



Better4U

Newsletter



Hello BETTER4U Community!

It's been 2 years since the BETTER4U project started! The journey towards personalised obesity prevention is gaining momentum. In this edition, we spotlight **BETTER4ALL**— the ambitious **clinical trial** shaping the future of health with AI-driven insights and tailored interventions.

Explore how science and collaboration are shaping healthier futures across Europe, and find out how you can be part of this transformation.



Get involved!

Join the BETTER4ALL clinical trial: be part of a research-driven, weight management journey

Submission deadline
March 31st, 2026

**Get involved: Join the BETTER4ALL
randomised clinical trial**

Our randomised clinical trial is testing a new, personalised approach for weight management that combines lifestyle support with advanced science, AI, and real-time monitoring tools. By joining, you'll gain tailored insights into your health and genetic predisposition. Find out more information on our website, including where it takes place and if you qualify for the study.

[More info](#)



How will the BETTER4ALL trial make a difference in people's lives?

Eva Karaglani

ARTICLE

BETTER4ALL: Personalising the Future of Obesity Prevention with Clinical Trials and AI

BETTER4ALL is BETTER4U's randomised clinical trial across 7 EU countries, testing personalised obesity prevention strategies using AI-supported interventions. By combining genetic risk scores, lifestyle data, and digital monitoring, the trial aims to deliver tailored, sustainable solutions that inform future public health policies.

[Find out more](#)

NEWS

New MEP Action Group on Obesity

The MEPs for Action on Obesity group has officially launched. This cross-party initiative brings together policymakers, experts, and patient advocates to recognise obesity as a chronic, relapsing disease and drive evidence-based EU policies for prevention, early diagnosis, equitable care, and stigma reduction. The group aims to foster collaboration across Member States and ensure obesity care and research remain high on the European health agenda.

[Read more](#)



MEPs for
**Action on
Obesity**



RESOURCES

Zenodo: Check out all of our latest publications

The BETTER4U project has published several outputs, all stored on the Zenodo publication. Check them out!

[View our publications](#)

Other news from the project



Follow us on Instagram!

Check out updates & share our page with your networks!

[Follow here](#)

Translated Materials

Check out our poster & leaflet, now available in 5 languages.

[Download here](#)

OBECIUST Webinar

Check out our joint webinar on AI and Obesity Prevention.

[Watch here](#)



EVENTS

ECO2025

BETTER4U was represented at ECO2025 with scientific contributions from several consortium members. The project was showcased in a collaborative focus group, presented two posters and participated in the EU Project Village, sharing updates and connecting with related initiatives from the OBECIUST project cluster.

[Read more](#)

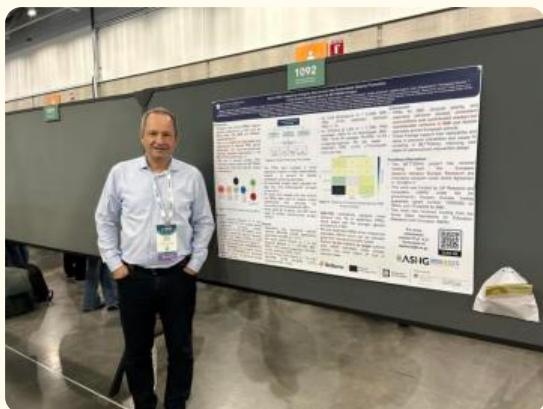
EVENTS

OBEClust Project Coordinators Meeting

On 22 September, the OBEClust cluster convened a key meeting with project coordinators, the Project Officer, and European Commission representatives to strengthen collaboration and plan joint actions to address obesity in Europe.



[Read more](#)



EVENTS

ASHG 2025 Annual Meeting

BETTER4U participated in the ASHG (American Society of Human Genetics) 2025 Annual Meeting to showcase its research on genetic factors in obesity and promote personalised prevention strategies.

[Read more](#)

EVENTS

Researcher's Night 2025 in Athens

BETTER4U showcased its innovative obesity prevention research and engaged the public at the 2025 Researchers' Night in Athens, promoting science outreach and collaboration.



[Read more](#)



EVENTS

21st International Workshop on Neonatology and Pediatrics in Cagliari

The researchers from the University of Cagliari (UNICA) team presented the role of UNICA's Metabolomics Laboratory in the BETTER4U project through presentations and video interviews.

[Read more](#)

Meet the BETTER4U partners!

In our ongoing video interview series we share valuable insights about the BETTER4U project and obesity prevention - from the importance of weight management to the role of causal AI models assisting healthcare professionals deliver tailored recommendations. In this interview round meet:



**René Pool
from Vrije
Universiteit
Amsterdam**

[Watch here](#)



**Ioannis
Papathanail
from
University of
Bern**

[Watch here](#)



**Maria Kafyra
from
Harokopio
University of
Athens**

[Watch here](#)



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