



# Hello BETTER4U Community!

Welcome to the first edition of the BETTER4U newsletter, where we bring you closer to our mission of promoting personalised lifestyle interventions to address obesity. Stay tuned as we share our latest updates and achievements!



## **BETTER4U Plenary Meeting**

On June 13th and 14th, the BETTER4U consortium gathered in Thessaloniki, Greece, for our first Plenary Meeting. This meeting was a significant moment where partners from across Europe came together to discuss the project's progress and plan for the upcoming phases.

[Read more](#)



## NEWS

# BETTER4U Clinical Trials

We are advancing from theory to practice with our preventive weight gain intervention using AI and real-time monitoring. Led by Prof. Yannis Manios and Dr. Eva Karaglani at Harokopio University (Greece), our multi-site clinical study will span seven countries, assessing efficacy and feasibility over a 12-month period. Stay engaged to hear about the latest developments!

## PRESS

# Joint Effort Against Global Obesity

A joint press release highlights the collaborative efforts between **BETTER4U**, **PAS GRAS**, **OBCT**, and **BIO-STREAMS**. Each project aims to comprehensively address the multifaceted challenge of obesity, contributing a unique focus and methodology, united by a shared commitment.



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## EVENT

# ECO Conference

BETTER4U participated in the 31st European Congress on Obesity (ECO2024) in Venice, Italy, until May 15th. During this event, we engaged with leading professionals, researchers, and stakeholders to explore collaborative solutions for addressing obesity and promoting healthier lifestyles.

[Read More](#)

## Other news from the project



## Santorini Conference

BETTER4U participated in the Santorini 10+1 Conference from May 21-24, 2024. We engaged with experts and stakeholders, contributing insights and exploring innovative approaches to address obesity and promote well-being.

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## World Obesity Day

On World Obesity Day (WOD), BETTER4U and BIO-STREAMS collaborated to promote inclusive approaches in addressing obesity. These EU-funded projects use innovative AI tools to support evidence-based interventions and improve global health outcomes.

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## BETTER4U at European Human Genetics Conference

BETTER4U participated in the European Human Genetics Conference on June 1, engaging with experts to advance understanding and interventions in genetics related to obesity.

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### CONTACT US

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