SciView Research Objectives

A1	**Behavioural aspects that contribute to a positive energy balance, such as motivations, tastes and eating preferences, framed within the context of how 'food environments' influence buying and eating behaviours.** Specific questions: 1. What are the main drivers for food shopping, cooking and eating (and eating together) and physical activity choices? 2. What factors (e.g., monthly budget, special diets/allergies, proximity to grocery stores) are considered when grocery shopping and preparing meals?' 3. How can these behaviours be efficiently framed or nudged so as to become healthier? 4. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, and partnerships)?
A2	**Effectiveness and efficiency of various health intervention policies on diets and physical activity.** Specific questions: 1. How do differences in the context and design of the interventions and policies lead to different outcomes and health impacts? 2. What are the key elements of effective and efficient interventions? 3. What interventions are more efficient and effective in increasing physical activity levels, as well as the consumption of healthier diets? 4. How would the ideal intervention be designed? 5. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, partnerships, etc.)?
B1	**Sources of calories consumed and the types and frequencies of physical activity Europeans are engaged in.** Specific questions: 1. What, how much, when and where do Europeans eat and drink? 2. What kinds of food groups are more relevant and what trends are noticeable? 3. How much physical activity do Europeans engage in? 4. What types of exercises are Europeans engaging in?
B2	**Impact of sweetened beverages on overweight and obesity and other health harms, including alcohol-related.** Specific questions: 1. Who consumes fruit juices, how much do they consume and what are the drivers behind such choices? 2. Who consumes artificially sweetened beverages (including sweetened alcoholic beverages (namely alco-pops and sweetened spirits drinks that are pre-mixed), how much do they consume and what are the drivers behind such choices? 3. Who consumes sugar-sweetened beverages (including sweetened alcoholic beverages (namely alco-pops and sweetened spirits drinks that are pre-mixed), how much do they consume and what are the drivers behind such choices? 4. What are the consequences of such consumption on overweight and obesity? 5. What are the consequences of such consumption on alcohol-related harm? 6. What is the role played by artificial sweeteners in general and by artificially-sweetened beverages in particular in developing a preference for the sugary taste and what behavioural and health consequences could there be? 7. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, partnerships, etc.)?

B3	**The health impacts of high fructose syrups, which is especially relevant given the pending abolition of the EU sugar quota regime in 2017.** Specific questions: 1. Who consumes foods containing High Fructose Syrups and how much? 2. How much can that market be expected to change in the near future? 3. What consequences related to overweight and obesity can be anticipated, if any? 4. What feasible, effective and efficient monitoring mechanism should be put in place to keep track of this issue? 5. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, partnerships, etc.)?
C	**Effects of overweight and obesity and/or inadequate physical activity on school and work performance.** Specific questions: 1. What are the consequences of overweight, obesity and physical (in) activity in students' performance (from kindergarten to college)? 2. What are the consequences of overweight, obesity and physical (in) activity in workers' performance? 3. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, partnerships, etc.)?
D	**Early warning indicators for changes in population overweight and obesity prevalence and trends.** Specific questions: 1. What variables correlate with overweight, obesity and physical (in) activity? 2. What variables could be of use as early warning indicators of overweight and obesity (and physical inactivity) prevalence and trends? 3. How could a feasible, effective and efficient early warning monitoring mechanism be put in place to keep track of these issues?
E	**Nutrition and physical activity guidelines for specific population groups.** Specific questions: 1. What would be the health impact of providing guidelines for improving the nutrition and physical activity of certain populations groups? 2. What are the consequences of overweight, obesity and physical (in) activity in health outcomes and recovery times? 3. What policies are more effective and efficient in this area (information, advertising, taxation, reformulation, regulations, partnerships, etc.)?