

ERA-Net HDHL-INTIMIC Joint
Funding Action: **PREPHOBES**
**“Prevention of unhealthy weight
gain and obesity during crucial
phases throughout the lifespan”**
funded projects

The **PREPHOBES call** is the 3th non cofunded Joint Action launched under the umbrella of the ERA-Net HDHL-INTIMIC. The aim of this call is to support transnational research projects that focus on the development, implementation and evaluation of innovative strategies designed to prevent or reduce overweight and obesity, in defined target populations based on certain life stages. To increase the impact of the research and facilitate its later use in future policies on lifestyle interventions and public health, the active integration of stakeholders (e.g. patient and/or consumer organisations) or citizen science approaches was a unique additional requirement.

Eleven funding agencies from 10 different countries supported this call. Four projects were selected for funding with a total amount of 4.6 Mio €. The funded project consortia include 22 research groups from 8 participating countries (Austria, Belgium, Czech Republic, France, Germany, Ireland, The Netherlands and Spain) and 8 collaborators that will participate with their own resources.



EndObesity

First 1000 days Strategies to Prevent Childhood Obesity

WHAT

The EndObesity project aims to develop, implement and evaluate innovative, multi-disciplinary strategies for prevention of childhood obesity by targeting family-based lifestyle factors in the preconception period, pregnancy and early-childhood, covering the first 1000 days of life.

WHO

The consortium includes 6 partners from 5 countries (France, Germany, Ireland, The Netherlands, Spain).

HOW

First, the project will identify, from preconception to early-childhood, facilitators and barriers for family-based behaviour patterns associated with childhood obesity and develop dynamic population-based prediction models for early identification of children at high risk of overall obesity and an unhealthy obesity phenotype. Second, evidence-based innovative intervention strategies for childhood obesity prevention will be developed by optimizing family lifestyle and nutrition in the preconception period, pregnancy and early-childhood using population-level strategies and more personalized intervention strategies for higher risk groups. Finally, the project will implement and evaluate childhood obesity prevention strategies through novel and existing partnerships with health care, governmental, educational and industry stakeholders and parent-childhood

organizations addressing identified facilitators and barriers and using evaluation studies.

FUNDING

EndObesity received approximately 1.38 Mio €.

Project coordinator: **Romy Gaillard** (Erasmus University Medical Center, The Netherlands)

GrowH!

Growing up healthy: Obesity prevention tailored to critical transition periods in the early life-course

WHAT

Obesity prevention programmes often have had only limited or short-term effects. In particular socially vulnerable groups, who are affected most, have not been reached successfully. If the known modifiable risk factors were effectively changed in a favourable direction and if this was achieved in the early life course and in the most affected population sub-groups, the burden of obesity and its related cardio-metabolic disorders could be reduced immensely. GrowH! will take advantage of the most recent longitudinal research results on risk factors and novel participatory intervention approaches in youth to develop and test better targeted and more effective primary prevention strategies.

WHO

The consortium includes 6 partners from 4 countries (Belgium, Germany, The Netherlands, Spain).

HOW

The GrowH! project will address three research questions: (1) What is the – possibly age-dependent – impact of known modifiable risk factors at critical transition periods during the early life-course and which hypothetical interventions would result in the strongest reduction of overweight, obesity and their sequelae later in life? (2) Can two different novel participatory intervention approaches that have shown first promising effects be successfully transferred to socially disadvantaged populations in Spain and Germany and can these then be scaled-up sustainably by operational stakeholders? (3) What are the structural and regulatory requirements and conditions for the implementation and up-scaling of the developed intervention approaches onto a regional, national or international level from a whole systems perspective?

FUNDING

GrowH! received approximately 1.16 Mio €.

Project coordinator: **Wolfgang Ahrens** (Leibniz Institute for Prevention Research and Epidemiology – BIPS, Germany)

I-PREGNO

Prevention of unhealthy weight gain in families in pregnancy and postpartum using a mHealth-enhanced intervention

WHAT

I-PREGNO has the overall aim to prevent unhealthy weight gain and body composition during pregnancy and in the postpartum period in vulnerable families. Specifically the project aims: 1) to develop

an intervention that is acceptable for vulnerable families and feasible to use for midwives, 2) to evaluate the effectiveness of this intervention in the prevention of unhealthy weight gain and psychological problems of the individual family members (mother, father, child), 3) to assess determinants of unhealthy weight gain in mother, father, and child.

WHO

The consortium includes 4 partners from 3 countries (Austria, Belgium, Germany).

HOW

In the development phase of the project, two existing interventions will be adapted and aligned. The first is a smartphone-based intervention for overweight and obesity, and the second a lifestyle counselling intervention, based on motivational interviewing. In addition, tools for the measurement of weight gain, body composition, lifestyle behaviour, psychological factors will be developed. In the intervention phase, two trials studies will be conducted (in Germany and Austria), to evaluate the effectiveness of the two adapted interventions, alone or together, in the prevention of unhealthy weight gain. The target group consists of vulnerable families, and the intervention addresses the lifestyle of both mother and father, and the interaction between parents and their child.

FUNDING

I-PREGNO received approximately

1.00 Mio €.

Project coordinator: **Mireille van Poppel** (Institute of Sport Science, University of Graz, Austria)

SO-NUTS

Preventing obesity, sarcopenia, and Sarcopenic Obesity in retirement – digital personalized interventions for healthy NUTrition and physical activity for Seniors

WHAT

Preventing obesity, sarcopenia, and Sarcopenic Obesity in retirement – digital personalized interventions for healthy NUTrition and physical activity for Seniors.

WHO

The consortium includes 6 partners from 5 countries (Austria, Czech Republic, France, The Netherlands, Spain).

HOW

Based on these strategies and new knowledge, the project will design the personalized, cross-country SO-NUTS application that helps empowering people around the phase of/after retirement to lose weight while preserving muscle mass and function. Feasibility and effectiveness will be tested in a pilot study and implementation and dissemination will be secured with the help of an extensive network reaching through Europe and beyond.

FUNDING

SO-NUTS received approximately 1.03 Mio €.

Project coordinator: **Peter Weijs** (Faculty of Sports and Nutrition, Amsterdam University of Applied Sciences, The Netherlands).



More information:

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The HDHL-INTIMIC has received funding from the European Union's Horizon 2020 Research and Innovation Programme under grant agreement n. 727565