**New Educational Trends in European Teenagers Obesity Management**

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**Background**: Obesity is a chronic disease, considered a global epidemic by the WHO. According to international studies, the global rate of childhood obesity has increased tenfold in the last four decades, with the number of children diagnosed with obesity reaching about 124 million. For Romania, a 2015 study shows that in 7-9 age group studied the share of children with weight problems (overweight or obese) is over 25%.

**Aim**: The outcomes of this project are to provide to healthcare workers, nutrition experts and students, the knowledge and skills, methods and tools, to explore and address the management of obesity through transdisciplinary approaches (healthy lifestyle, stigma stepdown, proper body perception, and education based on online training, videos, podcast, and PPT presentations).

**Methods**: Its an european project named C4H Project = “Connected4Health – A Medical and Humanities-based Approach to Navigating Obesity and Eating Disorders in Young People”, ERASMUS+ 2021 Call, KA220-HED – Cooperation partnerships in higher education, No 2021-1-RO01-KA220-HED-000032108, based on a partners network for 7 UE countries (Romania, Italy, Portugal, Serbia, Chech Republic, Lithuania dand Spain), during 2022-2023.

**Results**: This Erasmus+ project will develop and disseminate an interdisciplinary European guide, based on the following materials: (1) a Romanian and English Guide focused on cultural and historical perspectives on Obesity and Eating Disorders, (2) a Curriculum for various seminars/ conferences, which will target the multidisciplinary management of obesity in young people, and (3) a package of traning Lectures for students about personalized management of young people with Obesity.

**Conclusion**: Nutritional community interventions are needed for the adoption of healthy eating behaviors, the stimulation of physical activity, and emotional management among European teenagers, tackling to reduce the frequency of risky behaviors and future chronical diseases.

***Keywords****: obesity, lifestyle, stigma, management, teenagers, nutrition guide*