

Subject: Recap and survey SRP Diabetes-EndoMet-MetEndo Retreat 2021

Dear participants of our 10th anniversary retreat,
We were so happy to finally being able to arrange the retreat in person again: thanks to all of you for making this real-life meeting into such a great event! The retreat is of course nothing without you, the participants, and totally depends on your willingness to share your data and to interact with your colleagues. We, the organizers, are very happy that the retreat has become such an appreciated meeting over the last 10 years, and it was really nice to see all of you face to face again.



Anna Krook welcomes all to the anniversary retreat

Here follows a recap and the results from the survey. **We plan for a retreat also for next year! Dates to be announced.**

Talks

John Kirwan



Mikael Knip



Lena Eliasson



Lora Heisler



Tony Ferrante



Isabella Samuelsson

First, we would like to thank all our external guest speakers for their time and effort joining us with their excellent talks *“Metabolic Diseases – Solutions from Cells to Society”* by **John Kirwan**, *“Primary prevention of type 1 diabetes: challenges and hopes”* by **Mikael Knip**, *“Human islet microRNAs and their role in the pathogenesis of type 2 diabetes.”* by **Lena Eliasson**, *“Targeting brain circuits to improve obesity and type 2 diabetes”* by **Lora Heisler** (webinar), and *“An Immune-Metabolic*

Interface” by **Anthony Ferrante**. We also had an interesting non-scientific talk by **Isabella Samuelsson** (editor from Nature Metabolism) “*Careers in scientific publishing*”.

Internal talks are an equally important part of the meeting and we were glad that so many delivered high quality presentations. Of the many interesting junior talks (by postdocs or PhD students) we want to again **congratulate Valerio Azzimato and Angelo Ascani who shared the best short talk award decided by the online voting system for your favorite talk (total 91 votes)** at the end of the retreat: Valerio Azzimato “*Hepatic miR-144 drives fumarase activity preventing NRF2 activation during obesity*” and Angelo Ascani “*The role of B cells in immune cell activation in Polycystic Ovary Syndrome*” with 20 votes each.



Valerio Azzimato and Angelo Ascani receiving the best short talk award from Anna Krook

The short talk in **second place** were **Sofia Eliasson Angelstig** (17 votes), and in **third place** **Jon Smith** (14 votes).

Posters

We were very pleased with the good number of posters and the high quality, appreciating the efforts by the poster presenters. The poster evaluation committee (**Johanna Lanner and Kirsty Spalding** (chairs), **Alexander Chibalin, Carolina Hagberg, Rachel Fisher, Sara Straniero, and Makiko Kumagai Braesch**) worked hard interviewing and evaluating the posters.

We would like to again congratulate the following two on their poster awards for PhD students and Postdocs:

Aida Collado was awarded best poster for completed work for her poster entitled “*Downregulation of erythrocyte miR-210 in diabetes induces endothelial dysfunction by targeting vascular PTP1B*”



Aida Collado receiving the poster award from Kirsty Spalding and Johanna Lanner

Logan Pendergrast was awarded best poster for most promising project for his poster entitled “Time-of-day influences post-exercise metabolism in mouse adipose tissue”



Logan Pendergrast receiving the poster award from Kirsty Spalding and Johanna Lanner

Feedback from participants of the Nov 2021 meeting

We appreciate the feedback we received in the survey (52 answered) which is important to make the meeting even better in the future. Below are the average scores (grades 1-5, where 5 is best) we received on the following questions (in brackets are the grades from 2019)

How was your overall impression of the retreat? **4,6** (4,4)

How do you rate the venue? **4,6** (4,5)

How do you rate the food? **4,2** (4,1)

Was it better to have the retreat on a Monday-Tuesday (this year) than having it on a Thursday-Friday (last time)? **3,3**

How do you rate the overall quality of the scientific program? **4,4** (4,4)

How did you like the oral presentation format in general (e.g. too many or too few talks)? **4,7** (4,4)

Were you satisfied with the variety of topics? **4,4** (4,2)

How did you like the poster presentation format? **4,1** (4,2)

How did you like the process for selecting best poster awards for junior researchers? **3,8** (3,9)

How did you like the internet-based voting process for the short talk awards for junior researchers? **4,2** (4,0)

The retreat facilitated networking **4,5** (4,2)

Do you think this retreat is an important aspect of the EndoMet network and SRP Diabetes and should it be repeated? **4,8** (4,7)

Were you satisfied with the organization (registration, information etc.)? **100% Yes**

Next Retreat 2022: May 30.

Stay tuned at <https://ki.se/en/srp-diabetes/strategic-research-programme-in-diabetes-srp-diabetes> and look out in your mailbox!

On behalf of the organizing committee; Niklas Björkström, Malin Flodström Tullberg, Johanna Lanner, Stefan Nobel, Tommy Olsson, Kirsty Spalding and Sara Straniero

Wishing you all the best for the new year,

Stefan Nobel