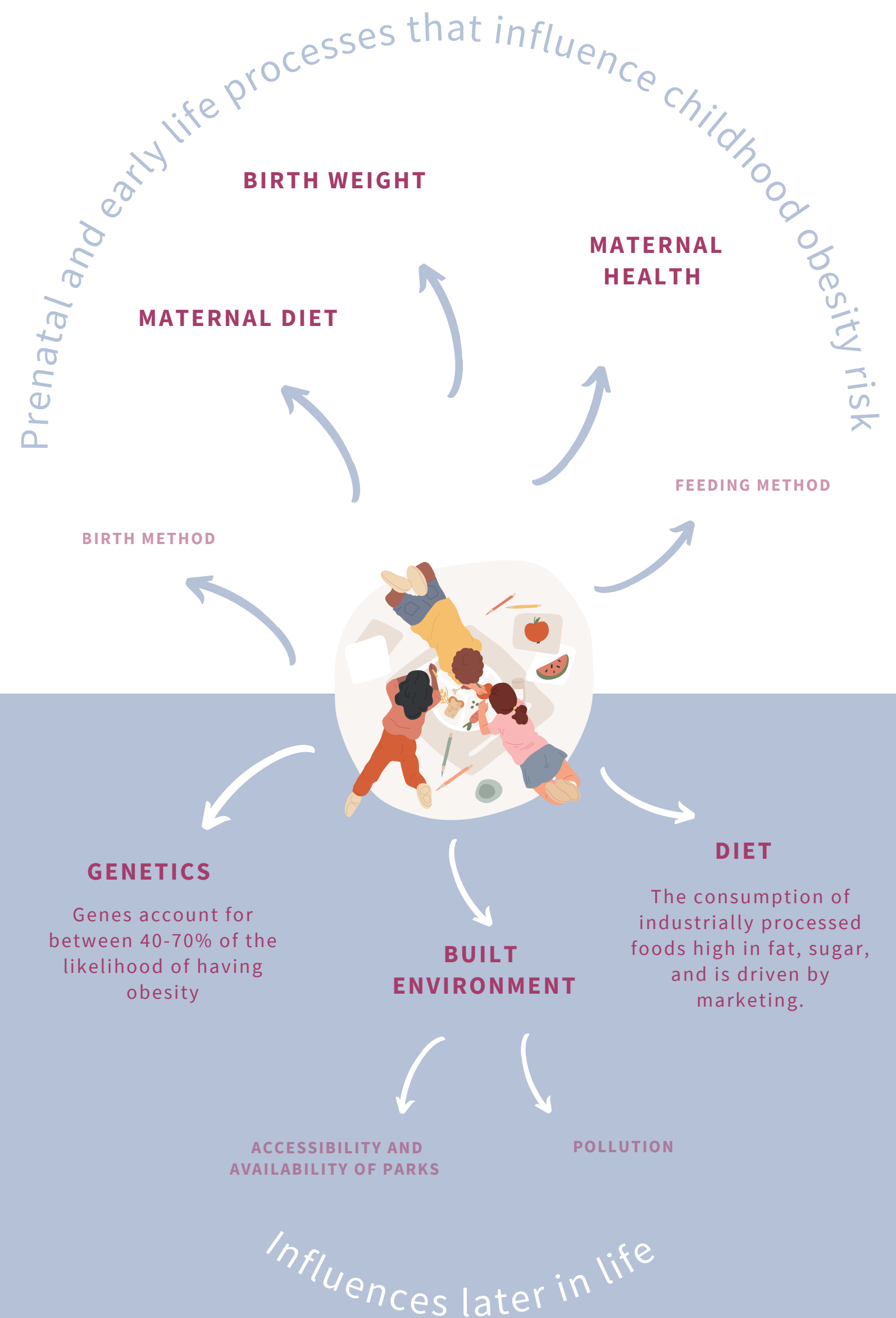


THE DETERMINANTS OF CHILDHOOD OBESITY



These factors likely interact at different levels of importance and significance alongside other known determinants of childhood obesity and are not equally influential across individuals.

Colour key: **scientifically confirmed determinants are represented with a strong color**, determinants with suggestive evidence are represented with a lighter shade.

KEY RECOMMENDATIONS FROM THE NEW SUPPLEMENT WHICH AIMS TO PROVIDE EVIDENCE TO SUPPORT ACTIONS THAT CAN BE TAKEN BY EUROPEAN POLICYMAKERS, RESEARCHERS, AND FUNDERS TO HELP ADDRESS CHILDHOOD OBESITY:



Reducing accessibility and affordability of industrially processed foods



Understanding the microbiome



Increasing access to safe, open, green spaces

All of these factors likely interact, alongside other known determinants of childhood obesity, such as **physiology, mental health, and social and economic inequalities**, and help explain why childhood obesity has increased across Europe in recent years.

What's important now is that we use these findings to shape policy priorities and research in order to create healthier environments and reduce the risk to populations.

SPECIFIC AREAS FOR FURTHER RESEARCH HAVE BEEN IDENTIFIED TO BETTER UNDERSTAND:

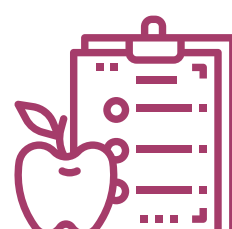


1

the complex relationship of multiple built environment characteristics on childhood overweight and obesity, including the interactions of the environment with genetics.

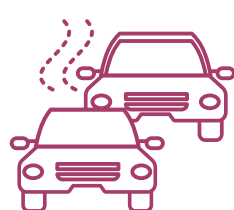
2

the beneficial effect of adhering to Mediterranean diets on obesity prevention



3

how biomarkers in the blood (microbiome, epi-genetic backgrounds and metabolomic signatures) influence the risk of developing childhood overweight and obesity.



the combined effect of traffic noise, air pollution and physical factors and its link to childhood obesity.

4