

Welcome and Introduction

Dear friends and colleagues,
Dear students,

It is my pleasure to welcome you to TOOLTIPS-3 which takes place at Grundlsee in the Salzkammergut. Thanks to the enthusiastic participation of teachers and students we already had two very successful courses in 2010 and 2011. We now have prepared TOOLTIPS-3, another two-week course with the aim of developing tools for combating obesity.

Most of the teachers, who will participate this year, have also participated last year. Many thanks to your continuous support in selecting highly motivated students and preparing your teaching programme. Thanks are extended also to the students, who have done their homework by preparing an oral presentation and reading the literature sent to them in advance. They are now well prepared and eager to study the different aspects of obesity.

The structure of the course essentially follows that of last year. Given that 5 ECTS points are granted each year, the workload remains at a high level. At the end, we are expecting the students to present exciting tools developed during the course. These tools will not only enter the TOOLTIPS competition but will also be presented to the public. The best tools will be awarded and presented at the International Symposium of the HNMRC in Graz in October 2012.

For the second TOOLTIPS course we decided again to move out of the city to the countryside as we did before. The lake Grundlsee in the region of the Salzkammergut will provide students and teachers with a relaxing atmosphere for an intense two-week teaching and working programme. The Mondi Holiday resort has granted us a very good offer so we could afford to have also this course at this gorgeous place. Many thanks to them! The location also facilitated to follow the concept of "Practice what you teach" and we have allocated two hours to outdoor activities in the afternoon each day. In addition to that, the social programme will introduce the participants to the mountains, food and music, as well as other treasures of the area of the Ausseerland and Salzkammergut.

A very warm welcome to all of you and best wishes for great success in teaching and learning. We are looking forward to the tools to be developed!

Last but not least, take the opportunity to make friends with your peers from across Europe.

Enjoy your stay in Grundlsee!

Graz, January 2012

Brigitte Winklhofer-Roob

Day 1 – Sunday, January 22, 2012

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| 15:30 | Departure of shuttle bus at Salzburg main station and Salzburg airport |
| 16:30 | Arrival at MONDI HOLIDAY in Grundlsee |

I. Welcome and introduction to TOOLTIPS-3

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| 16:30 – 17:00 | Registration, welcome and get-together |
| 17:00 – 18:00 | Introduction to TOOLTIPS-3
<i>Brigitte Winklhofer-Roob, Graz, Austria</i> |
| 18:00 – 19:30 | Baseline examination
<i>Gernot Faustmann, Graz, Austria</i> |
| 19:30 – 20:00 | The “Ausseer Land”: introduction to the country and culture of the TOOLTIPS host country |
| 20:00 – 21:00 | <i>Dinner</i> |

Day 2 – Monday, January 23, 2012

07:00 – 08:00 *Breakfast*

I. Morning session

08:00 – 08:30 **Introduction of the students**
Formation of the working groups
Brigitte Winklhofer-Roob, Graz, Austria

08:30 – 09:00 **Professional skills sessions:**
TOOL DEVELOPMENT SKILLS
Introduction to the tool development task
Brigitte Winklhofer-Roob, Graz, Austria

09:00 – 10:00 **Practical details and examples of tool development**
Gernot Faustmann, Graz, Austria

10:00 – 11:00 **Personalized, Preventive, Predictive and Participatory: P4 diabetes prevention clinic**
Ben van Ommen, Zeist, The Netherlands

11:00 – 12:00 **Information retrieval**
Gernot Faustmann, Graz, Austria

12:00 – 13:00 **Team building**
Elisabeth Fattinger and Manuela Konrad, Bad Gleichenberg, Austria

13:00 – 14:00 *Lunch*

14:00 – 16:00 *Outdoor activities*

II. Afternoon session

16:00 – 17:00 **TOOL DEVELOPMENT SKILLS**
PRESENTATION SKILLS
Presentation techniques
Manuela Konrad, Bad Gleichenberg, Austria

17:00 – 19:30 **Working groups - Session 1:**
Characterisation of the needs of the target groups
Group 1-2: Elisabeth Fattinger and Ben van Ommen
Group 3-4: Manuela Konrad and Gernot Faustmann;
Group 5-6: Arja Erkkilä and Brigitte Winklhofer-Roob

19:30 – 20:00 **Meet-the-professors session:**
Discussion of the tools to be developed
Elisabeth Fattinger, Manuela Konrad, Ben van Ommen, and Arja Erkkilä

20:00 – 21:00 *Dinner*

Day 3 – Tuesday, January 24, 2012

07:00 – 08:00 *Breakfast*

I. Morning session

08:00 – 08:30 **Summary of the day before**
*Elisabeth Fattinger, Manuela Konrad, Ben van Ommen,
and Arja Erkkilä present*

08:30 – 10:00 **Presentation and discussion of the needs of the
target groups**
*Presentations of the 6 working groups
Session chaired by the students, all teachers present*

10:00 – 13:00 **Professional skills session:**
PEDAGOGIC SKILLS
**Fundaments of teaching and learning (How do we
learn? Setting learning goals. Organising learning
arrangements)**
Elisabeth Fattinger, Graz, Austria

13:00 – 14:00 *Lunch*

14:00 – 16:00 *Outdoor activities*

II. Afternoon session

16:00 – 17:00 **Professional skills session:**
TOOL DEVELOPMENT SKILLS
Pedagogical aspects
Elisabeth Fattinger and Manuela Konrad

17:00 – 19:30 **Working groups - Session 2:**
**Screening, evaluation and selection of tools from
existing tools**
*Group 1-2: Elisabeth Fattinger
Group 3-4: Arja Erkkilä
Group 5-6: Manuela Konrad*

19:30 – 20:00 **Meet-the-professors session:**
Discussion of the tools to be developed
*Elisabeth Fattinger, Manuela Konrad, Arja Erkkilä, and
Alejandro González-Agüero*

20:00 – 21:00 *Dinner*

Day 4 – Wednesday, January 25, 2012

07:00 – 08:00 *Breakfast*

I. Morning session

08:00 – 08:30

Summary of the day before

*Elisabeth Fattinger, Manuela Konrad, Arja Erkkilä, and
Alejandro González-Agüero present*

08:30 – 10:00

Presentation and discussion of the tools to be developed

*Presentations of the 6 working groups
Session chaired by the students, all teachers present*

10:00 – 13:00

***Professional skills session:* TOOL DEVELOPMENT SKILLS Tools for training and counseling. Introduction: Hypnotalk**

Manuela Konrad, Graz, Austria

13:00 – 14:00

Lunch

II. Afternoon session

14:00 – 15:30

***Professional skills session:* TOOL DEVELOPMENT SKILLS Questionnaire development**

Arja Erkkilä, Kuopio, Finland

15:30 – 18:00

***Working groups - Session 3:* Screening, evaluation and selection of tools from existing tools**

Group 1-2: Arja Erkkilä

Group 3-4: Maria-Jesus Cantalejo

Group 5-6: Alejandro González-Agüero

18:00 – 20:00

Guided torch tour

20:00 – 21:00

Dinner

Day 5 – Thursday, January 26, 2012

07:00 – 08:00

Breakfast

I. Morning session

08:00 – 08:30

Summary of the day before

Arja Erkkilä, Alejandro González-Agüero, and Maria-Jesus Cantalejo present

08:30 – 10:00

Presentation and discussion of the tools to be developed

Presentations of the 6 working groups

Session chaired by the students, all teachers present

10:00 – 11:30

Professional skills session: TOOL DEVELOPMENT SKILLS Nutritional epidemiology

Arja Erkkilä, Kuopio, Finland

11:30 – 13:00

Professional skills session: TOOL DEVELOPMENT SKILLS Strategies in developing new food products for combating obesity – Part I

Maria Jesus Cantalejo, Pamplona, Spain

13:00 – 14:00

Lunch

14:00 – 16:00

Outdoor activities

II. Afternoon session

16:00 – 17:00

Professional skills session: TOOL DEVELOPMENT SKILLS Strategies in developing new food products for combating obesity – Part II

Maria-Jesus Cantalejo, Pamplona, Spain

17:00 – 19:30

Working groups - Session 4: Screening, evaluation and selection of tools from existing tools

Group 1-2: Arja Erkkilä

*Group 3-4: Alejandro González-Agüero and
Maria-Jesus Cantalejo*

Group 5-6: Yannis Manios and George Dedoussis

19:30 – 20:00

Meet-the-professors session: Discussion of the tools to be developed

*Arja Erkkilä, Alejandro González-Agüero, Maria Jesus
Cantalejo, Yannis Manios and George Dedoussis*

20:00 – 21:00

Dinner

Day 6 – Friday, January 27, 2012

07:00 – 8:00

Breakfast

I. Morning session

08:00 – 08:30

Summary of the day before

*Arja Erkkilä, Alejandro González-Agüero,
Maria Jesus Cantalejo, Yannis Manios and George
Dedoussis present*

08:30 – 10:00

Presentation and discussion of the tools to be developed

*Presentations of the 5 working groups
Session chaired by the students, all teachers present*

10:00 – 11:30

Professional skills session:

IMPLEMENTATION SKILLS

**Developing, implementing and evaluating a
school-based intervention for the prevention of
childhood obesity**

Yannis Manios, Athens, Greece

11:30 – 13:00

Professional skills session:

IMPLEMENTATION SKILLS

**Gene-diet interactions towards personalized
medicine**

George Dedoussis, Athens, Greece

13:00 – 14:00

Lunch

II. Afternoon session

14:00 – 16:30

Professional skills session:

TOOL DEVELOPMENT SKILLS

Concepts of exercise intensity

Alejandro González-Agüero

16:30 – 19:00

Logan Lodge: Pascher seminar and country music

20:00 – 21:00

Dinner

Day 7 – Saturday, January 28, 2012 (Gemeindeamt)

07:00 – 08:00

Breakfast

08:00 – 08:30

Walk to Gemeindeamt Grundlsee

I. Morning session

08:30 – 09:00

Summary of the day before

Maria Jesus Cantalejo, Yannis Manios, George Dedoussis, Alejandro González-Agüero, Gernot Faustmann and Brigitte Winklhofer-Roob present

09:00 – 10:30

Presentation and discussion of the tools to be developed

*Presentations of the 5 working groups
Session chaired by the students, all teachers present*

10:30 – 12:00

Professional skills session:

IMPLEMENTATION SKILLS

Body composition and physical fitness in persons with intellectual disabilities and effects of physical training.

Alejandro González-Agüero, Zaragoza, Spain

12:00 – 13:00

Professional skills session:

TOOL DEVELOPMENT SKILLS

Biomarkers in nutrition research

Gernot Faustmann, Graz, Austria

13:00 – 14:00

Lunch break

II. Afternoon session

14:00 – 15:00

Professional skills session:

TOOL DEVELOPMENT SKILLS

Biomarkers before and after intervention in obese children and adolescents: The MODUL project

Brigitte Winklhofer-Roob, Graz, Austria

15:00 – 19:30

Working groups - Session 6:

Selection of the tools that will be developed for the target groups

Group 1-2: Alejandro González-Agüero

Group 3-4: Gernot Faustmann

Group 4-5: Brigitte Winklhofer-Roob

19:30 – 20:00

Walk back to hotel

20:00 – 21:00

Dinner

Day 8 – Sunday, January 29, 2012

07:00 – 10:00

Breakfast

Outdoor activities
Free time

13:00 – 14:00

Lunch

Outdoor activities
Free time

20:00 – 21:00

Dinner

Day 9 – Monday, January 30, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30 **Summary of the day before (Saturday)**
Maria Hagströmer, Josep Ribalta and Elisabet Vilella present

08:30 – 10:00 **Presentation and discussion of the tools that will be developed**
Presentations of the 5 working groups
Session chaired by the students, all teachers present

10:30 – 13:00 **Professional skills session:**
TOOL DEVELOPMENT SKILLS
Physical activity interventions: What works?
Individual, community and population based level
Maria Hagströmer, Stockholm, Sweden

10:30 – 13:00 **Professional skills session:**
EVALUATION SKILLS
Evaluation methods of physical activity
Maria Hagströmer, Stockholm, Sweden

13:00 – 14:00 *Lunch*

14:00 – 16:00 *Outdoor activities*

II. Afternoon session

16:00 – 17:00 **Professional skills session:**
TOOL DEVELOPMENT SKILLS
Biobanking: a valuable resource for obesity research
Elisabet Vilella, Reus, Spain

17:00 – 19:30 **Working groups - session 7:**
Development of the tools for the target groups
Group 1-2: Maria Hagströmer
Group 3-4: Josep Ribalta
Group 5-6: Elisabet Vilella

19:30 – 20:00 **Meet-the-professors session:**
Discussion of the tools to be developed
Maria Hagströmer, Josep Ribalta, Elisabet Vilella, Dénes Molnár, and Éva Kovács

20:00 – 21:00 *Dinner*

Day 10 – Tuesday, January 31, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30

Summary of the day before

Maria Hagströmer, Josep Ribalta, Elisabet Vilella, Dénes Molnár, and Éva Kovács present

08:30 – 10:00

Presentation and discussion of the tools that will be developed

Presentations of the 5 working groups

Session chaired by the students, all teachers present

10:00 – 13:00

Professional skills session:

TOOL DEVELOPMENT AND TRANSLATIONAL SKILLS

Detecting and treating cardiovascular risk associated with obesity as a multidisciplinary task: Part I

Josep Ribalta, Reus, Spain

13:00 – 14:00

Lunch

14:00 – 16:00

Outdoor activities

II. Afternoon session

16:00 – 17:30

Professional skills session:

TOOL DEVELOPMENT SKILLS

Health promotion: theory and practice

Éva Kovács, Pécs, Hungary

17:30 – 19:30

Working groups – Session 8:

Development of the tools for the target groups

Group 1-2: Dénes Molnár

Group 3-4: Éva Kovács and Elisabet Vilella

Group 5-6: Josep Ribalta

19:30 – 20:00

Meet-the-professors session:

Discussion of the tools to be developed

Dénes Molnár, Éva Kovács, Josep Ribalta, and Elisabet Vilella

20:00 – 21:00

Dinner

Day 11 – Wednesday, February 1, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30 **Summary of the day before**
Dénes Molnár, Éva Kovács, Josep Ribalta, and Elisabet Vilella present

08:30 – 10:00 **Presentation and discussion of the tools that will be developed**
Presentations of the 5 working groups
Session chaired by the students, all teachers present

10:00 – 11:30 **Professional skills session:**
TOOL DEVELOPMENT SKILLS
Prevention of non-communicable diseases
Dénes Molnár, Pecs, Hungary

11:30 – 13:00 **Professional skills session:**
TOOL DEVELOPMENT SKILLS
Risk factors: causes and consequences in childhood
Dénes Molnár, Pecs, Hungary

13:00 – 14:00 *Lunch*
14:00 – 16:00 *Outdoor activities*

II. Afternoon session

16:00 – 17:30 **Professional skills session:**
PRESENTATION OF RESEARCH PROJECTS
Students' presentations
Chairs:
Students: 2 students
Teachers: Dénes Molnár and Éva Kovács

17:30 – 19:30 **Working groups – Session 9:**
Development of the tools for the target groups
Group 1-2: Dénes Molnár
Group 3-4: Éva Kovács and Elisabet Vilella
Group 5-6: Josep Ribalta

19:30 – 20:00 **Meet-the-professors session:**
Discussion of the tools to be developed
Dénes Molnár, Éva Kovács, Josep Ribalta, Elisabet Vilella, and Nathalie Farpour-Lambert present

20:00 – 21:00 *Dinner*

Day 12 – Thursday, February 2, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30

Summary of the day before

Dénes Molnár, Éva Kovács, Josep Ribalta, Elizabet Vilella, and Nathalie Farpour-Lambert present

08:30 – 10:00

Presentation and discussion of the tools that will be developed

*Presentations of the 5 working groups
Session chaired by the students, all teachers present*

10:00 – 11:30

Professional skills session:

TOOL DEVELOPMENT SKILLS

Multidisciplinary approach for treating obese children and adolescents

Nathalie Farpour-Lambert, Geneva, Switzerland

11:30 – 13:00

Professional skills session:

IMPLEMENTATION & EVALUATION SKILLS

Development, implementation and evaluation of a national program for the treatment of obese children and adolescents

Nathalie Farpour-Lambert, Geneva, Switzerland

13:00 – 14:00

Lunch

14:00 – 16:00

Outdoor activities

II. Afternoon session

16:00 – 19:30

Working groups - Sessions 10:

Development of the tools for the target groups

Group 1-2: Éva Kovács

Group 3-4: Dénes Molnár

Group 5-6: Nathalie Farpour-Lambert

19:30 – 20:00

Meet-the-professors session:

Discussion of the tools to be developed

Dénes Molnár, Éva Kovács, Nathalie Farpour-Lambert, Gernot Faustmann and Brigitte Winklhofer-Roob

20:00 – 21:00

Dinner

Day 13 – Friday, February 3, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30 **Summary of the day before**
*Dénes Molnár, Éva Kovács, Nathalie Farpour-Lambert,
and Maria Petrogianni present*

08:30 – 10:00 **Presentation and discussion of the tools that will
be developed**
*Presentations of the 5 working groups
Session chaired by the students, all teachers present*

10:00 – 11:30 **Professional skills session:
EVALUATION SKILLS**
**Evaluation of tool effectiveness using dietary
assessment methods**
Maria Petrogianni, Athens, Greece

11:30 – 13:00 **Professional skills session:
IMPLEMENTATION SKILLS**
How to obtain grant money for obesity research
Brigitte Winklhofer-Roob, Graz, Austria

13:00 – 14:00 *Lunch*

14:00 – 16:00 *Outdoor activities*

II. Afternoon session

16:00 – 19:30 **Working groups - Sessions 11:**
Presentation of the tools for the target groups
*Group 1-2: Maria Petrogianni and Nathalie Farpour-
Lambert*
Group 3-4: Éva Kovács and Brigitte Winklhofer-Roob
Group 5-6: Dénes Molnár and Gernot Faustmann

19:30 – 20:00 **Meet-the-professors session:**
Discussion of the tools to be developed
*Dénes Molnár, Éva Kovács, Maria Petrogianni, Gernot
Faustmann and Brigitte Winklhofer-Roob*

20:00 – 21:00 *Dinner*

Day 14 – Saturday, February 4, 2012

07:00 – 08:30 *Breakfast*

I. Morning session

08:00 – 08:30

Summary of the day before

Dénes Molnár, Éva Kovács, Maria Petrogianni, Nathalie Farpour-Lambert, Gernot Faustmann and Brigitte Winklhofer-Roob present

08:30 – 12:30

“TOOLTIPS Competition”: Presentation and discussion of the tools that have been developed by the students (open to the public)

Members of the Jury:

Dénes Molnár, Éva Kovács, Maria Petrogianni, Nathalie Farpour-Lambert, Gernot Faustmann, Brigitte Winklhofer-Roob, and Margherita Caroli, Brindisi, Italy, via Skype

13:00 – 14:00

Lunch

14:00 – 16:00

Outdoor activities

II. Afternoon session

16:00 – 17:00

How are we going to disseminate the tools developed in TOOLTIPS?

Brigitte Winklhofer-Roob, Graz, Austria

17:00 – 18:30

Final examination

Gernot Faustmann, Graz, Austria

18:30 – 19:30

Course evaluation

Dénes Molnár, Éva Kovács, Maria Petrogianni, Nathalie Farpour-Lambert, Gernot Faustmann and Brigitte Winklhofer-Roob

19:30 – 20:00

TOOLTIPS Competition Award ceremony

Dénes Molnár, Éva Kovács, Maria Petrogianni, Nathalie Farpour-Lambert, Gernot Faustmann and Brigitte Winklhofer-Roob

20:00 – 21:00

Farewell Dinner

Day 15 – Sunday, February 5, 2012

07:00 – 08:00

Breakfast

08:00

Departure of shuttle bus to Salzburg main station and
Salzburg airport

General Information

Registration

Registration for TOOLTIPS students takes place on Sunday, January 22, 2012, between 16:30 and 17:00. Teachers will register upon arrival.

For TOOLTIPS participants the final program, the badge and course material will be picked up at the registration desk. The power point presentations of the teachers will be made available on memory sticks during the course.

All students will use their own laptop for the duration of the course and there will be free WLAN access both in the seminar room and in your room.

Course venue

The course will take place in the hotel MONDI HOLIDAY, Archkogel 31, 8993 Grundlsee, Austria.

Phone: +43-3622-8477-0

Fax: +43-3622-8477-44

E-mail: info@grundlsee.mondiholiday.at

Web : www.grundlsee.mondiholiday.at

Course sessions

The professional skills sessions, working group sessions and as well as the presentation sessions will be held in the seminar rooms of the hotel on the first floor of the main building.

We have arranged for half board service. Coffee and refreshments as well as other extras need to be paid individually. There is free use of the indoor swimming pool (until 10:00 p.m.) and sauna (until 9:00 p.m.). All rooms are equipped with a kitchenette.

Meals

Breakfast will be served in the restaurant from 7:00 to 8:00 a.m. and dinner from 8:00 to 9:00 p.m. Please let us know if you have any special dietary needs.

Physical activity programme

There will be 2 hours of daily outdoor activities from 14:00 to 16:00 with the option to take a lunch bag from the hotel. At 16:00 sharp the afternoon sessions will start in the seminar room. Grundlsee is surrounded by mountains and skiing areas, both alpine and cross-country skiing, but you also may wish to go walking at the shores of lake Grundlsee or visiting Bad Aussee, a typical town of the Salzkammergut where can enjoy nice Austrian cakes at café Levandofsky.

Social programme

There will be an excursion to Loser, Blaa Alm and Hagan Lodge with Pascher seminar and country music upon invitation of the Ausseerland Tourist Information Office and a torch tour upon invitation of the Mondi Holiday hotel.

Examinations

There will be two examinations, the first one (baseline examination) on the first day shortly after arrival and the second one (final examination) on the last day. Given the differences in preexisting knowledge of the different students, the improvement between the two examination will be taken into account. A total of 5 ECTS points will be granted.

Certificate of attendance

A certificate of attendance is included in the course materials

Claims for reimbursement

Hotel: Claims for reimbursement need to be made on special forms which will be distributed during the course. The contribution of the grant to the costs of stay of the students will be paid by the University of Graz directly to the hotel. The costs for half board of the teachers are fully covered by the TOOLTIPS grant. However, any extras need to be paid to the hotel upon departure.

Travel: The travel expenses will be covered by the TOOLTIPS grant, but the most economic type of transportation needs to be used. There is a ceiling of EUR 600 for exceptional cases. Claims need to be made on the forms mentioned above. Shuttle bus transfers will be organized by the TOOLTIPS office. Individual taxi transfers are not eligible for reimbursement.

For further questions please contact:

Brigitte M. Winklhofer-Roob, MD, Professor or
Gernot Faustmann, M.Sc.
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