

# ESE Annual Review 2019



THE ASSOCIATION AWARDS  
International & European  
2019

Winner  
**Association of the Year**  
European Society  
of Endocrinology

[www.associationawards.org](http://www.associationawards.org)



# Who we are



The European Society of Endocrinology (ESE) is at the centre of Europe's endocrine community – representing over 22 500 endocrinologists across the continent. We are actively shaping the future of endocrinology – the study of hormones – to improve science, knowledge and health across Europe and beyond. Our diverse communities allow us to innovate, and this wide inclusion is our strength. By uniting, supporting and representing our community, we can help drive better medical outcomes for patients.

**European Society of Endocrinology**  
*The voice for endocrinology*  
 Association Awards 2019:  
 Association of the Year

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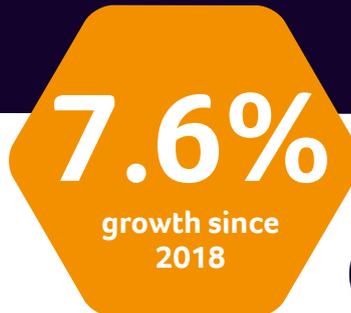
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## Meet the Team

**The ESE core team (left to right):**  
**Alex Harrison**, Scientific Programmes Manager  
**Victoria Withy**, Sales and Marketing Manager  
**Mischa van Eimeren**, EU Liaison Officer  
**Andrea Davis**, Governance and Office Manager  
**Helen Gregson**, Chief Executive Officer  
**Dirk De Rijdt**, Director of Strategic Partnerships  
 (not pictured: **Armelle Mabiala**, Executive Assistant,  
**Claire Arrigoni**, Event Manager, and **Vicki Di Giusto**  
 (joined 2020), Scientific Programmes Manager)



# Welcome

Dear Friends

As I reflect on 2019 for ESE and our wonderful community, my thoughts are so positive. Despite now living through the most challenging times as we face COVID-19, it is important to recall the year we had, when I hope ESE supported you and undertook its responsibilities well.

My approach as President has a clear theme, 'inclusivity'. Among my main goals are: increasing our membership, to truly represent the community in Europe, up to the highest institutional levels; raising awareness of hormones' crucial role in health; and improving conditions for the millions of endocrine patients across the continent. These required a clear set of priority actions, which have been the diligent focus of the Executive Committee and the ESE Team.

We have therefore introduced committees to support membership, finance and rare disease, and a specific Policy and Advocacy

Task Force. Our new office in Brussels, and the appointment of Brussels-based public affairs and media agency Hill & Knowlton, will support our aspirations to promote endocrinology and ESE worldwide.

Work with our National Affiliated Societies on the ESE Advocacy Representation Scheme (EARS) will ensure we represent the broader endocrine community in our advocacy priorities, and further strengthen our collaboration with national societies. We have also assimilated the priorities of the early career EYES community, by implementing a specific task force within the Education Committee. Hard work on financial sustainability has seen the preparation of break-even budgets (albeit pre-COVID-19) for the coming years, despite expanding our activities.

This all complements our usual endeavours, including our fantastic ECE 2019 in Lyon, France, where over 4000 attendees met and 96 countries were represented. I am delighted that our membership rose by 7.6% in 2019, and we celebrate the increase in impact factor for *European Journal of Endocrinology*, to an incredible 5.107.

I can provide reassurance around our financial position in the face of COVID-19. You will be aware that we cannot hold ECE 2020 face-to-face. Instead, the wonderful content will be presented as an online event later in 2020, so helping the Society financially, with the support of our industry partners. Because we have managed ESE's affairs very carefully, with excellent Treasurer support throughout the Society's existence, we have financial reserves to cover the situation's substantial financial impact. We remain strong, and are here to support you, as we always have!

I thank the Officers and the Executive Committee for their great support. This is definitely not a one-person job. Their input and engagement have been invaluable. I reiterate how proud I am of your work on the front line, in supporting our endocrine and metabolic patients. I look forward to seeing you soon, to celebrate our discipline and friendship in the European endocrine community to which we all belong.

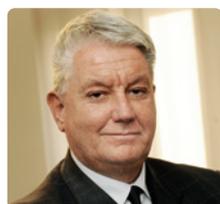
**Andrea Giustina**

President, European Society of Endocrinology

## ESE Executive Committee: shaping endocrinology



Aj van der Lely  
President (until May 2019)



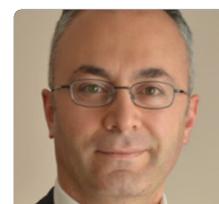
Andrea Giustina  
President (from May 2019)



Martin Reincke  
President-Elect



Mónica Marazuela  
Secretary



Bulent Yildiz  
Treasurer



Jérôme Bertherat  
Clinical Committee Chair  
(until May 2019)



Robin Peeters  
Clinical Committee Chair  
(from May 2019)



Felix Beuschlein  
Science Committee Chair



Simona Glasberg  
Rare Disease Committee  
Chair (from May 2019)



Riccarda Granata  
Congress Committee Chair



Márta Korbonits  
Scientific Programme  
Committee Chair  
(until May 2019)



Beata Kos-Kudła  
Publishing & Communications  
Committee Chair



Camilla Schalin-Jäntti  
Education Committee Chair



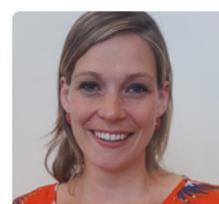
Sofia Llahana  
Nurse Committee Chair  
(until May 2019)  
(Ex-officio)



Sherwin Criseno  
Nurse Committee Chair  
(from May 2019)  
(Ex-officio)



Djuro Macut  
ECAS Representative  
(Ex-officio)



Anneke van den Beukel  
EYES Co-Chair (until May  
2019) (Ex-officio)



Ljiljana Marina  
EYES Co-Chair (from May  
2019) (Ex-officio)

# Supporting careers

ESE strives to build and support the endocrine community, by attracting researchers, clinicians and other health professionals to the field, and by supporting their education and development.



## Helping early career endocrinologists and scientists

2019 saw further integration of EYES (newly named the **ESE Young Endocrinologists and Scientists**) into ESE. The change in name from the European Young Endocrine Scientists reflects the group's role in supporting early career clinicians and scientists, and its position as an established community within ESE.

ESE members now receive an electronic version of the expanded **EYES Newsletter**, to ensure good communication of early career activities both amongst the EYES community and with ESE as a whole. Strategic use of social media, and closer liaison with the ESE Office, will help develop EYES initiatives and align them with ESE's work.



ESE young endocrinologists and scientists looking forward

### EYES Annual Meeting 2019

This very successful meeting in Athens, Greece, was rated highly by delegates:

Scientific programme	★★★★★
Time schedule	★★★★★
Meeting venue	★★★★★
Secretariat services	★★★★★
Accommodation	★★★★★
Social programme	★★★★★

The abstracts from the EYES Meeting were published for the first time in *Endocrine Abstracts*.

The **EYES Symposium at ECE 2019** in Lyon, France, was also very well-attended.



## Providing learning opportunities for all

A wide range of ESE courses supported members' career development in 2019.

**Postgraduate Courses** for early career clinical endocrinologists took place in Bled, Slovenia, attracting 110 delegates, and Rotterdam, The Netherlands, with 84 delegates.

**Clinical Updates** in Abu Dhabi and the Baltic area informed healthcare professionals of the latest developments.

**EuroPit** in Annecy, France, gave 30 early career delegates a comprehensive perspective on the interdisciplinary management of pituitary disorders.

The **44th Symposium on Hormones and Cell Regulation** in Mont Ste Odile, France, was attended by 65 basic science researchers with an interest in 'inositol lipids in health and diseases'.

ESE was pleased to continue working with the Society of Endocrinology and Metabolism of Turkey and the Endocrine Society to organise **EndoBridge 2019** in Antalya, Turkey, attracting 680 delegates from 41 countries.

**"I identify this community as a valuable resource that has helped me stay active throughout training and motherhood. From the bottom of my heart, thank you!"**

Kyriaki Gkoufa, Switzerland

The EYES community now exceeds **520** early career investigators



## Standardising education across Europe

The **ESE Recommended Curriculum of Specialisation** and the **European Board Examination** both cover endocrinology, diabetes and metabolism, and support the development of all clinical endocrinologists, particularly early in their careers. They contribute towards improving and harmonising education in clinical endocrinology across Europe.

The **Curriculum** was updated by the Education Committee in 2019. It is now available in an enhanced and extended online format, with lists of resources for each topic. Educational content from pre-recorded lectures, published research and clinical information are easily accessible.

The **Board Exam** attracted similar candidate numbers to 2018, with members of the ESE Council of Affiliated Societies (ECAS) helping to encourage participation. Grants covering 50% of the Board Exam fee were made available for ESE members in the 'in-training' or 'reduced rate' categories.

The Curriculum is available at [www.eese-hormones.org/eese-online-curriculum](http://www.eese-hormones.org/eese-online-curriculum)



**“I’m an endocrinology resident in Brazil. I intend to be an active member of ESE and I think this examination can show that I have the level of ability in endocrinology of a trained endocrinologist in Europe.”**

Board Exam Candidate, 2019



## Supporting endocrine nurses



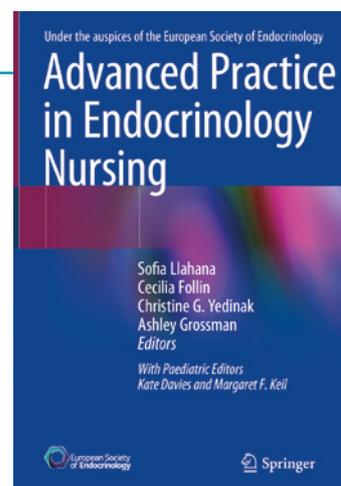
Some of the contributors at the launch of *Advanced Practice in Endocrinology Nursing*

ESE seeks to raise the profile of endocrine nursing in Europe. We encourage nurses to become ESE members, and support them with educational resources and by strengthening collaboration with other endocrine nursing groups and patient advocacy groups.

The ESE Nurses' Working Group became the **Nurse Committee** in 2019, formally recognising endocrine nurses' unique and vital role. Another highlight was the launch of the well-received textbook, specifically for nurses, ***Advanced Practice in Endocrinology Nursing***.

The dedicated **Nurses' Programme at ECE 2019** attracted almost 60 attendees. In addition, 40 representatives from patient advocacy groups joined us at our pre-Congress session.

As well as establishing links with the French Endocrine Nursing Group and WAPO (World Alliance of Pituitary Organisations), our activities included further translations of the ***Competency Framework for Adult Endocrine Nursing***, the Endocrine Educational Exchange Programme and the European-wide Audit on Adrenal Insufficiency.



ECE On Demand has been a repository for ECE content since 2017. Now renamed as **ESE On Demand**, its content will increase to include My ESE (a personal resource), ESE educational materials and additional information from ESE courses. See [www.eseudemand.org](http://www.eseudemand.org).

# Nurturing a community



Effective collaboration is vital to scientific research and clinical practice. ESE brings endocrinologists together, to exchange ideas, work effectively and drive the development of our discipline.

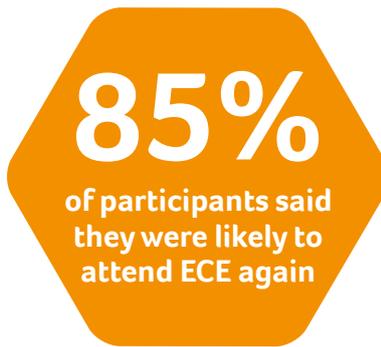
## Bringing people together

ESE's premier annual event, the **European Congress of Endocrinology (ECE)**, is a world-leading international congress featuring the latest endocrine developments. In addition to 4 award lectures, delegates at ECE 2019 enjoyed 7 plenary lectures and 6 debates, plus a host of other sessions including 30 symposia. The programme was extended even further by 4 pre-Congress courses and 9 satellite symposia.

The **ECE Hub** was launched at ECE 2019. This theatre in the exhibition hall provided sponsors with slots of 15–30 minutes, for presentations during official breaks. Of the delegates who provided feedback after attending a session in the ECE Hub, 75% rated the experience as good or very good.

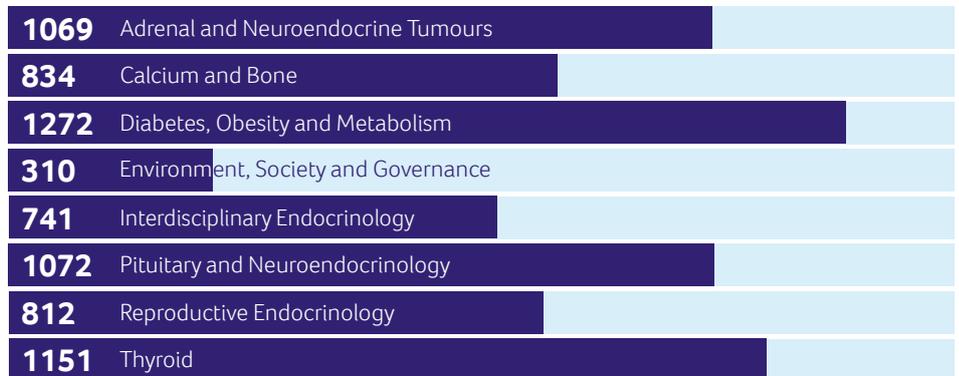
Statistics are based on the post-event survey response.

\*Includes pre-Congress activities.



## ECE 2019 attendee numbers by ESE Focus Area

Attendees were asked to select all the ESE Focus Areas that were of interest to them.



## Maximising European collaboration

ECAS (the ESE Council of Affiliated Societies) strengthens European endocrinology by enhancing links between ESE and the **national endocrine societies of Europe**. It provides a forum for discussion and a way for the Affiliated Societies to reflect their members' opinions. In 2019, 43% of ESE members took advantage of the National Affiliated Membership scheme.

Inclusion of an ECAS representative on the ESE Executive, Programme Organising and Congress Committees meant the Affiliated Societies were involved **across ESE activities**.

The **ESE lecture programme** provided European experts to talk at National Affiliated Society meetings. ECAS and the National Affiliated Societies supported **ESE's policy and advocacy activity** by taking part in pan-European representation of endocrinology at EU institutions in Brussels.

The **3rd Early Career Clinical Endocrinologists (ECCE) Meeting** in 2019 was led by ECAS, and examined the referral process from primary care to the endocrinology unit. An ECAS project on **centres of special interest** aims to support education and clinical networking amongst European endocrinologists.



## New Affiliated Society in 2019

Association of Endocrinologists and Diabetologists of the Republic of Srpska (Bosnia Herzegovina)

# Extending the community

ESE's vision is to make sure that endocrinologists' voices are heard far and wide, by everyone from policymakers to the general public. We must share our knowledge to make healthcare better for everyone.



## Ensuring endocrinologists' voices are heard

We seek to shape the future of endocrinology, and to ensure that endocrinologists have a role in developing European health policies. To do this, we must influence policymakers at the EU level.

In 2019, we established an **ESE Office in Brussels** to focus on assessing health policies under consideration by European institutions. We developed our own list of priorities, and engaged with policymakers through meetings and consultation responses, particularly on Horizon Europe and endocrine-disrupting chemicals (EDCs).

Late in 2019, we developed an **ESE Policy and Advocacy Task Force**, with representatives from ECAS and the Endo-ERN (European Reference Network on Rare Endocrine Conditions), and scientific experts in the different policy areas we have identified.

ESE successfully supported a resolution towards a **comprehensive EU framework on EDCs**, which was adopted by the European Parliament in April. The ESE Working Group on EDCs, headed by Josef Köhrle (Germany), played a very active role.

We also ran **social media campaigns** around several disease awareness days, such as:

- World Rare Disease Day
- European and World Obesity Day
- World Osteoporosis Day
- World Neuroendocrine Cancer Day.

**“The European institutions have great ambitions around healthcare and research. Securing that endocrine health is included in this EU agenda at different levels must be ESE's key objective, and drives our activities in Brussels”**

Dirk De Rijdt,  
ESE Director of Strategic Partnerships



## Engaging partners in industry

ESE collaborated with colleagues in industry to advance education, practice and policy. ECE 2019 saw meetings with our **Corporate Members** and other companies. In total, 23 companies engaged with ECE 2019, leading to a well-attended exhibition and 9 industry satellites that enhanced the Congress programme.

Our **Industry Partnership Board**, which includes representatives from our Premium Corporate Members, has contributed to discussions on our policy and advocacy strategy. Our Corporate Members continue to generously support ESE educational programmes.

### Thank you to our Corporate Members

#### Premium Corporate Members:

Ipsen, Pfizer, Takeda

#### Corporate Members:

\*Advanced Accelerator Applications,  
\*Aegerion (now part of Amryt Pharmaceuticals DAC), Laboratoire HRA Pharma, \*Merck Serono, Novo Nordisk, Sandoz International GmbH, Siemens-Healthineers, Strongbridge Biopharma, \*Uni-Pharma

**Supporter:** \*Chiasma

\*new for 2019

### Endocrinology in the news

Two articles from **European Journal of Endocrinology** each stimulated over 100 press articles:

*'Mentally tiring work may increase diabetes risk in women'* (120 articles)

*'Vitamin D supplementation may slow diabetes progression'* (101 articles)

**ECE 2019** received 623 mentions in print, online and broadcast media across 56 countries worldwide and in 19 different languages.

# Investing in the future

ESE provides the resources for members to fulfil their potential, in the clinic or in the lab. As well as grants, we produce quality journals to publish and promote their research, and co-ordinate research projects.



## Publishing and promoting quality research

ESE's peer-reviewed journals ensure that there is a high quality home for our members' latest research or review, whichever aspect of endocrinology it concerns: basic science, clinical studies or translational research.

By ensuring that our journals achieve **consistently high impact factors**, we can guarantee that authors' papers appear alongside other high calibre, international studies and will be seen by a wide audience of their peers. Online journal access is free to ESE members; they are also entitled to reduced rates on print subscriptions and discounts on open-access publication fees.

**“Excellent process from start to finish. Kudos to *Endocrine Connections* and all staff involved. Very speedy review and publication time.”**

Respondent, Author Survey



Wiebke Arlt



Olaf Dekkers



Juliane Léger



Robert Semple

Wiebke Arlt became Editor-in-Chief of ***European Journal of Endocrinology***, recruiting Olaf Dekkers, Juliane Léger and Robert Semple as Deputy Editors. ***European Journal of Endocrinology***'s impact factor reached its highest ever value: 5.107. More than a third of published articles in the journal (36%) were written by ESE members.

***Endocrine Connections*** published 183 articles in 2019: an increase of 43% in 2 years.

Highest ever impact factor for ***European Journal of Endocrinology***

### Journal impact factors

- European Journal of Endocrinology* 5.107
- Journal of Endocrinology* 4.381
- Journal of Molecular Endocrinology* 3.744
- Endocrine-Related Cancer* 4.744
- Endocrine Connections* 2.474

### ESE Clinical Practice Guideline

The latest guideline, published in ***European Journal of Endocrinology***, covers the endocrine work-up in obesity. We thank all members of the Guideline Working Group, which was led by the late Renato Pasquali.

## Meeting unmet needs across Europe

To fulfil ESE's mission to promote European research, we support the endocrine community in addressing unmet needs around education or data collection. We engage with research projects and establish Special Interest Groups.

In 2019, the **ESE PARAT Programme** (aiming to improve outcomes and care in parathyroid disorders) held its 2nd Expert Meeting. Progress was summarised in a

comprehensive Focus Report at [www.eese-hormones.org/parat](http://www.eese-hormones.org/parat). ESE is grateful to Takeda for supporting the PARAT Programme.

The **AGHD Audit** (examining treatment of adult growth hormone deficiency) began the collection phase of the process in July. See [www.eese-hormones.org/research/aghd-audit](http://www.eese-hormones.org/research/aghd-audit). ESE thanks Pfizer for supporting the AGHD Audit.



## Funding members' work

In 2019, ESE awarded over €184 500 in grants and awards.

### Short-Term Fellowship Grants

TOTAL €10 000

enabled 4 basic scientists to visit other labs

### Small Meeting Grants

TOTAL €7553

for the organisation of 6 events related to endocrinology

### Exam Grants

TOTAL €4875

supporting 14 clinicians-in-training to sit the Board exam

### ESE Awards

TOTAL €47 604

in recognition of the achievements of world-leading scientists and clinicians

### ESE Young Investigator Awards

TOTAL €18 418

for 12 high-scoring abstracts at ECE 2019

### Meeting Grants

TOTAL €43 506

to help members attend ESE meetings or courses

### Basic Science Meeting Grants

TOTAL €35 279

to help scientist members attend ECE 2019

### Poster Awards

TOTAL €2267

for the 8 best posters at ECE 2019

### Nurse Grants

TOTAL €5300

to support nurses attending the ECE 2019 Nurses' pre-Congress event

## New for 2019

The new **ESE-SEEDER-EU** grant was launched to provide €15 000 to aid participation by groups of endocrine scientists in European research. It supports consortia in preparing funding applications to large European research programmes. See [www.ese-hormones.org/grants-and-awards/grants/ese-seeder-eu](http://www.ese-hormones.org/grants-and-awards/grants/ese-seeder-eu).

## Recognising achievement

Our prestigious grants and awards recognise world-leading scientists and clinicians across the field of endocrinology, whilst our early career awards provide support for the next generation, to help them achieve their potential. ESE thanks Ipsen for supporting the Geoffrey Harris Award, and Novo Nordisk for supporting the Jens Sandahl Christiansen Award.



**Geoffrey Harris Award**  
Günter Stalla  
(Germany)



**European Journal of Endocrinology Award**  
Mirjam Christ-Crain  
(Switzerland)



**European Hormone Medal**  
Jens Bollerslev  
(Norway)



**Clinical Endocrinology Trust Award**  
Susan Webb  
(Spain)



**Jens Sandahl Christiansen Award**  
Esben Søndergaard  
(Denmark)



**Jens Sandahl Christiansen Award**  
Miguel López  
(Spain)



**Honorary Membership**  
Maria Alevizaki (Greece)



**Honorary Membership**  
Ezio Ghigo (Italy)



**Special Recognition Award**  
Marija Pfeifer (Slovenia)



**Special Recognition Award**  
Hans Romijn  
(The Netherlands)



**Special Recognition Award**  
Richard Ross (UK)



**12 Young Investigator Awards and 8 Poster Awards** (two recipients pictured) were given for the best early career work presented at ECE 2019.



# Society finances

ESE's vision is to shape the future of endocrinology, and our mission is to advance the field. To be successful in these aims, our strategy is to establish financial sustainability and develop excellent commercial relationships with a long term perspective.

## Treasurer's report

The Executive Committee continued working to ensure the financial sustainability of ESE in 2019, to enable us to further develop our activities. We progressed with our short, medium and long term financial strategies, which were created to support activities in our strategic plan for 2017–2021, and which have proved a successful foundation. Our reserve policy aims to support ESE's activities for 2 years, should there be major detrimental changes to revenue or costs.



### Financial headlines 2019

- ESE's main income continues to be derived from individual and corporate membership fees, sponsorship of activities, congress and publishing revenue and grant support.
- Our major items of expenditure were support of activities such as the annual congress, travel grants, awards, the newsletter and website, and *European Journal of Endocrinology*. In addition, the most significant overheads were related to running secretariat services, for outsourced and in-house staff, and meetings of the Executive Committee and other committees.
- An increase in individual membership of over 7% generated additional revenue, as did an increase in corporate membership.
- Strong delegate numbers and industry support led to a financial return from ECE 2019 that was substantially ahead of budget.
- We continued to invest in our policy and advocacy work, with a part time consultant, and in the development of a White Paper for Endocrinology in Europe.
- Two more staff were recruited to support Sales and Marketing and Office Administration, as we invested in our central team.
- The final outcome was an operating surplus of €74 500 for the year.
- 2019 overall was a strong time for investments, resulting in a substantial gain in this area. We follow a medium–low risk category with a balanced investment objective, and monitor this area closely.
- Funds carried forward are €4 700 000 (2018: €4 100 000).

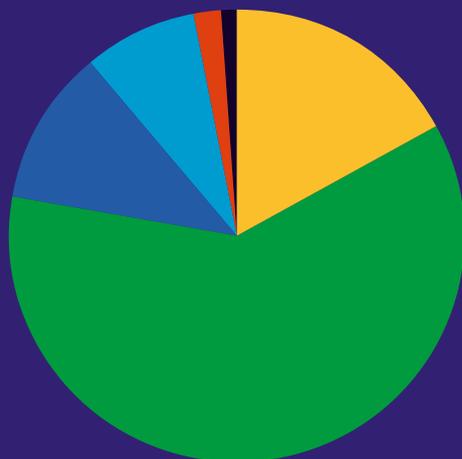
We have continued to improve our financial processes and reporting, to achieve the highest possible standards, and to ensure that we can deal effectively with sometimes complex accounting and VAT issues. We retain a Finance Director on a consultancy basis for valuable advice, and our auditor is Moore Kingston Smith, a top 20-rated accountancy firm, who deliver an excellent service.

Due to the COVID-19 situation, ESE is carefully reviewing its plans and budgets for 2020 and beyond, aiming to adapt to the situation to ensure long term viability. Finally, as I step down as Treasurer in May 2020, I thank the Executive Committee and all our members. Working with ESE has been a very interesting experience over the years, and I look forward to ongoing close contact in the future. I wish ESE continued success, especially in light of the current COVID-19 challenges that face us all. I am confident the Society will continue to thrive with the benefit of our great endocrine community!

**Bulent Yildiz**, Treasurer,  
European Society of Endocrinology



## Audited accounts

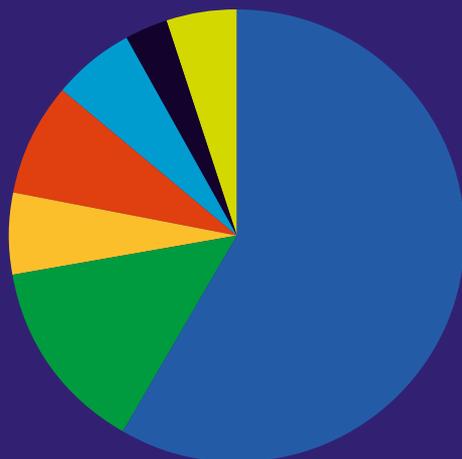


### Revenue

17%	Sponsorship and grants	€792 869
60%	Congress and meeting income	€2 730 858
11%	Publications income	€491 708
8%	Membership subscriptions (including corporate)	€385 127
2%	Rebates and commissions	€80 514
1%	Investment income	€55 020

### Total revenue

**€4 536 096**

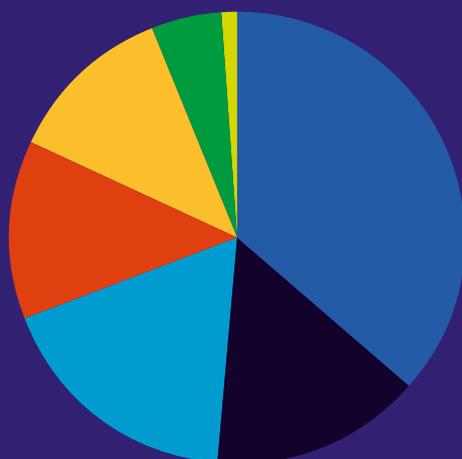


### Direct costs

59%	Congress costs	€2 064 202
14%	Clinical and scientific activities	€474 932
6%	Membership	€194 216
8%	Annual meetings and events	€273 713
6%	Communications, media and publicity	€218 385
3%	Publications costs	€102 081
5%	Grants and awards	€179 627

### Total direct costs

**€3 507 156**



### Overheads

37%	Office and staff costs	€352 592
15%	Cost of trustees' meetings	€146 919
18%	ECE Local Organising Committee donation	€167 262
13%	Legal and professional fees	€122 564
12%	Policy and advocacy	€115 985
5%	Investment manager, audit and accountancy	€43 126
1%	Foreign exchange (gain)/loss	€5980

### Total overheads

**€954 428**

### Operating surplus

**€74 512**

### Impact of investments

**€602 225**

### Surplus/deficit on ordinary activities

**€676 737**

## With thanks

We thank our 2019 Premium Corporate Members – Ipsen, Pfizer and Takeda – for their support and engagement in the Industry Partnership Board. We also thank the supporters of our individual programmes – Novo Nordisk for their essential continued support of our postgraduate programme, Pfizer for providing extra support to the 25th Postgraduate Course (Rotterdam, The Netherlands) and Ipsen for supporting the EuroPit Postgraduate Course. We thank HRA Pharma for supporting our Cushing's registry ERCUSYN. In addition, the ESE PARAT Programme and the AGHD Audit project have been kindly supported by Takeda and Pfizer respectively. Without this support from industry, these programmes would not have been possible. We are grateful to Ipsen and Novo Nordisk for supporting the Geoffrey Harris and Jens Sandahl Christensen Awards respectively.



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