



i family



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

In eight countries across Europe – Sweden, Spain, Italy, Hungary, Germany, Estonia, Cyprus and Belgium – the I.Family research teams gathered measurements and data from participants, supported by a range of expert centres. I.Family built on the information collected from the children in the IDEFICS study, who were now reaching puberty, plus their parents and siblings who were willing and able to join the project.

I.Family says 'Thank you!' to the thousands who participated, enabling the project to further our understanding of the determinants of lifestyle, food choice and their impact on the health of European families

The Project

Even if children develop 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 completed questionnaires, interviews on relationships and health, undertook psychological tests and physical examinations, gave biological samples and used accelerometers to measure their activity.

This comprehensive data has been 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.

www.ifamilystudy.eu

Full details on project design and partners available on the website.



I Family Study

The I.Family Study is a major international research project on health, food and lifestyles among European families. Over the past decade, children's development has been studied, looking for ways to improve young people's health and tackle problems such as obesity. The project has involved 17 consortium partners in 12 countries and a unique cohort of children in eight countries – the largest group of European children ever studied.



Food & Diet

The worldwide problem of unhealthy eating and excessive food consumption by children is supported by the findings in I.Family. The children studied ate too much overall and tended to eat too much energy-dense food such as potato chips, with children from poorer and low education status families eating more of these unhealthy foods.



Genetics

Both genes and the environment (such as diet and other lifestyle factors) act together to influence our body composition, both our overall lean and fat mass, where on the body the fat mass is located and the degree of adiposity (i.e. amount of fat tissue). I.Family has used the 'polygenic risk score', reflecting the sum of risk alleles, to help understand how genes and environments interact in the development of obesity, thus helping to distinguish between genetic and non-genetic contributions to family similarities.

