



PRESS RELEASE

For immediate release: 10 May 2025

Contact:

Julianna Photopoulos
Joint Congress of ESPE and ESE 2025 Press Officer
Phone: +44 (0) 7772264482
Email: media@ese-hormones.org

Professor Sadaf Farooqi announced as winner of the new Joint 'Endocrinology Across the Life Course Award' at the Joint Congress of ESPE and ESE 2025

The **European Society for Paediatric Endocrinology (ESPE)** and the **European Society of Endocrinology (ESE)** are delighted to announce that the winner of the new Joint 'Endocrinology Across the Life Course Award' has been awarded to Professor Sadaf Farooqi today during the opening session of the Joint Congress of ESPE and ESE 2025 'Connecting Endocrinology Across the Life Course', in Copenhagen, Denmark.

The inaugural Joint 'Endocrinology Across the Life Course Award' is a prestigious recognition awarded to a clinician or basic scientist who has made a significant contribution to endocrinology across the life course. Nominations were judged by the Joint Scientific Programme Committee for the Joint Congress.

Sadaf Farooqi is Professor of Metabolism and Medicine at the University of Cambridge based at the Institute of Metabolic Science and Consultant Physician in Endocrinology at Addenbrooke's Hospital in Cambridge, UK.

She was educated at the University of Birmingham where she studied Medicine, and was awarded a Bachelor of Medicine, Bachelor of Surgery degree with Distinction in 1993. After junior hospital posts in Birmingham and Oxford, she moved to the University of Cambridge, where she was awarded a PhD in 2001 for research on the genetics of severe childhood obesity.

During her career as a Clinician Scientist, Sadaf Farooqi has made fundamental contributions to the discovery and understanding of mechanisms that control human eating behaviour and energy homeostasis. Her work has changed attitudes towards people with severe obesity by demonstrating its biological basis. By defining human genetic obesity syndromes and their physiological consequences, her research has changed the investigation, management and, in several cases, the treatment of children and adults with severe obesity.

She has published over 200 papers in the field and has been elected as a Fellow of the Royal Society in recognition of her contributions to science.

Professor Farooqi delivered a lecture on "Obesity: from molecules to medicine" during the Joint Congress Opening Ceremony, before being presented with the Award.

Sadaf commented *"I am deeply honoured to receive this award in recognition of our team's work. Over the last two decades, we have learned that obesity is an endocrine disease. I look forward to working with my*

colleagues and members of both Societies to harness that knowledge to deliver treatments which improve the lives of children and adults with obesity”.

Further information about the Joint Congress 2025 can be found on the Joint Congress 2025 website at www.espe-e-se-congress2025.org.



Sadaf Farooqi, new Joint 'Endocrinology Across the Life Course Award' Winner

----- ENDS -----

About ESE

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. Through the 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS) and partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology for healthcare professionals, researchers, patients and the public.



ESE informs policymakers on health decisions at the highest level through advocacy efforts across Europe. Find out more: www.eese-hormones.org.

About ESPE

The European Society for Paediatric Endocrinology (ESPE) is an international society registered in Europe that promotes the highest levels of clinical care for infants, children and adolescents with endocrine problems throughout the world, including in less advantaged areas. At the EU level, it works with the EU and partner organisations to create a healthier environment for children and adults.

To find out more about ESPE, please visit eurospe.org.