SOLUTIONS science

Children and families live in a world full of threats to their health and healthy development. Practical, effective solutions are within reach. We envision a world where the leading causes of illness, suffering, disability and death are prevented in childhood rather than treated in adults.

We conduct creative, solution-oriented research to answer the questions that will most efficiently and effectively improve health and wellbeing; what works and how to do it? We explore new ways to design and conduct research to more directly inform public policy, public health, and medical practice.

**Designing Solutions to Meet Global Needs**

The Solutions Science Lab is part of the Stanford Prevention Research Center (SPRC) and the Department of Pediatrics at Stanford University School of Medicine. The Lab develops and rigorously tests theory-driven strategies to prevent obesity, improve nutrition, increase physical activity, enhance psychological well-being, and promote environmental sustainability. The Lab specializes in applying innovative behavioral, social, technological, environmental and policy strategies to improve children’s and families’ health. We design solutions to meet global needs and emphasize work with low-income, ethnic-minority families and communities—the fastest growing and highest-risk segments of the population.

The Solutions Science Lab excels at merging perspectives from across disciplines to produce novel, synergistic solutions, benefiting from discoveries from basic biomedical research, psychology and neuroscience, behavioral economics and marketing, product design, media and communications, sociology and education.

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**today’s children**

MAY BE THE FIRST GENERATION TO LIVE SHORTER LIVES THAN THEIR PARENTS

ONE THIRD OF U.S. CHILDREN ARE OVERWEIGHT OR OBESE (15% WORLDWIDE)

1 IN 3 OF TODAY’S CHILDREN WILL ACQUIRE DIABETES IN THEIR LIFETIMES (1 IN 2 AFRICAN-AMERICAN AND LATINA GIRLS)

25% OF POTENTIAL U.S. MILITARY RECRUITS ARE TOO OVERWEIGHT OR TOO UNFIT TO SERVE

> $150 BILLION THE MEDICAL COSTS OF OBESITY PER YEAR IN THE U.S.