



**“Labels should include information on how much exercise you have to do to burn off the calories consumed” – this is one of the suggestions young people gave to fight obesity that came out of the new discussion game on Healthy diet and lifestyle within the scope of the INPROFOOD project.**

Seventeen science centres in 11 countries evenly spread throughout Europe engaged with young people in a uniformly designed PlayDecide game developed by Ecsite and EUFIC as part of the INPROFOOD project. Discussion games, like PlayDecide, are simple and effective ways to learn to discuss about societal and scientific issues. But discussing is not the only purpose of these games: it is also to propose solutions, define strategies and policies for action, and inform the decision and policy makers of the ideas and plans developed during the game.

The games are designed to facilitate the take-up of participatory methods, exchange experiences and knowledge. The game is composed of set of cards covering fact, issue and personal stories on a chosen topic. The results of the games are uploaded on the dedicated website which allows for comparisons of views between different countries. The tool introduces policymaking as a process where different choices and options are available. Through dialogue and listening to different points of view, participants realise the complexity of policymaking. PlayDecide is a proven method to stimulate debates and policy positions of a given group on controversial scientific topics.<sup>1</sup>

This discussion game addressed complex food and health related issues such as eating disorders, education, food waste and personal accountability for food choices. The overarching question posed was: who is responsible for the widespread obesity in Europe and who must address the problem - Government or consumer? Almost 3,000 young Europeans played.

<sup>1</sup> [http://www.playdecide.eu/sites/default/files/instructions/Fund\\_Manual\\_4.2.pdf](http://www.playdecide.eu/sites/default/files/instructions/Fund_Manual_4.2.pdf)

### HERE IS WHAT THEY THINK:



The majority of them believe that decisions and choices related to lifestyles should be left to the citizens and it is their own responsibility to be healthy.



Governments also play a major role and should help citizens by regulating certain areas such as labelling, food prices and supporting healthy food providers, providing infrastructures and encouraging physical activities.



Young people strongly believe in the need to invest in food education from the early age and the inclusion of nutrition based subjects into school curricula.



Young people often feel lost in a large amount of information that is out there on diets and healthy living. They think there is a need for a trusted and coherent source of information.



School canteens were also widely discussed as currently in the majority of Europe food in the canteens is not given much thought, it's mostly commercial companies that deal with it. Food in school canteens needs to be carefully chosen and lunch breaks should also carry educational value.

To consult the outcomes of the games please download the full report  
[WWW.INPROFOOD.EU/DOCUMENTATION](http://WWW.INPROFOOD.EU/DOCUMENTATION)