

EUR DIET

Nutrition & Diet for Healthy Lifestyles in Europe

**Supported by the European Commission,
Directorate General for Health & Consumer
Protection**

&

The Ministry of Health, Greece.

**Organized by
University of Crete
School of Medicine**

European guidelines for diet-related disease prevention & health promotion.

State of the art :

- the relationships between health and nutrients
- translating nutrient targets into effective food-based dietary guidelines (FBDG)
- effective ways of encouraging health promoting changes in eating and physical activity patterns and
- the opportunities and barriers posed by the broader policy framework

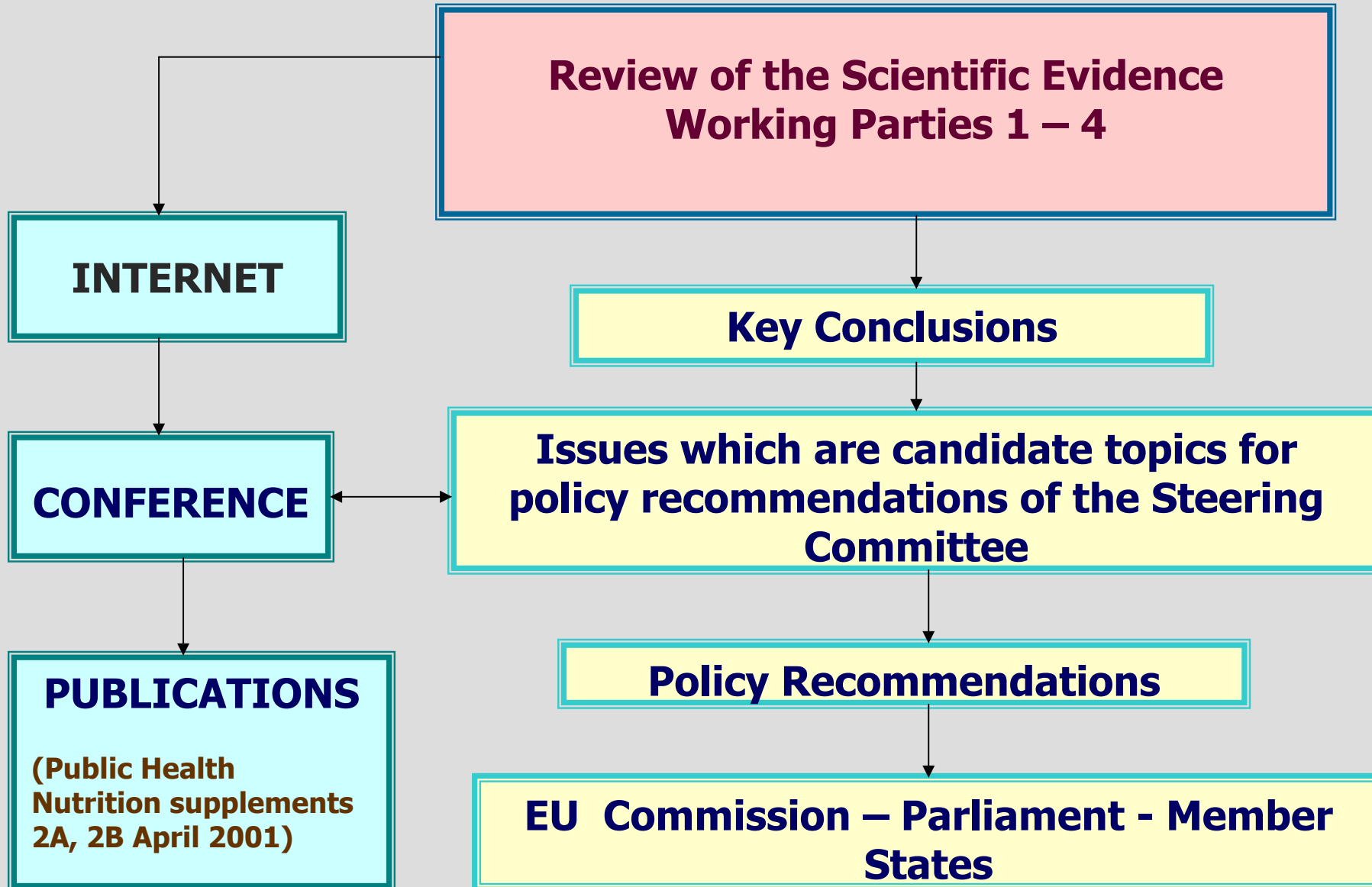
Actions:

required to take the scientific recommendations forward
Added value of EU level policy and structures.

Population goals for nutrients and features of lifestyle consistent with the prevention of major public health problems in Europe

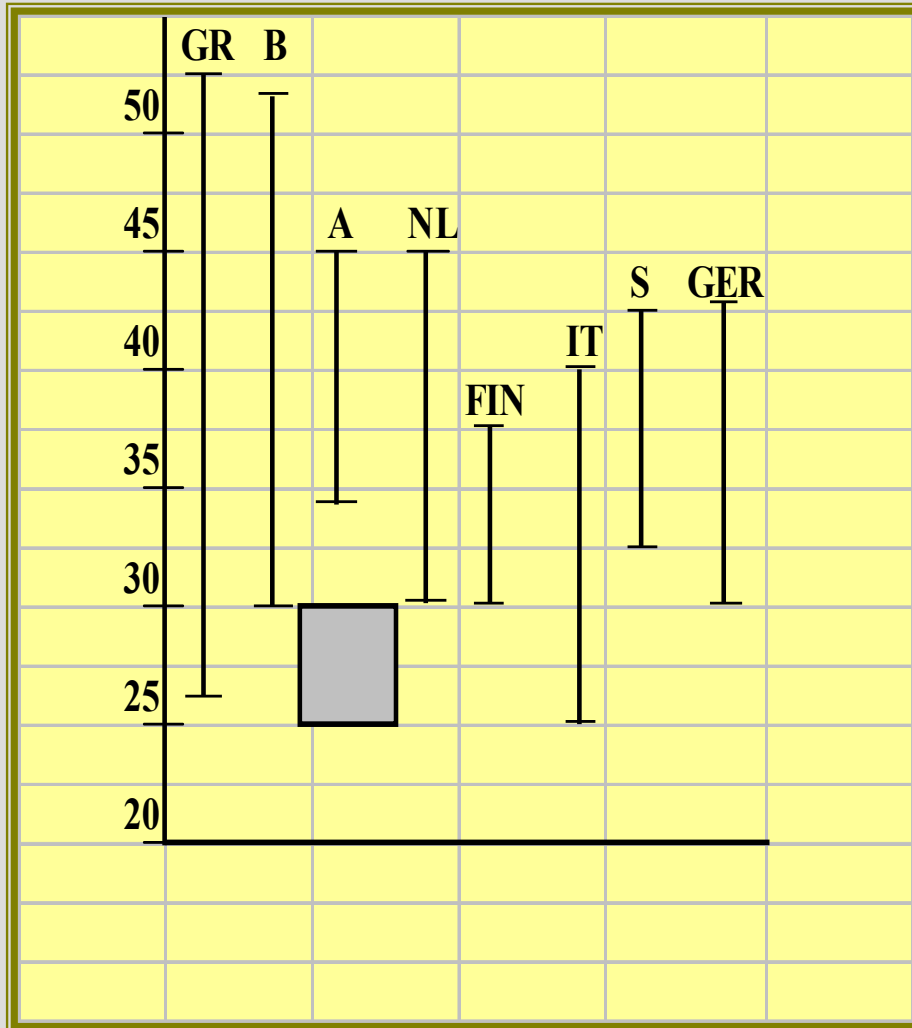
Component	Population goals	Levels of evidence
Physical Activity Levels (PAL)	PAL > 1.75 ³	++
Adult Body Weight as BMI	BMI 21-22	++
Dietary Fat % E	<30 ³	++
Fatty Acids % total E		
Saturated	< 10	++++
Trans	<2	++
Polyunsaturated (PUFA)		
n-6	4-8	+++
n-3	2 g linolenic + 200 mg very long chain	++
Carbohydrates Total % E	>55	+++
Sugary food consumption, occasions per day ⁴	≤ 4	++
Fruit and Vegetables (g.d ⁻¹)	>400	++
Folate from food (μg.d ⁻¹)	>400	+++
Dietary Fibre (g.d ⁻¹)	>25 (or 3g/MJ)	++
Sodium (expressed as sodium chloride) (g.d ⁻¹)	<6	+++
Iodine (μg/d)	150 (infants - 50)(pregnancy - 200)	+++
Exclusive Breast Feeding	About 6 months	+++

The process

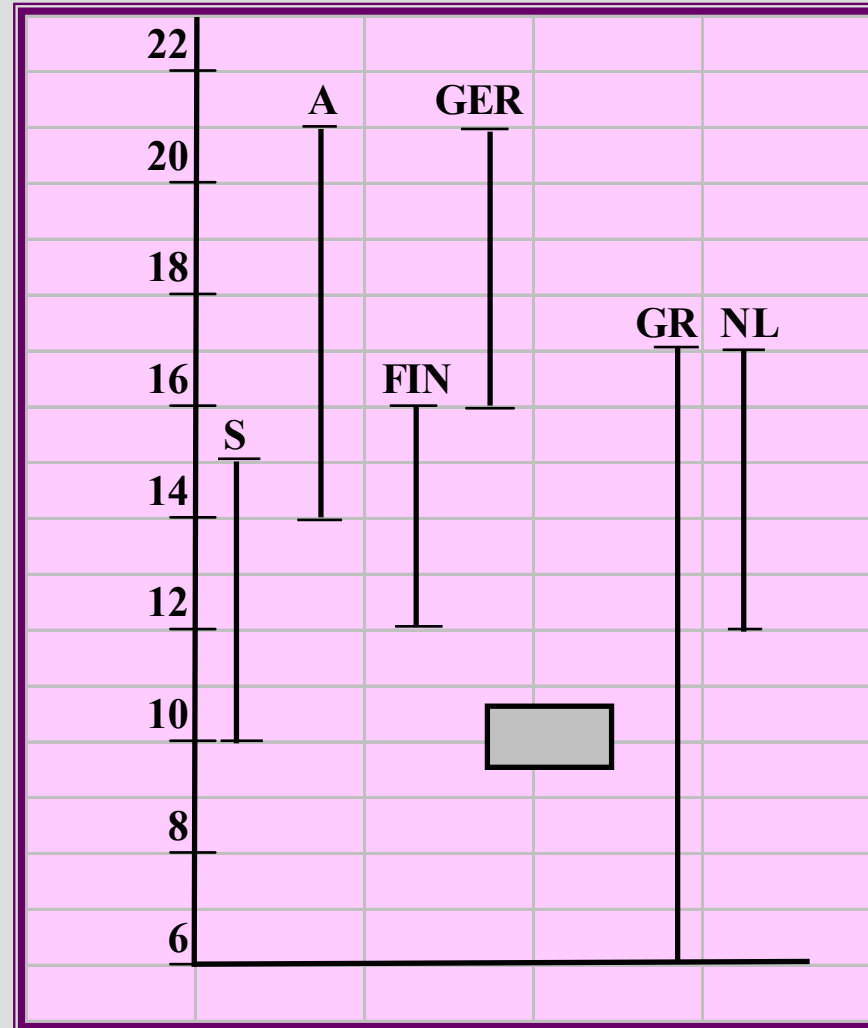


Range of nutrient intakes

% fat energy

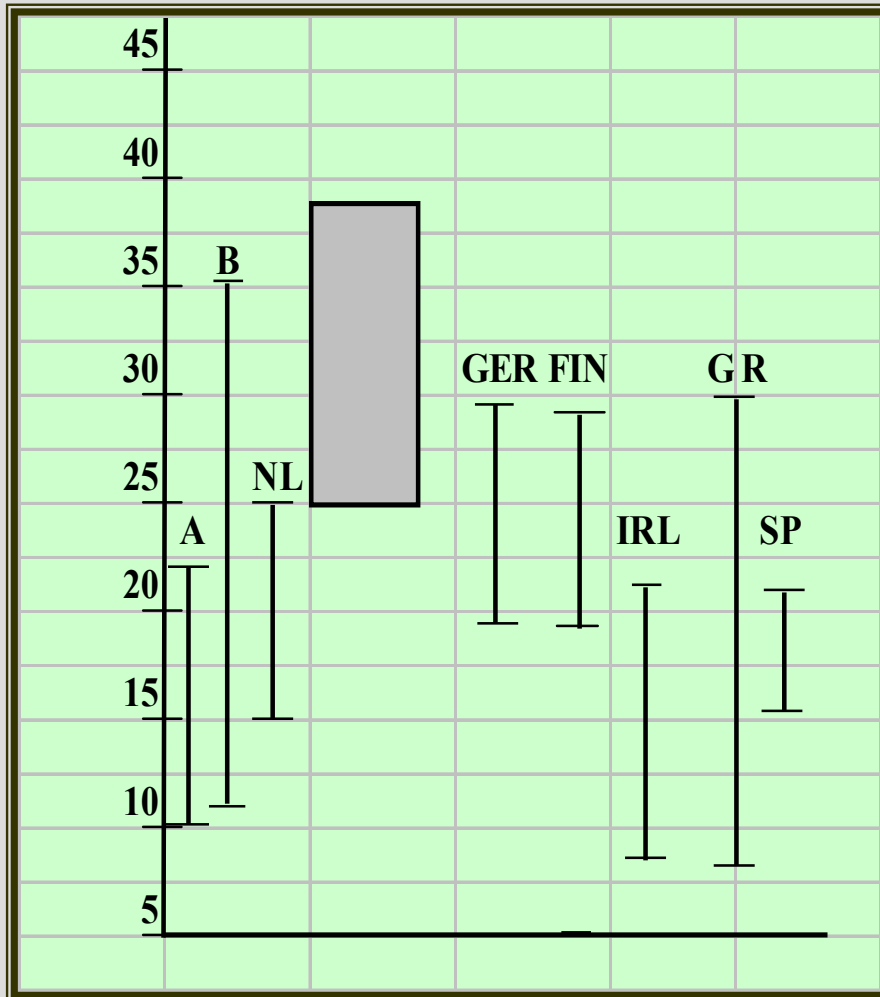


% SFA energy

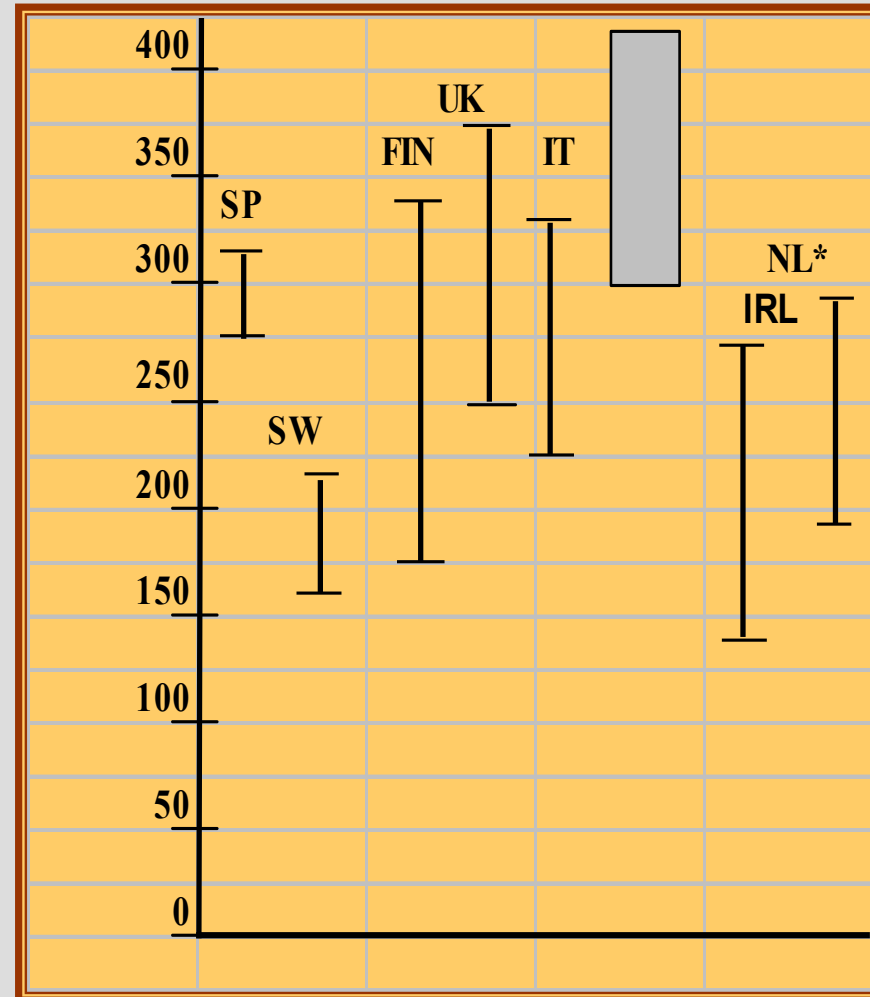


Range of nutrient intakes

Fibre (g/day)



Folate ($\mu\text{g}/\text{day}$)



European Diet and Public Health : “The continuing challenge”.

Prevalent health conditions

- **cardiovascular diseases**
- **cancer**
- **obesity**
- **osteoporosis**
- **iron deficiency disorders**
- **iodine deficiency disorders**
- **dental caries**

Genetic variations

Population sub-groups

- infants
- elderly
- pregnant woman
- immigrants

Lifestyle factors

- breastfeeding
- physical activity

Particular nutrients

- selenium
- folate

Suggested strategies for key target groups, settings, and approaches

Key Target Groups

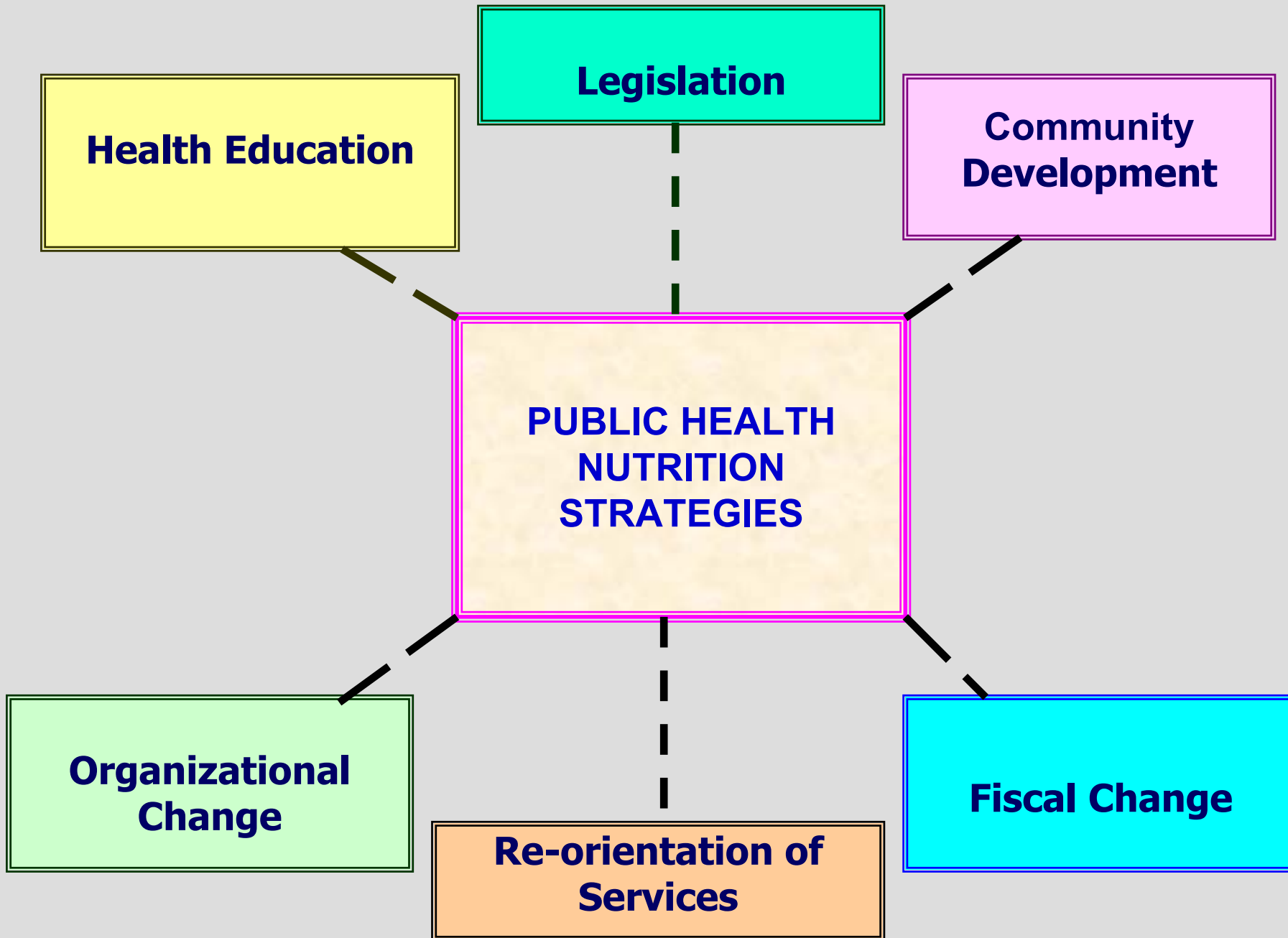
- ✓ From the General Public to population subgroups
- ✓ Professionals : health service, education and other sectors

Key Settings

- ✓ Schools
- ✓ Health Care
- ✓ Workplace
- ✓ Commercial Sector

Key Approaches

- ✓ Advocacy
- ✓ Local/ Community Food projects



The European Policy Framework : Barriers and Opportunities

Structures

A new nutrition committee for the European Union

Policy Development

Special issues

- ❖ Fruit & vegetable consumption
- ❖ Breast feeding
- ❖ Physical activity

Policy Components

Education

Consumer Protection

Food labeling

Food composition

Agricultural policy

EVALUATION OF PUBLIC HEALTH NUTRITION AND PHYSICAL ACTIVITY STRATEGIES

- **Monitor progress over time in Europe and comparisons between member states**
- **Pan European evaluation system is needed to assess morbidity, mortality, health and nutritional status as well as social and environmental variables Assessing knowledge, attitudes, lifestyles and channels of communication**

NUTRITION POLICY

FINLAND

1968

First Nordic nutritional
recommendations

Target groups:

- Finnish population
- Pupils and students at schools
- Students in Universities
- Students of vocational schools
- Hospital patients
- Working places
- Pregnant women
- Mothers with infants and children
- Elderly persons
- Military personnel and prisoners
- Daycare children
- Athletes

Wide range of policy decisions:

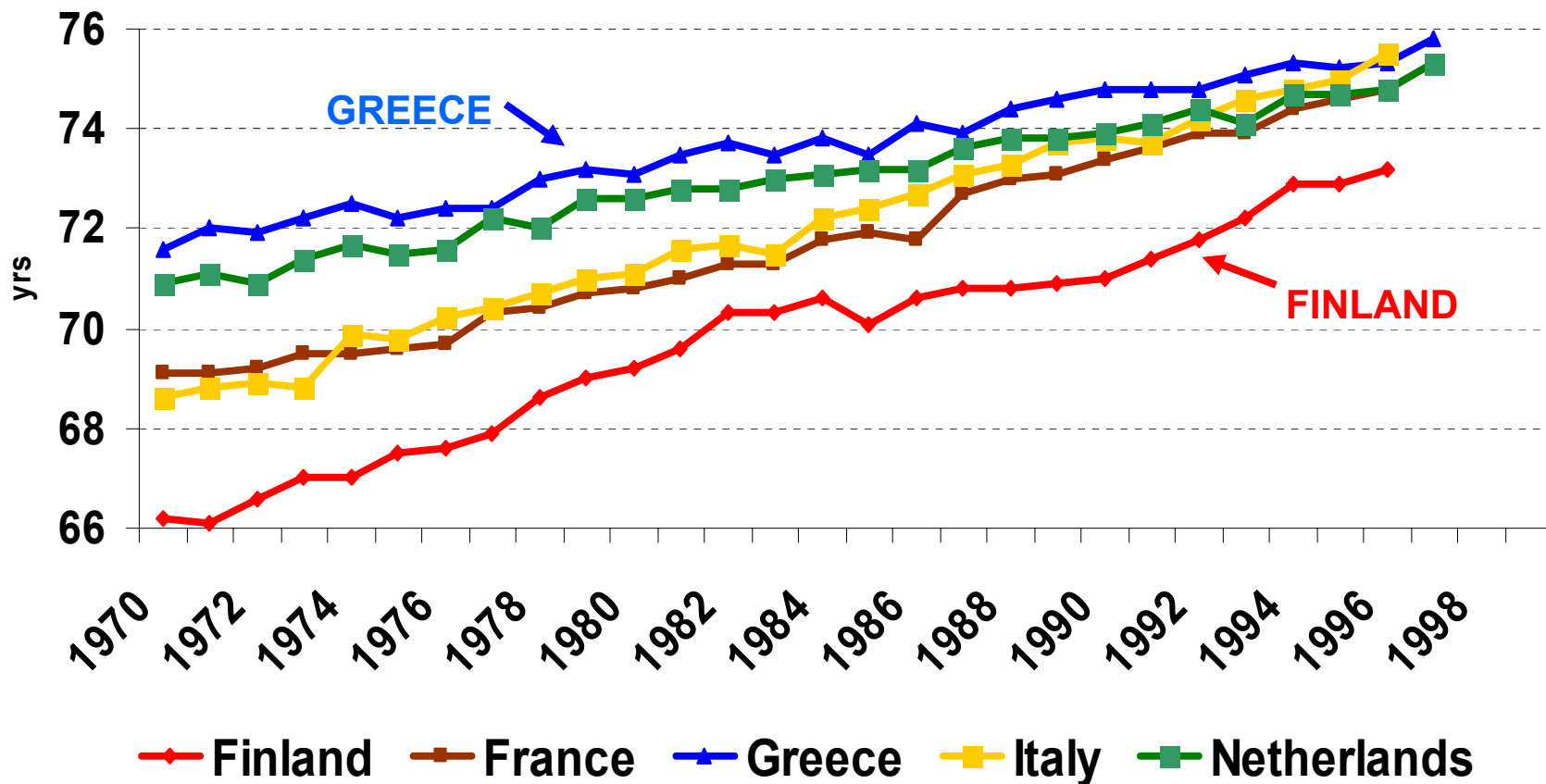
Agriculture
Health and Welfare
Social Affairs
Trade and Commerce
Fisheries and Finance
*having direct and indirect
impact on food
consumption in Finland*

NUTRITION POLICY

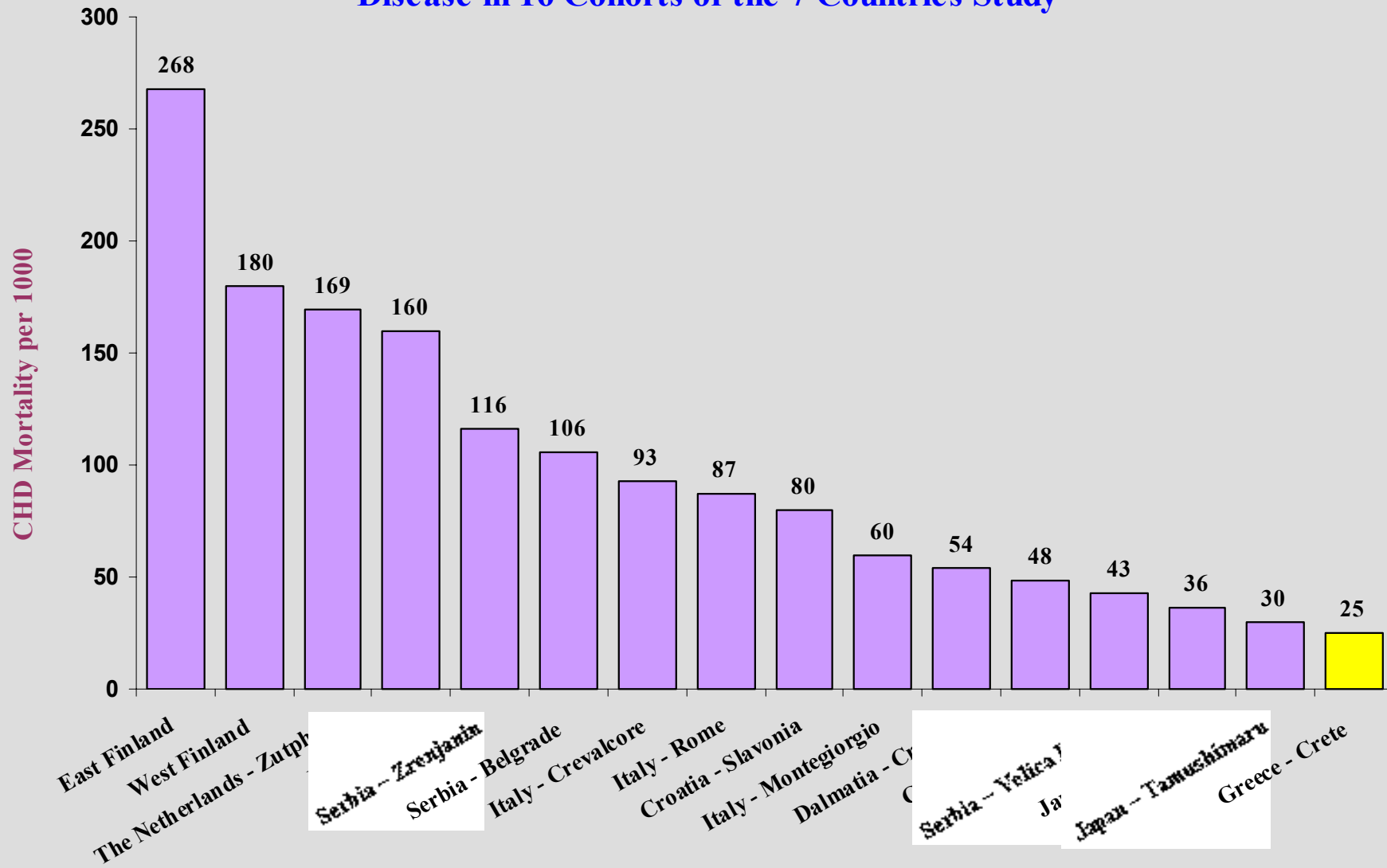
GREECE

**The national
policy
in Nutrition
in its infancy**

Life expectancy at birth, in years, males, in selected EU countries (from WHO, 2000)



Age-standardized 25-year Mortality per 1000 from Coronary Heart Disease in 16 Cohorts of the 7 Countries Study

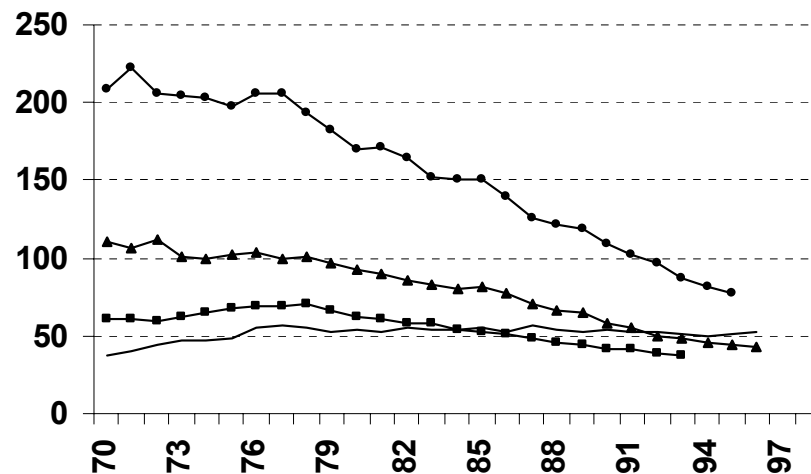


Age-standardized premature death rate (SDR) trends in Greece, Finland, Netherlands and Italy for ischaemic heart disease and cerebrovascular disease (from WHO, 2000)

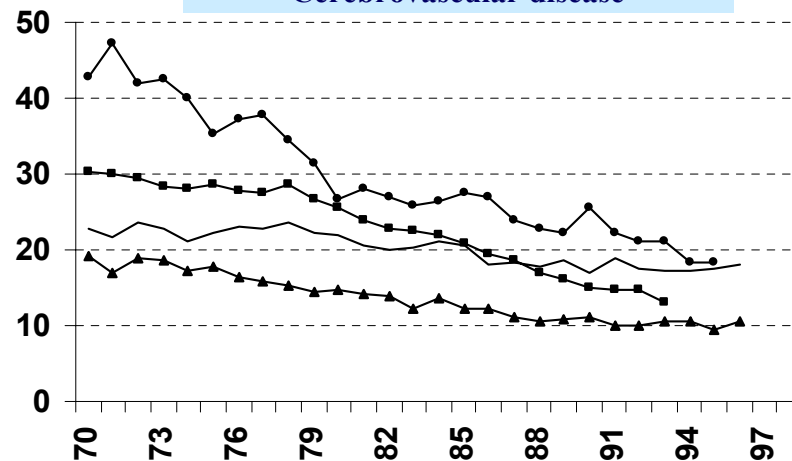
Males <65 y/100.000

SDR/100.000

Ischemic heart disease

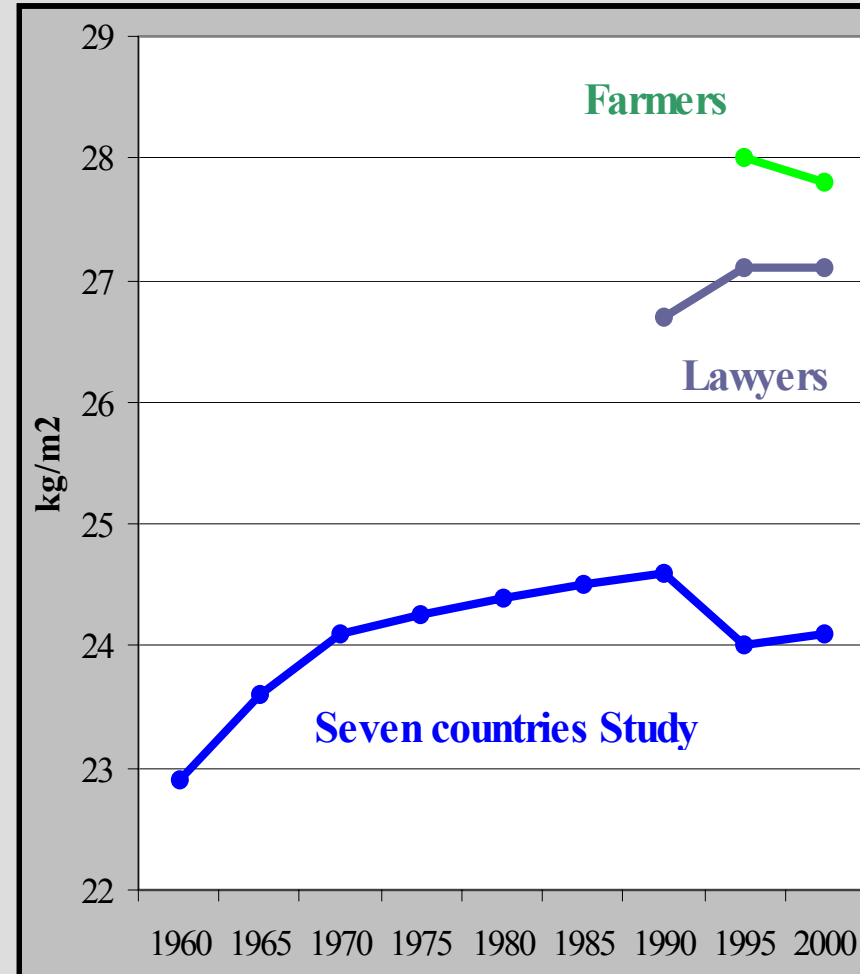
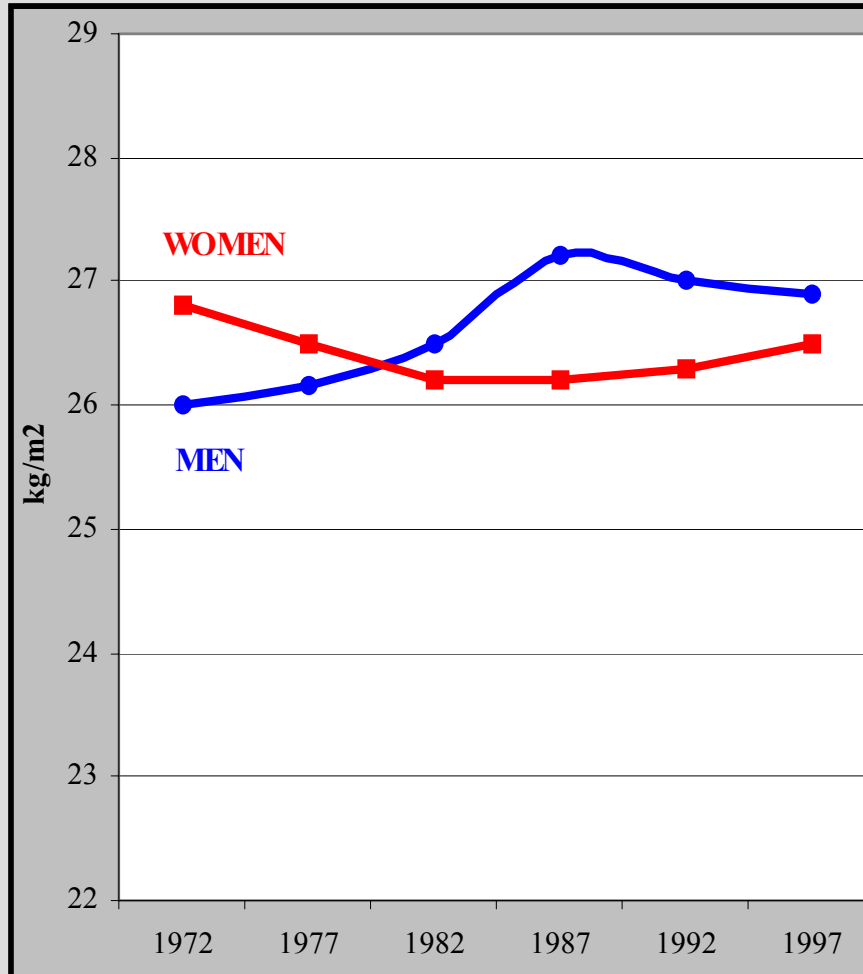


Cerebrovascular disease

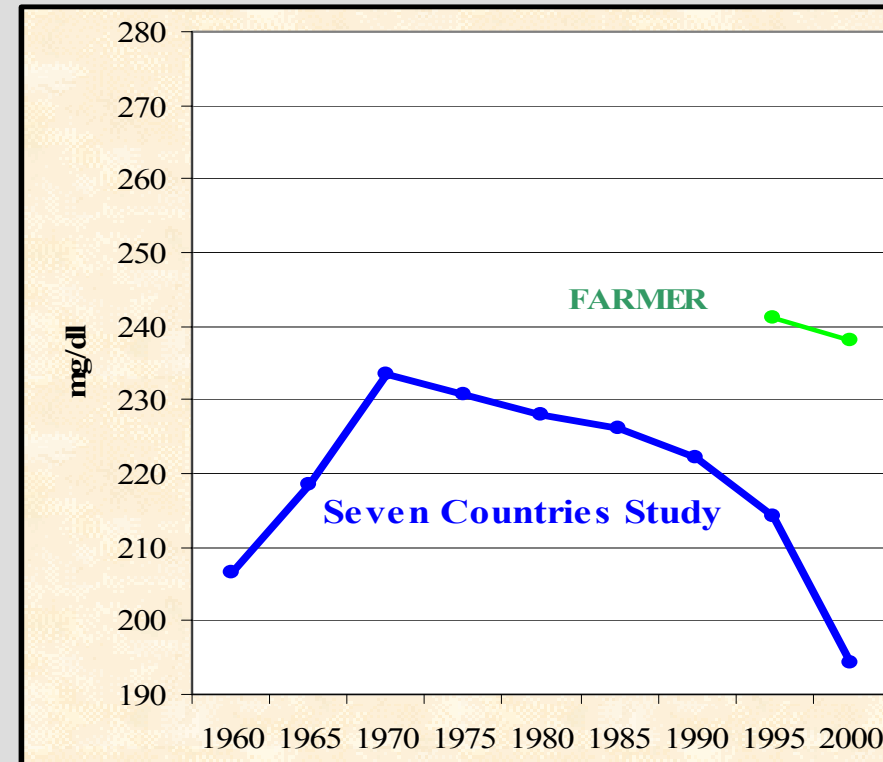
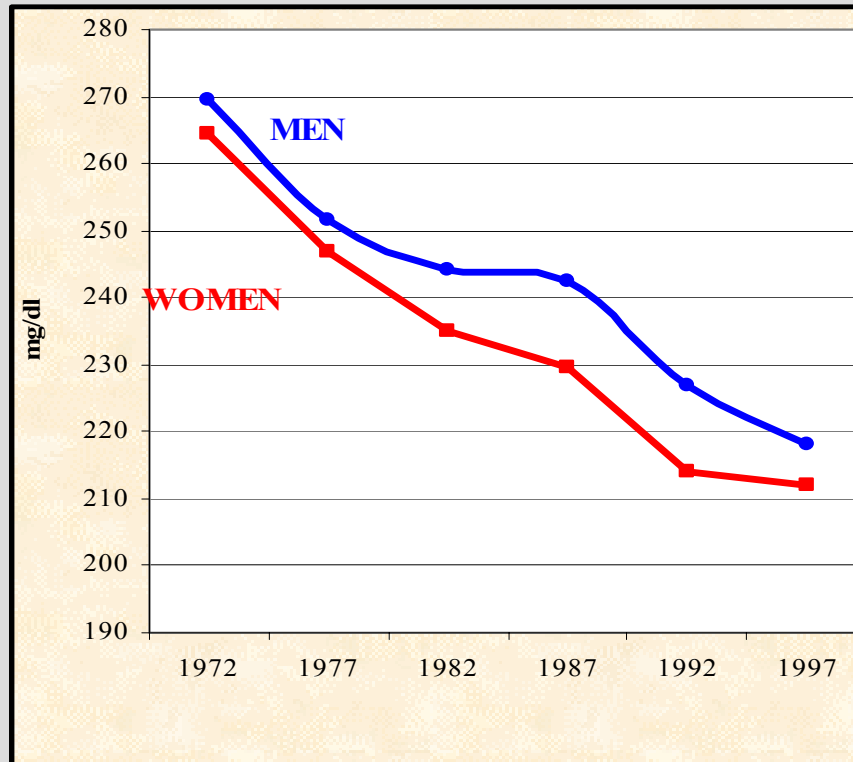


—●— FIN — GR —●— I —▲— NL

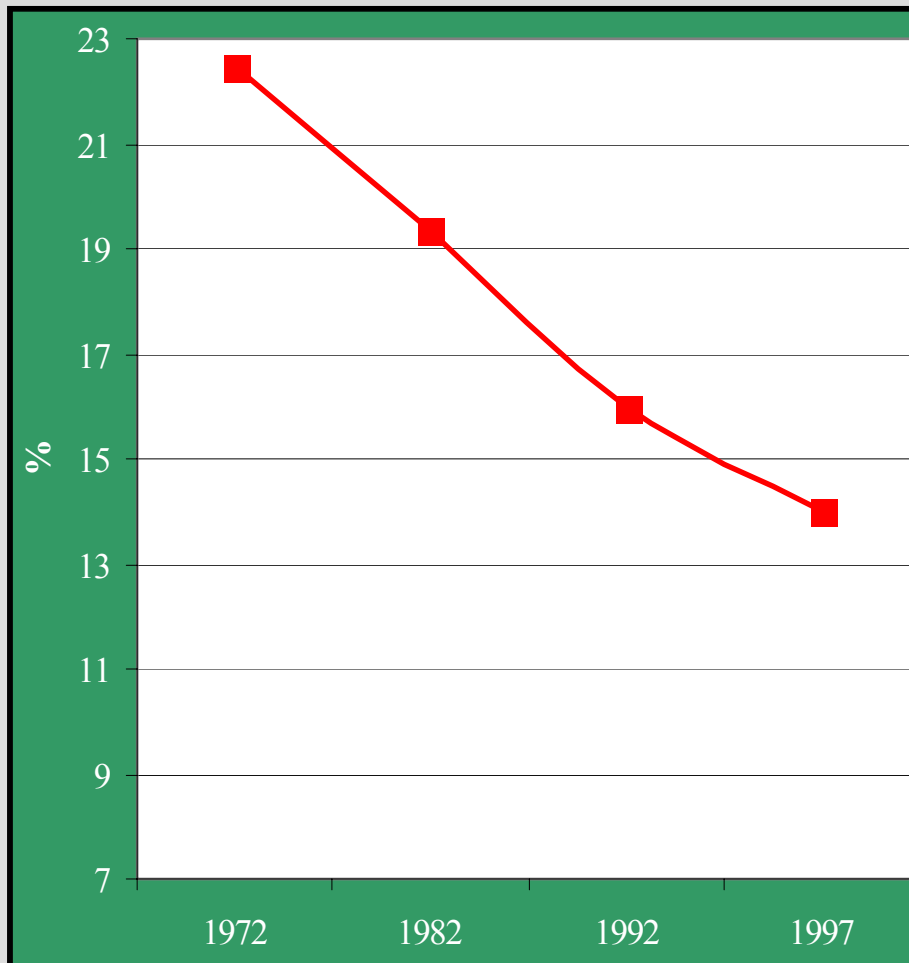
BODY MASS INDEX IN MEN OF FINLAND AND CRETE (GREECE)



SERUM TOTAL CHOLESTEROL IN MEN OF FINLAND AND CRETE (GREECE)



SATURATED FAT INTAKE (% of energy) IN MEN OF FINLAND AND CRETE (GREECE)



European nutrition policy : the Roadmap?

- **Commission's White Paper on Food Safety (2000)**
 - **Council Resolution on health and nutrition (2001)**
- Food based dietary guidelines for the Europeans (framework)
EURODIET 1998-2001

But ...

momentum within the EU appears to have stalled rather than the anticipated action plan geared to 'the development of a comprehensive and coherent nutrition policy'

- **Status Report on the European Commission's work in the field of nutrition in Europe (October 2002).**
- **EU recently endorsed to WHO European Region Action Plan for food and nutrition policy**

This paper was produced for a meeting organized by Health & Consumer Protection DG and represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumer Protection DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.