



Preventing obesity
through **B**iologically and
bEhaviorally Tailored
iNTERventions for you



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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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