

RESEARCH AREA 3

## DIET, HEALTH AND DISEASE

WORKING GROUPS ON DIET

RELATED DISEASES: **@OBEDIS**

**“Guidelines for OBESity Dietary Intervention Sharing”**



**@OBEDIS**

### WHAT

The fourth JPI HDHL Joint Action related to the research area 3, the rapid action call “Working Groups on Diet-related Chronic Diseases”, was launched in 2017 with the aim to assemble motivated Working Groups of leading scientists in order to push forward the field of diet-related chronic diseases. The call supports transnational cooperation and communication between individual researchers, research groups and research organisations in order to merge knowledge, data and research results.

The working group @OBEDIS has worked on harmonization of the way randomized controlled trials (RCTs) are conducted in the field of obesity to allow sharing and merging of databases.

## WHO

@OBEDIS is a working group of project partners from France, Belgium and the Netherlands and was coordinated by Prof. Martine Laville (FR).

## HOW

Following exhaustive scientific literature research and a European workshop, a set of European guidelines for a minimal core set of variables to include in all future trials of adult obesity interventions was established. @OBEDIS brought together 30 experts from 13 countries, and received support from the European Association for the Study of Obesity (EASO). The experts sought to reach consensus on both these variables and the related assessment methods. Furthermore, @OBEDIS completed a case study on 3 European clinical studies ensuring the relevance of the defined minimal core set of variables.

The minimal core set can be used for each trial, regardless of the specific endpoints, and allows the sharing and merging of datasets, and to enable meaningful subgroup analyses. Studies across Europe may be pooled for better prediction of individuals' responses to an intervention for obesity – ultimately leading to better patient care and improved obesity outcomes.

## WHEN

The working group started in January 2018 and ended in September 2019.

## FUNDING

The @OBEDIS project was funded in the rapid action call “Working Groups on Diet-related Chronic Diseases” and received approximately €50.000.

Group coordinator: **Prof. Martine Laville** (Lyon University, FR)



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