



Press release

Bio-Streams project launches to combat childhood obesity crisis in the European Union.

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Bio-Streams, a new Horizon Europe Research and Innovation project, designed to address the growing epidemic of underage obesity in the European Union, is excited to announce its official launch. This groundbreaking project combines data-driven research, prevention measures and community participation to provide a holistic approach to reducing obesity rates among children and adolescents.

The World Health Organization (WHO) European Regional Obesity Report 2022 revealed that obesity rates have reached epidemic proportions across the European Union (EU): it affects nearly one in three children (29% of boys and 27% of girls). In addition, none of the 53 Member States are on track to meet the target of stopping the rise in obesity by 2025. Prevalence in childhood and adolescence is particularly alarming, resulting in psychological and psychosocial impacts and increased risks for noncommunicable diseases (NCDs).

To address this urgent issue, the Bio-Streams project has mobilized a diverse group of partners to design, create, and deploy a holistic solution, based on the following key components, with the collaboration of 7 hospitals in 6 EU countries and 5 school sites in 5 EU countries:

1. **The first EU Childhood/Adolescence Obesity Biobank (Bio-Streams Biobank)**: This is the first EU-wide centre for sharing data related to child and adolescent obesity, aiming to standardize data collection and expand the data network across countries.
2. **Bio-Streams Platform**: This is an integrated digital platform offering personalized risk assessments, tailored prevention programs, a marketplace of mobile tools, including the ActiveHealth App and a knowledge hub, all aimed at addressing childhood obesity effectively.
3. **An EU Community Network on Childhood/Adolescence Obesity (Bio-Streams Community Network)**: Coordinated via the BIO-STREAMS Platform, this network facilitates evidence-based knowledge communication to stakeholders, dissemination of best practices and weight-neutral approaches, community engagement campaigns for healthier environments and long-term behavioural change, and citizen access to local obesity professionals via the Bio-Streams Associative Catalogue.

By establishing an **EU-wide Knowledge Chain Model (KCM)** on obesity for the underage population, Bio-Streams aims to strike a balance among health, technical, and socioeconomic domains and make a substantial impact on childhood obesity. With a target of more than half of participants consistently following health recommendations, it aims to shape healthier habits. Advanced machine learning models back the project, promising high-accuracy personalized advice. Furthermore, Bio-Streams strives to improve the quality of life for its target group and is set to be a valuable tool in clinical settings, with the ActiveHealth App expected to be adopted by at least three clinical partners.

"We are proud to launch the Bio-Streams project, a collaborative effort that brings together diverse stakeholders across the European Union to address the critical issue of underage obesity. By integrating cutting-edge data-driven research, prevention strategies, and community engagement, we aim to create a comprehensive approach that will curb the obesity epidemic. Our vision is to build a brighter, healthier future for the next generation of Europeans," said Prof. Dimitris Koutsouris, Project Coordinator of Bio-Streams.

About Bio-Streams

The Bio-Streams project - *Multi-Pillar Framework for children Anti-Obesity Behavior building on an EU biobank, Micro Moments and Mobile Recommendation Systems*, is a 4-year (2023 – 2027) Horizon Europe Research and Innovation Action. Bio-Streams brings together 30 partners from 15 countries across the European Union. This cross-country network leverages the expertise and relationships of its partners, ensuring seamless collaboration and the prevention of knowledge gaps. For more information, please visit the European Commission [website](#).



BIO-STREAMS

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