

# Collaboration of European Projects Advances Personalised Solutions for Obesity

The urgency for immediate action in combating the global obesity crisis has never been more apparent. According to recent data, over 2.5 billion adults, representing a staggering 43% of the global population aged 18 years and older, are currently grappling with overweight issues. Additionally, a further 890 million individuals are battling obesity. Recognising the complex nature of this challenge, a consortium of EU-funded projects with a collective budget of more than 36 million euros has joined forces to address obesity comprehensively, utilising personalised interventions, cutting-edge technology, and evidence-based practices.

Obesity is a multifaceted issue influenced by a range of factors, including genetics, metabolism, environment, and lifestyle. It is not simply a matter of excessive weight gain but rather an intricate interplay of biological, psychological, social, and environmental determinants. Moreover, the manifestation of obesity varies across diverse populations and individuals, necessitating tailored approaches to prevention, management, and treatment. With a shared commitment to addressing obesity and promoting healthier lifestyles, the collaborative efforts of the EU-funded projects BETTER4U, PAS GRAS, OBCT, and BIO-STREAMS offer a unique synergy that aims to comprehensively and effectively tackle the multifaceted challenge of obesity.

**BETTER4U** harnesses the power of artificial intelligence (AI) models and pilot studies to gain insights into the factors contributing to weight gain. By crafting personalised interventions and employing technology-assisted monitoring tools, the project aims to develop effective strategies for addressing obesity. The project's efficacy will be evaluated through rigorous clinical trials, ensuring evidence-based practices.

**PAS GRAS** adopts a proactive approach across different age groups by utilising personalised risk assessments and targeted interventions. The project's emphasis is on early intervention and tailored co-created strategies, paving the way for healthier lifestyles to prevent and reverse obesity and the associated metabolic complications.

**OBCT**'s outputs highlight where and in which domains obesity is to be targeted, and empower the research community, policymakers, health professionals and citizens to adapt and implement policies to reduce obesity risk, thereby helping to prevent obesity -particularly in low socioeconomic position communities - throughout Europe.

Finally, **BIO-STREAMS** aims to create a holistic solution, addressing all checkpoints surrounding childhood obesity, including health data management, knowledge handling, risk assessment, prevention and healthy-living interventions, and community awareness and mobilisation.

“Obesity constitutes a tsunami of challenges for our societies and health systems across Europe,” says Lars Münter, of the Komiteen for Sundhedsoplysning and one of the consortium members for BIO-STREAMS. “With this cluster of Horizon Europe projects, we are trying to gain more insights and knowledge about the root causes and treatment options for obesity in Europe.”

By combining skills and knowledge, these projects create a strong partnership that goes beyond usual methods. They identify both challenges and aids in applying their strategies widely, aiming to make these solutions work well in different situations.

|                    | <b>BETTER4U</b>   | <b>PAS GRAS</b>   | <b>OBCT</b>   | <b>BIO-STREAMS</b>  |
|--------------------|---|---|---|---|
| <b>Website</b>     | <a href="https://better4u.eu/">https://better4u.eu/</a> | <a href="https://cnc.uc.pt/en/rd-projects/pas-gras">https://cnc.uc.pt/en/rd-projects/pas-gras</a> | <a href="https://www.obct.nl/">https://www.obct.nl/</a> | <a href="https://www.bio-streams.eu/">https://www.bio-streams.eu/</a> |
| <b>LinkedIn</b>    | <a href="#">SciFoodHealth</a>                           | <a href="#">PAS GRAS Project</a>  | <a href="#">OBCT</a>                                    | <a href="#">Bio-Streams</a>   |
| <b>Instagram</b>   | <a href="#">@better4u_eu</a>                            | <a href="#">@pas_gras</a>   | -   | -   |
| <b>X (Twitter)</b> | <a href="#">@SciFoodHealth</a>                          | <a href="#">@PasGras Project</a>  | <a href="#">@OBCT EU</a>                                | <a href="#">@BioStreams EU</a>  |
| <b>Facebook</b>    | -   | <a href="#">PAS GRAS</a>  | -   | -   |
| <b>YouTube</b>     | <a href="#">@SciFoodHealth</a>                          | -   | -   | <a href="#">@BIOSTREAMSproject</a>                                    |

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