



SAPIENZA
UNIVERSITÀ DI ROMA

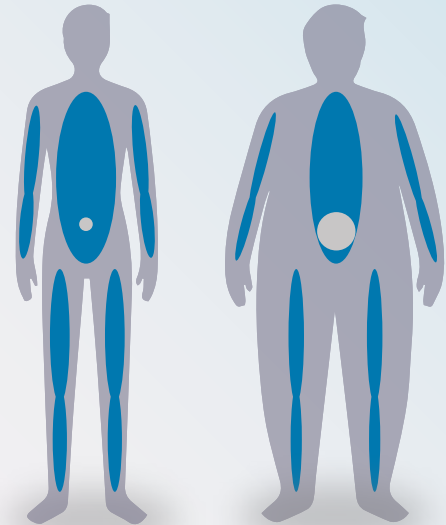


SAPIENZA UNIVERSITY OF ROME (Italy)
Giovanni Falcone e Paolo Borsellino Room
Faculty of Law CU002
Piazzale Aldo Moro, 5 - Rome (Italy)

FOOD SCIENCE CONFERENCE / XV EDITION
SARCOPENIC OBESITY GLOBAL
LEADERSHIP INITIATIVE (SOGLI)

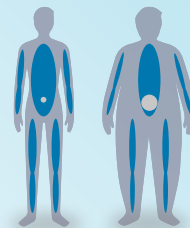
"ANOTHER STEP FORWARD"

Rome, 19th - 20th November 2026



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On November 19th-20th 2026, the Research Unit in Food Science and Human Nutrition of the University of Rome “Sapienza” organizes the fifth edition of the Sarcopenic Obesity Global Initiative (SOGLI) event.

The Sarcopenic Obesity Global Leadership Initiative (SOGLI) and its annual meeting were launched in 2022, after the successful publication of a consensus algorithm for SO diagnosis which remains a major reference in the field.

Thanks to the quality contributions and passion of a number of global experts, five editions later the SOGLI meeting still continues to define clinical as well as research perspectives.

Once more, this year clinicians and scientists from different disciplines all over the world will discuss the state of diagnostic implementation, ongoing cutting-edge clinical and basic research, and treatment strategies for sarcopenic obesity.

The challenge of sarcopenic obesity indeed continues to grow, both with the increase of its major risk factors worldwide, and in the context of challenges and opportunities coming from exciting, unprecedented obesity treatment options.

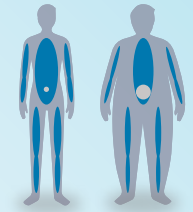
Again thanks to collaborative efforts and synergies, SOGLI has been able to intercept the pharmacological revolution in obesity management, that has significantly raised attention on the clinical relevance of skeletal muscle and body composition in the “mainstream” clinical setting.

We look forward to exciting discussions, building collaborations and new initiatives, favoring unique interprofessional and interdisciplinary networking. Most important, we look forward to progress towards identification of optimal sarcopenic obesity management, which is more and more associated with successful management of obesity at large.

Much work has been done, and even more lies ahead. Let us continue the SOGLI journey together.

FOOD SCIENCE CONFERENCE / XV EDITION
**SARCOPENIC OBESITY GLOBAL
LEADERSHIP INITIATIVE (SOGLI)**

Thursday 19th November 2026



14:00 – 14:15 **Welcome & introduction** – *Antonella Polimeni, Andrea Lenzi, Andrea Isidori*

14:15 – 14:30 **Welcome & announcements** – *Lorenzo M. Donini, Rocco Barazzoni*

14:30 – 16:00 **1st Session / Update on SOGLI algorithm implementation: towards a 5-year update**

Chairs: Rocco Barazzoni (IT) and Steven Heymsfield (US)

The SOGLI algorithm: where are we? – *Lorenzo M. Donini (IT)*

5-year update: PROS & CONS of including Phase Angle and Bioelectrical Impedance Vector Analysis – *Elisabetta Marini (IT)*

5-year update: PROS & CONS including SOPi – *Josje Schoufour (NL)*

5-year update: including physical performance – *Alfonso Cruz-Jentoft (SP)*

Discussion

16:00 – 17:30 **2nd Session / Pathophysiology of sarcopenic obesity**

Chairs: Mylène Aubertin-Leheudre (CA) and Eleonora Poggiogalle (IT)

The systemic trajectory of sarcopenic obesity – *Mario Siervo (AU)*

Adipogenesis and adiposopathy: how sick fat leads to sick muscle – *Valeria Guglielmi (IT)*

Intramuscular fat and altered energy metabolism: clinical and functional impact – *Enzo Nisoli (IT)*

Omics approach: can we explain clinical heterogeneity? – *Patrizia Rovere Querini (IT)*

Discussion

17:30 – 19:30

3rd Session / Multidisciplinary networking

Chairs: Luca Busetto (IT) and Volkan Yumuk (TK)

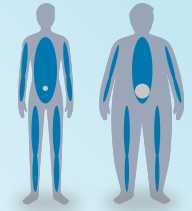
Sarcopenia in diabetes: a neglected complication – *Francesco Giorgino (IT)*

Sarcopenic obesity and cardiovascular risk – *Barbara Mc Gowan (UK)*

Sarcopenic obesity & MASLD – *Eleonora Poggiogalle (IT)*

Heart: obesity, fitness and sarcopenia: why muscle health is important in heart failure – *Stephan Von Haeling (DE)*

Discussion



Friday 20th November 2026

09:00 – 11:00

4th Session / Assessment and Alignment

Chairs: Tommy Cederholm (SW) and Andres Sanchez (CHI)

Cut-Points for muscle mass: do we need to update? – *M. Cristina Gonzalez (BR)*

SOGLI and geriatric assessment – *Gulistan Bahat (Turkey)*

Body composition by CT in critically-ill patients – *Laurence Genton Graf (CH)*

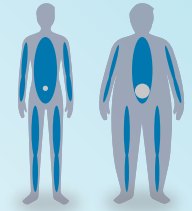
SOGLI and GLIS: muscle mass adjustment across the BMI range – *Marjolein Visser (NL)*

SOGLI and GLIM Obesity – *Rocco Barazzoni (IT)*

Discussion

11:00 – 11:30

Break



11:30 – 13:30

5th Session / Think globally and act regionally: The Asian perspective

Chairs: Veradej Pisprasert (TH) , tba

Do we need specific approaches? East Asia peculiarities – *Takeshi Naitoh (JP)*

Do we need specific approaches? South Asia: the thin-fat phenotype – *Nitin Kapoor (IN)*

Pathophysiology: is it different in Asians? – *Abdul Dulloo (CH)*

Sarcopenic obesity diagnosis: the Asian framework and potential common ground – *Liang Kung Chen (TW)*

Round table / Discussant: *Rocco Barazzoni*

14:30 – 16:30

6th Session / Multimodal Management of Sarcopenic Obesity

Chairs: Antonio Paoli (IT) and Jean Michel Oppert (FR)

Behavioral cues – *Carla Prado (CA)*

Can we prevent and treat sarcopenic obesity through healthy diets? – *Jordi Salas-Salvadò (SP)*

Protein intake: how much and which protein – *Peter Weijs (NL)*

Nutritional supplements for obesity and sarcopenic obesity – *Emanuele Cereda (IT)*

Exercise for sarcopenic obesity: which, how much and how to prescribe – *Tatiana Moro (IT)*

Discussion

16:30 – 17:00

Break

17:00 – 19:00

7th Session / Sarcopenic obesity during the obesity management revolution: challenges and opportunities

Chairs: Nicola di Lorenzo (IT) and Silvia Migliaccio (IT)

Incretin mimetics: treating obesity to treat sarcopenia? – *Rocco Barazzoni (IT)*

Body Composition Changes with Incretins: Implications for Sarcopenic Obesity – *John A. Batsis (US)*

Bariatric surgery: are we neglecting skeletal muscle? – *Maurizio De Luca (IT)*

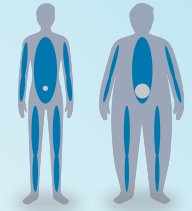
Weight cycling and body composition: a clinical perspective – *Yves Boirie (FR)*

New drugs: we have seen nothing yet – *Maria Ballesteros-Pomar (SP)*

Discussion

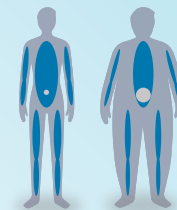
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Conclusions: *Lorenzo M. Donini, Rocco Barazzoni*



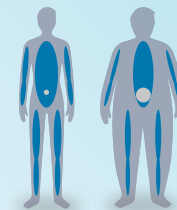
FACULTY

Aubertin-Leheudre Mylene	Université du Québec, Montreal, Canada
Bahat-Öztürk Gülistan	Istanbul University, Türkiye
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Barazzoni Rocco	University of Trieste, Italy
Batsis John A.	University of North Carolina at Chapel Hill, NC, USA
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Capodaglio Paolo	Italian Auxological Institute, Piancavallo, Italy
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Coletti Dario	Sapienza University of Rome, Italy
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Cruz Jentoft Alfonso	Hospital Universitario Ramón y Cajal (IRYCIS), Madrid, Spain
De Luca Maurizio	ULSS5 hospital Trecenta Rovigo, Italy
Di Lorenzo Nicola	Sapienza University of Rome, Italy
Di Vincenzo Olivia	Sapienza University of Rome, Italy
Dicker Dror	Hasharon Hospital-Rabin Medical Center, Tel Aviv University, Israel
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Giusti Anna Maria	Sapienza University of Rome, Italy
Gonzalez Maria Cristina	Federal University of de Pelotas - UFPel, Pelotas, Brazil



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Heymsfield Steven	Pennington Biomedical Research Center, Baton Rouge, LA, USA
Kapoor Nitin	Christian Medical College Vellore, India
Laviano Alessandro	Sapienza University of Rome, Italy
Manco Melania	Gesù Children's Hospital, Rome, Italy
Marini Elisabetta	University of Cagliari, Italy
McGowan Barbara	Guy's and St Thomas' NHS Foundation Trust London, United Kingdom
Migliaccio Silvia	Sapienza University of Rome, Italy
Moro Tatiana	University of Padua, Italy
Muzzioli Luca	Sapienza University of Rome, Italy
Naitoh Takeshi	Kitasato University School, Kanagawa, Japan
Nisoli Enzo	University of Milan, Italy
Noirez Philippe	Université de Reims Champagne-Ardenne, France
Oppert Jean Michel	Sorbonne university, Paris, France
Paoli Antonio	University of Padua, Italy
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Pisprasert Veeradej	Khon Kaen University, Thailand
Poggiogale Eleonora	Sapienza University of Rome, Italy
Prado Carla	University of Alberta, Edmonton, Alberta, Canada
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Salas-Salvadó Jordi	Rovira i Virgili University, Spain
Sanchez Andres	Universidad de Chile
Sbraccia Paolo	Tor Vergata, University of Rome, Italy
Schoufour Josje	Hogeschool van Amsterdam, The Netherlands
Siervo Mario	Curtin University, Bentley, Australia
Silva Annaliza Monica	University of Lisbon, Portugal
Svendsen Mette Nordahl	Oslo University, Norway
Thorand Barbara	Helmholtz Zentrum München, Germany



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Varma Shilpa

Verlaan Sjors

Visser Marjolein

Volkert Dorothee

Von Haehling Stephan

Weijs Peter

Yumuk Volkan Demirat

BelleVue MultiSpeciality Hospital, Mumbai, India

University of Applied Sciences, Amsterdam, The Netherlands

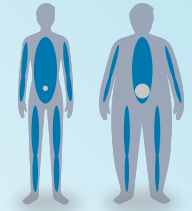
Vrije Universiteit Amsterdam, The Netherlands

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Universitätsmedizin Göttingen, Germany

University of Applied Sciences, Amsterdam, The Netherlands

Istanbul Üniversitesi-Cerrahpaşa, Türkiye



LOCAL SCIENTIFIC COMMITTEE

Chairpersons: Lorenzo M. Donini, Rocco Barazzoni

Local Scientific Committee: Olivia Di Vincenzo, Francesco Frigerio, Anna Maria Giusti, Silvia Migliaccio, Marianna Minnetti, Luca Muzzioli, Claudia Piciocchi, Alessandro Pinto, Eleonora Poggiogalle

GENERAL INFORMATION

Congress Venue:

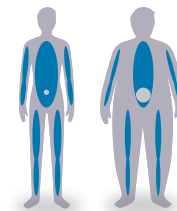
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OFFICIAL LANGUAGE

The official language of the Congress is English



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