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## The HabEat project. Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach

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► **To cite this version:**

Sophie Nicklaus, Sylvie Issanchou. The HabEat project. Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach. Seminar of the Joint Programming Initiative , Jun 2012, Den Haag, Pays-Bas. 4 p. hal-01539467

**HAL Id: hal-01539467**

**<https://hal.science/hal-01539467>**

Submitted on 6 Jun 2020

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# The HabEat project

Determining factors and critical periods in food  
**H**abit formation and breaking in **E**arly childhood:  
**a** multidisciplinary approach

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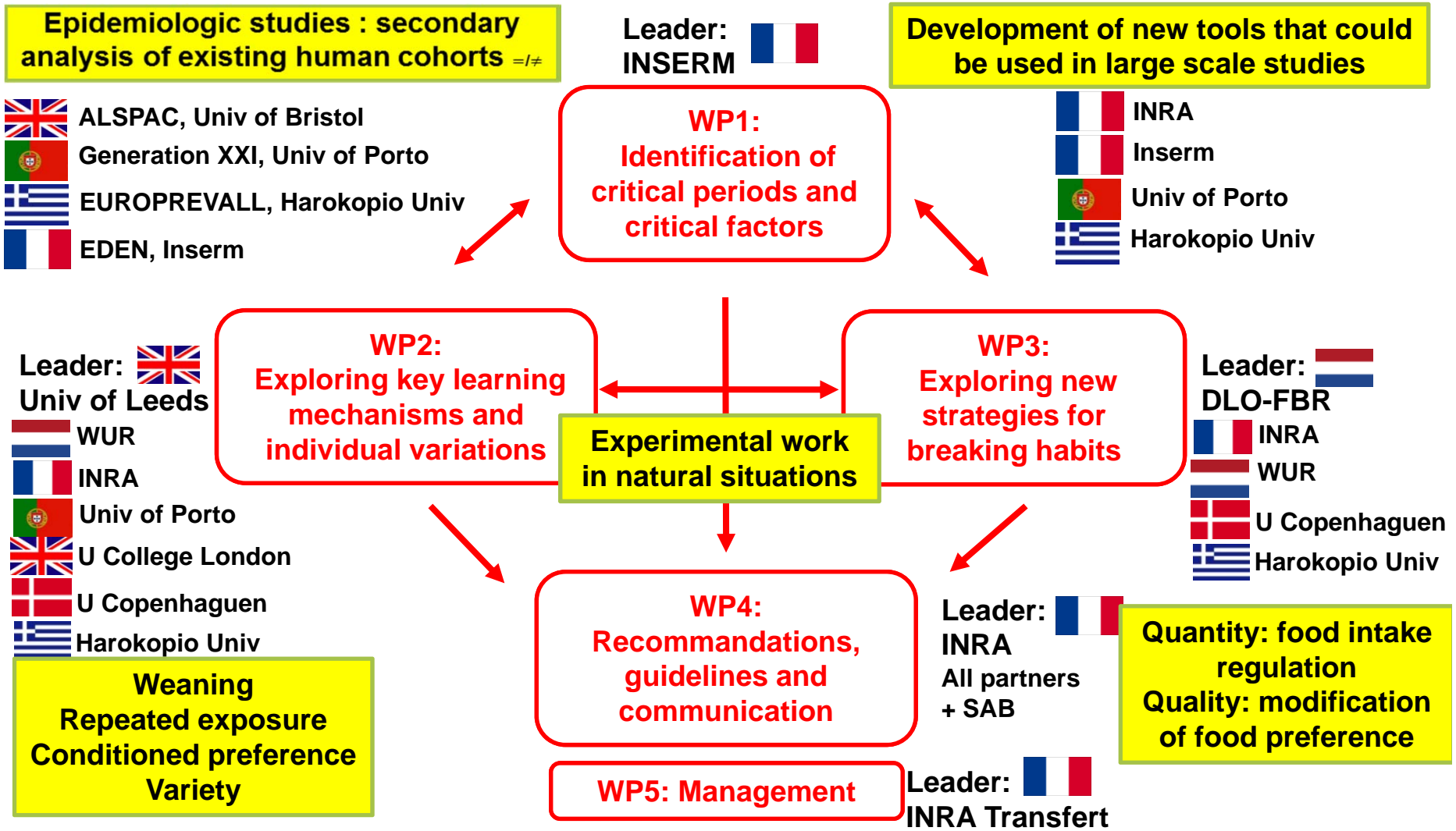


# Aims

- **Understand better**
  - how eating habits are formed
  - how eating habits can also be changed**in infants and young children (< 6 years)**
- **Identify critical periods**
- **Identify critical factors**
- **Explore key learning mechanisms**
- **Explore new strategies for breaking habits**
- **HabEat brings together 11 partners from 6 European countries**
- **Started January 2010 ; will end on December 2013**



# Structure of the HabEat project





# Future actions

- **Continue**
  - Secondary analyses of data from existing cohorts
  - Adaptation of new tools developed in HabEat to other cultures
  - Collaborative projects with HabEat partners
    - FP7 VIVA (U. Leeds)
    - FP7 SATIN (U. Liverpool)
    - FP7 ENERGY (VU Medical center)
    - FP7 TOYBOX (Harokopio University)
    - ANR Blanc International – ANR-FCT: KIDCONUT (INRA, subm)
    - ANR Social determinants of health : SOFI (INSERM, subm)
    - INRA Did'IT 'métaprogramme': SWEETLIP-KID (INRA, subm)
    - FP7 NovaBrain (INRA, in prep)