
Call for Participants in the ECCO Topical Review on IBD and BMI Outliers: Monitoring and Treatment

Deadline for submission is **June 22, 2025**

Context and aim of the project

In recent years, there has been growing awareness of the clinical complexity posed by patients with inflammatory bowel disease (IBD) who fall outside the conventional BMI range, both those who are overweight/obese and those who are underweight. These BMI outliers in IBD care are often experiencing atypical disease presentation, distinct nutritional needs, and therapeutic challenges. As the global prevalence of obesity rises, its intersection with IBD increasingly influences drug response, surgical outcomes, and comorbid conditions. Meanwhile, underweight patients remain at risk of malnutrition, sarcopenia, and poor postoperative recovery. Despite these risks, evidence-based guidance for monitoring and managing patients at BMI outliers remains limited.

This topical review aims to provide a comprehensive framework for understanding and addressing BMI outliers in IBD by focusing on three key areas: 1) epidemiology and terminology 2) underlying mechanisms and 3) monitoring and treatment. This review is aligned with ECCO's REACH strategy by emphasizing the importance of nutritional assessment and individualized treatment approaches (Rapid diagnosis and treatment), multidisciplinary care (Holistic IBD care), and improving outcomes and equity for a diverse and often underserved IBD population (Equitable access to care).

Timeline

DATE	ACTION
END OF MAY/BEGINNING OF JUNE 2025	Call sent out
LATE JUNE 2025	Applicants selected and notified
JULY 17, 2025	Virtual Kick-off Meeting
JULY - NOVEMBER 2025	Literature research Drafting of text First draft of "ECCO Positions" (incl. first draft of supporting text and recommended summary tables for literature research)
DECEMBER 2025	Online voting
JANUARY- FEBRUARY 2026	Revision after online voting Final draft of "Current Practice Positions" and supporting text

MARCH 13, 2026	Virtual Final Consensus Meeting
MID MARCH – MID MAY 2025	Finalisation
LATE MAY 2026	Cross-check by medical writer
EARLY JUNE 2026	Revisions by Coordinators
EARLY JULY 2026	Submission of abstract and submission to JCC

Failure to deliver any task by the defined deadlines will lead to exclusion from the Project.

Workgroup Topics:

WG1: Epidemiology and definitions

WG2: Pathophysiological mechanisms

WG3: Management of underweight and malnourished patients

WG4: Management of overweight and obese patients living with IBD

Eligibility criteria:

- You are an ECCO Member (in good standing – 2024-2025 Membership) and are interested in joining one of the Workgroups for this project;
- You are able to fully commit to the process including participation in the two meetings: virtual **Kick-off Meeting** (July 17, 2025, timeslot TBC) & virtual **Final Consensus Meeting** (March 13, 2026, timeslot TBC).
- You must not be involved in more than one ongoing ECCO manuscript project that has not yet reached the final consensus meeting by the time this Topical Review kicks off.

To apply online*, please [click here](#) and use your **ECCO Portal Credentials**.

Deadline for submission is June 22, 2025

If you have trouble logging in, please contact ecco@ecco-ibd.eu
ECCO is looking forward to your application!

Best regards from the Project Coordinators,

Glen Doherty
Chen Sarbagili

**Data processing consent and retention: By sending an application, you agree to the data processing for the above-described project: ECCO Office stores applicants' personal data of this application for the project timeframe. You have the right to object at any time at ecco@ecco-ibd.eu. ECCO Office will delete data securely after the end of this project*