



# NUTRITION AND PHYSICAL ACTIVITY

How European Union  
contributes to public  
health priorities  
including Obesity.

**Budapest, Hungary**  
*30 November  
to 2 December 2016*

**INVESTING IN HEALTH PROMOTION TO KEEP  
PEOPLE ACTIVE FOR LONGER IS INVESTING  
IN A BETTER FUTURE.**

The Cluster Meeting organized by the Executive Agency of the European Commission (Chafea) aims to showcase successful projects in the areas of nutrition and physical activity that can be carried out by policy makers, schools and the community.

## **NUTRITION AND PHYSICAL ACTIVITY: HOW EUROPEAN UNION CONTRIBUTES TO PUBLIC HEALTH PRIORITIES INCLUDING OBESITY**

*30 November - 2 December 2016, Budapest*

In Europe, six of the seven biggest risk factors for premature death are directly linked to how we eat, drink and move. Moreover, rising of overweight and obesity across Europe is a great concern and can contribute to or aggravate many chronic diseases, including type 2 diabetes, hypertension, heart disease, stroke, and some cancers. To tackle this problem actions are needed at national level, but also at European level. More than 20 pan-European actions have been co-financed under the 2<sup>nd</sup> and 3<sup>rd</sup> EU Health Programmes with the aims to exchange best practices, to develop recommendations, and to improve standardized methods of data collection. The European Commission's Consumers, Health, Agriculture and Food Executive Agency (Chafea<sup>1</sup>) is monitoring the progress of these actions and is promoting the obtained results.

From 30 November to 2 December 2016, the European Commission (Chafea and DG SANTE) organises, with the support of the Hungarian Ministry of the Human Capacities, a meeting to disseminate the projects' results. These findings can be adopted by policy makers, schools and the community in general. In addition to interested participants and National and European policy makers, this meeting will be gathering journalists from all Members States.

Presentations will be given by the EU project leaders, representatives of World Health Organization and European Commission, and journalists who are working in the field. This event is the perfect occasion to know more about concrete actions taken to tackle unhealthy lifestyles at the European and national levels. Journalists will have the opportunity to exchange ideas with health professionals, social workers, citizens and other fellow colleagues, who daily work on counteracting unhealthy lifestyles. It is also the chance to clarify common wrong beliefs and myths around these topics during direct interviews with the speakers and experts in the field.

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<sup>1</sup> <http://ec.europa.eu/chafea/>