IDEFICS/I.Family

# Details

## Year

2016

## Scope

Multinational

## Countries

* Germany
* Italy
* Denmark
* United Kingdom
* Sweden
* Finland
* Spain
* Hungary
* Netherlands
* Cyprus
* Estonia
* Belgium

## Type

Empirical research – Quantitative

## Methodologies

Survey

## Researched Groups

## Children Ages

## Other Childrens Age Group

2-9 years old

## Funder

European Union; European Commission

## Funder Types

Other

## Other Funder Type

Intergovernmental bodies

## Has Formal Ethical Clearance

## Ethics

Ethical considerations and/or protocol mentioned in the research design

## URL

https://www.ifamilystudy.eu/project-information/

# Goals

"Building on data gained from over 16,000 children in the IDEFICS study, the EC funded project I.Family will provide further insight into the most important influences on Europe’s young people, their lifestyle behaviour and their eating habits. I.Family will do this by re-assessing families as their children move into adolescence, identifying those families that have adopted a healthy approach to food and eating habits and those who have not. The project will help us understand the biological, behavioural, social and environmental factors that drive dietary behaviour as children journey towards adulthood.
With nutrition-related diseases causing a loss of over 56 million years of healthy life of European citizens as reported in the year 2000,[1] policy-makers and healthcare professionals need to be sure how they can best support families to achieve healthier lifestyles. Families and individuals themselves will also benefit from the clarity provided by I.Family’s results, helping them to establish the ground rules that will lead to enjoyment of a longer healthier life. Using a longitudinal approach, the project will then investigate health outcomes such as obesity and metabolic disorders and identify early markers of these outcomes."
(https://www.ifamilystudy.eu/media-centre/press-resources/)