



Investigating the determinants of food choice, lifestyle and health in European children, adolescents & their parents
www.ifamilystudy.eu

Prevention of childhood obesity: Results from the IDEFICS study

A supplement volume of Obesity Review

Guest editors: Iris Pigeot, Tom Baranowski, and Stefaan De Henauw

- **Preface**
Wolfgang Ahrens

- **Editorial: The IDEFICS (Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS) trial outcomes and process evaluations**
Iris Pigeot, Stefaan de Henauw, Tom Baranowski

- 1. **The IDEFICS intervention trial to prevent childhood obesity: design and study methods**
Iris Pigeot, Tom Baranowski, Stefaan De Henauw, and the IDEFICS Intervention Study Group, on behalf of the IDEFICS consortium

- 2. **Effects of a community-oriented obesity prevention programme on indicators of body fatness in preschool and primary school children. Main results from the IDEFICS study**
Stefaan De Henauw, Ilse De Bourdeaudhuij, Inge Huybrechts, Karin Bammann, Gianvincenzo Barba, Lauren Lissner, Staffan Mårild, Dénes Molnar, Luis Moreno, Iris Pigeot, Michael Tornaritis, Toomas Veidebaum, Vera Verbestel, Wolfgang Ahrens, on behalf of the IDEFICS Consortium

- 3. **Behavioural effects of a community-oriented setting-based intervention for prevention of childhood obesity in eight European countries. Main results from the IDEFICS study**
Ilse De Bourdeaudhuij, Vera Verbestel, Stefaan De Henauw, Lea Maes, Inge Huybrechts, Staffan Mårild, Gabriele Eiben, Luis A. Moreno, Gianvincenzo Barba, Éva Kovács, Kenn Konstabel, Michalis Tornaritis, Katharina Gallois, Antje Hebestreit, Iris Pigeot, on behalf of the IDEFICS consortium

- 4. **Impact of a community-based health promotion programme in 2-9 year old children in Europe on markers of the metabolic syndrome, the IDEFICS study**
Staffan Mårild, Paola Russo, Toomas Veidebaum, Michael Tornaritis, Stefaan De Henauw, Ilse De Bourdeaudhuij, Denés Molnár, Luis A. Moreno, Rebecka Bramsved, Jenny Peplies, Wolfgang Ahrens, on behalf of the IDEFICS consortium

- 5. **Effectiveness of the IDEFICS intervention on objectively measured physical activity and sedentary time in European children**
Vera Verbestel, Stefaan De Henauw, Gianvincenzo Barba, Gabriele Eiben, Katharina Gallois, Charalambos Hadjigeorgiou, Kenn Konstabel, Lea Maes, Staffan Mårild, Dénes Molnár, Luis A. Moreno, Leila Oja, Yannis Pitsiladis, Wolfgang Ahrens, Iris Pigeot, Ilse De Bourdeaudhuij, on behalf of the IDEFICS consortium

- 6. Effect of the IDEFICS multi-level obesity prevention on children's sleep duration**
Nathalie Michels, Stefaan De Henauw, Gabriele Eiben, Charalampos Hadjigeorgiou, Sabrina Hense, Monica Hunsberger, Kenn Konstabel, Denes Molnar, Luis A Moreno, Alfonso Siani, Ilse De Bourdeaudhuij, Iris Pigeot, on behalf of the IDEFICS consortium
- 7. Implementation of the IDEFICS intervention across European countries: perceptions of parents and relationship with BMI**
Ilse De Bourdeaudhuij, Vera Verbestel, Stefaan De Henauw, Lea Maes, Staffan Mårild, Luis A. Moreno, Gianvincenzo Barba, Alfonso Siani, Eva Kovács, Kenn Konstabel, Michalis Tornaritis, Iris Pigeot, Wolfgang Ahrens, on behalf of the IDEFICS consortium
- 8. Process evaluation of the IDEFICS school intervention: putting the evaluation of the effect on children's objectively measured physical activity and sedentary time in context**
Maité Verloigne, Wolfgang Ahrens, Stefaan De Henauw, Vera Verbestel, Staffan Mårild, Iris Pigeot, Ilse De Bourdeaudhuij, on behalf of the IDEFICS consortium
- 9. Parents' evaluation of the IDEFICS intervention: an analysis focussing on socio-economic factors, child's weight status, and intervention exposure**
Stuart G Nicholls, Hermann Pohlabein, Ilse De Bourdeaudhuij, Charis Chadjigeorgiou, Wencke Gwozdz, Antje Hebestreit, Fabio Lauria, Lauren Lissner, Denés Molnár, Alba M Santaliestra-Pasías, Toomas Veidebaum, Garrath Williams, on behalf of the IDEFICS consortium
- 10. Differential outcome of the IDEFICS intervention in overweight versus non-overweight children: Did we achieve "primary" or "secondary" prevention?**
Lauren Lissner, Ilse De Bourdeaudhuij, Ken Konstabel, Staffan Mårild, Kirsten Mehlig, Dénes Molnár, Luis Moreno, Iris Pigeot, Alfonso Siani, Michael Tornaritis, Garrath Williams, Stefaan De Henauw, on behalf of the IDEFICS consortium
- 11. Fat, sugar and water intakes among families from the IDEFICS intervention and control groups: first observations from I.Family**
Louise Arvidsson, Leonie-Helen Bogl, Gabriele Eiben, Antje Hebestreit, Peter Nagy, Michael Tornaritis, Luis Moreno, Alfonso Siani, Toomas Veidebaum, Stefaan De Henauw and Lauren Lissner, on behalf of the IDEFICS and I.Family consortia
- 12. Adherence to clustered lifestyle factors and their contribution to obesity in the IDEFICS study**
Eva Kovács, Monica Hunsberger, Lucia Reisch, Wencke Gwozdz, Gabriele Eiben, Ilse De Bourdeaudhuij, Paola Russo, Toomas Veidebaum, Charalambos Hadjigeorgiou, Sabina Sieri, Luis A. Moreno, Iris Pigeot, Wolfgang Ahrens, Hermann Pohlabein, Dénes Molnár, on behalf of the IDEFICS consortium
- 13. The IDEFICS intervention: what can we learn for public policy?**
Garrath Williams
- 14. Should the IDEFICS outcomes have been expected?**
Tom Baranowski, Lytle, Leslie

Notes for Editors:

1. The I.Family Study is an EC funded project under Framework 7 of the KBBE programme running from March 2012 to February 2017. It has 17 partners, working across 11 countries and with cohorts in 8 European countries - Germany, Italy, Sweden, Hungary, Cyprus, Estonia, Spain and Belgium.

2. The study has two strategic objectives:

- (1) Understand the interplay between barriers against and drivers towards healthy food choice;
- (2) Develop and disseminate strategies to induce changes that promote healthy dietary behaviour in European consumers especially adolescents and their parents

3. The I.Family Study is re-assessing the families first engaged with the Identification and Prevention of Dietary- and Lifestyle- Induced Health Effects in Children and Infants Study (IDEFICS), when children were below 10 years of age, now that they move into adolescence - the 'tween' years - identifying those families that have adopted a healthy approach to food and eating habits and those that have not. I. Family is adopting a holistic approach by also investigating the biological, behavioural, social and environmental factors that drive dietary behaviour as children journey towards adulthood.

4. I.Family study partners

| <i>Participant organisation</i> | <i>Lead investigator(s)</i> | <i>Key responsibilities</i> |
|--|--------------------------------|---|
| University of Bremen, Germany | Wolfgang Ahrens | Project coordinator |
| Leibniz Institute for Prevention Research and Epidemiology - BIPS, Germany | Iris Pigeot | German cohort, statistics |
| Institute of Food Sciences, National Research Council, Italy | Alfonso Siani | Italian cohort, nutritional epidemiology |
| Copenhagen Business School, Denmark | Lucia Reisch, Wencke Gwozdz | Consumer behaviour & environmental influences |
| University of Lancaster, United Kingdom | Garrath Williams | Ethics, policy, and stakeholder engagement |
| Sahlgrenska Academy at the University of Gothenburg, Sweden | Staffan Mårild, Lauren Lissner | Swedish cohort, family analysis |
| University of Helsinki, Finland | Jaakko Kaprio | Familial aggregation & genetic modelling |
| University of the Balears Islands, Spain | Andreu Palou, Catalina Picó | Genomic analysis |
| University of Pécs, Hungary | Dénes Molnár | Hungarian cohort |
| Rudolf Magnus Institute of Neuroscience, The Netherlands | Roger Adan | Neuroimaging & neuropsychology |
| Research and Education Institute of Child Health, Cyprus | Michael Tornaritis | Cypriot cohort |
| National Institute for Health Development, Estonia | Toomas Veidebaum | Estonian cohort |
| Fondazione IRCCS Istituto Nazionale Tumori, Italy | Vittorio Krogh | Dietary assessment methods |
| University of Bristol, United Kingdom | Angie Page, Ashley Cooper | Physical activity monitoring |
| Minerva PRC Ltd, United Kingdom | Rhonda Smith Kate Viggers | Dissemination and communication |
| University of Zaragoza, Spain | Luis Moreno | Spanish cohort |
| Ghent University, Belgium | Stefaan De Henauw | Belgian cohort |



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration

