THE DETERMINANTS OF CHILDHOOD OBESITY

**Prenatal and early life processes that influence childhood obesity risk**

- **Birth Method**
- **Maternal Diet**
- **Birth Weight**
- **Maternal Health**
- **Feeding Method**

**Influences later in life**

- **Built Environment**
- **Pollution**
- **Genetics**
- **Diets**
- **Access to and availability of parks**

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.

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**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

*These diverse factors are hypothesized to interact with the infant intestinal microbiota with possible implications shifts associated with excessive weight gain in children.*

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Find out more about the STOP project here: [stopchildobesity.eu](http://stopchildobesity.eu)

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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.

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