



Unveiling the Origins of Obesity: A Tailor-Made and Evidence-Based Approach

The challenge

The widespread prevalence of overweight and obesity is a significant public health challenge.

Key objectives

BETTER4U is an EU-funded project that aims to develop, evaluate, and promote evidence-based and sustainable personalized lifestyle interventions to prevent and address obesity.



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Federal Department of Economic Affairs,
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Research and Innovation SERI

Expected outcomes

1

Identifying as many obesity determinants as possible

– as well as their complex interrelations – through data analysis of the extensive BETTER4U dataset.

2

Developing an intervention methodology

for personalised recommendations using artificial intelligence (AI) and monitoring tools, validated by pilot studies in 7 European countries.

3

Evaluating the efficacy

of the proposed intervention methodology using a randomized controlled trial (RCT).

4

Creating personalised methodology guidelines

and collaborating with key public and private stakeholders to deliver a people-centred, sustainable care approach to obesity.

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