Early behavioural detection of *obesity* and *eating disorders* in a school setting - the SPLENDID project

SPLEND:D
Personalised Guide for Eating and Activity Behaviour for the Prevention of Obesity and Eating Disorders

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Practice description:

• Behavioural screening in a Swedish high school (2014-2015) during school lunches

• Objective 1: The detection of in-meal behaviours pointing towards "eating styles" characterising obesity or eating disorder patients

• Objective 2: The development of a personalised guidance platform for promoting healthy eating patterns

• Collection of continuous eating data from 200+ students using personal plate-scales during school lunches

• Follow-up collection of behavioural measurements from students during their everyday life

Outcomes/Results:

• Automated analysis of in-meal behaviours (eg, portion size, eating speed), using sensor-based measurements

• Detailed description of the eating behaviour of student populations during school lunches

• Machine learning based identification of "borderline" behaviours similar to those observed in obesity or eating disorder patient groups

• Association of the relationship between school-meal behaviours and behaviours observed in everyday student life

Healthier eating and physical activity in schools