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## “PERSONALIZED PREVENTION TOOLS IN OBESITY AND DIABETES” No 2SOFT/4.1/56

The European Union is made up of 27 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms.

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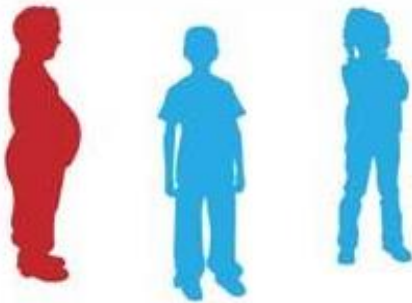
# The 5 Factors of Childhood Obesity

Childhood obesity has more than doubled in the past 30 years. Learn below about the most significant biological, behavioral, and environmental contributors to childhood obesity in America and some simple ways to maintain a healthy life.

## Physical Activity

### Problem:

Without physical education programs as a part of most schools' curriculum, children are less active than they have ever been, resulting in one third of American children being obese or overweight.



### Solution:

Encourage physical activity in the classroom, the home, and throughout the day to develop healthy and active habits that will minimize or eliminate caloric imbalance.



## Diet / Calorie Consumption

### Problem:

In America, a shift in food options and eating habits has gone from home-cooked to fast food restaurants and pre-packaged foods that are usually high in fat, sugar, and calories.



### Solution:

Read food labels for nutritional information, eat in moderation, and choose a variety of healthy foods in the correct portion sizes.



## Environment / Physical Activity

### Problem:

People often make decisions based on their environment or community, and with fewer options for physical activity and healthy eating, it becomes more difficult to make good choices.



### Solution:

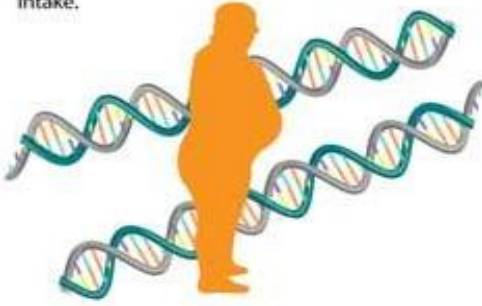
Build physical activity into daily routines and ensure that school breakfast and lunch programs meet nutrition standards.



# Genetics

## Problem:

Genes give the body instructions for responding to changes in its environment and studies have identified variants in several genes that may contribute to obesity by increasing hunger and food intake.



## Solution:

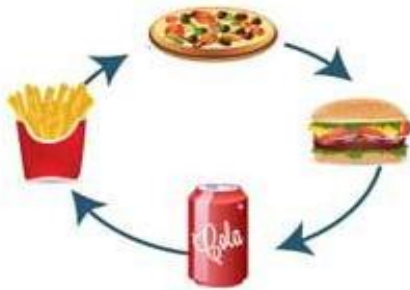
Families can't change their genes, but they can change the family environment to encourage healthy eating habits and physical activity to improve the health of family members—and improve the family health history of the next generation.



# Psychological Factors

## Problem:

While exact psychological factors vary widely from person to person, obese children have a greater risk of social and psychological problems that can perpetuate or worsen unhealthy habits.



## Solution:

Provide an abundance of resources and participate in a well-coordinated approach to reach young people where they live, learn, and play.

