

## Invited Speaker Abstract

### Author

Last Name: Androutsos  
First Name: Odysseas  
Department: Nutrition and Dietetics  
Institution: University of Thessaly  
City (State): Trikala, Thessaly  
Country: Greece

### Title

Obesity management in Europe: Interventions in children

### 1. Abstract

#### Narrative summary

Childhood obesity is currently one of the most important public health challenges globally. The high prevalence of overweight and obesity in pediatric populations and their detrimental effect on health calls for effective interventions for their management. The presentation gives a short overview of key approaches and interventions that have been previously implemented to tackle childhood overweight and obesity, highlighting the need to adapt and personalise the elements of the intervention to the specific needs of each target population and child, respectively.

### 2. Key references

- Barlow SE, Expert Committee. Expert Committee recommendations regarding the prevention, assessment and treatment of child and adolescent overweight and obesity. Summary report. *Pediatrics* 2007 (120): 164-192.
- Androutsos O et al. (2014). Designing and implementing teachers' training sessions in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014;15 Suppl 3:48-52. doi: 10.1111/obr.12182.

### 3. Key messages

- Childhood is a critical age for efficiently tackling overweight/obesity.
- "One-size-fits-all" approaches do not seem to be effective in the management of obesity.
- Standardizing the decision-making process in selecting the intervention but personalizing the elements of the intervention to the needs of the child may increase the effectiveness of an intervention.

### 4. three questions

- A) Is there a different approach used in the management of obesity based on the age of the child?
- B) What is the role of the dietitian-nutritionist in each case?