



Hello BETTER4U Community!



Welcome to the 5th edition of the BETTER4U newsletter: bringing you the latest updates and highlights from across the project and in the field of obesity research.

This edition celebrates an important milestone for the **European Cluster of Obesity Research Projects (OBEClust)**, which received the **EASO Award for Best Collaborative Projects** in recognition of its collaborative achievements. We also look back at the 4th BETTER4U Consortium meeting in Bern, where partners came together to address the **ethical use of AI** and preparations for the **BETTER4ALL clinical trial**.

Scroll down to explore the latest obesity research updates, events and innovations advancing obesity care.



European Research Obesity Cluster wins EASO Award for collaborative innovations

The European Cluster of Obesity Research Projects (OBEClust) brings together nine EU-funded projects dedicated to improving obesity prevention, reducing associated risks and developing effective treatment strategies. In recognition of its collaborative achievements, the OBEClust received the EASO Award for Best Collaborative Projects.

[More info](#)



OBEClust
European Cluster of Obesity
Research Projects

**New treatments
don't replace
prevention - they
make it more urgent.**



Funded by
the European Union

PRESS RELEASE

Obesity prevention must remain a priority despite breakthrough treatments

Although advances in obesity research have led to innovative therapeutic approaches, such as GLP-1 receptor agonists, prevention must remain the priority in obesity management.

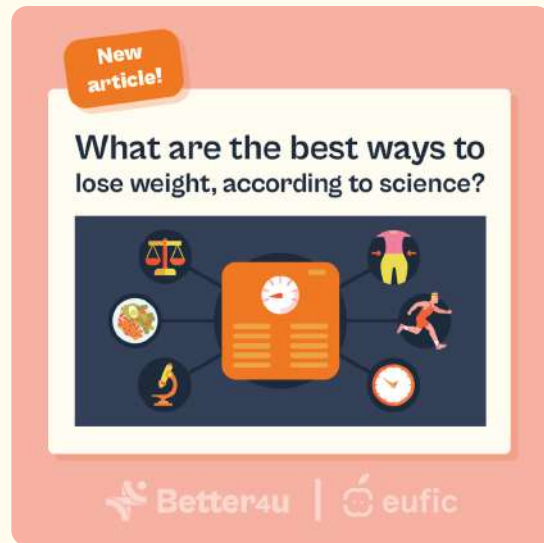
[Find out more](#)

ARTICLE

What are the best ways to lose weight, according to science?

Weight loss isn't as simple as eating less and moving more. Understanding key principles can lead to long-term impacts.

[Read more](#)



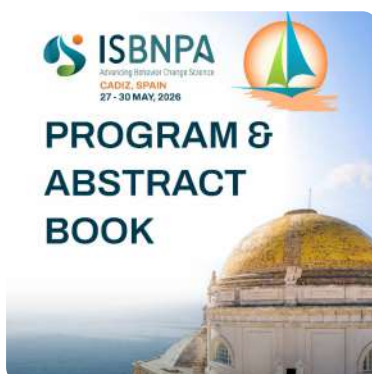
NEWS

Training researchers on AI fairness

Key principles of ethical use of AI are key, especially when involving individuals' health. BETTER4U researchers dive deep into AI Fairness in a recent training.

[More info](#)

BETTER4U at International Conferences



BETTER4ALL pilot study results presented at ISBNPA

[Read more](#)

BETTER4U at the XXV Congress of Food and Nutrition

[Read more](#)

Personalised Health & Therapy: Santorini 2026

[Read more](#)

NEWS

World Obesity Day 2026: BETTER4U at the European Parliament

The introduction of BETTER4U by EASO during World Obesity Day highlighted addressing obesity stigma and translating scientific evidence into policy.

[Read more](#)



EVENTS

ECO 2026: Advancing Obesity Research and Personalised Intervention Strategies

ECO 2026 highlighted the importance of a personalised and person-centred approach for improving obesity management.

[Read more](#)

ARTICLE

Strategic Framework of BETTER4U

Combining biological and behavioural factors, we aim to bridge the gap between research & practice, using AI models to support personalised obesity care.

[Read more](#)



EVENTS

BETTER4U featured at EASL Congress 2026

The BETTER4U project was represented at the EASL Congress, highlighting obesity-related health complications.

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Others news & resources from the project



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BETTER4U on Studio 4

Prof. Georgios Dedousis discusses personalised care & key factors in obesity development.

[Find out more](#)

OBEClust Webinar

Watch the recording on "Strengthening Understanding of Obesity as a Chronic Disease".

[Watch here](#)



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