PREVENTING OBESITY-RELATED DISEASES FROM YOUNG:
EVALUATING THE LONGITUDINAL IMPACT OF MULTIMEDIA INTERVENTION IN PROMOTING SELF-REGULATION OF CALORIE CONSUMPTION IN CHILDREN

In Singapore, initiatives have been launched to promote healthier food choices and protect young people from unhealthy eating habits. This project aims to explore the use of digital technology and interactive media to promote healthy living amongst children.

Study of the efficacy of an integrated, interactive health messaging intervention

PROMOTE KNOWLEDGE of the consequences of obesity

CULTIVATE HABITS on healthier food choices

DEVELOP IMPROVED health communication strategies and policies

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