

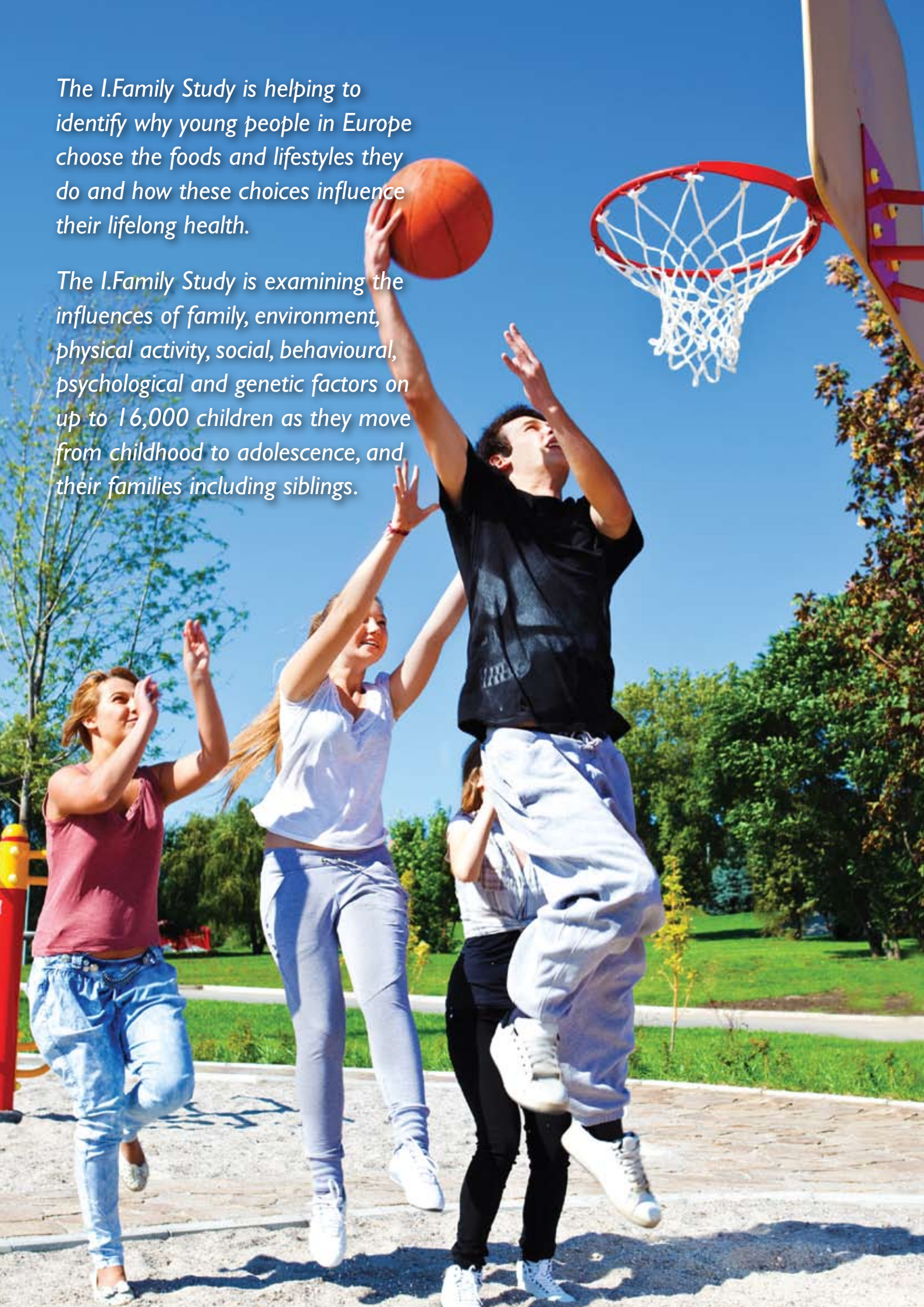


The I.Family Study is investigating the determinants of food choice, lifestyle and health in European children, adolescents and their parents



The I.Family Study is helping to identify why young people in Europe choose the foods and lifestyles they do and how these choices influence their lifelong health.

The I.Family Study is examining the influences of family, environment, physical activity, social, behavioural, psychological and genetic factors on up to 16,000 children as they move from childhood to adolescence, and their families including siblings.



The Problem

I.Family Study

- helping to make the healthy choice the easy choice.

Many factors are at play today that make it more difficult to choose the foods and lifestyles that will help maintain health and well-being for longer.

The living environment, social conditions, economic pressures and family lifestyles have changed enormously over recent decades. Often both parents are working and the time spent together with their children is limited. Self-prepared meals from local ingredients made according to traditional recipes are replaced by fast and ready-made and potentially cheaper foods.

Concerns about safety on the streets, limited availability of supervised play spaces, exposure to TV programmes 24/7 and increased time playing computer games have pushed physical activity out of the daily lives of young people.

These changes profoundly impact children's health, particularly those in the most vulnerable groups in our society. More and more are obese, experience metabolic disorders and are affected by psychological problems. Many of these disorders track into adulthood making heavy demands on our health and social care budgets, as well as taking their toll on individual and family lives.

Action is clearly needed, but the truth is there is no simple solution to this problem. There are complex factors at play and the interplay between them is often tricky to unravel.

The multi-disciplinary research of the **I.Family Study** will help unravel these factors, identify effective interventions and support policy development at European, national and local levels, enabling more families to make healthier choices.



Increased time spent playing computer games.



Physical activity can be pushed out of the daily lives of young people

I.Family Study – Investigating the determinants of food choice, lifestyle and health in European children, adolescents and their parents

In eight countries across Europe - Sweden, Spain, Italy, Hungary, Germany, Estonia, Cyprus and Belgium - the I.Family research teams will be gathering data from 16,000 children and their families. The teams will build on the data collected from subjects in the IDEFICS Study and take particular interest in the children who are now experiencing changes around puberty, known as the 'Tweens' as they are between childhood and adulthood.

Even if children have developed healthy eating and activity patterns, their lives change considerably as they become teenagers. Healthy routines can easily be lost and replaced by unhealthier habits, perhaps because of the influence of marketing or peer pressure. Skipping breakfast, eating less fruit and vegetables, consuming more soft drinks, not getting enough sleep, smoking and drinking are such examples.

The I.Family Study participants will complete paper and online questionnaires, interviews on relationships and health, undertake psychological tests and physical examinations, give biological samples and use accelerometers to measure their activity.

This comprehensive data will be collated and analysed by the 8 study research centres with the added support of specialist centres focused on genetics, neuroimaging, epidemiology, consumer health behaviour, environmental factors, consumer awareness, ethical acceptability and policy.

The I.Family research team says 'Thank you!' to all the study participants across Europe.



Peer pressure can lead to unhealthier habits



Snacking or 'grazing' can replace proper meals

The People

The I.Family Study, funded by the European Commission Contract Number FP7 266044 (KBBE 2010-4), is coordinated by the University of Bremen and the Leibniz Institute for Prevention Research and Epidemiology-BIPS GmbH, under the joint leadership of Professor Wolfgang Ahrens, Professor Iris Pigeot and Dr Alfonso Siani of ISA-CNR.

17 partners from 12 European countries are delivering the I.Family Study.

Participant organisation	Key responsibilities
University of Bremen, Germany	Project Co-ordinator
Leibniz Institute for Prevention Research and Epidemiology - BIPS GmbH, Germany	German cohort, statistics Deputy Co-ordinator
Institute of Food Sciences, National Research Council, Italy	Italian cohort, nutritional epidemiology Deputy Co-ordinator
Copenhagen Business School, Denmark	Consumer behaviour & environmental influences
Lancaster University, United Kingdom	Ethics, policy, and stakeholder engagement
Sahlgrenska Academy at the University of Gothenburg, Sweden	Swedish cohort, family analysis
University of Helsinki, Finland	Familial aggregation & genetic modelling
University of the Balearic Islands, Spain	Genomic analysis
University of Pécs, Hungary	Hungarian cohort
Rudolf Magnus Institute of Neuroscience, The Netherlands	Neuroimaging & neuropsychology
Research and Education Institute of Child Health, Cyprus	Cypriot cohort
National Institute for Health Development, Estonia	Estonian cohort
Fondazione IRCCS Istituto Nazionale Tumori, Italy	Dietary assessment methods
University of Bristol, United Kingdom	Physical activity monitoring
University of Zaragoza, Spain	Spanish cohort
Ghent University, Belgium	Belgian cohort
Minerva PRC Ltd, United Kingdom	Dissemination & communication



The I.Family Study research team

The built environment influences the lifestyles of young people



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