Childhood Obesity Prevention: What Do We Need and How Are We Doing? A European Perspective

Brug, Johannes

DOI
10.1159/000449142

Publication date
2016

Document Version
Final published version

Published in
Hormone research in paediatrics

Citation for published version (APA):

General rights
It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

Disclaimer/Complaints regulations
If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please Ask the Library: https://uba.uva.nl/en/contact, or a letter to: Library of the University of Amsterdam, Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.

UvA-DARE is a service provided by the library of the University of Amsterdam (https://dare.uva.nl)
healthful energy balance behavior, we need insight in the ‘causes of the causes’, i.e. in why children and their parents eat too much and move too little. Energy balance-related behaviors (sufficient healthy physical activity, healthy eating, and less sedentary time) are a result of personal motivations and abilities, and contextual or environmental opportunities. It is not personal determinants or environmental opportunities that make a difference; it is mediation and interaction between and across these ‘causes of the causes’ that drive healthful behaviors. To effectively encourage and facilitate healthful energy balance behaviors, health promotion efforts (to improve motivation and abilities), as well as health protection efforts (to make the healthy choice the default choice) are needed. Such an integrated approach needs to be supported by participation of the main stakeholders in all phases of intervention and policy development, implementation and evaluation. Such integrated prevention approaches have and are being developed and tested across Europe. In this presentation the rationale, data, results, ongoing efforts for cross-European research will be presented - such as the European Commission funded ENERGY (European Energy-balance Research to prevent excessive weight Gain among Youth), and SPOTLIGHT (Sustainable prevention of obesity through integrated strategies) projects, as well as results from the European DEDIPAC (Determinants of DIet and Physical ACtivity knowledge hub) joint action.