

Your top ten list of priorities for obesity and weight-related research

Weight loss

What improves weight loss?



Weight maintenance

What helps keep lost weight off?



Strategies to tackle obesity

What is the right mix of prevention and treatment policies?



Obesogenic environment

Do interventions to change the obesogenic environment affect the nation's weight?



Early prevention

How can we prevent unhealthy weight gain in children?



Food industry actions

What could the food industry do to improve weight control?



Affordability of a healthy diet

What is the impact of policy on the affordability of healthy diets?



Social and cultural factors

Do social and cultural factors affect weight and should they shape weight loss strategies?



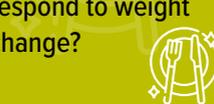
Long-term health modelling

Can we improve models to forecast the effect of weight change on long-term health?



Eating behaviours

What controls appetite and food intake and how does our appetite regulatory system respond to weight change?



POWER Priorities for Obesity and Weight-related Research

Results from the POWER Priority Setting exercise. Please note these are abbreviated versions of the questions.

Full questions available at: www.phc.ox.ac.uk/power



POWER

Priorities for Obesity and Weight-related Research



More about *your* top ten priorities for obesity and weight related research



We asked members of the public, researchers, doctors, nurses, and policy makers to think about the questions relating to body weight and obesity that require research and are important to improve health outcomes the most.



We followed the steps set by the James Lind Alliance. The James Lind Alliance is a collaborative method to prioritise research questions that are either unanswered or inadequately answered in the science.



By following this process with a diverse group of people, we were able to produce a top 10 list of research questions that we do not know the answer to and would have impact when answered.



The first stage involved an online

survey to gather research questions. We grouped these together and excluded the questions that had already been answered or were out of scope. In the second online survey, all participants were asked to put the remaining questions in order of importance.

From this, a shortlist of 30 questions was drawn up. In November 2020, we held a workshop for a group of survey respondents, members of the public and professionals. From the meeting, a list of top 10 research questions was agreed upon at this workshop.

Now, we are sharing this list with researchers and funders to focus on the questions that matter most.



To find out more and read the full top 10 list in detail visit: www.phc.ox.ac.uk/power

