European Nutrition and Health Report 2009
ENHR II

Report on Nutrition and Health in Europe
Agreement Number – 2006128 – ENHR II

Project-Coordination:
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University of Vienna
Participating Countries

- Austria
- Belgium
- Cyprus
- Czech Republic
- Danmark
- Estonia
- Finland
- France
- Germany
- Greece
- Hungary
- Ireland
- Italy
- Latvia
- Lithuania
- Luxembourg
- Norway
- Poland
- Portugal
- Romania
- Slovenia
- Spain
- Sweden
- The Netherlands
- United Kingdom
General Objectives

- The general aim of the European Nutrition and Health Report 2009 is to provide a comprehensive and up-to-date report on the nutrition and health situation in Europe that focuses on diet, physical activity, tobacco use, and alcohol consumption.

- The European and Health Report 2009 will contribute to the identification of major nutrition and health problems in the EU regions and to the formulation of new and the evaluation of existing national food and nutrition policies.
Specific objectives

1. To describe trends in food supply
2. To compare average daily individual food availability at household level
3. To evaluate food consumption and energy and nutrient intake
4. To describe data on diet-related health indicators and status
5. To analyze food and nutrition policies in European countries.

- Emphasis on the main characteristics in nutrition and health of the EU geographic regions
  - Central and East: PL, CZ, SLO, RO, HU, AT, DE
  - West: GB, BE, NL, LU, FR, IE
  - North: SE, NO, FI, EST, LV, LT, DK
  - South: PO, ES, IT, CY, GR
Methods

1. Nutrition and health indicators:
   - Nutrition and health data questionnaire
   - Country presentations
   - EFCOSUM, ECHI
   - Monitoring Public Health Nutrition

2. Data collection:
   - Project partners
   - FAO, DAFNE, PANACEA*
   - ALPHA**, EUROSTAT

3. Comparative evaluation:
   - Data description and analysis with assistance of project partners

4. Compilation of final report:
   - Data description and analysis with assistance of project partners

Coordinating centre

*Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating out of home And obesity
**Assessing Levels of Physical Activity in the European Population
## Deliverables (1/3)

<table>
<thead>
<tr>
<th>Deliverable No</th>
<th>Deliverable title</th>
<th>Delivery date</th>
</tr>
</thead>
<tbody>
<tr>
<td>D 1</td>
<td>Summary of the results of the questionnaire on relevant and available nutrition and health data in the participating countries</td>
<td>M2</td>
</tr>
<tr>
<td>D 2</td>
<td>Project website established</td>
<td>M2</td>
</tr>
<tr>
<td>D 3</td>
<td>Minutes of the constitutional meeting and Steering Committee meeting</td>
<td>M3</td>
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<tr>
<td>D 4</td>
<td>Consortium agreement signed</td>
<td>M4</td>
</tr>
<tr>
<td>D 5</td>
<td>Promotional leaflet produced, including a logo and acronym</td>
<td>M4</td>
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<tr>
<td>D 6</td>
<td>Press releases</td>
<td>M4</td>
</tr>
<tr>
<td>D 7</td>
<td>First annual newsletter produced</td>
<td>M8</td>
</tr>
<tr>
<td>D 8</td>
<td>Technical and financial interim report about the first 12 months of the project</td>
<td>M16</td>
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## Deliverables (2/3)

<table>
<thead>
<tr>
<th>Deliverable No</th>
<th>Deliverable title</th>
<th>Delivery date</th>
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</thead>
<tbody>
<tr>
<td>D 9</td>
<td>Minutes of the 2\textsuperscript{nd} Steering Committee meeting</td>
<td>M16</td>
</tr>
<tr>
<td>D10</td>
<td>Mid-term evaluation report</td>
<td>M16</td>
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<tr>
<td>D 11</td>
<td>Draft report on the future dietary intake surveillance at the European level</td>
<td>M20</td>
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<tr>
<td>D 12</td>
<td>Draft report on food availability at the household level</td>
<td>M20</td>
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<tr>
<td>D 13</td>
<td>Draft report on diet related health indicators and status in Europe</td>
<td>M20</td>
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<tr>
<td>D 14</td>
<td>Draft report on food and nutrition policies in Europe</td>
<td>M20</td>
</tr>
</tbody>
</table>
## Deliverables (3/3)

<table>
<thead>
<tr>
<th>Deliverable No</th>
<th>Deliverable title</th>
<th>Delivery date</th>
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</thead>
<tbody>
<tr>
<td>D 15</td>
<td>Draft report on Nutrition and Health Status in Europe to the participating centres</td>
<td>M21</td>
</tr>
<tr>
<td>D 16</td>
<td>Second annual newsletter produced</td>
<td>M21</td>
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<tr>
<td>D 17</td>
<td>Minutes of the 2nd plenary project meeting and final Steering Committee meeting</td>
<td>M23</td>
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<tr>
<td>D 18</td>
<td>Final evaluation report</td>
<td>M24</td>
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<tr>
<td>D 19</td>
<td>Preparation of press releases</td>
<td>M23</td>
</tr>
<tr>
<td>D 20</td>
<td><strong>Final Report on Nutrition and Health Status in Europe (including an executive summary)</strong></td>
<td>M24</td>
</tr>
<tr>
<td>D 21</td>
<td>Final technical and financial report about the whole project</td>
<td>M29</td>
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Nutrition and Health Indicators
Example: Anthropometry

- Anthropometry
  - Body height self reported
  - Body height measured
  - Body weight self reported
  - Body weight measured
    - b) BMI measured
      - BMI
      - Underweight, normal range, overweight, obese
    - c) BMI self reported
      - BMI
      - Underweight, normal range, overweight, obese
Expected Outcomes

- Presentation of European region-specific data on diet, nutrition, physical activity, and diet-related health indicators of the European population

- Goals to optimize the nutrition situation at national and EU level including recommendations to different stakeholders

- Spotting existing gaps in comparability and reliability of collected data on nutrition and health status

- Recommendations for consistent methods of collecting data on nutrition and health status

- Recommendations for a “minimum data set” of nutrition and health indicators required to be collected at national and EU level
For further information:

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