



Annual Report UCPH LOM 2015-2016

Work Programme 2016-2017

UNIVERSITY OF COPENHAGEN'S STRATEGIC PLATFORM FOR LIFESTYLE, OBESITY AND METABOLIC RESEARCH

Annual report 2015-2016 and Work Programme 2016-2017

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Preface

The societal challenge of unhealthy lifestyle, obesity and metabolic diseases is complex and multifaceted, and calls for interdisciplinary approaches in research and innovation. In the past decade, obesity, lifestyle and metabolic research have become a significant part of the University of Copenhagen's research. The university mergers in 2007 and 2012, the process of the thematic work packages (2007-2008), the establishment of the August Krogh Club (formerly the August Krogh Center), and the Excellence Programme for Interdisciplinary Research have all contributed to the elevation of these research fields to the top of the university's research agenda. Significant external funding has been acquired, including a DKK 120 million grant for UNIK 'Food, Fitness & Pharma', a DKK 885 million grant for the Novo Nordisk Foundation Center for Basic Metabolic Research, and several grants from the Danish research councils as well as from private foundations. The University of Copenhagen's strategic platform for Lifestyle, Obesity and Metabolic research (UCPH LOM) was established in September 2014 with the aim to continue the success from the UNIK 'Food, Fitness & Pharma'-initiative, and to strengthen internal collaboration and shared identity within the research areas across the UCPH. The UCPH LOM research support unit is a first mover in taking research support out of the academic silos and faculties to address a specific societal challenge by promoting and facilitating networks and collaborations, nurturing the next generation of researchers, and attracting external funding.

In the first year of UCPH LOM's existence, the steering committee was formed and its work programme was established, and UCPH LOM has been promoted via the website www.lom.ku.dk, newsletters and presentations across the UCPH. Two large conferences (October 2014 and May 2015) and meetings for young investigators served to bring researchers together across disciplines and environments. In the first year, the research support unit contributed to 38 grant applications from all faculties, and to obtaining DKK 17.5 million for individual researchers and DKK 700.000 for a Science Theatre-project to disseminate knowledge on health and lifestyle to upper secondary students.

One key priority for the second year was to facilitate a stronger engagement and promotion of the Social Sciences and Humanities (SSH) disciplines and a higher degree of network, collaboration and joint grant applications across UCPH. As a result hereof the annual conference held in May

2016 was called ‘Lifestyles and kinds of living: opportunities, conditions and biology’ to ensure it would appeal to researchers from all faculties. In the second year of its existence the UCPH LOM research support unit contributed to raising a total of DKK 29.6 Million for individual researchers. The research support unit has, in the past year, provided input to 40 submitted grant applications and some 15 applications that are still underway. Five of the submitted applications concerned interdisciplinary collaborative projects. Unfortunately, none of these were successful in the first attempt, but plans have been made for re-submission for all of them. The UCPH LOM office has contributed to ensuring that key research priorities of researchers across UCPH have been promoted to Horizon 2020 and FORSK2025. In relation to young investigators, the networks are continuing successfully; a career day was held in March 2016 in collaboration with the Center for Healthy Ageing, and the first day of the annual UCPH LOM conference was devoted to young researchers. Finally, the website has been re-designed to better present the services and activities of UCPH LOM to the users.

The third year is foreseen to include a stronger focus on networks across the broad spectrum of biomedical research areas and between the biomedical and SSH areas. We will identify and promote faculty members (mainly associate professors) that make up the next generation of research leaders in the area of Lifestyle, Obesity and Metabolism at UCPH, strengthen the national and international research collaborations and recruit international research fellows via Marie Skłodowska Curie grants.

On behalf of the LOM steering committee

Professor Bente Stallknecht

Head of UCPH LOM

September 2016

Introduction

As defined by the memorandum for UCPH LOM¹, annual Work Programs will outline the research support unit's objectives and success criteria for the year concerned, and the results will be presented in an annual report.

The memorandum defines the key topics for UCPH LOM as:

- General support for researchers and the research field, i.e. strengthening the scientific environments, collaborations, and shared identity
- Network and career paths for young researchers
- Fundraising and lobby
- Communication and outreach
- Ad hoc strategic actions

This second annual report for UCPH LOM covers the activities in each key topic in the period from 1 September 2015 until the end of August 2016, and presents the results in each of the UCPH LOM key topics defined by the memorandum, and the prioritized areas for 2015-2016 as outlined in the Annual Report UCPH LOM 2014-2015². The present report describes the activities and results in which UCPH LOM has been directly involved, and is therefore not a complete overview of all activities at UCPH within the area of lifestyle, obesity and metabolic research.

For each of the five key topics listed above, this annual report and work programme presents:

- An introduction and a brief description of the tasks
- A report of the activities, events and results for 2015-2016
- Prioritized areas for 2016-2017
- A conclusion on the second year, pointing to overall visions for the coming year

¹ Memorandum for UCPH LOM (May 2013) http://www.lom.ku.dk/about_ucph_lom/background/memorandum/

² Annual Report UCPH LOM 2014-2015 including the Work Programme 2015-2016
http://www.lom.ku.dk/about_ucph_lom/work_programs/

The prioritized areas for 2016-2017 present specific tasks and objectives on which we expect to show significant results in the coming year. These were identified by the research support office and the steering committee. The specific work of the LOM research support unit will, to some degree, continue to depend on the interests of, and requests from, the researchers.

This annual report, including the prioritized areas (work programme) for 2016-2017, will be submitted for approval to the deans of each faculty at UCPH, and will subsequently be published on the UCPH LOM website, www.lom.ku.dk. The UCPH LOM newsletter will promote the report and work programme, highlighting both the general services and features of UCPH LOM and the specific priorities for the period 2016-2017.

Topic 1: Strengthening the scientific environments, collaborations, and shared identity

Introduction

UCPH LOM facilitates internal networks that allow and encourage researchers to connect and initiate collaboration, and UCPH LOM promotes common identity and external collaboration in close alignment with the UCPH 2016 strategy³. By strengthening the synergy across the university, UCPH LOM enables managers, researchers and research support staff to promote the research field and cross-disciplinary approaches, both nationally and internationally. Furthermore, the LOM research support unit provides best-practice approaches to research support, career promotion, fundraising, and communication in collaboration with research support staff across the UCPH.

Primary tasks of the UCPH LOM research support office

- Host annual conferences for junior and senior scientists across UCPH
- Set up seminars, workshops and meetings based on suggestions from the scientists
- Facilitate matchmaking between individual scientists and groups
- Present overviews of researchers, research activities and facilities across UCPH
- Establish strong ties with existing Danish and European associations, networks and alliances
- Engage with research support staff across the university, and to contribute to best practices in support of interdisciplinary research initiatives

Specific priorities 2015-2016

- Stronger inclusion, involvement and promotion of SSH research in all the activities and services of LOM
- Strengthened ability and readiness for UCPH to meet national and international interests in collaboration with UCPH within the LOM areas in relation to InnoLife KIC on ‘Healthy Living and Active Aging’, Horizon 2020, and the area of research technologies and innovation

³ This key topic has so far been referred to as “General support for the researchers and the research field”.

Activities and results for 2015-2016

The LOM conference spring 2016 – bringing researchers together across UCPH

The annual LOM conference “Lifestyle and kinds of living - Opportunities, conditions and biology” was held on 18-19 May 2016⁴. The scientific scope of the conference was outlined by a cross-faculty organising committee in collaboration with the UCPH LOM research support unit, which took care of all the practical aspects of organising, announcing and hosting the conference. A total of some 200 scientists attended the conference, which was slightly fewer than the attendance of 250 at the kick-off (2014) and first annual conference (2015).

The first day of the conference was dedicated to young researchers, starting with an expert presentation on presentation techniques, followed by two parallel tracks of presentations by 11 young researchers, and ending with master classes and network meetings with the conference keynote speakers and Professor Thue Schwartz.

The main conference day was opened by Julie Sommerlund, Associate Dean for External Relations at the faculty of Humanities. Professor of anthropology at Harvard University Susan Greenhalgh presented her keynote talk “Meet the Thin, Fit Biocitizen: How Lifestyle Interventions are Remaking Individuals and Societies”. This was followed by two timeslots of four parallel sessions on: a) Early life and disease risk later in life, b) Theories of obesity, c) AMPK and future health interventions, d) Personalized health technology, e) Brown adipose tissue, f) The role of economic incentives, g) Dangerous eating, and h) Gut hormones, respectively. Hereafter, all attendants convened for two additional keynote plenum lectures on obesity surgery (Professor John Kirwan, “Tipping the Scale on Obesity: Knife, Fork, or Sneakers”), and on legal aspects of lifestyle and obesity (Professor Amandine Garde, “Ending Childhood Obesity for Healthy, Sustainable Societies”), and a concluding debate among the invited speakers. One key aim with this annual conference is to provide researchers from different disciplines an opportunity to showcase their field and research to each other and to network across fields and disciplines. This aim was met by a total of 39 presentations in the parallel sessions and time for networking in the breaks and during

⁴ UCPH LOM Conference 18-19 May 2016, summary, program, abstracts, organising committee, opening speech from Julie Sommerlund etc. <http://www.lom.ku.dk/news/2016/annual-conference/>

lunch and dinner. We were very pleased to see how eager participants at this year's conference were to attend sessions and presentations by researchers from other fields, and all sessions were attended by some 20-60 participants.



The UCPH LOM 2016 conference closed with a panel debate among the keynote speakers, Susan Greenhalgh, John Kirwan and Amandine Garde.

As in the previous LOM conferences, only few researchers from TEO, LAW, HUM and SOCIAL SCIENCE participated. Higher engagement and visibility of these disciplines was a key focus in the planning and announcement of the conference, and a higher number of participants from these faculties had therefore been expected. The conference programme and keynote speakers had a high appeal to all disciplines, and the sessions including themes and speakers from the area of SSH appealed to a broad range of scientists of both biomedical as well as SSH backgrounds. Thus, for the 2017 conference we will prioritise sessions and speakers that appeal to both the biomedical and SSH researchers, as well as sessions bridging across different biomedical fields, hereby also allowing for knowledge-sharing and networking between the biomedical researchers from HEALTH and SCIENCE, which have consistently comprised the majority of the attendants to the LOM conferences.

In 2017, the conference will be held at the Faculty of Health and Medical Sciences on 20-21 June, and we hope that this slightly later date than usual will allow for a higher attendance due to fewer competing conferences and meetings.

Did you know that...

the annual LOM conference is a unique platform for young researchers to present their research in an interdisciplinary setting?

Scientific seminars, meetings and matchmaking

The UCPH LOM research support unit supports the organisation of seminars upon requests from UCPH researchers. Since September 2016, UCPH LOM have organised several meetings in the thematic areas of stress and obesity, walkability and interventions during pregnancy and early childhood. Furthermore, LOM has hosted open seminars:

- [Emerging Treatment Options for Diabetes and Obesity by Christoffer Clemmensen Helmholtz Diabetes Center, Munich](#) (February 2016)
- [Diabetes and the Motivation Toward Bariatric Surgery by Heather Howard](#) (March 2016)
- [The need for comprehensive food policy that weaves together work on food insecurity, obesity, agriculture and environment, and food safety and security by Kelly Brownell](#) (May 2016)

In addition, the LOM office has co-funded ten [August Krogh Club Seminars⁵](#) in 2015-2017 to further strengthen the network across the biomedical environments, and LOM researchers have been invited to suggest speakers for these seminars. The research support unit continues to facilitate matchmaking between individual researchers based on research area, methodologies or impact.

For the coming year, we plan to host meetings and seminars based on concrete common interests among the scientists. This will likely include meetings on childhood obesity, stress and obesity, the theological, psychological and philosophical perspectives in lifestyle and health research, meetings with private foundations and the private sector, information on the [InnoLife KIC](#) on ‘Healthy Living and Active Aging’, inspiration for taking the lead in future Horizon 2020 applications, introduction to the Steno Diabetes Center Copenhagen (SDCC) and future emerging research fields (FORSK2025 and other key roadmaps). We will, to some extent, organise these as small meetings attended based on invitation, in order to sharpen the focus of the meetings and ensure a high attendance from the well-established senior scientists and the younger associate professors whom we expect will one day take the lead in future collaborative projects and grants.

In the coming year HUM expect to establish humanistic health research as a focus area in order to strengthen the interfaculty collaborations in this research area and in order to showcase that HUM

⁵ Overview of August Krogh Seminar <http://akc.ku.dk/calendar/archive/>

conduct genuine health research and intensify and broaden the interdisciplinary collaborations with the other faculties at UCPH.

Strengthening the ties with Danish and European initiatives and networks and alliances

The LOM office continues to disseminate information on meetings and other activities of the Danish Association for the Study of Obesity (DSAF), and to collaborate on strategic aspects of promoting obesity as a key area for EU research investments. In 2015, DSAF expanded their board with post doc. Tenna Jensen (UCPH, HUM), who represents the SSH area in the association. In relation to EASO, we continue to coordinate and collaborate on lobby initiatives (see Topic 3). UCPH has joined HEPA Europe⁶ in order to strengthen our international collaboration and outreach in physical activity research, and to contribute with both our traditional and interdisciplinary research approaches and knowledge. UCPH LOM can offer HEPA Europe assistance in attracting grants for visiting scientists, with organising and hosting meetings, and work to place physical activity on the international research agenda. In September 2015, Camilla Verdich (head of the UCPH LOM research support unit) was invited to the ‘Integrated Research and Treatment Center (IFB) Adiposity Diseases’ initiative in Leipzig, where she gave a talk on fundraising to young investigators and held a series of meetings with researchers in order to identify common interests between IFB and UCPH LOM. In collaboration with the IFB management unit, UCPH LOM has successfully launched the IFB MS PRO internships to students at SUND (see Theme 2). The IFB and LOM management keep each other updated on a regular basis. In the coming year, we expect to strengthen the collaboration with the IFB in Leipzig, to encourage their researchers, in particular younger researcher leaders and associate professors, to attend the LOM conference in 2017. We will offer to outline a programme for guests from Leipzig to meet with key UCPH researchers relevant to their field on the days before or after the conference. This was done in relation to the LOM kick-off in 2014, and led to very good results in terms of concrete collaborations in the area of epigenetics, stigmatization and intestinal lipid sensing and signalling. The IFB plans to host their next Leipzig International Meeting for Interdisciplinary Obesity Research (LIMIOR) in the fall 2017, and we will encourage UCPH researchers to attend and plan additional meetings with relevant IFB researchers. A new and very high priority for the coming year will be to establish a

⁶ European network for the promotion of health-enhancing physical activity (HEPA Europe)

<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe>

strong relation to the SDCC⁷, and to the clinical research environments, as a platform for shared research projects in the area of translational and clinical research, health promotion and prevention; grant applications; educational activities etc.

Collaboration with research support staff and contributions to best practices

The UCPH LOM research support unit collaborates closely with other management and research support units across UCPH to ensure that the support provided is coordinated and aligned, and not overlapping. The toolbox showcasing experiences, models and best practices from UNIK 'Food, Fitness & Pharma' has been published at the UCPH LOM webpage, and will be expanded with new tools. The LOM research support unit and the faculty representatives of the LOM steering committee have met with representatives of the faculty management at HEALTH, HUM, SOCIAL SCIENCE and TEO to discuss how LOM can assist in meeting the visions and strategic aims of each faculty, and new meetings are planned for the coming year. The LOM research support unit continues to set up and attend meetings with local sections, departments and forums for researchers in order to raise the awareness of LOM, and to obtain input from the researchers regarding their wishes and expectations for LOM. So far, such meetings have been held at HEALTH, HUM, TEO, SOCIAL SCIENCE and SCIENCE. In the coming year, the interaction with faculties, department and research support units will focus on creating an internal overview of those research activities within the research area of lifestyle, obesity and metabolism, that UCPH LOM is not involved with, but which could in the future be included in meetings, presentations, applications etc. that UCPH LOM is involved in.

⁷ Steno Diabetes Center Copenhagen. The Novo Nordisk Foundation gives DKK 2.945 billion to improve the treatment of people with diabetes <http://www.novonordiskfonden.dk/en/content/novo-nordisk-foundation-gives-dkk-2945-billion-improve-treatment-people-diabetes>

Work Programme 2016-2017

We will continue to work on the described tasks and build on the activities and knowledge obtained in the first years of LOM. For the coming year, we aim to focus on:

- Continued stronger inclusion, involvement and promotion of SSH research in the activities and services of LOM with a particular focus on the potentials for collaborations between SSH and the biomedical area. In parallel, increased attention will be paid to the interests and potentials for collaborations across the many biomedical and natural science research environments, which continue to represent the major groups in LOM. These priorities will also be central in relation to the LOM 2017 conference.

Establishing a series of thematic meetings on topics of common interests, which will likely include: Childhood obesity; Stress and obesity; Theological, psychological and philosophical perspectives in lifestyle and health research; Leadership in Horizon 2020 applications; Future emerging research fields (based on FORSK2025 and other key roadmaps); InnoLife KIC; Steno Diabetes Center Copenhagen; Funding opportunities in relation to private foundations and collaboration with the private sector

Some of the meetings will likely be ‘by invitation’ for senior scientists and younger associate professors, whom we expect to take the lead in future collaborative projects and grants.

- Strengthening national and international research collaborations, including collaborations with SDCC, the clinical research environment, the IFB in Leipzig and HEPA Europe.

Conclusion

UCPH LOM continues to bring together researchers from a broad range of disciplines and environments across the UCPH, and has engaged and promoted the diverse spectrum of SSH disciplines in the past year. In the coming year, LOM will retain a focus on networks and collaborations, particularly within the very broad range of biomedical and natural science research. UCPH LOM will set up dedicated meetings on common and complementing research areas and approaches across the UCPH, and strengthen the national and international collaborations in the research field.

Topic 2: Supporting networks and career paths for young researchers

Introduction

The next generation of talented researchers is a key priority for UCPH LOM. The young generation is essential in creating and promoting the new cultures in collaboration across disciplines, and they represent the future in ground-breaking research and innovative solutions. Recruitment, networking, education and career promotion are thus key priorities in the UCPH strategy, supported by the UCPH LOM.

Primary tasks

- Strengthen recruitment and training of talented young researchers
- Inspire students to write their Bachelor's or Master's theses within this research area
- Establish and service theme-based young investigator networks (YIN)
- Provide workshops and training events for all young researchers in the LOM areas
- Offer an overview of relevant PhD-courses, defences and events

Specific priorities 2015-2016

- Strengthening and mobilising the SSH network for young investigators
- Courses and workshops in English communication, fundraising, presentation technique, career development and other transferrable skills
- Inspiring Master and Bachelor students across UCPH to write their theses in the field of LOM, and to attend the LOM meetings and conferences
- Disseminating the opportunity for research internships for biomedical graduate students at the IFB in Leipzig

Activities and results for 2015-2016

Engaging and inspiring students and recruiting young researchers

UCPH LOM continues to support the connection between research and education by bringing the research areas of lifestyle, obesity and metabolism and the cross-disciplinary approaches closer to graduate students by encouraging student in attending the annual LOM conference and the meetings

in the young investigator networks. In addition, medical students are encouraged to write their theses in these fields. LOM announces relevant PhD-courses, defences and other events via the website and newsletters to provide both graduate- and PhD-students with an overview of relevant activities at UCPH, and an opportunity to get acquainted with the range of the research fields and the diversity of the research environments and approaches.

Launching the IFB MS PRO internships to students at SUND

The IFB in Leipzig (see Topic 1) offers research internships for biomedical graduate students. In collaboration with the International Relations Office at HEALTH, these internships were announced for students of medicine, veterinary medicine, pharmacology, human biology and public health science⁸. One student of veterinary medicine completed an internship in the spring 2016, and 1-2 students from HEALTH are expected to attend in the fall 2016. The internships could also be relevant for students in Human and Clinical Nutrition (NEXS, SCIENCE). However, the timing of these internships collides with the regular semesters at UCPH, and has therefore not been attractive for students at SCIENCE. We hope that the students who complete these internships may later pursue a PhD at UCPH with secondments at the IFB. The internship of Bror Tobiasen, student of veterinary medicine at UCPH, was featured at the IFB and in the UCPH University Post⁹, which highlighted his first-hand practical experience with laboratory work, and the insight he gained into the many challenges and opportunities in the field of obesity research.

⁸ Research internship at the Integrated Research and Treatment Center (IFB) Adiposity Diseases in Leipzig, Germany <http://www.lom.ku.dk/young-investigators/ifb-internship/>

⁹ Vet student's blog: My Leipzig internship <http://universitypost.dk/article/vet-students-blog-my-leipzig-internship>



Bror Tobiasen, MS PRO intern at the IFB in Leipzig (Photo: IFB Leipzig)

Young Investigators' Networks: First movers in knowledge exchange and collaborations

The Young Investigators' (YI) networks continue to represent a considerable and very active segment of the UCPH LOM network. These networks may lead to new collaborations, exchange or co-supervision of young scientists, collaborative grant proposals, and possibly even lasting scientific associations.

Currently, there are three active YI-networks, which host regular seminars with presentations from the members, invited national or international speakers, and various other network activities. The UCPH LOM research support unit assists with the practicalities of organising the meetings, and LOM covers the cost of refreshments and light networking dinners for these networks.

The 'Muscle, Fitness and Metabolism Network' continues to bring together the research environments at SCIENCE and HEALTH. This long-standing network hosted two seminars in the past year: "Paradoxes in metabolism" featuring senior scientists Thorkild I.A. Sørensen, Flemming Dela and Peter Schnohr, and "Leisure Time Activity and Exercise- Molecular effect and effects on appetite regulation" featuring the young researchers Kristian Karstoft, Mads Rosenkilde and Pernille Højmann. The network is well established and well known at UCPH, as reflected in the high attendance at their meetings, counting some 40-50 young investigators.

The 'Copenhagen Microbiota Research Network' initiated by post docs from SCIENCE (NEXS) and HEALTH (CBMR) continues to host dedicated meetings for their core network group of 15-20 researchers in the areas of microbiology, biology, physiology, nutrition and bioinformatics with the

purpose of mutual education, knowledge-sharing and discussions beyond the scope of various conferences.

The ‘Metabolomics Young Investigators’ Network’ was initiated by a group of post docs from SCIENCE (NEXS and FOOD). The network brings together young researchers who work with metabolomics methods and -techniques, primarily in the areas of diet, food, plants and crops, obesity, diabetes, microbiota, and clinical research at UCPH, Steno Diabetes Centre, DTU, Statens Serum Institute and in the private sector. The network has hosted three meetings in the past year, with 15-20 attendants at each meeting. The aim for the next year is to invite researchers from the southern part of Sweden (Lund and Malmö) and from the rest of Denmark to join these network meetings.

One common feature of the three YI-networks is that they are all rooted in biomedical and natural sciences. In the past year, we have accordingly looked into the possibility and interest for a YI-network about health, lifestyle and/or obesity from an SSH-perspective. It is our experience that the field of young SSH researchers is fragmented and often sparsely represented, even at conferences or seminars with specific SSH topics. We have come to realize that the successful format for the existing YI-networks is not applicable for a SSH YI-network, and at this point there does not appear to be a basis for the formation of a dedicated SSH YI-network. We do aim, however, to continue to strengthen the position of SSH, and especially young SSH researchers, in UCPH LOM. We will undertake targeted promotion and invitations to the LOM conference, seminars, training seminars and other relevant events, in order to ensure that we reach both those SSH researchers who have already shown an interest in LOM activities as well as a wider SSH audience.

Did you know that...

LOM has a budget for inviting international researchers to visit the UCPH research environment and give an invited talk

Transferable skills

In the second year, the LOM research support unit has hosted afternoon training seminars for young researchers. The purpose of these seminars is both to provide transferable skills and to bring young scientists within the LOM area together across departments and disciplines to create an opening for knowledge-sharing and potential future collaborations. The seminar ‘English in the afternoon’ was

first held in the autumn of 2015, with five attendants. We are now considering setting up a seminar on scientific writing combined with key tips and tricks in English writing, which may appeal more to the young researchers. The course ‘Applying for research funding: How to write good applications and identify all relevant foundations’ was held twice (autumn 2015 and spring 2016) with 10-15 attendants at each course. This course will be held 2-3 times pr. year and serves as an introduction to fundraising and as a ‘warm up’ for outlining individual funding strategies and writing grant applications with support from the LOM research support office. The courses are mainly attended by young researchers from SUND and SCIENCE. As described in relation to Topic 1, the first day of the LOM conference 2016 was devoted to young investigators and to boosting and training presentation skills.

Career day for young researchers - Career paths outside academia

A joint career day was co-hosted with the Center for Healthy Aging (CEHA)¹⁰ in March.

CEHA had been asked by their YI network to host such a day, and as our target audience overlaps quite a bit, it was logical for LOM and CEHA to join forces and set up such an event together. The target audience was defined as young researchers, i.e. people working on their PhD’s and postdocs. Based on material and feedback from previous events, it was decided to focus on career paths outside of academia, and to aim for speakers that represented a wide range of careers. The speakers included representatives from Novo Nordisk, UCPH staff from various career support units, a PhD who ran a start-up, another who now works with patent registration, a representative from the Masters’ Unemployment Insurance Fund, and one from KORA.

Registration was well beyond expectations even with very little promotion, and by the time registration closed, 139 people had signed up for the event. Only 11 were from HUM, SOCIAL SCIENCE or LAW, the rest were all from HEALTH except for a handful from SCIENCE. A rough estimate showed that about one in four had a direct relation to the field of LOM.

The day was by and large a huge success with more than 100 persons in attendance. The format for this career workshop has been passed to the UCPH central Research and Innovation office to use if and when they organize similar events in the future.

¹⁰ Career day for young researchers - Career paths outside academia

http://www.lom.ku.dk/previous_events/2016/career-day/

Work Programme 2016-2017

We will continue to work on the described tasks and build on the activities and knowledge obtained in the first years of LOM. For the coming year, we aim to continue the above described activities and in addition we will:

- Launch an initiative for attracting Marie Skłodowska Curie fellows to UCPH by announcements in international research environments, where we aim to highlight both the many unique research environments at UCPH within the area of Lifestyle, Obesity and Metabolic research, and the dedicated funding support provided by the faculties' research support offices and the LOM research support office. The initiative will build on the experience from the Novo Nordisk Foundation Center for Basic Metabolic Research. At the same time, we will assist UCPH post docs in attracting Marie Skłodowska Curie fellowship grants to go abroad.
- Establish an overview of the 'growth layer' of young talented associate professors at UCPH within the research fields of LOM, and make a dedicated effort to involve them in relevant meetings, new collaborative projects and joint applications. This next generation of scientists will also be involved in the processes pertaining to defining the key research priorities and influencing the national and international funding system. The LOM research support office will furthermore assist the departments in boosting the career and leadership profiles of these young talents towards leadership, international collaborations and professorship.

Conclusion

The young researchers are important agents of the collaborative and interdisciplinary mind-set. We will continue the very successful networks for young investigators and the announcements of openings for Bachelor and Master theses at UCPH and internships at the IFB in Leipzig. These activities mainly targets the pre-graduate students, PhD and early post doc level, and in the coming year we will establish initiatives for the growth layer of associate professors and various initiatives to attract international post docs via Marie Skłodowska Curie fellowships.

Topic 3: Fundraising and lobby

Introduction

The over-arching goal of UCPH LOM is to help researchers attract external funding. This is achieved via; lobbying, i.e. by working to inject the research topics and interdisciplinary approaches into both national and international funding agendas, identification of targets and topics for large-scale collaborative applications and by providing practical and strategic support in the application process for both individual and collaborative grants.

Primary tasks

- Attract external funding by combining the strengths of excellent science, interdisciplinary collaboration, strong infrastructures and collaboration with partners and stakeholders
- Lobby for future research investments in lifestyle, obesity and metabolic health, and for cross-disciplinary approaches to research and innovation
- Provide overviews of funding opportunities, courses and workshops, including tailored information to individual researchers or research groups
- Provide career- and fundraising- coaching and planning
- Assistance with concrete grant applications
- Host workshops on writing applications for specific interdisciplinary calls and instruments
- Establish ad hoc internal review boards for large interdisciplinary applications

Specific priorities 2015-2016

- A COST application on trans-disciplinary obesity research
- Large interdisciplinary applications that involve researchers across faculties and research disciplines
- Fundraising for young researcher's careers including regular, international and industrial PhDs and post docs
- Funding support for researchers who are expected to apply for excellence grants (ERC, Sapere Aude, NNF Excellence, Lundbeck Foundation group leader grants etc.)
- Continued lobbying to place obesity (and in particular obesity prevention) and cross-disciplinary approaches on the research agenda for Horizon 2020 in close collaboration with CreoDK

Activities and results for 2015-2016

Positioning lifestyle, obesity, metabolic health as important areas for research investments

The LOM research support unit and researchers at UCPH continue to work closely with CreoDK to place the complex challenge of obesity on the European research agenda and showcasing the significance of the interdisciplinary and SSH-driven research approaches. During its second year, the LOM research support office has facilitated input to EASO on key future priorities and potentials in obesity research to be promoted towards Horizon 2020 (October 2015) and provided direct input to the report for 2018–2020 of the Horizon 2020 Advisory Group for Societal Challenge 1, ‘Health, Demographic Change and Well-being’¹¹, and to the public consultation on Horizon 2020 ‘Food Security, sustainable agriculture and forestry, marine and maritime and inland water research and the bioeconomy’ Work Programme 2018-2020¹². The topics promoted include:

- Stress, sleep and emotional balance in relation to obesity
- Early determinants of later metabolic health and weight control including diet and physical activity in pregnancy, breast feeding and early physical activity and nutrition patterns
- Nutrition and physical activity in the elderly population with particular focus on sarcopenia, sarcopenic obesity and independence and better health
- Identification of physiological, biological and molecular mechanisms behind the beneficial effects of physical activity on the variety of health parameters and disease
- ICT-based and interdisciplinary approaches to promote Active Living.

In January 2016, Bente Stallknecht and Astrid Jespersen visited Brussels together with Jakob Eg Larsen from DTU. CreoDK had organized a day of meetings with relevant people from DG Research and Innovation and DG Education and Culture on the theme “Smart technologies motivating physical activity”. Further, Bente Stallknecht is influencing Horizon 2020 through her membership of the EU Scientific Panel for Health. Finally, in collaboration with CreoDK and the

¹¹ Advisory Group for ‘Societal Challenge 1: Health Demographic Change and Wellbeing’:

http://ec.europa.eu/research/health/pdf/ag_advice_report_2018-2020.pdf

¹² Public consultation on Horizon 2020 ‘Food Security, sustainable agriculture and forestry, marine and maritime and inland water research and the bioeconomy’ Work Programme 2018-2020 http://ec.europa.eu/research/consultations/sc2-wp2018-2020/consultation_en.htm

LOM research support office, LOM researchers (Astrid Jespersen, Berit Heitmann and Bente Stallknecht) are promoting ‘ICT-based tools for combatting overweight and obesity’ as area with strong potential for future research. ICT-based solutions such as telemedicine, personalized applications and mobile health solutions combined with big data methodologies holds the potential to contribute to tackling obesity by motivating and maintaining lifestyle changes and by monitoring, predicting and supporting behaviors. Technologies have the potential to involve citizens and well as health care practitioners in organizing and monitoring lifestyle changes, promoting online social communities and develop tools that help address obesogenic factors, situations and environments.

On the national funding scene, the LOM research support office coordinated two inputs to the FORSK2025 process, namely “Physical Activity and Health” (contact person Professor Bente Stallknecht, HEALTH) and “Obesity, Stress and (Food) Insecurity” (contact person Professor Anders Sjödin, SCIENCE)¹³. Some 20 key LOM researchers, representing all faculties, were involved in outlining these inputs. The LOM research support office continues to influence the process, with the aim that these research areas will be reflected in the final FORSK2025 catalogue. In addition, LOM researchers have responded to the call for themes for the upcoming round of Novo Nordisk Foundation Challenge Grants.

Steps towards attracting funding and engaging in international collaborations in Horizon 2020

The UCPH LOM research support unit approaches both individual researchers and research groups to identify their interests and to motivate them to apply for EU grants, and to ensure an optimal level of support in close alignment with the department-, faculty- and central research support units. In addition to the above described lobbying initiatives towards Horizon 2020, the LOM research support office and researchers have made a dedicated effort to assure the involvement of LOM researchers in applications for the call SFS-39-2017: How to tackle the childhood obesity epidemic? Many researchers at UCPH have an interest in joining applications for this call, which asks for interdisciplinary collaboration and for contributions from different disciplines among the biomedical and SSH disciplines to address childhood obesity. Two researchers were centrally involved in a consortium, which unfortunately collapsed. As a means to promote the research capacities and potential contributions from UCPH, the LOM research support office developed a

¹³FORSK2025 process and input: <http://ufm.dk/forskning-og-innovation/indsatsomrader/forsk2025>

completely new format for a 1-page research profile to present the concrete potential contribution to a proposal under the topic as well as a brief professional profile, key recent projects, publications and key collaborators and members of their research team. A total of 14 1-page research profiles represent the faculties of HEALTH, SCIENCE, LAW and HUM and the areas of genetics, epigenetics, epidemiology, sociology, ethnology, law, obesity policies, public health sciences, psychology, motivation, epidemiology, human nutrition, large scale interventions, vulnerable children, ethics, stigma, sleep, stress, physiology and translational metabolism . One major point of attention is that, despite the high interest and capacity to contribute to an application, none of the UCPH scientists have expressed a desire to take the lead in an application. In the coming year, we will strive to prepare LOM researchers to take a more proactive approach towards Horizon 2020, and to be prepared to take a leading role in applications. As outlined in our work programme for 2015-2016, the ambition was that UCPH LOM would take the lead in a COST application for a collaborative and trans-disciplinary pan-European obesity research network. Due to major financial cut-backs at UCPH, it was decided not to devote time and energy for networking activities in a COST, and to direct our attention towards attracting funding for research instead.

Did you know that...

the LOM research support office has a combined 25+ years of experience with research support and fundraising

Supporting researchers in the application process

The LOM newsletter and website continues to provide a customised overview of the funding landscape and open funding calls, courses and workshops. In some cases, the research support unit provides individual notifications of deadlines for researchers expected to have a particular interest in a given call. In line with the first year, the unit has provided career- and fundraising-coaching to some 20-30 groups and individual scientists from all of UCPH's faculties except for LAW. The UCPH LOM research support unit continuously develops processes, tools and templates to support fundraising and networking across the entire UCPH. The assistance provided by the LOM support office is complementary to the services provided by the Research and Innovation offices at the faculties and the central EU office based on the deep understanding of the research fields in LOM and on the interdisciplinary perspective of LOM.

In 2015-16, the UCPH LOM research support unit was involved in successful applications attracting a total of DKK 29.6 million for researchers at UCPH. The LOM research support unit provided assistance for some 40 research proposals from SCIENCE, SOCIAL SCIENCE, HUM and HEALTH, ranging from applications for PhD and postdoc grants to ERC and collaborative grants. Three applications were prepared for the Novo Nordisk Foundation Interdisciplinary Synergy Grant call in January 2016, but none of these made it to the second phase. We are now working with these research groups to plan a re-submission for the next round and submission to other foundations. The unit assisted with two ERC starting grant applications (November 2015) and two ERC advanced grant applications (June 2015). One of the latter was Professor Jens Juul Holst (SUND), who obtained an ERC advanced grant ‘Bypass without surgery - Reaching the effects of gastric bypass on diabetes and obesity without surgery’¹⁴. The LOM research support unit provided assistance for two NNF Excellence Grant applications in the spring of 2016, and one resulted in a DKK 5 million grant to Signe Sørensen Torekov (SUND). LOM has not yet been involved in any applications to Innovation Fund Denmark (InnovationsFonden). For the coming year, the ambition is to attract grants for collaborative projects. The LOM steering committee will engage in dialogue with the national public and private foundations, and expect to establish targeted information meetings addressing the openings for LOM researchers in relation to the Novo Nordisk Foundation, Lundbeck Foundation, Danish National Research Foundation, InnoLife KIC on ‘Healthy Living and Active Aging’ and joint application with the SDCC (see Topic 1). Some of these collaborative projects would be spin-off projects from the ‘UPCH 2016 grants’, including projects related to the above described themes promoted in our lobbying activities. LOM will approach the FoodNexus¹⁵ (SCIENCE) to discuss potential interplay between LOM and a future KIC in the food area.

In terms of PhD and post doc grants, a dedicated initiative will aim to attract Marie Skłodowska Curie fellowships (see Topic 2) and industrial PhD and post doc grants.

¹⁴ Jens Juul Holst receives prestigious ERC Advanced Grant: <http://www.lom.ku.dk/news/2016/erc-grants-2016-jj-holst/>

¹⁵ FOOD works towards the formation of a European food innovation alliance (November 2015) <http://www.science.ku.dk/english/press/news/2015/food-works-towards-the-formation-of-a-european-food-innovation-alliance/>

Contact to the industry and private sector becomes more essential as the funding landscape increases the focus on cross-sectorial collaboration, and a private sector partner is necessary for industrial PhD¹⁶ or post doc projects.

We will establish an overview of existing industrial contacts at the university and faculties in an effort to break down barriers and help young researchers to identify openings for either bringing their own project idea into an industrial collaboration or for initiating a collaboration based on a specific task or challenge presented by the industry, i.e. in an industrial PhD or post doc project.

¹⁶ An industrial PhD project is also possible with a public sector partner.

Work Programme 2016-2017

We will continue to work on the described tasks and build on the activities and knowledge obtained in the first years of LOM. For the coming year, we aim to have a particular focus on:

- Large interdisciplinary collaborative applications that involve researchers across faculties and research disciplines and, when relevant, bridges to the clinical research area. We aim to engage in dialogue with key relevant foundations and host dedicated information meetings for invited LOM scientists. As described above, the ‘growth layer’ of young associate professors are expected to play a central role in these grant applications.
- Fundraising for young researcher’s careers including regular and industrial PhDs and post docs and Marie Skłodowska Curie fellowships for attracting international postdocs and allowing UCPH post docs to go abroad.
- We will maintain the current level of funding support for researchers who apply for excellence grants (ERC, Sapere Aude DFF Starting Grants, NNF Excellence, Lundbeck Foundation group leader grants etc.). This will include early identification of candidates and a plan for career-boosting, e.g. through courses and expertise in leadership, teaching and supervision, stronger international and independent research profiles etc.
- Continued lobbying to place obesity and cross-disciplinary approaches on the research agenda for Horizon 2020 in close collaboration with CreoDK and a devoted focus on preparing UCPH researchers to take a central and leading role in future Horizon 2020 applications.
- Increased focus on openings for grants in relation to collaboration with SDCC and in the setting of [InnoLife KIC](#) on ‘Healthy Living and Active Aging’, the potential coming KIC in the area of food, and in the setting of [Health Axis Europe](#), which is an alliance of health clusters in EU which work to facilitate matchmaking between researchers in academia and industry and start-ups.

Conclusion

In both years, the UCPH LOM research support unit has been directly involved in some 40 grant applications per year, and contributed to obtaining 17.5 and 29.6 million DKK to individual researchers in the first and second year, respectively. Collaborative and cross-disciplinary applications will continue to have a very high priority. In terms of international grants, the aim is to attract Marie Skłodowska Curie fellowships to UCPH and increase the readiness of UCPH

researchers to get involved in consortia as they are formed, and to take a leading role in relation to the calls of the Horizon 2020 work programme for 2018-2020. In collaboration with CreoDK, we will work to maintain the central position of LOM-related research areas in Horizon 2020 and the cross-disciplinary, SSH-driven and ICT-supported approaches.

Topic 4: Communication and outreach

Introduction

In terms of communication, the UCPH LOM research support unit's primary tasks are to make UCPH LOM visible, communicate the services to the UCPH researchers and to increase the visibility of the UCPH researchers towards each other. UCPH LOM is working to brand the UCPH as an international leading capacity in the area of lifestyle, obesity and metabolic research, and as a frontrunner in interdisciplinary approaches in research and innovation towards tackling the complex societal challenge of obesity and lifestyle-related diseases.

Primary tasks

- Communicate the existence and content of the platform, both locally at UCPH, nationally and internationally
- Maintain a website and calendar of events and funding deadlines and to publish a newsletter
- Contributing to bringing the researchers and the research out to the society
- Provide a collection of pitches and emerging results to present for journalists, communication departments etc.
- Contribute to the on-going processes related to stakeholder-mapping and collaboration

Specific priorities 2015-2016

- Optimise the website and newsletters to promote the UCPH LOM services and tools, including features that allow researchers to identify contacts and collaborators
- Prepare and launch a UCPH profile magazine on lifestyle in relation to obesity and metabolism targeting external collaborators and stakeholders as well as UCPH researchers
- Collaborate with The Science Theatre on the production 'Live life in style', including attracting funding and identifying relevant UCPH researchers to take part in the performances
- Collaborate with EASO on outlining and hosting a session at ECO2016 to showcase Danish and European transdisciplinary approaches to obesity

Activities and results for 2015-2016

Internal communication via newsletters and website

The website www.lom.ku.dk was re-launched in the spring 2016, in an effort to make this website the natural go-to service portal for researchers, who need the services that the LOM research support unit provides, or who are looking to join or establish networks across research disciplines and university structures.

The UCPH LOM newsletter continues to disseminate news, events and funding opportunities to more than 500 researchers at UCPH every other week. This newsletter is one key element in promoting shared identity across the university. In addition to website and newsletters, the LOM research support unit continues to present UCPH LOM at department and section meetings, which often leads to concrete tasks for the unit in terms of network activities or assistance with grant applications. Since UCPH no longer supports the production of profile magazines, the notion of making a LOM-magazine has not been pursued further.

Science communication and bridging to upper secondary school

In the winter of 2014/15, Bente Stallknecht and the LOM research support unit initiated a close collaboration with The Science Theatre, and have successfully attracted external funding (DKK 700.000 in 2015) to produce the play ‘Live life in style’ (‘Lev livet med stil’)¹⁷, which combines theatre, music, gamification and research in communicating health and lifestyle research to young students in upper secondary school. The play was developed in the setting of the Governing Obesity research initiative and based on inspirational lectures from senior scientists. Young scientists presented their research in small lectures integrated in the play when it toured Denmark in April 2016. All LOM researchers were invited to attend the science theater performance at UCPH in April 2016. In 2016, the Science Theatre has attracted an additional DKK 450.000 to perform ‘Live Life in Style’, and the play will now expand the planned tour in the fall 2016 and an additional tour in the spring 2017. ‘Live life in style’ will serve as a platform for more UCPH researchers to communicate their research to upper secondary school.

¹⁷ Scientists show off their research in the theatre, see a short video (in Danish) from the performance ‘Live life in style’ http://www.lom.ku.dk/news/2016/live_life_in_style/



Science Theater performance – *Live life with style*, The Panum Institute, April 2016. Left: Phd students Jonas Winther and Anne Sofie Gram present findings from the GO ACTIVE project. Right: Musician and composer Andreas Bennetsen and actors Stina Mølgaard and Janus Elsing.

In the summer of 2015, UCPH LOM was contacted by Akademiet for Talentfulde Unge (The Academy for Talented Youth)¹⁸, and have, at their request, hosted two seminars on obesity in the autumn of 2015 and spring 2016. We will pursue the collaboration with the Academy and expect to host additional thematic seminars in the years to come to showcase LOM research from some of the larger interdisciplinary research projects and centres e.g. OPUS, CEHA, Center for Holdspil og Sundhed, UNIK, CBMR and CoRe depending on the demand from the Academy. In addition to improving the understanding and awareness of obesity, health and lifestyle, our initiatives targeted at upper secondary students are also aimed to stimulate interest in studying at the university (thereby supporting the overall UCPH strategy) and to improve the students' understanding of the use of interdisciplinary approaches in addressing the large societal challenges.

Additional approaches to bringing the researchers and the research out to the society

In terms of bringing research into society, the LOM research support office can serve as a scout for identifying new research approaches and results that will make good cases for outreach activities and serve as a hub for identifying researchers and research areas across the UCPH. Upon request, the unit can construct a tailored list of pitches and emerging results to present to journalists, communication departments etc.

¹⁸ The Academy for Talented Youth is an offer for particularly talented upper secondary students, who are offered an opportunity to learn more and to create a network with other knowledge enthusiasts <http://ungetalenter.dk/>

Branding of UCPH at the European Congress on Obesity

The LOM research and researchers attended and showcased trans-disciplinary approaches in obesity at the European Conference on Obesity in the years 2013-2015. In 2016, the format of the conference was changed, and the conference was held as European Obesity Summit¹⁹. The international research community was invited to suggest themes for sessions at the conference. We encouraged LOM researchers to suggest themes, but did not set up a session ourselves. Several LOM researchers attended and presented at the conference, and Nynne A. Reeckmann represented the LOM research support unit at the conference to observe and to identify new potential research themes and collaborations.

Stakeholder-mapping and collaboration

In terms of stakeholder mapping and collaborations, the LOM research support office uses the university's and faculties' contacts to the industries and industrial associations and clusters to facilitate matchmaking between LOM researcher and industrial partners. Our aim is to help identify openings for joint grant applications to Innovation Found Denmark, InnoLife KIC on 'Healthy Living and Active Aging', and the possible KICs in the area of food, and in the setting of Health Axis Europe.

Did you know that...

the LOM research support office can help you improve your CURIS profile

¹⁹ Website of the 2016 European Obesity Summit <http://www.obesity-summit.eu/>

Work Programme 2016-2017

For the coming year, we aim to focus on:

- Further improvements of the website and newsletters to promote the UCPH LOM services and tools, including features that allow researchers to identify contacts and collaborators.
- Continue proactive approaches towards the departments and sections that might be interested in a presentation of LOM at one of their regular meetings, hereby opening for increased request for concrete network activities or assistance with grant applications.
- Providing assistance for strengthening the Curis ('Find a researcher') profiles, to allow for a better overview of researchers in the field of lifestyle, obesity and metabolism, based on these UCPH search terms.

Conclusion

Internal communication motivates and inspires network between researchers, and showcases the services offered by the LOM research support unit. LOM wishes to contribute to bringing research and researchers out to society through knowledge-sharing with the UCPH communication department, and to contribute to responses to requests from journalists et al. In terms of stakeholder relations, our key focus is to bring the relevant stakeholders and researchers together in research grant applications.

Topic 5: Ad hoc strategic actions

Introduction

With the competence profile in the team, the UCPH LOM research support unit is designed to take on ad hoc tasks and actions to seize opportunities that may arise across the UCPH in the research areas of lifestyle, obesity and metabolism.

Activities and results for 2015-2016

There are no activities to be classified as ad hoc strategic actions during the second year of LOM. The four previously described topics are very broad and activities relevant for LOM will therefore in general be related to one of these topics. However, future ad hoc actions could be novel unforeseen opportunities and tasks which would take up a significant amount of resources from the LOM management office. When these occur the steering committee and the research support office will make ad hoc plans for how, and to which extent, to engage in these.

Did you know that...

you are always welcome to contact the LOM research support office or your faculty representative in the steering committee if you want to learn more about UCPH LOM or wish to make use of our services

The organisational structure supporting UCPH LOM

The organisation behind the strategic platform consists of a steering committee with representatives from the University faculties and the leaders of the two Excellence Programme Research Initiatives involved in UCPH LOM. The faculty representatives have been appointed by the deans of each faculty. The head of UCPH LOM is Professor Bente Stallknecht, and the daily administrative and strategic tasks are managed by the research support unit located at the Department of Biomedical Sciences at the Faculty of Health and Medical Sciences.

UCPH LOM steering committee 2015-2016



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