eprObes project

Preventing lifetime obesity by early risk-factor identification, prognosis and intervention

eprObes
early prevention of obesity

Funded by the European Union
GA 101080219



Prof. Dr. Serap Erdine



- Emeritus Professor ,Istanbul University, Cerrahpasa School Of Medicine, Cardiology Department.
- President Turkish Society of Hypertension and Atherosclerosis.
- Former Vice-President of the European Society of Hypertension.
- Former Board Member of the European Society of Cardiology
- Former Scientific Council Member of the International Society of Hypertension
- Consortium Member and Chair of Communication and Innovation Board of eprObes EU Project.



HyperChildNET: Network for blood pressure research in children and adolescents - CA19115

cost
EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY

Funded by the Horizon 2020 Framework Programme of the European Union

HyperChildNET
COST Action

HyperChildNET

- **Total Action duration: 01-11-2020 to 31-10-2024 (4 years)**
- **Divided into 5 Grant Periods (GP)**

GP1 Nov-Apr 21		GP2 May-Apr 22				GP3 May-Apr 23				GP4 May-Apr 24				GP5 May-Oct 24	
Q1	Q2	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2

HyperChildNET
COST Action

Home | HyperChildNET | Networking actions | Working groups | Observatory | Get involved

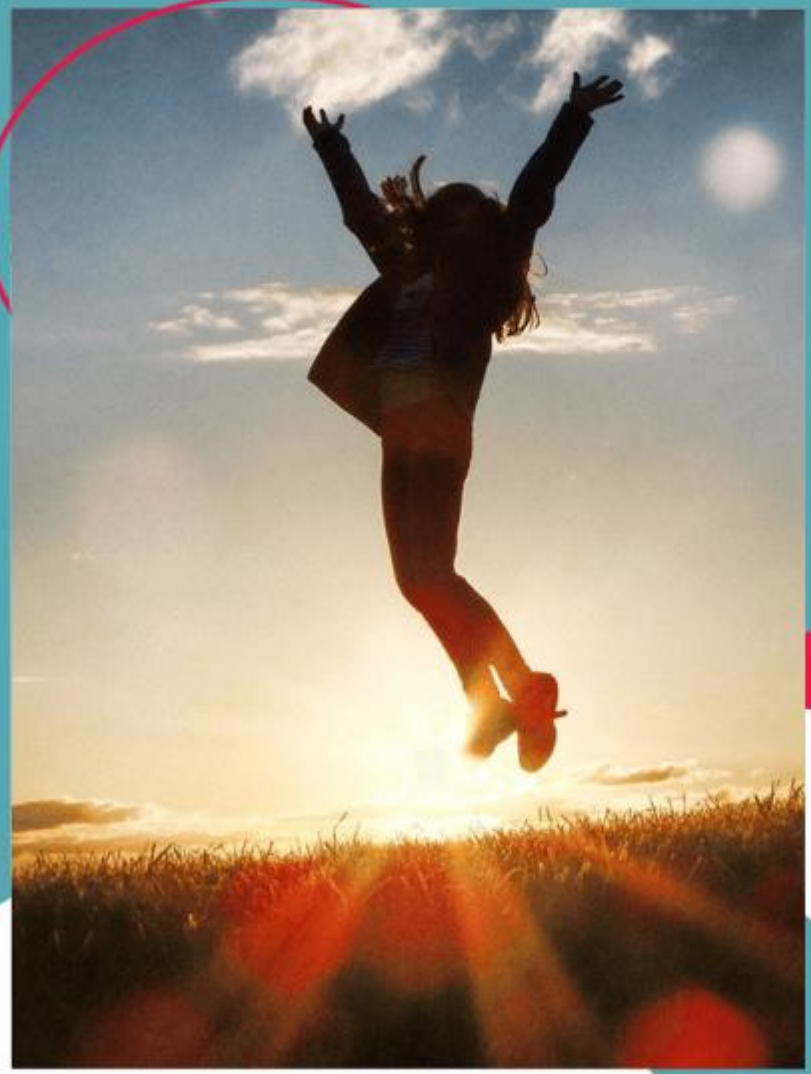
HyperChildNET

Network for blood pressure research in children and adolescents

The COST Action **HyperChildNET** is aimed at establishing a European sustainable and multidisciplinary network focused on acquiring a **holistic understanding of the factors affecting high BP in children** in order to propose and implement **corrective** and **preventive actions** both globally and locally.

What is exactly?

Paediatric Blood Pressure Calculator



Working groups

WORKING GROUPS

WG1
Blood pressure devices

WG2
Blood pressure reference values

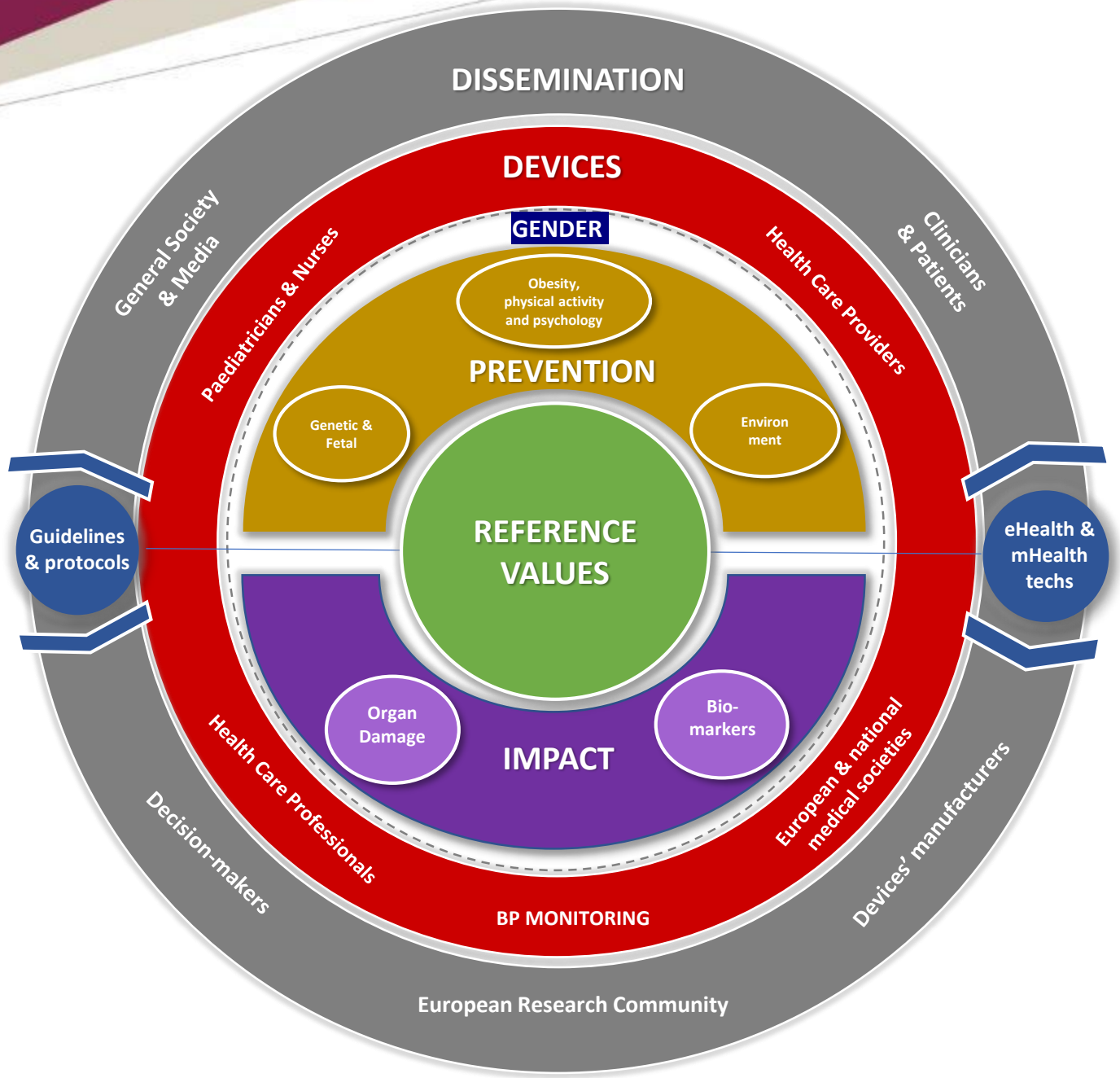
WG3
Impact of high blood pressure in children and adolescents

WG4
Prevention of high blood pressure in children and adolescents

WG5
Dissemination and awareness

Methodology:

- Seminars
- Short-term scientific missions
- Training Schools (HyperChildNET Academy)
- Collaboration of local projects and research groups: data exchange, common comprehension, scientific publications, concerted strategies and action plans.
- Dissemination, transference and impact



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HyperChildNET
COST Action

WG1 DEVICES	WG2 REFERENCE VALUES	WG3 IMPACT	WG4 PREVENTION	WG5 DISSEMINATION
Dr Nikos Karpettas	Prof Tomas Seeman	Prof Michael Hecht Olsen	Dr Vesna Herceg-Cavrak	Prof Šekib Sokolović
Mr Thorsten Meier	Dr Salvador Peiró	Ms Katerina Chrysaidou	Ms Inna Kramer	Dr Alberto Sanna
Prof Stella Stabouli	Prof Denes Pall	Prof Augustina Jankauskiene	Dr Lagle Suurorg	Ms Monica Redon
Mr Karel Herberigs	Prof Giuseppe Mancia	Dr Asle Hirth	Prof Claudio Borghi	Prof Jorge Polonia
Dr Javier Calpe Maravilla	Dr Anamarija Meglic	Prof Mieczyslaw Litwin	Ms Elettra Oleari	Prof Anna Dominiczak
Dr Deepu John	Prof Nicholas Webb	Prof Giacomo Simonetti	Prof Dorota Drozdz	Dr Manish Sinha
	Konstantinos Kamperis	Dr Kjell Tullus	Dr Javier Morales	Prof Serap Erdine
	Nina Petricevic	Prof. Rina Rus	Prof Beatriz G Lopez-Valcarcel	Prof Fernando Fernández-Aranda
		Bojko Bjelakovic	Rosita Gabbianelli	
		Verónica Martínez	Saša Missoni	
		Łukasz_Obrycki	Dragan Radovanovic	
		Dr Tonje Barsden		
		Dr Manish Sinha		
		Dr Karolis Azukaitis		
Leader & Vice leader	**Leader & Vice leader**	**Leader & Vice leader**	**Leader & Vice leader**	**Leader & Vice leader**
Prof Stella Stabouli	Prof Giuseppe Mancia	Prof Mieczyslaw Litwin	Prof Dorota Drozdz	Prof.Serap Erdine Prof.Artur Mazur
Dr Javier Calpe Maravilla	Prof Denes Pall	Prof Augustina Jankauskiene	Prof Claudio Borghi	



HyperChildNET: Network for blood pressure research in children and adolescents – COST Action 19115

Workshop : European HyperChildNET Week

September 22, 2022 14:30-16:00

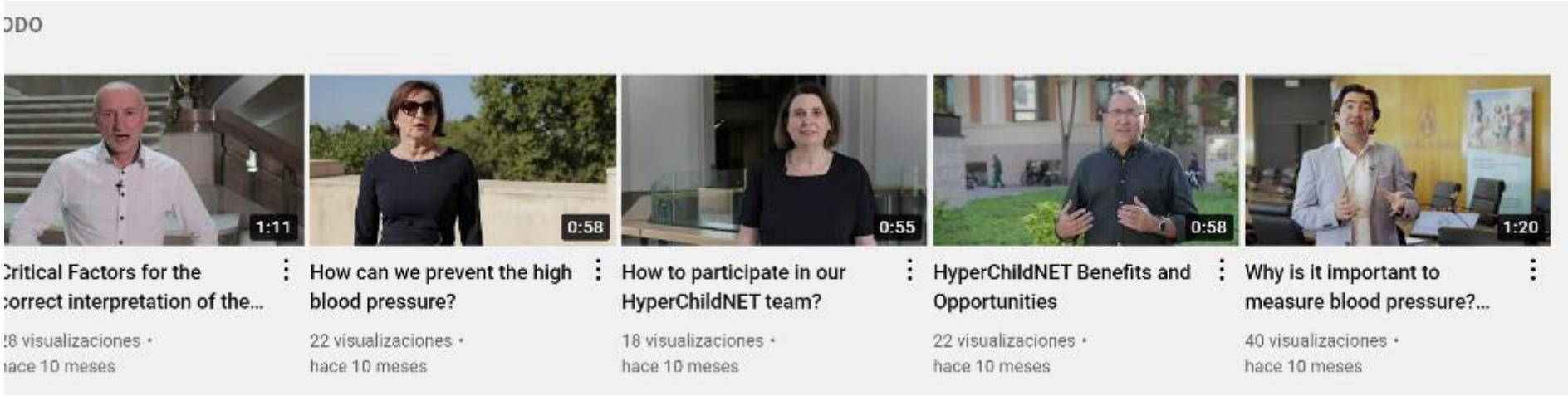
Serap Erdine

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HyperChildNET
COST Action

Videos disseminated









Instegram post:
https://www.instagram.com/p/CWSRLAoozhc/?utm_medium=share_sheet



eprObes project

Preventing lifetime obesity by early risk-factor identification, prognosis and intervention

eprobes
early prevention of obesity

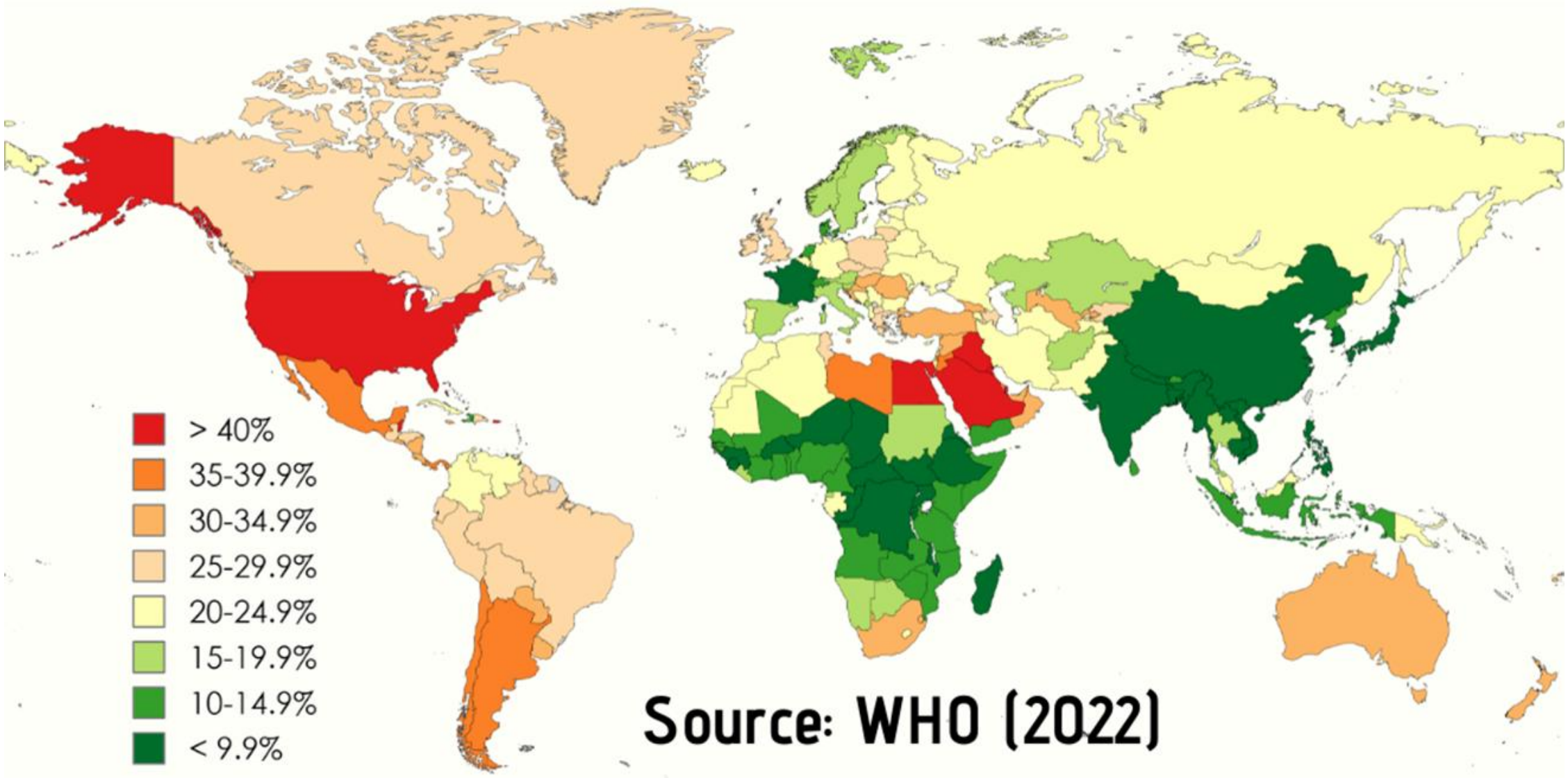
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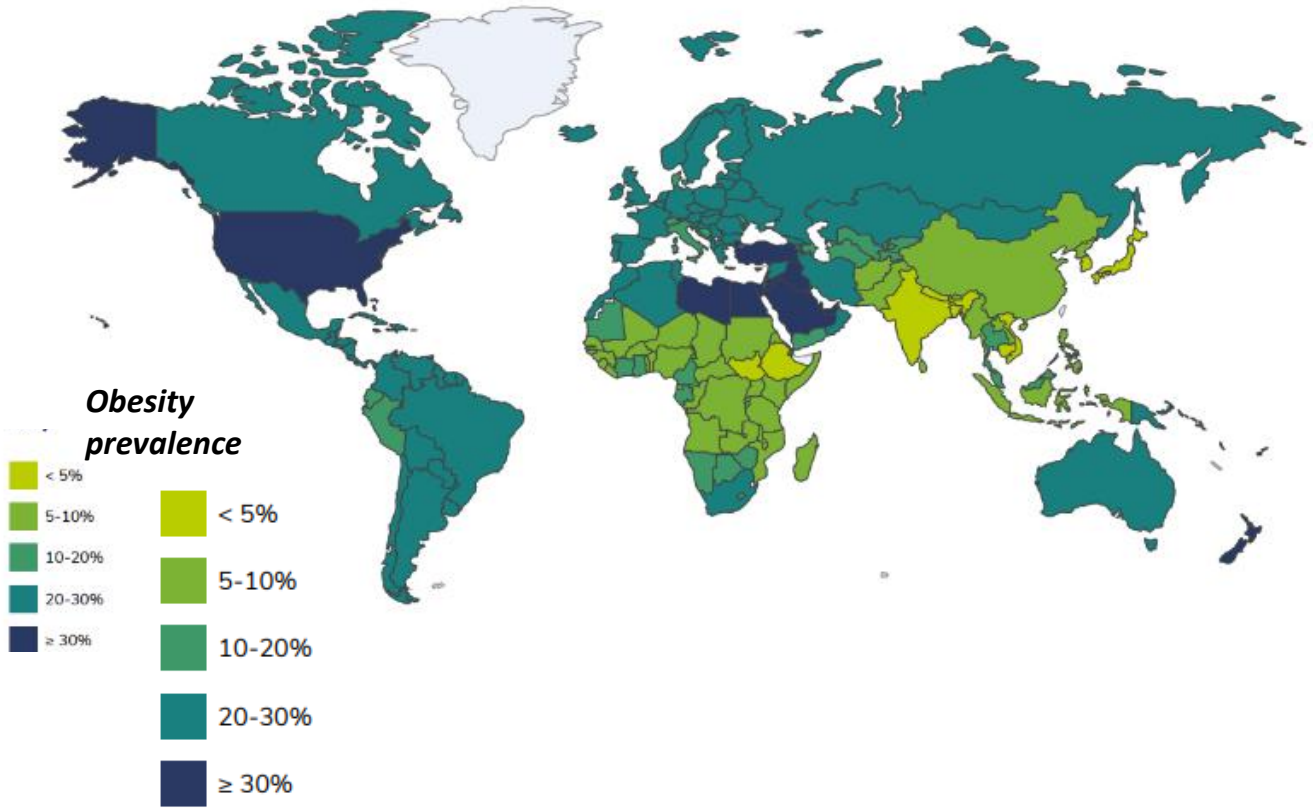
WHO REPORT 2022

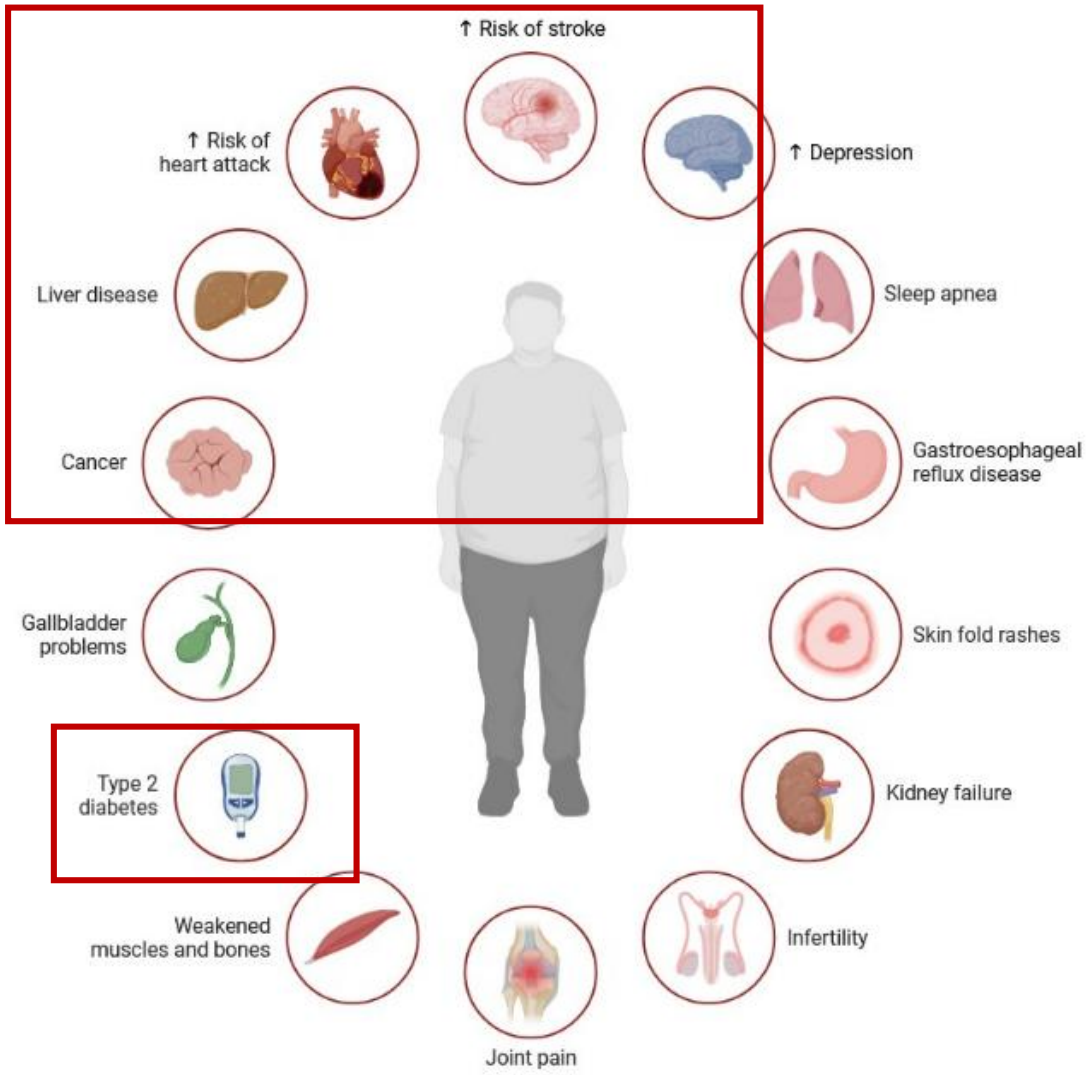
Obesity is one of the key risk factors for many noncommunicable diseases (NCDs). Overweight and obesity affect almost 60% of adults and nearly one in three children (29% of boys and 27% of girls) in the WHO European Region. Recent estimates suggest that overweight and obesity is the fourth most common risk factor for NCDs in the Region, after high blood pressure, dietary risks and tobacco.

It is also the leading risk factor for disability, causing 7% of total years lived with disability. Early studies from a number of countries in the Region indicate that the prevalence of overweight and obesity and/or mean body mass index has increased in children and adolescents during the COVID-19 pandemic.


> 40%
35-39.9%
30-34.9%
25-29.9%
20-24.9%
15-19.9%
10-14.9%
< 9.9%
Source: WHO (2022)

Obesity – a major global threat to peoples' health





- Excess fat accumulation leading to a BMI ≥ 30 kg/m^2
- Worldwide, more than 1 billion people have obesity
- 2030, one in five women and one in seven is expected to have obesity
- Often life-long condition, but varying between individuals

World Obesity Federation. *Mann V et al. Biology 2024, 13 (4)*

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Tree of Life:

A tree, whose roots represent early life stages and prenatal influences, the trunk is the silhouette of a pregnant woman, and the branches are adulthood. The leaves represent individuals who show diversity and community focus.

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eprObes is a European project funded by the European Union through Horizon Europe and promoted by a consortium of 18 organisations from 8 European countries.

eprObes searches for factors and biomarkers of predisposition to obesity and metabolic disease, as a means to identify subsets of susceptible individuals who might specially benefit from early preventive or intervention strategies.





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- Project duration: 1 May 2023 - 30 April 2028 (5 years, 60 months)
- Number of consortium members: 18
- Countries represented: 9
- Budget approved: € 9,875,071.25
- Project grant agreement number: 101080219
- Call: HORIZON-HLTH-2022-STAYHLTH-01-two-stage
- Topic: HORIZON-HLTH-2022-STAYHLTH-01-05-two-stage
- Type of action: HORIZON Research and Innovation Actions
- Granting authority: European Health and Digital Executive Agency (HaDEA)

Coordinator

ciber | OBN
Spanish Network Research Obesity and Nutrition

33 Groups (Spain)
Obesity & Nutrition

BEN/Partners

- **Academic Institutions**
- **University Hospitals**
- **Biomedical Research Institutes**
- **Large Companies & SME**

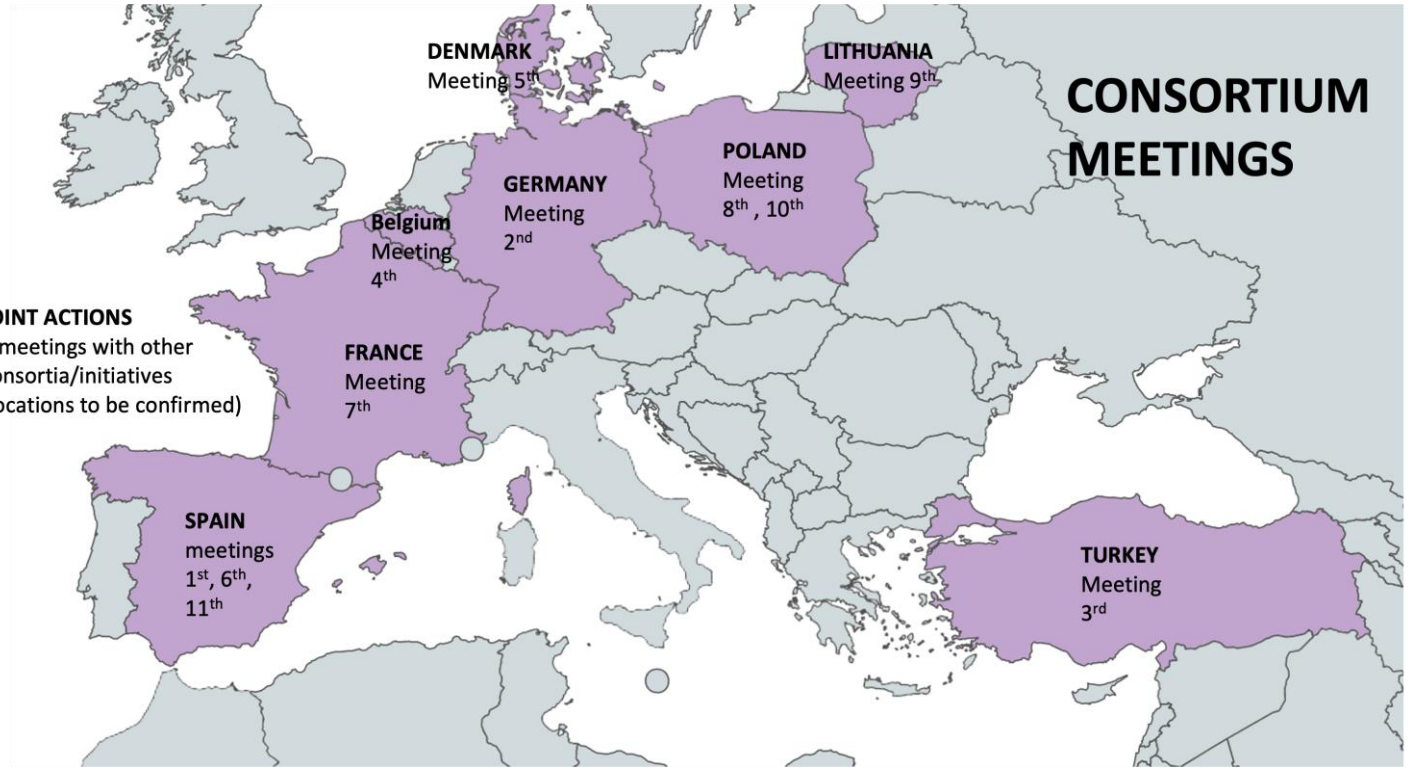
Affiliated Entities
4 Groups – Link with other members

HgU Fi FUNDACIÓ INVESTIGACIÓ HOSPITAL GENERAL UNIVERSITARI VALÈNCIA

IDIBELL Institut d'Investigació Biomèdica de Bellvitge

UNIVERSIDAD DE CÓRDOBA

IMIBIC



CONSORTIUM MEMBERS



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1	Consorcio Centro de Investigación Biomédica en Red M.P	ciber | OBN	SPAIN
2	Eberhard Karls Universitaet Tuebingen	Eberhard Karls Universität Tübingen	GERMANY
3	Region Hovedstaden	Region Hovedstaden	DENMARK
4	Amaris Research Unit	AMARIS CONSULTING	FRANCE
5	Agencia Estatal Consejo Superior de Investigaciones Científicas	CSIC Consejo Superior de Investigaciones Científicas	SPAIN
6	Uniwersytet Jagiellonski	Uniwersytet Jagielloński w Krakowie	POLAND
7	Turkish Society of Hypertension and Atherosclerosis	Hypertension and Atherosclerosis Society	TURKEY
8	Institut National de la Sante Et de la Recherche Medicale	Inserm	FRANCE
9	Universitat de Valencia	Vniversitat de València	SPAIN
10	Universite de Liege	Liège université	BELGIUM
11	Viesoji Istaiga Vilniaus Universiteto Ligonine Santaros Klinikos	Vilniaus universiteto ligoninė Santaros klinikos	LITHUANIA
12	Premium Research SL	Premium Research From lab to market	SPAIN
13	University of Rzeszów	University of Rzeszów	POLAND

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Members of the Advisory Board

Academic organizations:

University of Glasgow (Regios Professor Anna Dominiczak)
Institute of Metabolic Science in Cambridge (Prof Susan Ozanne)
Universitaets-Klinikum Heidelberg (Prof Elke Wühl)
Aristotle University Thessaloniki (Prof Stella Stabouli)

European societies and stakeholder networks:

European Academy of Paediatrics
European Midwives Association
European Association for Study of Obesity
European Society of Hypertension
European Childhood Obesity Group

Industry organizations for early-stage nutrition:

Alter-Nutribén International Group
Nestlé España SA

Communication and Innovation Board

Chair:Serap Erdine



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Communication & Innovation Board

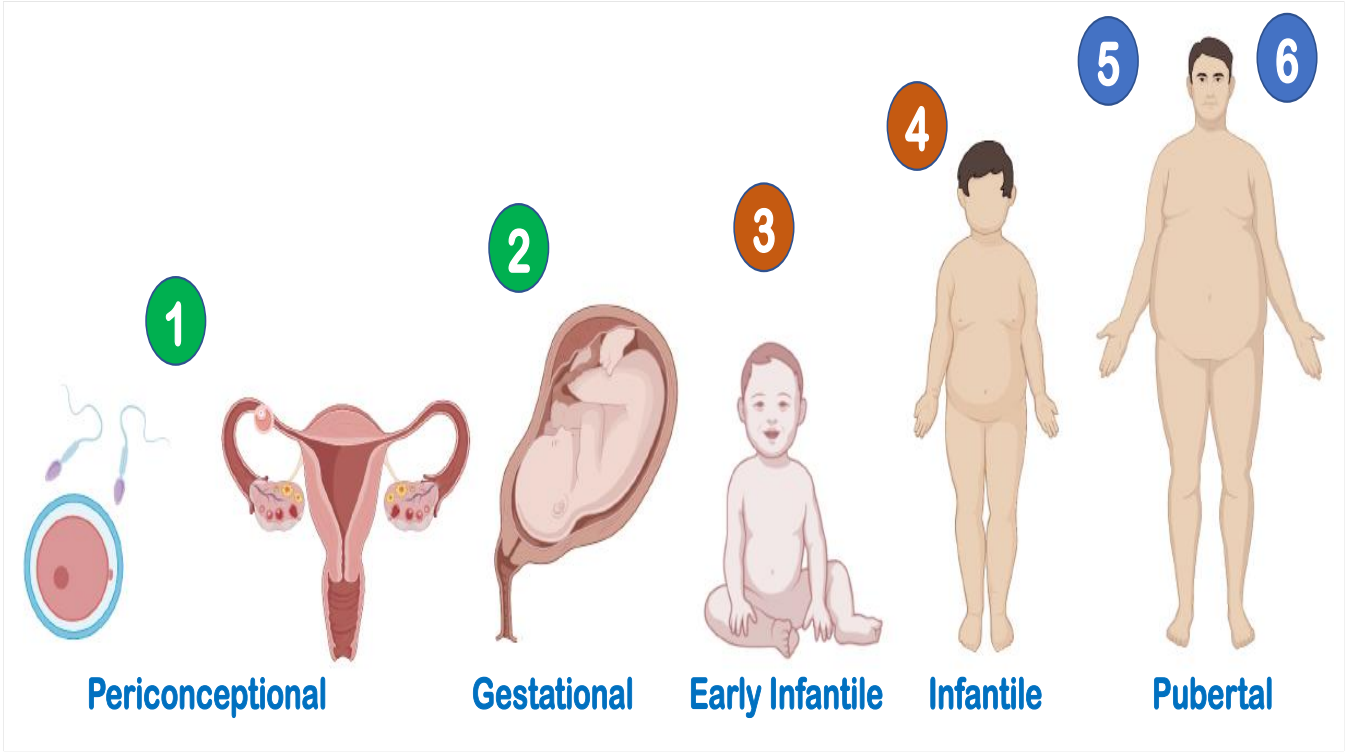
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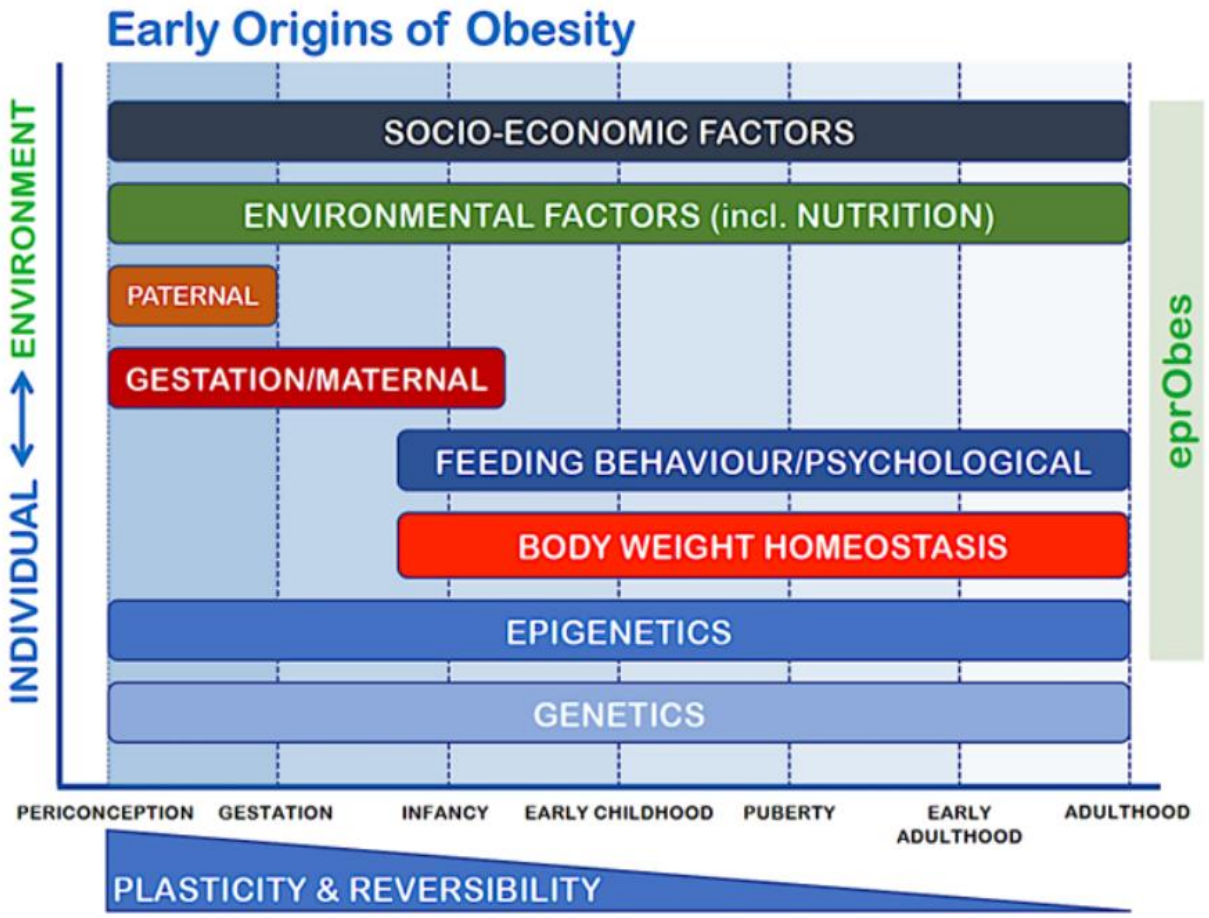
MAIN SCIENTIFIC GOAL

To identify early factors (risk & protective) and mechanisms related with excessive weight gain, in critical maturational periods (peri-conceptional/gestational, early child development and puberty/adolescence), for setting preventive measures to avoid obesity and its co-morbidities in both sexes.



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METHODOLOGY



The combination of unique clinical cohorts, preclinical models and multi-omics analyses, together with bioinformatics & AI tools, makes eprObes ideally suited for an outstanding impact, fostering medical sciences & patient care-management, and loosening the economical/societal burden of obesity & its co-morbidities.

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SPECIFIC OBJECTIVES

SO1. Early detection of causal factors

SO2. Definition of mechanisms

SO3. Mental/behavior determinants

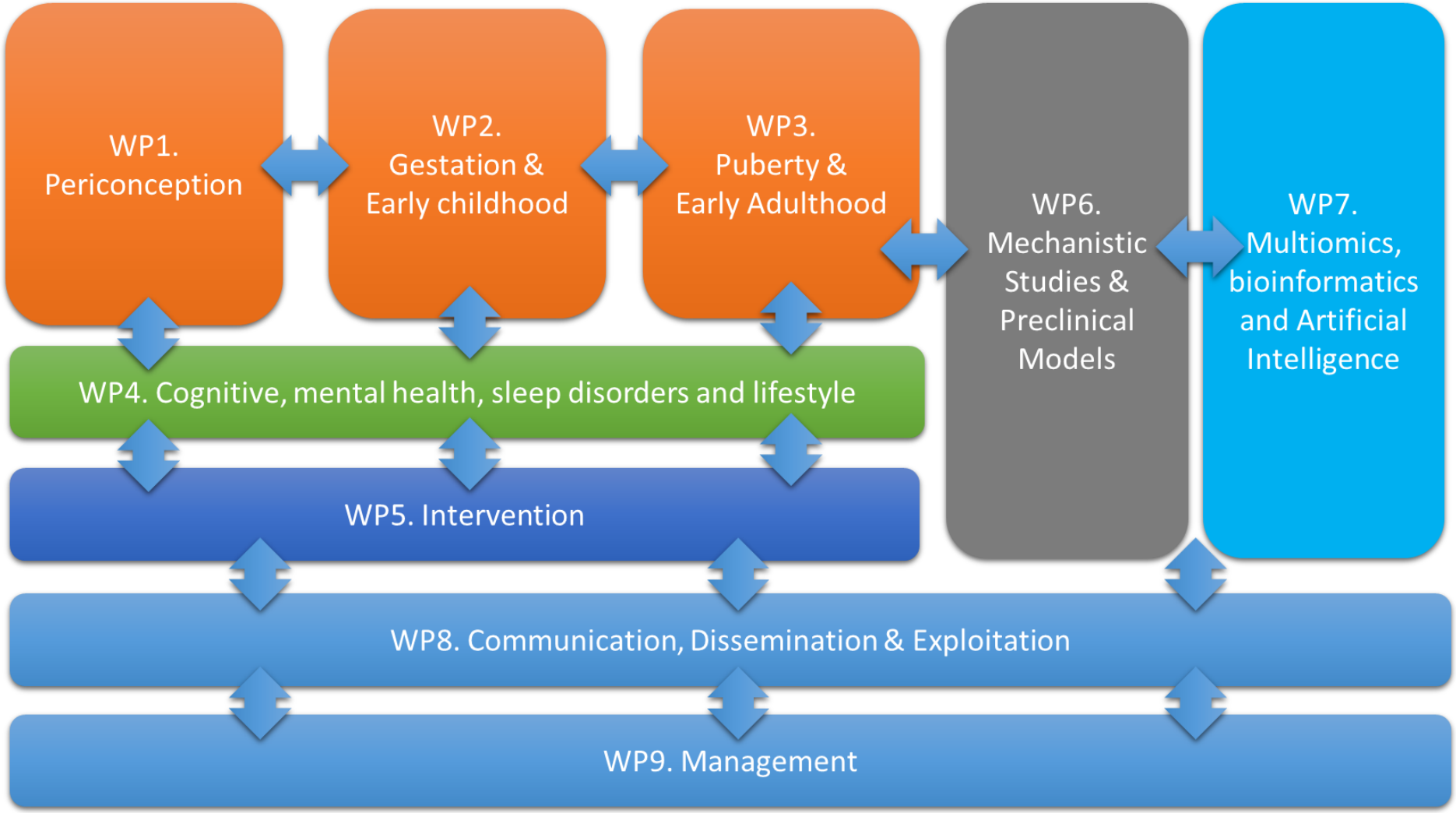
SO4. Biomarkers of early detection

SO5. Tailored preventive strategies

SO6. Decision support systems

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PROJECT STRUCTURE - WORK PACKAGES



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Clinical cohort studies

- -Endometrial Cohort
- -KITE Cohort
- -HyperChildNET Multicentric Cohort
- -GENOBOX Cohort
- -PUBMEP Cohort
- -CPH Puberty Study
- -DK Registry Puberty & Long-term Health
- -Extreme Weight Conditions Cohort
- -Extreme weight, Obesity & Food Addiction Cohort
- -Eating Disorders (ED) Cohort
- -ALSPAC Cohort
- -Copenhagen Child Cohort
- -Tübingen Cohort
- -Melipop Cohort

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OUTCOMES

- Identification of main obesogenic factors (prenatal & in childhood) & targets of early intervention.
- Definition of early neurocognitive, sleep, lifestyle & socio-economic factors predisposing to obesity.
- Characterization of the reciprocal interplay b/w obesity and pubertal disorders, and mechanisms thereof.
- Development of biomarkers & tools for effective intervention to prevent obesity in children and adolescents.
- Definition of novel mechanisms of early obesity development.
- Development of a digital platform for decision-making for physicians & patients/ families in obesity prevention.

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TARGET GROUPS

→Healthcare professionals

- Gynecologists and midwives
- Pediatricians
- General Practitioners & Nurses
- Child/Adolescent Psychologists/Psychiatrists
- Other health professionals

Families and educators

Children and youngsters

Researchers (Basic, Clinical)

Nutrition actors

Policy makers

Food industry

Media & General Population

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- **WP1. Periconceptional / Gestational: Maternal epigenetic regulation and assessment of risk to develop obesity at the pre-implantation embryo. WP Leader: UVEG. Felipe Vilella.**
- **Scope and objectives: Characterize microRNAs secreted by the endometrium into endometrial fluid that may be internalized by the embryo prior to implantation, potentially influencing early development and obesity risk.**

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- **WP2: Early origins of overweight & obesity: Studies in cohorts from conception to the end of the 1st decade, WP leader :CIBER/FIHGUV. Julio Álvarez Pitti**
- **Partners involved in WP2: CSIC, JU, HIPAT, VULSK and UR.**
- **Work Package 2 aims to recruit and follow a large pediatric cohort to investigate biomarkers and early indicators of obesity risk.**
- **The consortium aims to recruit approximately 1,500 participants, ranging from birth to late infancy, across several partner institutions.**

- **HIPAT (Turkey)**

- **HIPAT reported progress in both retrospective and prospective cohorts.**
- **Cross-sectional cohort (retrospective)**
- **Recruitment completed. Key findings from correlation analyses include:**
- **Younger individuals showed higher BMI Z-scores.**
- **Older individuals showed higher insulin resistance.**
- **BMI was positively associated with insulin levels and HOMA-IR.**

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- **WP3. Clinical studies of determinants and consequences of obesity during puberty and early adulthood. Region H Stine A Holmboe,**
- **Cohort-based data collection during pubertal development and on population-registry analyses addressing long-term outcomes related to altered pubertal timing, including precocious puberty.**
- **Ongoing work on biomarkers and epigenetic mechanisms relevant to metabolically healthy vs. unhealthy puberty transitions**
-

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- **WP4. Cognitive, mental health, sleep disorders and lifestyle. WP Leader :IDIBELL .Fernando Fernández-Aranda**
- **Global objective: Assess the impact of neurocognitive factors, mental health disorders, sleep patterns and lifestyle on obesity development, using real-world healthcare data, targeting children, adolescents and young adults.**

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- **WP5: Intervention studies for prevention and early management of obesity, WP leader: UT. Isabelle Mack**
- **Overall objective: Develop and evaluate intervention strategies for prevention and early management of obesity in children and adolescents under real-life conditions.**

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- **WP6: Mechanistic studies and preclinical models for defining early origins and prevention of obesity, WP leader :ULIEGE. Anneline Pinson**
- **Global Objective: Unravel the mechanistic basis of early determinants of obesity using preclinical models, with implications for prevention strategies and personalized medicine**

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- **WP7: Multi-omics, Bioinformatics and Artificial Intelligence for biomarker identification and obesity prevention, WP leader: AMARIS FR/SPA.**
-
- **Global Objective: Apply multi-omics approaches combined with bioinformatics, machine learning (ML), and artificial intelligence (AI) to map the epigenetic and molecular landscape of early obesity determinants and develop predictive and decision-support tools**

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- WP 8 : Dissemination, Communication & Exploitation
- WP Leader :HIPAT .Serap Erdine
- Raising awareness of the project and its objectives.
- The consortium has produced a significant number of communication outputs during the reporting period. These include nearly two thousand views on the project's YouTube videos, approximately twenty collaborative scientific publications, and more than thirty-five conference presentations delivered by consortium members. Social media platforms such as LinkedIn, Instagram, and X have also been used actively to share updates about the project and its findings

Already celebrated meetings

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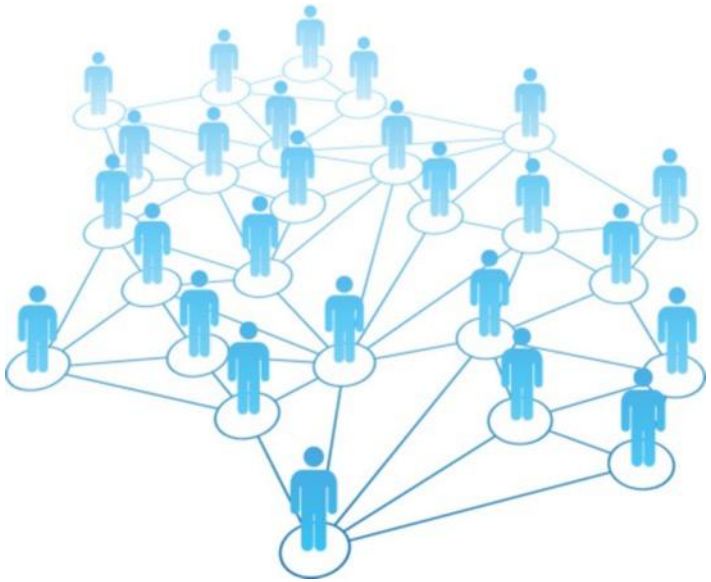




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+20

Collaborative scientific articles

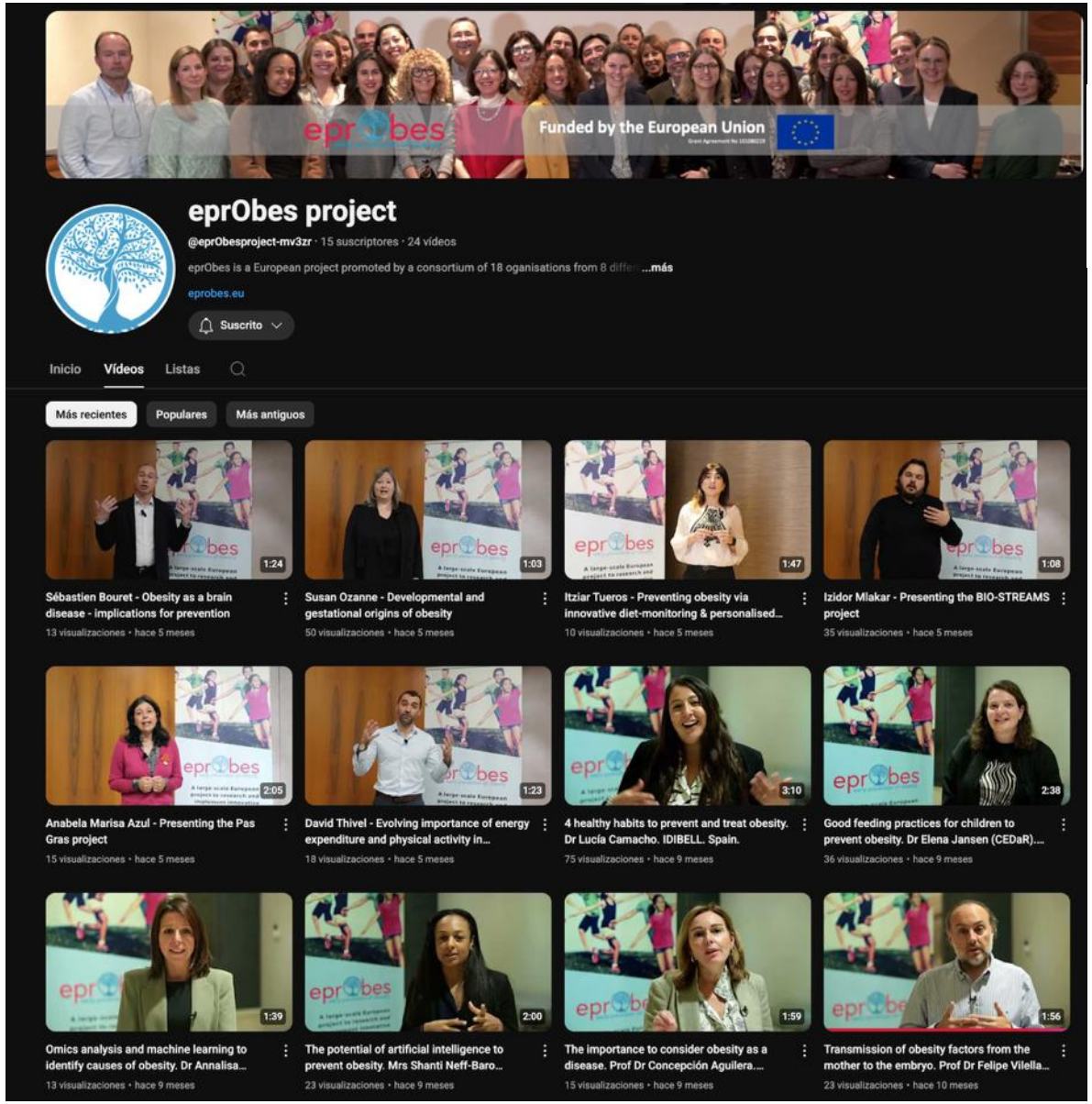


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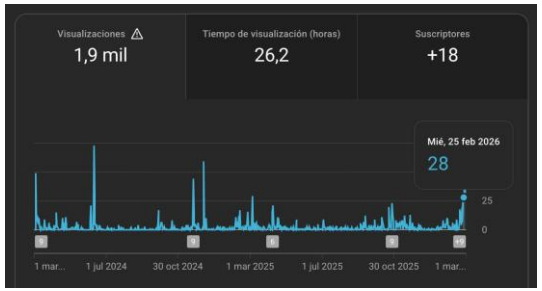
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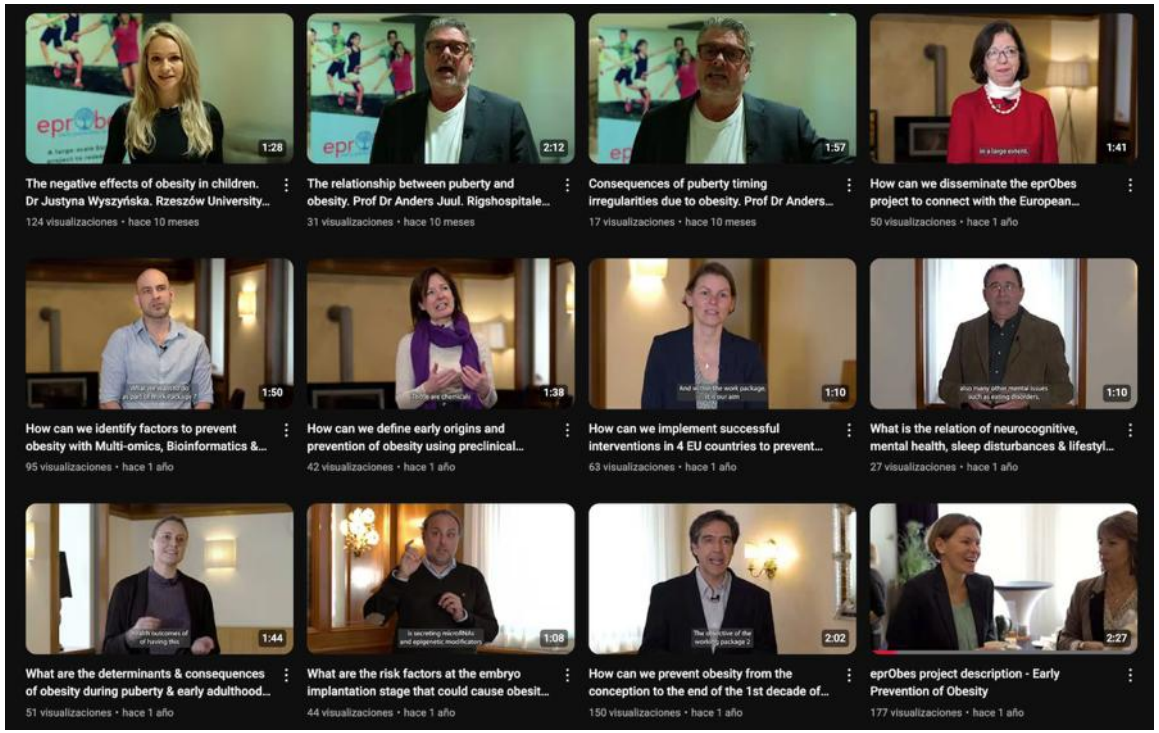
Lecturers & conference presentations



YouTube

Almost 2,000 views





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ACTIONS CARRIED OUT - POSTS IN SOCIAL MEDIA



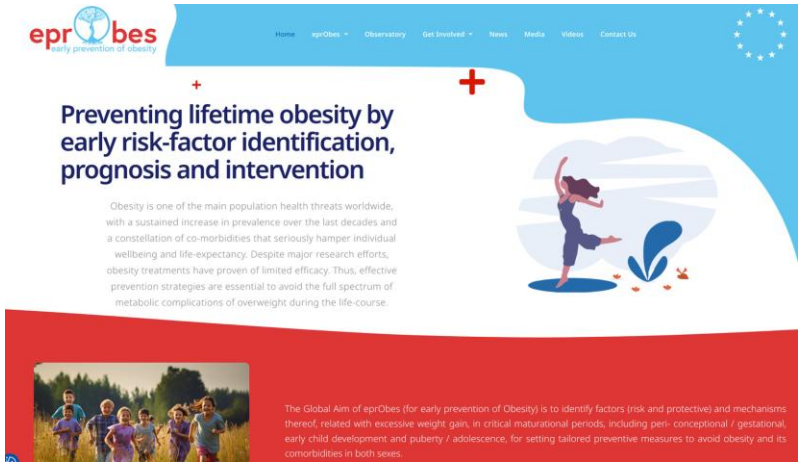




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ACTIONS CARRIED OUT - Website improvement

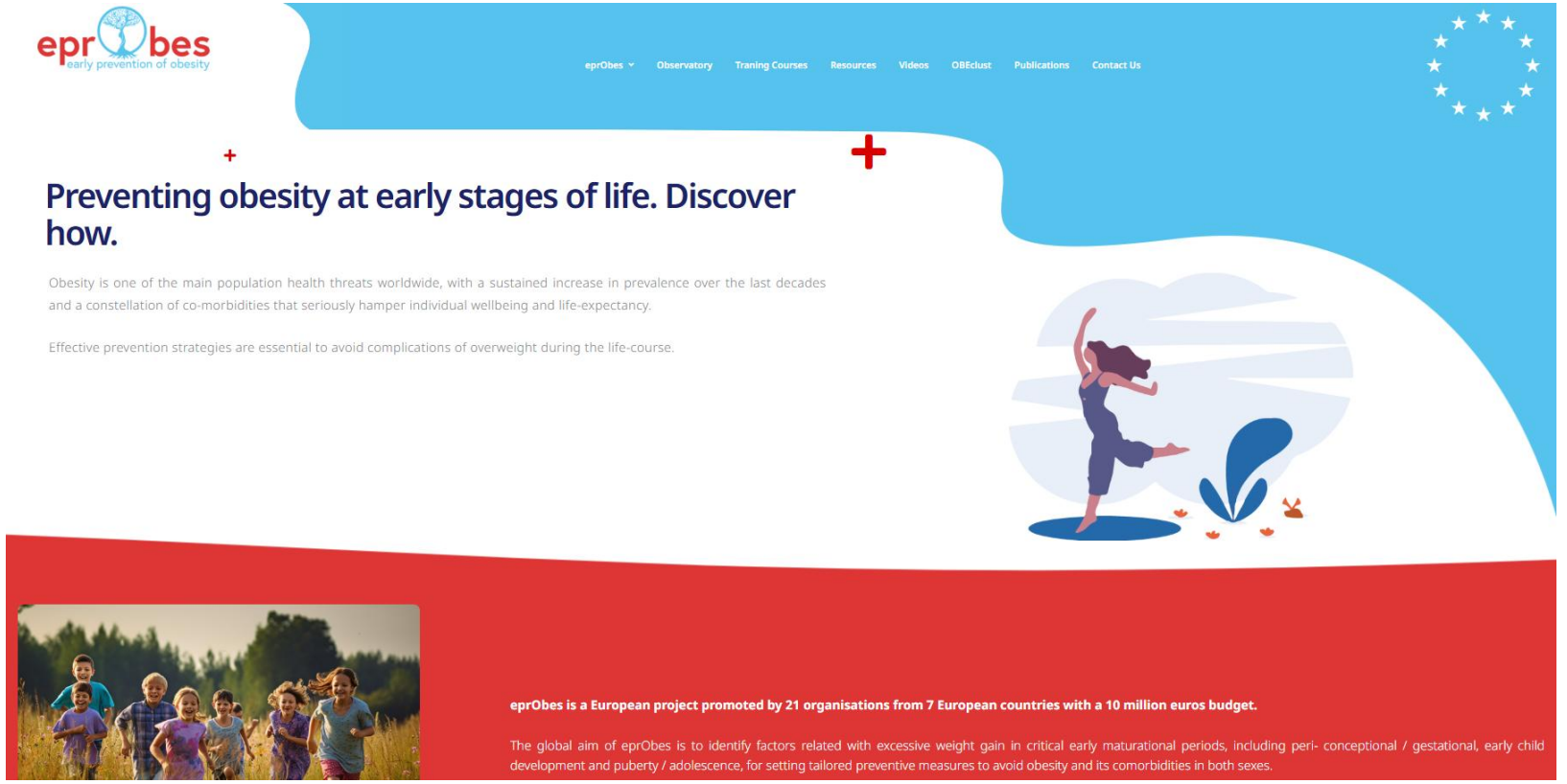
Our website has been reconfigured and transformed into a more useful site for stakeholders and target groups:



- **Messages reformulated to enhance clarity for the reader.**
- **Home modified & new sections added:**
  - **Chatbot**
  - **OBEClust**
  - **Publications**
  - **Resources**







Moving from a conventional project website to a dynamic knowledge hub

Website improvement

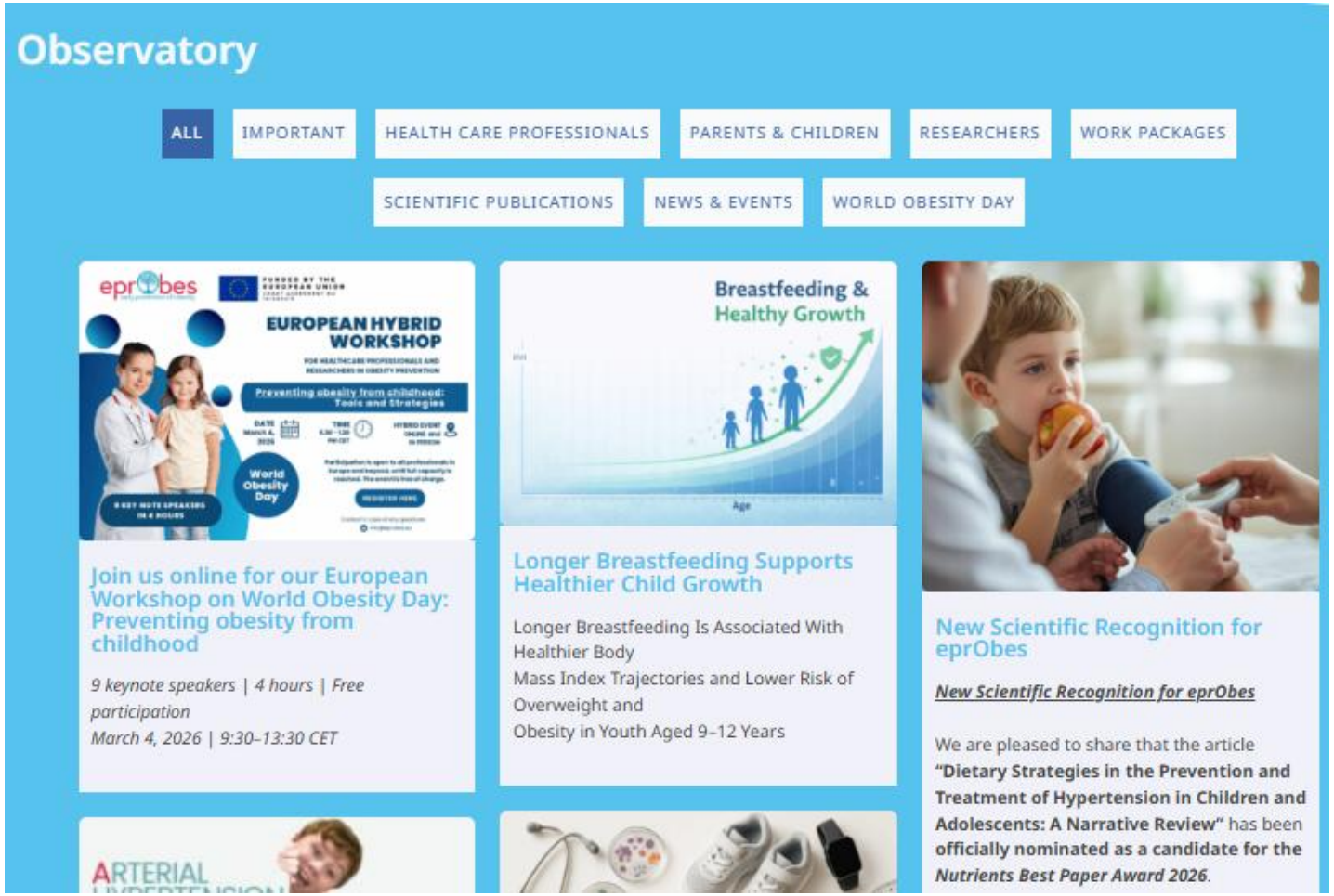
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Guides, Posters & Training materials have been added.

Contents added regularly in the Observatory (scientific papers, fact sheets, opinion articles, etc).

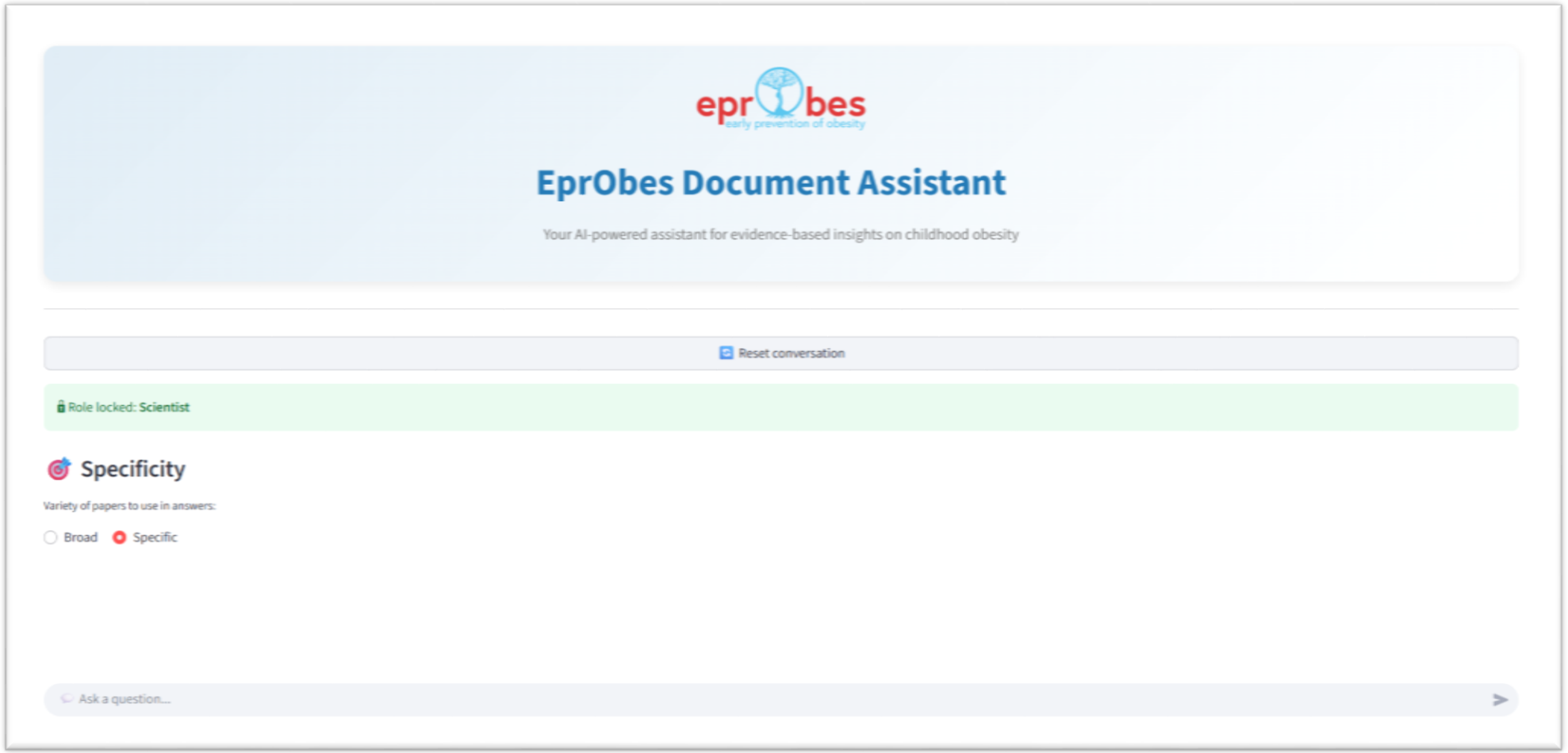
The frequency and quality of posts in the social media have been increased.

HIPAT has lead this task.



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ACTIONS CARRIED OUT – AI Chatbot



Tasks done:

- **Amaris has added the new documents provided by the partners to the Chatbot knowledge base.**
- **Publish the Chatbot on the eprObes website.**



European eprObes Week
March 3-9, 2025
(World Obesity Day March 4)

We already have planned to organise a scientific meeting/activity on March 4th, 2025 in Brussels (the International Obesity Day and also coinciding with our periodic meeting).

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Main tools:

European Obesity Week

March 3-9,2025 (March 4 - World Obesity Day)

- **Online Announcements**
- **Video Presentations**
- **Social Media campaigns, messages**
- **Lay Media (posters, brochures, flyers, press, billboards)**
- **Visual Media (TV)**
- **Local Events: Concerts, Walk for Obesity, etc**

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Target Groups

- Healthcare professionals
  - Gynecologists and midwives
  - Pediatricians
  - General Practitioners & Nurses
  - Child/Adolescent Psychologists/ Psychiatrists
  - Other health professionals
- Families and educators
- Children and youngsters
- Researchers (Basic, Clinical)
- Nutrition actors
  - Bar & restaurants
  - Canteens
- Policy makers
- Food industry
- Media & General Population

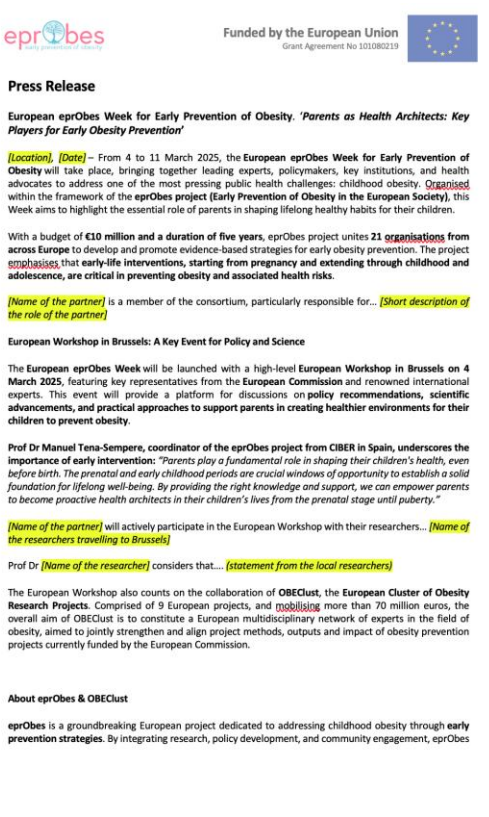
2025 European Week

ACTIONS CARRIED OUT

Posters in clinical centres and partner locations.



Press releases.



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Press Release

European eprObes Week for Early Prevention of Obesity. ***'Parents as Health Architects: Key Players for Early Obesity Prevention'***

[Location], [Date] – From 4 to 11 March 2025, the **European eprObes Week for Early Prevention of Obesity** will take place, bringing together leading experts, policymakers, key institutions, and health advocates to address one of the most pressing public health challenges: childhood obesity. Organised within the framework of the **eprObes project (Early Prevention of Obesity in the European Society)**, this Week aims to highlight the essential role of parents in shaping lifelong healthy habits for their children.

With a budget of **€10 million and a duration of five years**, eprObes project unites **21 organisations from across Europe** to develop and promote evidence-based strategies for early obesity prevention. The project emphasises that **early-life interventions, starting from pregnancy and extending through childhood and adolescence, are critical in preventing obesity and associated health risks**.

[Name of the partner] is a member of the consortium, particularly responsible for... *[Short description of the role of the partner]*

European Workshop in Brussels: A Key Event for Policy and Science

The **European eprObes Week** will be launched with a high-level **European Workshop in Brussels on 4 March 2025**, featuring key representatives from the **European Commission** and renowned international experts. This event will provide a platform for discussions on **policy recommendations, scientific advancements, and practical approaches to support parents in creating healthier environments for their children to prevent obesity**.

Prof Dr Manuel Tena-Sempere, coordinator of the eprObes project from CIBER in Spain, underscores the importance of early intervention: *"Parents play a fundamental role in shaping their children's health, even before birth. The prenatal and early childhood periods are crucial windows of opportunity to establish a solid foundation for lifelong well-being. By providing the right knowledge and support, we can empower parents to become proactive health architects in their children's lives from the prenatal stage until puberty."*

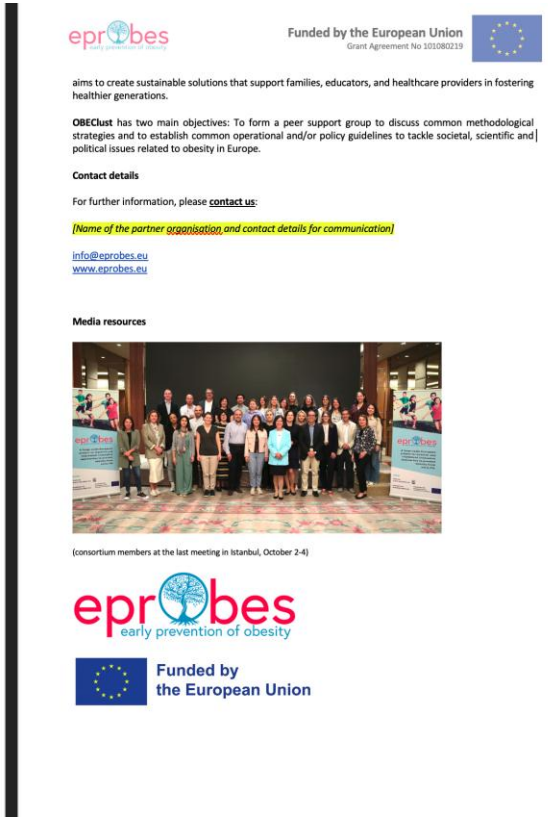
[Name of the partner] will actively participate in the European Workshop with their researchers... *[Name of the researchers travelling to Brussels]*

Prof Dr *[Name of the researcher]* considers that.... *[statement from the local researchers]*

The European Workshop also counts on the collaboration of **OBEClust**, the **European Cluster of Obesity Research Projects**. Comprised of 9 European projects, and mobilising more than 70 million euros, the overall aim of OBEClust is to constitute a European multidisciplinary network of experts in the field of obesity, aimed to jointly strengthen and align project methods, outputs and impact of obesity prevention projects currently funded by the European Commission.

About eprObes & OBEClust

eprObes is a groundbreaking European project dedicated to addressing childhood obesity through **early prevention strategies**. By integrating research, policy development, and community engagement, eprObes



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aims to create sustainable solutions that support families, educators, and healthcare providers in fostering healthier generations.

OBEClust has two main objectives: To form a peer support group to discuss common methodological strategies and to establish common operational and/or policy guidelines to tackle societal, scientific and political issues related to obesity in Europe.

Contact details

For further information, please **contact us**:

[Name of the partner organisation and contact details for communication]

info@eprobes.eu
www.eprobes.eu

Media resources

(consortium members at the last meeting in Istanbul, October 2-4)

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Hybrid European Workshop in Brussels

World Obesity Day











European eprObes Week for Obesity Prevention

February 24th - March 4th, 2026

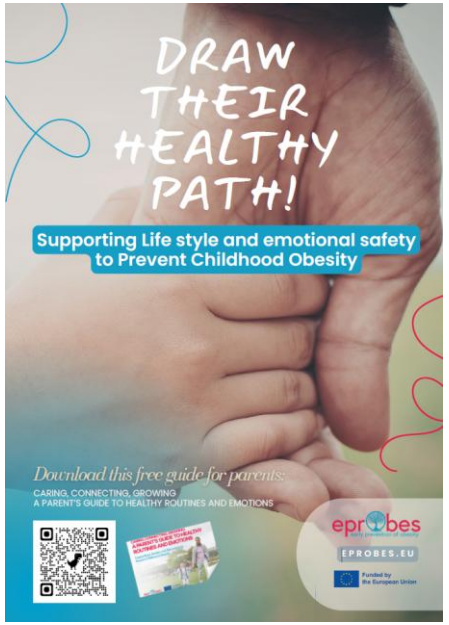
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2026 European Week

















ACTIONS CARRIED OUT: Posters & Guides

Tasks done:

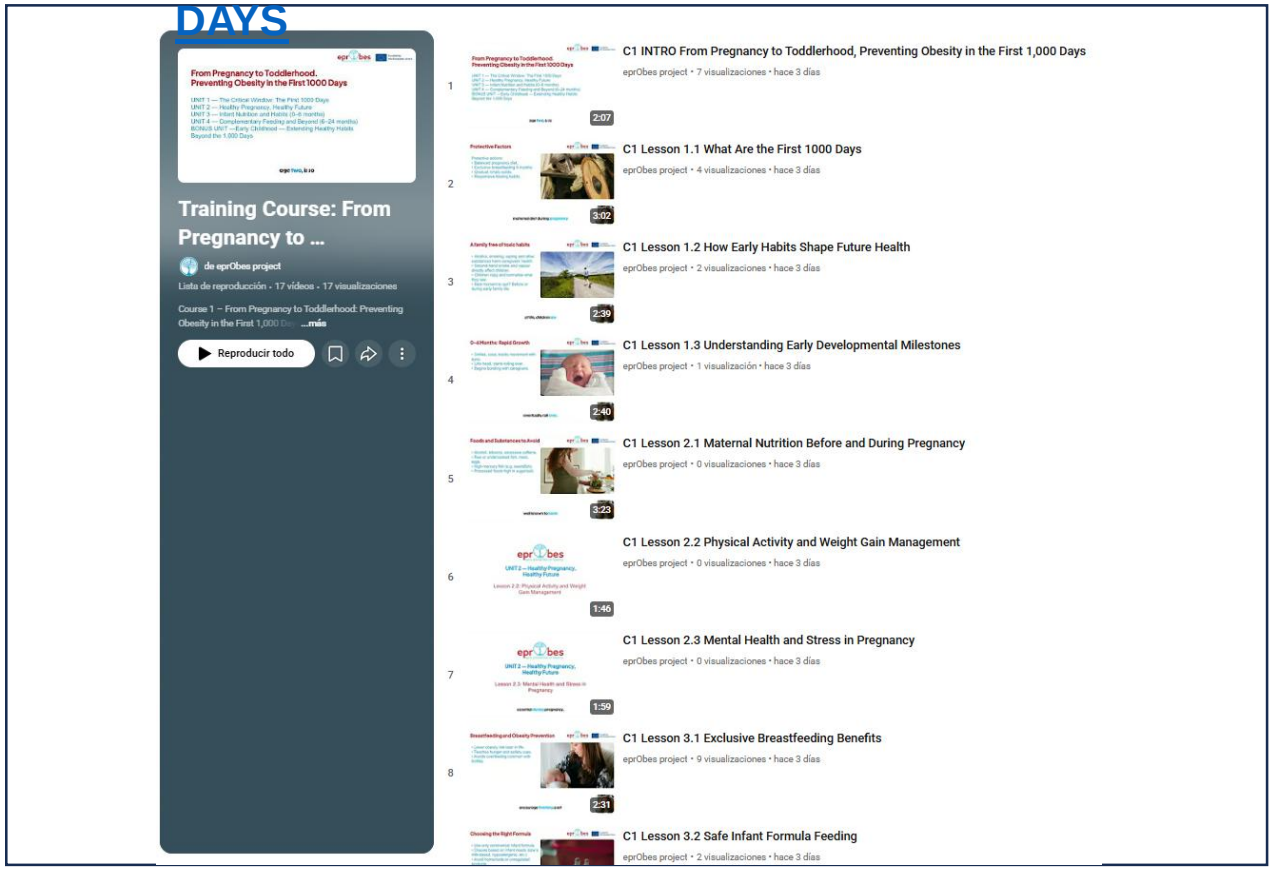
- **Translation into all languages (Premium Research).**
- **Review of the translation by each partner to ensure accuracy and cultural appropriateness.**
- **Generation of the final version in all languages.**
- **Upload to the website to ensure accesibility.**

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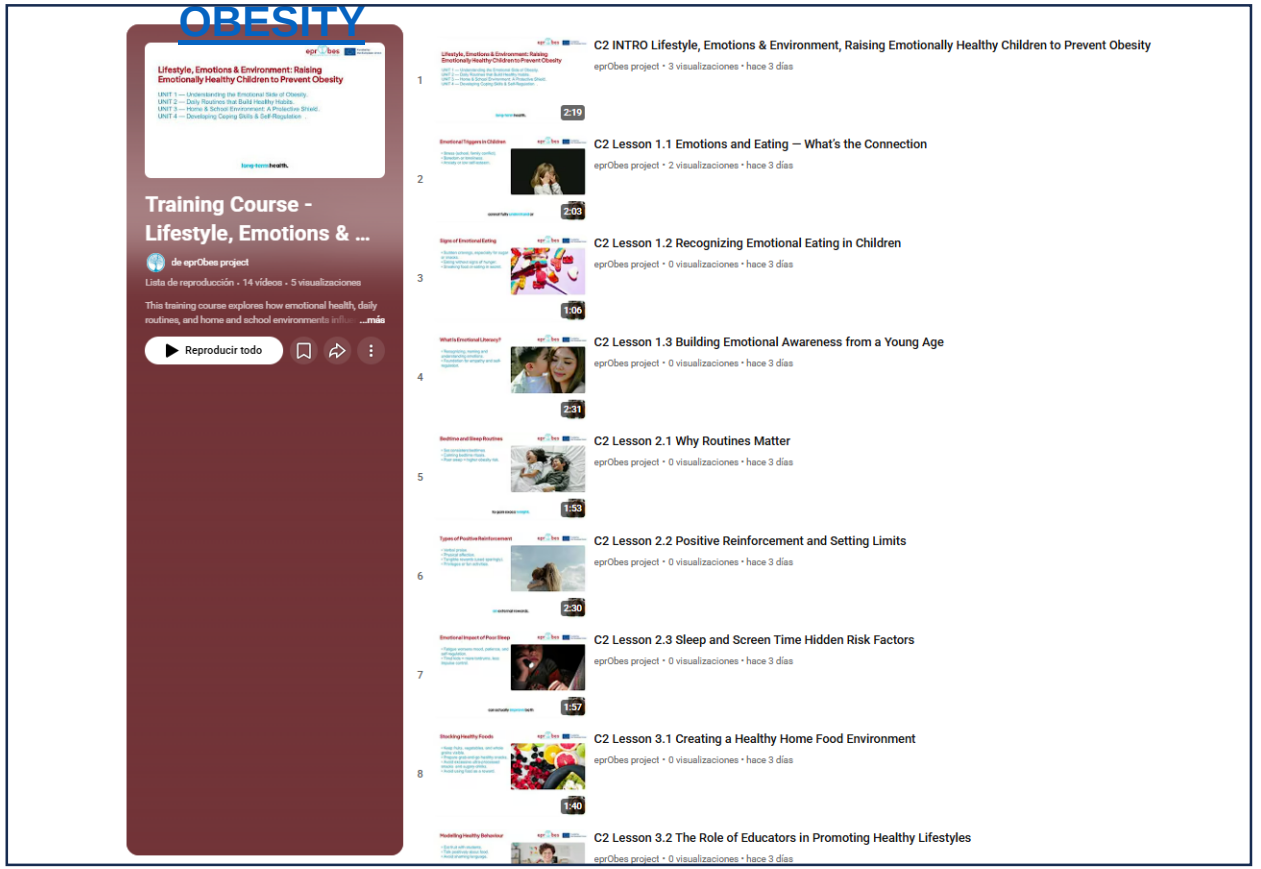
2026 European Week

ACTIONS CARRIED OUT: Training courses already available

FROM PREGNANCY TO TODDLERHOOD: PREVENTING OBESITY IN THE FIRST 1000 DAYS



LIFESTYLE, EMOTIONS & ENVIRONMENT, RAISING EMOTIONALLY HEALTHY CHILDREN TO PREVENT OBESITY



ACTIONS CARRIED OUT – PRESS RELEASE

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Grant Agreement No 101080219

Press Release

European eprObes Week for Early Prevention of Obesity. '*The First 1,000 Days: Early Influences on Obesity and Health*'

[Location], [Date] — From **24 February to 4 March 2026**, the **European eprObes Week for Early Prevention of Obesity** will take place under the theme **"The First 1,000 Days: Early Influences on Obesity and Health"**, bringing together researchers, healthcare professionals, policymakers, and stakeholders to highlight why the period **from conception to a child's second birthday** is a unique window to reduce lifelong obesity risk.

Organised within the framework of the **eprObes project (Early Prevention of Obesity in the European Society)**, the Week will showcase evidence-based approaches, practical tools, and new educational resources aimed at supporting healthier beginnings for children across Europe and beyond.

With a total budget of approximately **€10 million** and a duration of five years, **eprObes** unites **21 organisations across Europe** to develop and promote early prevention strategies addressing childhood obesity and related health risks.

The project is funded by the European Union under **Grant Agreement No. 101080219**.

[Name of the partner] is a member of the consortium, particularly responsible for… *[Short description of the role of the partner]*

WHY THE FIRST 1,000 DAYS MATTER

Scientific evidence increasingly shows that exposures during pregnancy and the first two years—such as **maternal metabolic health and diet quality, infant feeding practices, sleep routines, physical activity opportunities, and environmental factors**—can shape developmental programming and influence obesity risk later in life.

As highlighted in eprObes' new opinion articles:

- **"The 'first 1,000 days' are a critical window for obesity prevention**," with pregnancy representing a key point for effective nutritional and metabolic risk management.
- Sleep and movement are "**underestimated but essential pillars**" of early prevention, shaping metabolic regulation and behavioural patterns.
- Early-life nutrition, stress, parental lifestyle and feeding practices can influence how the body "**processes food, stores fat and regulates hormones**" over the long term.

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OPINION ARTICLES

This scientific evidence-based information is extracted from the opinion articles written by experts of our eprObes consortium.

These articles are available in our project website: www.eprobes.eu

To bring research closer to practice, eprObes is publishing these experts' opinion articles during the Week. Topics include:

1) From Maternal Diet to Childhood Obesity: How Pregnancy Shapes Metabolic Health in the First 1,000 Days
Authors: Edyta Łuszczki; Justyna Wyszyńska; Natalia Dąbek; Artur Mazur
Country: Poland
Affiliation: Medical College of Rzeszów University, Rzeszów

2) The first 1,000 days: how sleep and physical activity influence obesity risk

Authors: Justyna Wyszyńska; Edyta Łuszczki; Natalia Dąbek; Artur Mazur
Country: Poland
Affiliation: Medical College of Rzeszów University, Rzeszów

3) The First 1,000 Days: Early Influences on Obesity and Health

Authors: Małgorzata Wójcik; Agnieszka Koziol-Kozakowska
Country: Poland
Affiliation: Jagiellonian University Medical College & University Children's Hospital (Interclinical Center for the Treatment of Childhood Obesity), Kraków

NEW TRAINING COURSES NOW AVAILABLE

As part of the Week's dissemination activities, two training courses are ready in open access on YouTube for wide uptake by professionals and stakeholders:

1. **Course 1 – From Pregnancy to Toddlerhood: Preventing Obesity in the First 1,000 Days**
   Playlist: https://www.youtube.com/playlist?list=PLp3e5ml-_2oTdTwjd1sIwzi6jwnMorCay
2. **Course 2 – Lifestyle, Emotions & Environment: Raising Emotionally Healthy Children to Prevent Obesity**
   Playlist: https://www.youtube.com/playlist?list=PLp3e5ml-_2oRy9wng0-V7OUncxsUROCix

These resources are designed to support evidence-based practice and help translate prevention science into day-to-day action across healthcare, education, and community settings. These training courses are open and free, mainly addressed to parents, educators and youngsters.

GUIDES AND POSTERS

During the European eprObes Week, the project will also disseminate new user-oriented materials tailored to different audiences:

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- **Healthy Future Parents** (for parents and educators)
- **Feeding and Growing From 0 to 24 Months** (for parents and educators)
- **Parents Guide to Healthy Routines and Emotions** (for parents and educators)
- **Feeling Good Being You** (for youngsters)

These guides and posters are also available in the project's official website.

EUROPEAN HYBRID WORKSHOP (WORLD OBESITY DAY) – 4 MARCH 2026

The European eprObes Week will culminate on **World Obesity Day (4 March 2026)** with a **free, high-level European Hybrid Workshop** for **healthcare professionals and researchers in obesity prevention**, taking place **online and in person**.

Workshop title: *Preventing obesity from childhood: Tools and Strategies*
Date & time: 4 March 2026, 09:30–13:30 CET
Format: Hybrid (online + in person)
Venue (in person): Rectorate of the University of Córdoba, Avenida de Medina Azahara 5 (Córdoba, Spain)

Participation: Free of charge; **registration required** (open until full capacity).

The workshop will feature **nine keynote speakers** and a programme spanning novel tools for prevention, socioeconomic and mental health determinants, and environmental factors.

[Name of the partner] will actively participate in the European Workshop with their researchers… *[Name of the researchers travelling to Córdoba]*
Prof Dr *[Name of the researcher]* considers that…. *[statement from the local researchers]*

Funded by the European Union
Grant Agreement No 101080219

About eprObes

eprObes is a groundbreaking European project dedicated to addressing childhood obesity through **early prevention strategies**. By integrating research, policy development, and community engagement, eprObes aims to create sustainable solutions that support families, educators, and healthcare providers in fostering healthier generations.

With a total budget of approximately **€10 million** and a duration of five years, **eprObes** unites **21 organisations across Europe** to develop and promote early prevention strategies addressing childhood obesity and related health risks.

The project is funded by the European Union under **Grant Agreement No. 101080219**.

CONTACT DETAILS

For further information, please **contact us**:
[Name of the partner organisation and contact details for communication]

info@eprobes.eu

MATERIALS AND DETAILED INFORMATION

All these materials mentioned in this press release can be found in the project's official website: www.eprobes.eu

MEDIA RESOURCES



(consortium members at the meeting in Istanbul, October 2-4, 2024)

Aim to strengthened our presence in press and opinion media.

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ACTIONS CARRIED OUT – OPINION ARTICLES

- Expert opinion articles allow us to translate scientific findings into accessible narratives for broader audiences.
- This is key for public awareness


Opinion Article

The First 1,000 Days: Early Influences on Obesity and Health

Małgorzata Wojcik, Agnieszka Koziol-Kozakowska & eprObes Consortium


Opinion Article

The first 1,000 days: how sleep and physical activity influence obesity risk

Justyna Wyszyńska, Edyta Łuszczki, Natalia Dąbek, Artur Mazur & eprObes Consortium


Opinion Article

From Maternal Diet to Childhood Obesity: How Pregnancy Shapes Metabolic Health in the First 1,000 Days

Edyta Łuszczki, Justyna Wyszyńska, Natalia Dąbek, Artur Mazur & eprObes Consortium

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Hybrid European Workshop 2026

World Obesity Day









Joint activities with OBEClust

European Cluster of Obesity Research Projects

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OBEClust: joining forces to prevent obesity

Despite progress in obesity treatment, prevention remains the best option to avoid associated comorbidities. The European Cluster of Obesity Research Projects (OBEClust) is a pan-European multidisciplinary network of obesity experts, linked to nine European Union-funded projects, aiming to enhance the collective effect of obesity research in Europe, with an emphasis on prevention.

OBEClust
European Cluster of Obesity Research Projects

European Cluster for Prevention of Obesity

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PAS GRAS

SHIFT2HEALTH

BIO-STREAMS

CoDiet

eprobes early prevention of obesity

healthyw8

Obelisk
Preventing Childhood Obesity

Better4u

OBCT

22 March 2024 (Kick-off)

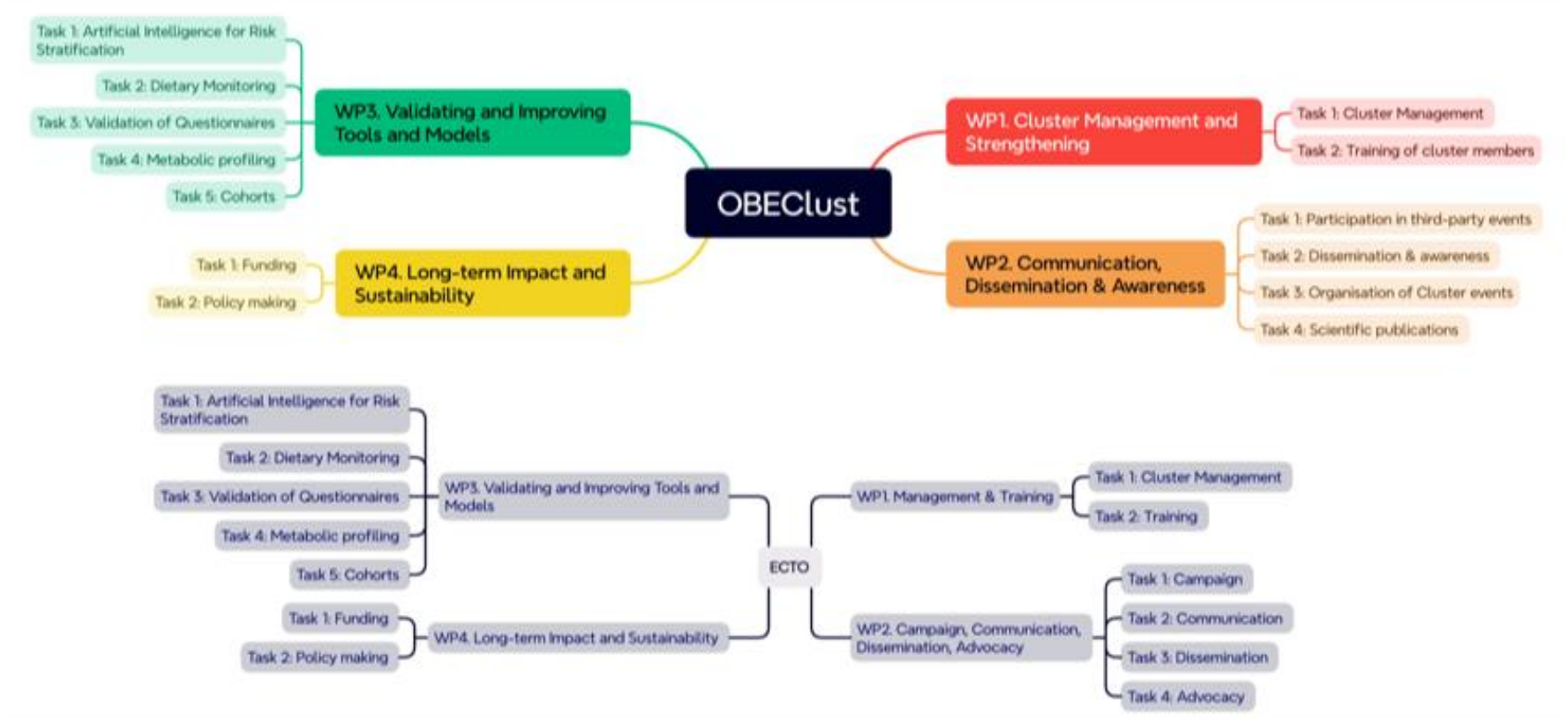
04 April 2024 (1st Meeting)

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OBEClust

European Cluster of Obesity Research Projects



Webinar
AI and obesity prevention

Leveraging technology to address obesity



OBEClust
European Cluster of Obesity Research Projects

28th April 2025

11:00 am CEST

Funded by the European Union

OBEClust Webinar : Strengthening Understanding of Obesity as a Chronic Disease



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OBEClust Webinar : Strengthening Understanding of Obesity as a Chronic Disease

Aim: To enhance shared understanding of obesity as a chronic, relapsing, multifactorial disease and support evidence-based, respectful communication across research, policy and practice. The webinar will explore how improved knowledge and framing can reduce stigma, strengthen research relevance, and support system-level responses. It could include:

A scientific overview of chronic disease framing

- **A policy example reflecting current European developments**
- **Project-specific research insights (including the confirmed talk on health literacy and shift work)**
- **A lived experience perspective on respectful, person-centred engagement**

2nd Webinar

Strengthening

Understanding of Obesity as a Chronic Disease

Thursday 05.02.2026 from 11h-12h30 ca CET

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Agenda

11:00-11:05
Greetings & Opening Remarks / Prof. Dr. Serap Erdine, Turkish Society of Hypertension and Atherosclerosis (eprObes)

11:05-11:15
Lived Experience: What Respectful Engagement Looks Like / Mr. Ken Clare, Executive Director at UKCPO - UK Coalition for People Living with Obesity (OBCT)

11:15-11:30
Obesity - a Chronic health Issue Needing Chronic Attention / Prof. Jan Eriksson, MD PhD, Uppsala University (PAS GRAS)

11:30-11:50
Beyond Weight: Global Insights into Psychosocial and Cultural Drivers of Obesity and Related Eating Disorders / Prof. Fernando Fernandez Aranda. Bellvitge Biomedical Research Inst. (eprObes)

11:50-12:00
Enhance (Nutritional) Health Literacy to Minimize Obesity Risks in Shift Workers
Dr. Bianca Fuchs-Neuhold, BSc MSc. University of Applied Sciences FH JOANNEUM (SHIFT2HEALTH)

12:00-12:20
Policy Spotlight: Italy's New Obesity Law - Implications for Research and Systems / Prof. Rocco Barazzoni, Associate Professor of Internal Medicine at Trieste University, Italy (HEALTHYW8)
BIO-STREAMS Health Economics Estimator Tool for Obesity Prevention Programmes
Mr. Umberto Restelli, PhD, 12Grow Collaborator and Director of the Observatory on Value-Based Healthcare at LIUC Business School (BIO-STREAMS)

12:20-12:30
Discussion and Closing Remarks



OBEClust
European Cluster of Obesity Research Projects

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- On 4 March – World Obesity Day – we are proud to celebrate a major milestone for the European obesity community. The European cluster of obesity research projects, OBEClust, has been recognised with the EASO & ECPO World Obesity Day Europe Awards 2025 in the category *Best Collaborative Project*.


ECPO
European Coalition for People living with Obesity
EASO
World Obesity Day
EUROPE
AWARDS 2025
THE EASO AWARD
FOR BEST COLLABORATIVE PROJECT
OBEClust
European Cluster of Obesity Research Projects

EPROBES
WP2-TURKISH TEAM

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- **Prof. Dr. Serap Erdine (Cardiology),**
- **Prof. Dr. Fügen Çullu Çokuğraş (Pediatric Gastroenterology),**
- **Prof. Dr. Haluk Çokuğraş (Pediatric Allergy and Immunology),**
- **Prof. Dr. Ömer Faruk Beşer (Pediatric Gastroenterology),**
- **Assoc. Prof. Dr. Serhat Güler (Pediatric Neurology),**
- **Assoc. Prof. Dr. Elvan Bayramoğlu (Pediatric Endocrinology),**
- **Dr. İlayda Altun (Pediatric Endocrinology),**
- **Dr. İpek Ülkersoy (Pediatric Gastroenterology),**
- **Dr. Oğuzhan Tin (Pediatric Gastroenterology),**
- **Dr. Eymen Pınar (Pediatrics),**
- **Dr. Ecem Torun (Pediatrics)Istanbul University-Cerrahpasa Cerrahpasa Faculty of Medicine**

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Next challenges

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We still have crucial challenges to face

Communication is critical for the EU
=
IMPACT

Our overall success relies on our <u>capacity to reach final target groups</u>

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Thank you for your attention..



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