators' oral presentations

SESSION IV: Epidemiology of obesity & related disorders in EU

14:30-15:00 Dénes Molnar

Body composition and obesity in European adolescents

15:00-15:30 Yannis Manios

Epidemiology of cardiovascular risk factors in adolescents

15:30-16:00 Kurt Wildhalm

Metabolic syndrome prevalence in European adolescents

16:00-16:30

Coffee Break & Poster Exhibition

SESSION V: Metabolic complications of obesity in adolescents

16:30-17:00 Ascención Marcos

Inflammatory markers of obesity in adolescents

17:00-17:30 Jean Dallongeville

Genetic markers of obesity and its metabolic complications in adolescents

SESSION VI: Closing Ceremony

17:30

HELENA Young Investigators's Award

Official Closure of the meeting

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