

## Obesity Management

## Interventions to promote healthy eating habits: evaluation and recommendations

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Received 4 November 2009; revised 18 December 2009; accepted 21 December 2009

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## Summary

Although in several EU Member States many public interventions have been running for the prevention and/or management of obesity and other nutrition-related health conditions, few have yet been formally evaluated. The multidisciplinary team of the EATWELL project will gather benchmark data on healthy eating interventions in EU Member States and review existing information on the effectiveness of interventions using a three-stage procedure (i) Assessment of the intervention's impact on consumer attitudes, consumer behaviour and diets; (ii) The impact of the change in diets on obesity and health and (iii) The value attached by society to these changes, measured in life years gained, cost savings and quality-adjusted life years. Where evaluations have been inadequate, EATWELL will gather secondary data and analyse them with a multidisciplinary approach incorporating models from the psychology and economics disciplines. Particular attention will be paid to lessons that can be learned from private sector that are transferable to the healthy eating campaigns in the public sector. Through consumer surveys and workshops with other stakeholders, EATWELL will assess the acceptability of the range of potential interventions. Armed with scientific quantitative evaluations of policy interventions and their acceptability to stakeholders, EATWELL expects to recommend more appropriate interventions for Member States and the EU, providing a one-stop guide to methods and measures in interventions evaluation, and outline data collection priorities for the future.

**Keywords:** Benchmarking, EATWELL, obesity, policy.

**obesity reviews** (2010) **11**, 895–898

## Introduction

Obesity is the most visible manifestation of poor diets, but diet quality matters too – Western societies consume too little fruit and vegetables and omega-3 fatty acids, too much saturated fatty acids, salt and sugar, although significant progress has been made in removing *trans*-fats from a range of food products (1,2).

The unification of Europe had, as a consequence, the narrowing of differences in the dietary patterns of the

different countries and culinary cultures (1). Since the early 1960s, calorie intake in the EU increased on average by 17%; the most rapid increases happened in the Mediterranean countries that caught up with, and in some cases overtook, Central and Northern European levels. There was also a pattern of dietary convergence among European countries. Sugar intake in the EU is near the WHO recommended proportion of total calories, but total fatty acid intake at 38% calorie share is well above the recommended maximum of 30%, and saturated fatty acid intake is 12%

# Effectiveness Of Interventions To Promote Healthy Eating In

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**Effectiveness of Interventions to Promote Healthy Eating in Preschool Children Aged 1 to 5 Years** Alison E. Tedstone,1998      *Effectiveness of Interventions to Promote Healthy Eating in Elderly People Living in the Community* Astrid E. Fletcher,Christine Rake,1998

**Effectiveness of Interventions to Promote Healthy Eating in Elderly People Living in the Community** Health Education Authority,1998      **Artificial Intelligence in Food Science** Tanmay Sarkar,Anandakumar Haldorai,2025-08-01 Artificial Intelligence in Food Science Transforming Food and Bioprocess Development looks at the advancements in both AI and Machine Learning ML and the potential for leveraging these latest technologies to optimize and elevate various aspects of the food sciences From ingredient discovery and recipe formulation to flavor profiling quality control and bioprocess optimization Artificial Intelligence in Food Science Transforming Food and Bioprocess Development will show nutritionists food scientists and researchers and developers how they can enhance efficiency while innovating in their field Through data analysis predictive modelling case studies and industry examples of successful AI and ML implementation this book also highlights the benefits challenges and potential limitations of using AI and ML techniques while providing insights into best practices Readers will discover how AI and ML intersect with nutrition traceability and blockchain technology food waste valorization shelf life recipe and new product development food safety and more Explores how AI and ML intersect with food for enhanced nutritional outcomes Discusses incorporating robotics automation and IoT into AI and ML driven food processes Highlights the use of AI and ML for flavor profiling and sensory analysis Leverages AI and ML for food waste analytics Addresses challenges and benefits of AI and ML in the food industry

**Health Promotion Interventions to Promote Healthy Eating in the General Population** Liane Roe,1997 This report reviews the effectiveness of interventions to promote healthy eating where healthy eating was defined as a diet reduced in fat and increased in starchy foods fruits and vegetables The scope of the review was limited to healthy eating interventions among groups of adults adolescents or school aged children where the populations were not selected for being at raised risk of disease In most settings only controlled experimental and quasi experimental studies were included In the settings of supermarkets and catering outlets uncontrolled studies which had an outcome measure of food purchases were also included We reviewed a total of 76 healthy eating interventions which were evaluated from 1985 to 1996 Author p 1

Nutrition Through the Life Cycle Prakash Shetty,2007-10-31 Nutrition is viewed traditionally as the specific dietary requirements of different age groups without exploring diet in the context of a life long contributory factor to well being Nutrition Through the Life Cycle summarises what is known about the relationship between diet and health at different points in the life cycle and the nutritional requirements of individuals of different ages Nutrition policy and health promotion are discussed together with how dietary interventions can provide long term benefits to individuals and populations Also covered are the major dietary challenges that exist in modern society including the rise in incidence of obesity in both

children and adolescents anaemia in children and adolescents and diet related cancers This book is published in association with Leatherhead Food International      *Understanding and Using Research in Social Work* Brian J. Taylor, Campbell Killick, Anne McGlade, 2015-10-19 How do social work students learn to use research to underpin their practice decisions How do they learn that research is not an activity unconnected to their professional role and responsibilities but rather acts as a foundation for their knowledge By using the examples drawn from evidence based practice e g what is known to work and what we know about social work processes the authors deliver a text that will help support students to appraise and then integrate research into both their daily practice decisions and their assignments and assessments It will do this by defining key concepts like knowledge and evidence and then look at how these concepts include component parts from law and legislation to practice knowledge and reflective and critical practice Case examples are used to illustrate how a clear understanding of these component parts can build to a substantial evidence base from which to draw upon Identifying relevant research and appraising its quality are core aspects of the book Later chapters show students how robust knowledge of evidence based practice can develop into a clear and confident approach to their workloads and their daily practice dilemmas      **Obesity** Gareth Williams, Gema Fruhbeck, 2009-07-08 This comprehensive textbook addresses one of the major public health concerns of our era obesity Clearly and simply Obesity science to practice provides a balanced coherent account of obesity how to define and measure it its epidemiology the physiological basis associated diseases how to assess manage and treat it and also strategies for prevention The book is generously illustrated including graphs and flow charts for easy reference The chapters cite key references so that interested readers may pursue a given topic in more detail Well presented and thoroughly edited by one of the leading experts in the field this is the textbook of choice for anyone working in obesity      *Nudges to promote healthy eating in schools*, 2022-05-25      *Looking After Children In Primary Care* Ruth Chambers, Kirsty License, 2018-12-14 Highly Commended in the 2005 BMA Medical Book Competition The Children s National Service Framework sets standards for children s and young people s services outlining what support should be available to children and their parents in managing and preventing a wide range of conditions and problems This book is a companion to the Children s NSF enabling those that work within the NHS social care and education to put the NSF into practice in primary care Contributions throughout from key professionals who were involved in the evolution of the framework help by providing guidance and expertise from the knowledge and background material gained throughout its development The authors expand on the vision themes and goals published within the NSF and make recommendations for the ways that best practice can be implemented particularly for children s healthcare throughout the UK and anywhere in the Western world General practitioners child health specialists community nurses and anyone with an interest in or responsibility for the care of children in primary care and the interface with social care and education will find this book invaluable reading      **Catalogue of British Official Publications Not Published by HMSO.** , 1981      **International**

**Handbook of Positive Aging** Rachael E. Docking, Jennifer Stock, 2017-07-14 As our global demographic shifts towards an increasingly aging population we have an opportunity to transform how we experience and think about getting older and embrace the diversity and contribution that this population can bring to society The International Handbook of Positive Aging showcases the latest research and theory into aging examining the various challenges faced by older adults and the ways in which we can bring a much needed positive focus towards dealing with these The handbook brings together disparate research from medical academic economic and social community fields with contributions from NHS partners service users universities across the United Kingdom and collaborations with international research leaders in the field of aging Divided into sections the first part of the book focuses on introducing the concept of positive aging before going on to cover the body over the life course well being and care delivery All contributors recognise the fact that we are living longer which is providing us with a tremendous opportunity to enjoy and flourish in healthy and fulfilling later lives and this focus on the importance of patient empowerment is integral to the book This is a valuable reference source for those working in developmental psychology clinical psychology mental health health sciences medicine neuropsychological rehabilitation sociology anthropology social policy and social work It will help encourage researchers professionals and policymakers to make the most of opportunities and innovations to promote a person's sense of independence dignity well being good health and participation in society as they get older

**OECD Green Growth Studies Improving Energy Efficiency in the Agro-food Chain** OECD, 2017-08-10 For a variety of reasons energy use in the agro food sector continues to rise and in many countries is highly dependent on fossil fuels contributing significantly to greenhouse gas emissions It is therefore becoming urgent to consider how the food supply chain can improve its energy efficiency Childhood Obesity Prevention

Jennifer A. O'Dea, Michael P. Eriksen, 2010 Childhood obesity is an international public health concern with a high profile in both the media and government policy Controversial issues in the prevention of childhood obesity need to be considered early in the development of school clinical or community prevention programs as these issues are often the ones that promote the success or failure of attempts to ameliorate the problem at hand This book combines health education theory research and practice to guide researchers students educators community health workers and practitioners in the prevention of childhood obesity and the promotion of child and adolescent health and well being It examines controversy in childhood obesity including the link with poverty and the difficulty of addressing obesity whilst also tackling the issue of eating disorders The prevalence of childhood obesity is covered with international chapters examining the importance of factors such as social class and ethnic differences and global and local trends are identified Approaches to prevention are presented and the book concludes with the successful outcome of various interventions demonstrating how the whole school community can collaborate to promote health among young people

**Research Methods in Consumer Law** Hans-W.

Micklitz, Anne-Lise Sibony, Fabrizio Esposito, Consumer law is worthy of greater academic attention at a time when many new

questions arise and old ones need new answers This unique handbook takes the reader on a journey through existing literature research questions and methods It builds on the state of the art to offer a springboard for jumping to the heart of contemporary issues and equips researchers with a starter s kit to weave together rich traditions ranging from socio economics to behavioural analysis Prevention, Treatment and Rehabilitation of Cardiovascular Disease in South Asians South Asian Health Foundation,Great Britain: Department of Health,British Heart Foundation,2006-01-11 This publication contains a number of papers derived from a conference organised by the South Asian Health Foundation in 2004 and involving a multidisciplinary group of leading researchers experts and healthcare professionals The purpose of the conference was to explore the impact of coronary heart disease on South Asian communities living in Britain and to discuss public health policy responses in relation to prevention treatment rehabilitation and management strategies **The Handbook of Health Behavior Change** Angie L. Cradock,Kristina Henderson Lewis,Justin B. Moore,2024-08-23 Now in its 6th edition The Handbook of Health Behavior Change continues to serve as the premier practical textbook for students researchers and health professionals in public health health promotion preventive and behavioral medicine nursing health communication population health and the behavioral sciences It presents a foundational review of key theories methods and intervention strategies they will need to be both thoughtful and effective in promoting positive health behavior change The book examines the complex challenges of improving health behavior in society including the upstream systems economic environmental social cultural and policy factors at play as well as the interpersonal and intrapersonal behaviors that lead to disparate health outcomes among individuals and populations Integrated throughout are applied case studies and real world examples focusing on the importance of health equity considerations for health behavior change and how to apply an equity lens to conducting research designing and implementing programs The 6th edition has been fully updated reorganized and revised to address the behaviors and health topics related to the leading causes of death and morbidity among adults and children in the United States Using a multidisciplinary approach The Handbook of Health Behavior Change prepares the next generation of health professionals to face future challenges in the health behavior sphere through its discussions on equity theoretical advances primary and secondary prevention and application of effective strategies for implementing interventions across levels of society Provides the gold standard review of behavior change interventions New additions highlight the most recent evidence on timely topics such as vaccine uptake reproductive and sexual health workplace safety injury prevention and mental and behavioral health Features authors with deep expertise in behavior change research clinical applications and population health interventions Focuses on practical learning objectives that relate to core public health competencies Summarizes important concepts and information with new and updated illustrations key points and discussion questions Includes engaging case studies in every chapter Qualified instructors have access to this edition s expanded Instructor Resources including learning activities comprehensive PowerPoint slides and additional resources to supplement students

dynamic learning and interaction with the text      Assessing the existing evidence base on school food and nutrition policies  
,2021-05-04 This report presents the outcomes of a scoping review conducted to identify and map existing evidence on the effects of school food and nutrition policies on health related outcomes in children of school age as part of the initial preparation for undertaking the guideline development process by the WHO Nutrition Guidance Expert Advisory Group NUGAG Subgroup on Policy Actions In order to align with WHO s Nutrition friendly Schools Initiative NFSI framework school based food and nutrition interventions were assessed in terms of the impacts in four key policy areas namely the school community the school curriculum the school food and nutrition environment and school nutrition and health services

Promoting Health, Preventing Disease The Economic Case OECD,World Health Organization,2015-10-29 A growing body of evidence from economic studies shows areas where appropriate policies can generate health and other benefits at an affordable cost sometimes reducing health expenditure and helping to redress health inequalities at the same time

**Implementing fiscal and pricing policies to promote healthy diets** ,2021-09-14 Prices and promotions of foods and non alcoholic beverages within the food environment can incentivize or disincentivize consumers food decisions Currently however prices and promotions often encourage selection of foods that undermine healthy diets To address this challenge and to support Member States in implementing policy measures as recommended by the Framework for Action from the 2014 Second International Conference on Nutrition the World Health Organization WHO is in the process of developing evidence informed policy guidelines on the food environment including fiscal and pricing policies This review on contextual factors to be considered in the implementation of fiscal and pricing policies was prepared as part of the required process for WHO guideline development

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