



RECENT DEVELOPMENTS AND ARTICLES

EU Platform for action on Diet,
Physical Activity and Health
Brussels, 9 February 2012



Legislation

Regulation (EU) No 1169/2011 on the Provision of Food Information to Consumers

*published in the Official Journal of the EU on 22nd November
apply from 13 December 2014, except the obligation to
provide nutrition information which will apply from 13
December 2016.*

Regulation in the Official Journal:

<http://eurlex.europa.eu/JOHtml.do?uri=OJ%3AL%3A2011%3A304%3ASOM%3AEN%3AHTML>

SANCO webpage on the Regulation:

http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm



Council conclusions of 2 December 2011 on closing health gaps within the EU through concerted action to promote healthy lifestyle behaviours

The Council

- Commits to accelerate progress on combating unhealthy lifestyle behaviours, such as tobacco use, alcohol related harm, **unhealthy diet and lack of physical activity**, leading to increased incidence of non-communicable chronic diseases
- **Welcomes the progress in the implementation of the Strategy for Europe on nutrition, overweight and obesity related health issues** and in particular the reinforced focus on vulnerable groups in the priorities of members of the 'EU Platform for action on diet, physical activity and health' and also the work of the High Level Group on Nutrition and Physical Activity which amongst other issues includes work on product reformulation
- Calls on **Member States and the European Commission to reinforce and continue action to support healthy lifestyle behaviours** including supporting the quantitative and/or qualitative reformulation of food to reduce total fat content, saturated fats, trans fats, salt, sugars and/or energy value.



EU transport and urban mobility policy

Action Plan on urban mobility (APUM) state of play document has been published on December 2011

http://ec.europa.eu/transport/urban/urban_mobility/action_plan_en.htm



EFSA's guidance on harmonised Total diet study published in November 2011

EFSA/FAO/WHO Guidance document Towards a harmonised Total Diet Study approach has been published in November 2011 <http://www.efsa.europa.eu/en/efsajournal/pub/2450.htm>

Supporting document State of the art on Total Diet Studies based on the replies to the EFSA/FAO/WHO questionnaire on national total diet study approaches (see <http://www.efsa.europa.eu/en/supporting/pub/206e.htm?wtrl=01>)

Accompanied by a press release <http://www.efsa.europa.eu/en/press/news/111124.htm>

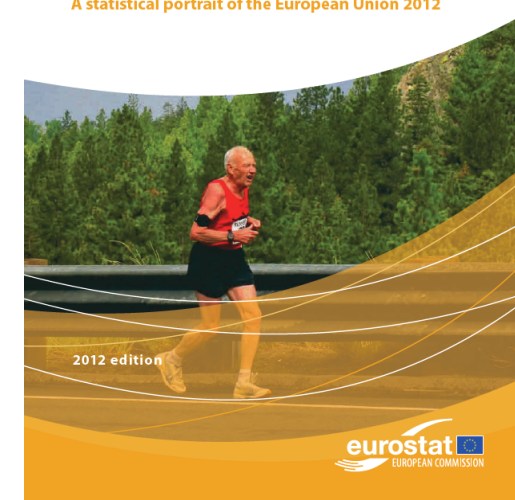
EUROSTAT data

Food consumption indicators:
results using data collected from the
household budget survey

Doc. ESTAT/F5/ES/204 Rev.1

Active ageing and solidarity between
generations. A statistical portrait of
the European Union 2012

http://epp.eurostat.ec.europa.eu/cache/ITY_OFFPUB/KS-EP-11-001/EN/KS-EP-11-001-EN.PDF





WHO publications



Two deliverables from the WHO/EC Project on monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union

- *Overview of implementation of statutory and self-regulatory codes in the area of marketing foods and beverages to children in European Union Member States **is available online:***
http://www.euro.who.int/_data/assets/pdf_file/0006/155436/e96047.pdf
- *Review of food and nutrition policy development and legislation in European Union Member States*

Obesity Prevalence- Age standardization in mapping adult overweight and obesity trends in the WHO European Region

C. M. Doak, T. M. A. Wijnhoven, D. F. Schokker, T. L. S. Visscher and J. C. Seidell
Obesity reviews 2011 International Association for the Study of Obesity



Physical activity networking" (PHAN)

Health economic assessment tools (HEAT) for walking and for cycling. Methodology and user guide. Economic assessment of transport infrastructure and policies

Sonja Kahlmeier, Nick Cavill, Hywell Dinsdale, Harry Rutter, Thomas Götschi, Charlie Foster, Paul Kelly, Dushy Clarke, Pekka Oja, Richard Fordham, Dave Stone and Francesca Racioppi

<http://www.euro.who.int/en/what-we-publish/abstracts/health-economic-assessment-tools-heat-for-walking-and-for-cycling.-methodology-and-user-guide>



Health and
Consumers





Health Gains project



Aims to raise understanding, among mainly health officials and officials working with EU Structural Funds, on the gains to be had in health from non-health investments (e.g. employment, environment, transport).

Web guide on how health gains could be generated through non-health related investments.

<http://www.healthgain.eu/>



New Research projects (RTD) on reformulation

Novel Processing approaches for the development of food products Low in fAt, Salt and sUgar (Pleasure)

Combining Technologies to achieve significant binary Reductions in Sodium, Fat and Sugar content in everyday foods whilst optimising their nutritional Quality (TeRiFiQ)

Food Labelling to Advance Better Education for Life (FLABEL)

- EU-funded project exploring the impact of food labelling among consumers

- results

- high availability of nutrition information on food products
- consumer understanding of the nutrition labels;

- main obstacles

- lack of motivation
- Lack of attention

-the insights gained from this research can be used for developing policy recommendations in the area of nutrition labelling

<http://www.flabel.org>





EUFIC Review:

Reference paper of the European Food Information Council

Fruit and vegetable consumption in Europe – do Europeans get enough?

Fruit and vegetable consumption in Europe

Determinants

- *Income and education, Gender and age, Accessibility and availability, Family factors and social support, Preferences, Knowledge, Psychological factors, attitudes, beliefs and perceived barriers, Increasing vegetable intakes*

Interventions – what is effective?

- *Children, Adults*

Initiatives across Europe

- *National nutrition policies*
- *The EU School fruit scheme*
- *National initiatives promoting fruit and vegetable consumption*

EPODE

EPODE INTERNATIONAL NETWORK (EEN) recommendations

<http://epode-european-network.com/en/ressources-center/224-een-recommenda>

PREVENTING CHILDHOOD OBESITY: A presentation note of the EPODE INTERNATIONAL NETWORK



EPODE approach for childhood obesity prevention: methods, progress and international development

J.-M. Borys, Y. Le Bodo, S. A. Jebb, J. C. Seidell, C. Summerbell, D. Richard⁵, S. De Henauw⁶, L. A. Moreno, M. Romon, T. L. S. Visscher, S. Raffin¹⁰, B. Swinburn and the EEN Study Group
<http://www.ncbi.nlm.nih.gov/pubmed/22106871>



Member States developments/reports

Report on Evaluation and monitoring- minimum indicator set of the **NAOS Strategy** (Nutrition, Physical Activity, Obesity Prevention and Health) from the Ministry of Health, Social Policy and Equality of the Government of Spain and coordinated by the Spanish Food Safety Agency (AESAN).

Fruit and vegetable consumption by poorer families falls 30% in UK

Family Food 2010 statistics report

<http://www.defra.gov.uk/statistics/files/defra-stats-foodfarm-food-familyfood-2010-1112131.pdf>



Stakeholders activities

A monthly policy review brought by the European Community of Consumer Co-operatives

The European Heart Network (EHN) called on the European Commission and national governments to set firm targets for product reformulation with a priority list of food products (bread, breakfast cereal and ready meals).

The weekly Knowledge Update from the National Obesity Observatory highlights new research, reports, resources and news relating to obesity and its determinants.

<http://www.mendeley.com/groups/1594683/national-obesity-observatory-knowledge-update/>



Scientific articles

Study of University of California and Columbia University on the impact of a Soda Tax in the US

A Penny-Per-Ounce Tax on Sugar-Sweetened beverages would cut Health and Cost Burdens of Diabetes

Health Affairs January 2012, vol. 31 no. 1 199-207



Scientific articles

Comparative Effectiveness of Weight-Loss Interventions in Clinical Practice: two behavioural weight-loss interventions

The new England
journal of medicine November 24, 2011 vol. 365 no. 21

The Fraction of Cancer Attributable to Lifestyle and Environmental Factors in the UK in 2010

British journal of Cancer Volume 105, Issue S2 (Si-S81, 6 December 2011)

Trans fatty acid isomers and the trans-9/trans-11 index in fat containing foods

Eur J Lipid Sci Technol 2011



Communication

*Member States health campaigns can be included in the section "**Reporting from across Europe**" of the Health EU newsletter*

http://ec.europa.eu/health-eu/newsletter/80/newsletter_en.htm#3

http://ec.europa.eu/health-eu/newsletter/79/newsletter_en.htm#3

http://ec.europa.eu/health-eu/newsletter/78/newsletter_en.htm#3