

€3 million ENERGY project – what have we found?

Join us at the
launch of the ENERGY project results!

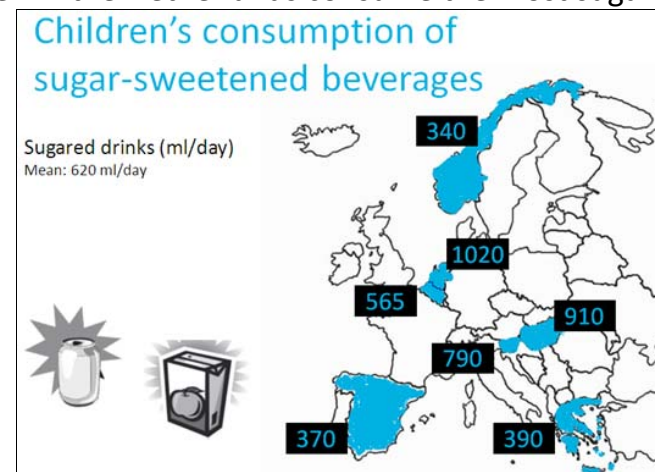
9am-12.00 May 9th 2012
Hilton Lyon Hotel, 70 Quai Charles De Gaulle, Lyon
near to the ECO2012 Congress Centre

Please pre-register: email cmercerc@iaso.org

The EU-funded ENERGY project has conducted original surveys of over 7000 children in seven European countries and found some startling results. Now it is completing an intervention study to reduce sedentary behaviour in over 1000 children aged 10-12y.

Why are children overweight...?

- Children in Greece have the lowest levels of sports activities
- Children in Slovenia are most likely to skip breakfast
- Children in Hungary watch the most television
- Children in Belgium sleep the most
- Children in the Netherlands consume the most sugared drinks



Armed with this information, the ENERGY project has developed an intervention program to reduce sedentary behaviour – the UP4FUN project being tested in five countries using a randomised control design involving schools and families. The results of this intervention will be available in May 2012 – and this meeting will be the first public dissemination. Join us!



Provisional programme

9.00am Registration and Lyonnaise breakfast (croissant, fruit, coffee).

9.30am **Europe is many cultures** – introduction to the ENERGY project and the results of cross-sectional surveys of over 1000 children in each of seven countries.

10.45am **Don't just sit there!** – details of the UP4FUN initiative to reduce sedentary behaviour in children aged 10-12, with an assessment of its potential across Europe.

11.30am **Commentaries** from invited research experts and European Commission policy officials.

12.00 Close of the meeting



Don't forget!
Space is limited and pre-registration will ensure entry.
To pre-register please email cmercerc@iaso.org

