

Program

Thursday 26 February 2026

10:30 – 11:00 Arrival and Registration

11:00 – 11:15 Opening Session

11:15 - 11:30

Manfred Müller, *Kiel University, Germany*

History of whole-room indirect calorimetry research in humans

Session 1 - NUTRITION

11:30 - 12:15

Keynote by Anja Bosy-Westphal, *Kiel University, Germany*

From Energy Turnover to Metabolic Resilience: Lessons from Whole-Room Calorimetry Studies

12:15 - 12:30

Christine Henriksen, *University of Oslo, Norway*

The effect of lifestyle intervention on weight, body composition and resting metabolic rate in adults with overweight: A single-group pre-post study

12:30 - 12:45

Emma Helmy, *Columbia University Irving Medical Center, USA*

Evaluating the impact of Ultra processed Foods on Energy Metabolism Under Controlled-Feeding Conditions

12:45 - 13:00

Jens Hohwü Voigt, *Steno Diabetes Center Aarhus, Denmark*

Milk fat globule membrane in a novel high-fat spread does not acutely affect postprandial lipidemia in healthy individuals – A randomized, double-blind crossover trial

13:00 - 14:00 Lunch and Tours of the WRIC Rooms

Session 2 – THERMOGENESIS (Steno Thursday)

14:00 - 15:00

Keynote by Kong Chen, *National Institute of Diabetes and Digestive and Kidney Diseases, USA*

The mysteries of energy metabolism: Tales from metabolic chambers

15:00 - 16:00 Poster Session with coffee and cake

Session 3 – ANALYSIS

16:00 - 16:20

Paolo Piaggi, *University of Pisa, Italy*

From Raw Sensors to Energy Expenditure: The WRIC Data Pipeline

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Continued: Session 3 – ANALYSIS

16:20 - 16:35

Rebecca Dörner, Kiel University, Germany

From Validation to Application: Lessons Learned from the Kiel-WRICs

16:35 - 16:50

Nina Ziegenbein, Steno Diabetes Center Aarhus, Denmark

A Modular Software Toolbox for Reproducible Processing of Metabolic Data using Whole-Room Indirect Calorimetry Data

16:50 - 17:05

Simon Bøggild Hansen, Steno Diabetes Center Aarhus, Denmark

Effects of glucocorticoid receptor agonism on whole body metabolism

GROUP PHOTO

19:00 -

Networking Dinner, Madklubben Aarhus (15min walk from the hotel)

Hack Kampmanns Plads 1-3, 8000 Aarhus C

Friday 27 February 2026

Session 4 - EXERCISE

09:00 - 09:45

Keynote by Bret Goodpaster, Advent Health, USA

Novel Aspects of Human Metabolism Revealed by Whole room calorimetry

09:45 – 10:00

Wouter Bijnens, Maastricht University, the Netherlands

Proof of concept of a hypoxic whole room indirect calorimeter

10:00 – 10:15

Elvis Carnero, Advent Health, USA

Validity and Reliability of Small Respiratory Chamber to Assess Exercise

10:15 - 10:45 Coffee break

10:45 – 11:45 Discussion in Groups

11:45 – 12:15 Presentation of Group Work

12:15 – 13:00 Lunch break

Sessions 5 - PERSPECTIVES

13:00 -13:15

Gillian Larik, Maastricht University, the Netherlands

From respiration to fermentation: Short-term fiber mixture supplementation alters fermentation gas patterns measured using a modified respiration chamber system

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Continued: Session 5 – PERSPECTIVES

13:15 - 13:30

Frédéric Gachon, *Steno Diabetes Center Aarhus, Denmark*
Disruption of circadian metabolism in liver and psychiatric diseases

13:30 - 13:45

Guy Plasqui, *Maastricht University, the Netherlands*
Current and future focus of room calorimetry research at the Metabolic Research Unit Maastricht

13:45 - 14:00

Sascha Heinitz, *Leipzig University, Germany*
Implementation and Validation of Two Whole-Room Indirect Calorimeters in Leipzig

14:00 - 14:30 Coffee and cake

14:30 - 15:15

Panel Debate - Anja Bosy-Westphal, Kong Chen, Bret Goodpaster
Where Do We Go from Here? Challenges, Lessons, and Future Perspectives

15:15 – 15:30 Closing Remarks, Award Ceremony and Farewell