



Hello BETTER4U Community!

Welcome to the second edition of the BETTER4U newsletter at the end of 2024! After the BETTER4U project started over a year ago, we're excited to bring you more updates on our mission towards creating personalised lifestyle interventions to address obesity. From insightful research to inspiring collaborations, stay tuned to discover how we're driving change for healthier futures!



BETTER4U x EUFIC Articles

BETTER4U, in collaboration with the European Food Information Council (EUFIC), has published three insightful articles addressing obesity to empower individuals and communities:

[Obesity Definition, Causes, and Prevention Strategies](#) explores key factors and prevention methods.

[Overweight and Obesity Other Methods](#) discusses BMI and alternative health assessment tools.

[Europe's Obesity Statistics](#) highlights alarming trends and regional variations.



NEWS

AI and Obesity

Discover how AI is revolutionising obesity care through personalised interventions in an interview with Prof. Dr. Stavroula Mougiakakou. Learn how BETTER4U integrates AI to address genetic, behavioral, and environmental factors.

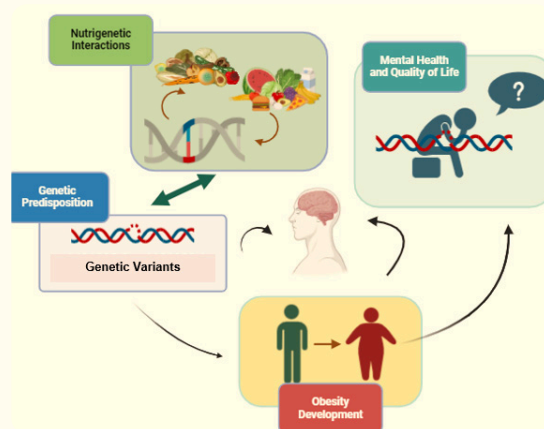
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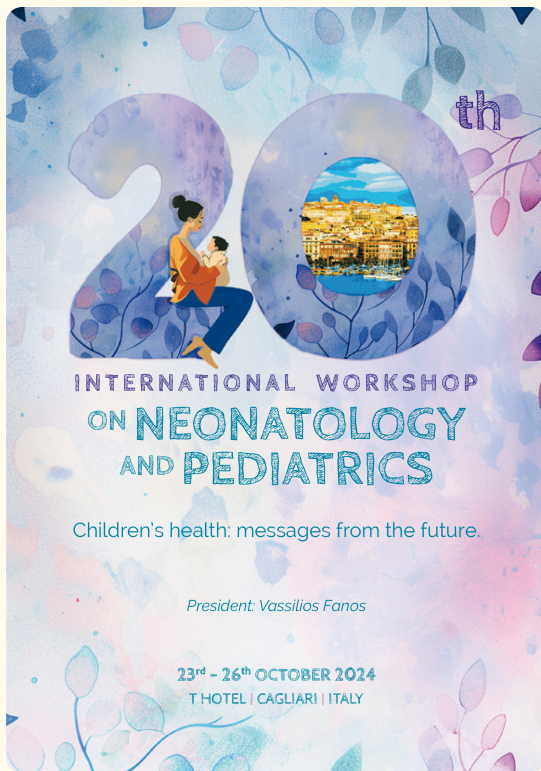
NEWS

New article in TeknoScienze Journal

In the Agro FOOD Industry Hi Tech Journal, project partners George Dedoussis and Maria Kafyra explored how BETTER4U combines genetics, lifestyle, and AI to create tailored interventions for obesity prevention and treatment.

[Read more](#)





EVENT

Highlights from Workshop featuring BETTER4U

BETTER4U was prominently featured at the 20th International Workshop on Neonatology and Pediatrics in Cagliari, Italy, through video interviews and presentations highlighting its objectives and innovative approach to address obesity.

[Read more](#)

Other news from the project



BETTER4U joins OBEClust

OBEClust is comprised of 9 EU funded projects, bringing together a European multidisciplinary network of experts in the field of obesity, aimed to jointly strengthen and align project methods, outputs and impact of obesity prevention.



Symposium Celebrates 50 Years of the Finnish Twin Cohort

The University of Helsinki marked 50 years of twin studies with a symposium exploring obesity, weight gain, & the role of genetics and environment - highlighting BETTER4U's work on obesity prevention &



BETTER4U Champions Action on NCDs

During the Global Week for Action on NCDs, BETTER4U partners shared expert insights on addressing obesity through tailored interventions, raising awareness about its role in preventing non-communicable diseases.

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management strategies.

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info@better4u.eu

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