

PROVISIONAL LIST OF INDICATORS (LUXEMBOURG MEETING)

1. Environmental factors

- a. Government policy
 - i. Nutrition policy including policies affecting breast feeding
 1. Defined (yes or no)
 2. Components
 - a. Compliance with WHO or EU policies
 3. Targets
 4. Implementation
 - a. Player awareness
 - b. Public awareness
 5. Evaluation/effectiveness
 - ii. Impact of other policies on nutrition-transport, etc.
 - iii. Integration of policies having impact on nutrition
- b. Nutrition interventions: Feeding programmes and community initiatives (e.g. school meals, school fruit, displaced persons, elderly, food stamps, vouchers)
 - i. Defined (yes or no)
 1. Public
 2. Private
 - ii. Components
 1. Compliance with WHO or EU policies
 - iii. Targets
 - iv. Implementation
 1. Player awareness
 2. Public awareness
 - v. Evaluation/effectiveness
- c. Percent free school meals (eligibility, uptake): is this a marker of nutritional health or a marker of social or health inequalities?
- d. Food availability
 - i. Foods stocked in shops used: range, availability
 - ii. Shop siting
- e. Food accessibility
 - i. Food prices
 - ii. Relative cost of healthier food
 - iii. Money for food
 - iv. Shopping capacity (time, transport, physical ability, childcare)
 - v. Domestic storage capacity
- f. Food security
 - i. International (global, European)
 - ii. National
 1. Food stocks
 - a. Emergency food supplies
 - b. Supporting food prices
 2. Food subsidies
 - iii. Regional
 - iv. Household
 1. Enough food to eat
 2. Enough time/money/facilities to obtain food or meals desired

3. Concerns/anxiety about adequacy of food supply
4. Subjective measures of feelings of hunger because of inadequate food supply
- v. Individual
 1. Have individuals gone hungry through lack of personal food supply
 2. Have individuals gone hungry to maintain diet of other household members
- g. Food safety (Being addressed elsewhere)
- h. Food expenditure
 - i. Food budget standards defined
 - ii. Absolute amount spent on food in relation to food budget standards
 - iii. Percent of disposable income spent on food
 - iv. Cost of 1 kcal
- i. Skills (numeracy, literacy, cooking, micro-economic management)

2. Food and nutrient intake

- a. Direct: national, regional, household, individual
 - i. Dietary diversity (may be different within country compared with between countries)
 - ii. Number of meals
 - iii. Number of items consumed
- b. Food balance sheets (but may be getting confused within Europe because of reduced barriers to trade)
 - i. Mean FBS energy should be 25% above EAR
 - ii. Percent energy from
- c. Household budget survey data
- d. Indirect: proxy measures, food composition databases

3. Nutritional status

- a. Biomarkers
 - i. Static
 - ii. Functional
- b. Anthropometry
- c. Energy balance
- d. Global definitions
 - i. Undernutrition
 - ii. Overnutrition

4. Socio-demographic/ Socio-economic factors

- a. Age “based on relative differences in risk ...” (EFCOSUM)
At present there is a variation in definition of the age categories currently found across Europe, which will have to be considered.
- b. Gender
 - i. Male
 - ii. Female
- c. Education (Kunst et al) Highest attained level
 - i. Elementary not completed
 - ii. Elementary
 - iii. Lower secondary
 - iv. Upper secondary

- v. Tertiary
 - d. Occupation (Kunst et al): last occupation, or if economically inactive
 - i. Manual
 - 1. Skilled
 - 2. Unskilled
 - ii. Non-manual
 - 1. Upper
 - 2. Lower
 - iii. Farmers
 - iv. Other self-employed
 - e. Income (Kunst et al):
 - i. “Household equivalent income”
 - ii. Classify by fifths
 - f. Budget standards
- 5. Inequality**
- a. Definitions
 - b. Measuring influences
 - c. Cost effectiveness
- 6. Genetic factors and interactions**
- a. Inborn errors in metabolism
 - b. Risk factors in disease pathogenesis (e.g. diabetes, thalassaemia)
 - c. smoking
- 7. Life stages and vulnerable/critical periods**
- a. Peri-natal factors
 - b. Barker hypothesis (intrauterine influences on adult health)
 - c. Cumulative effects
 - d. Eating problems e.g. dentition in the elderly

This report was produced by a contractor for Health & Consumer Protection Directorate General and represents the views of the contractor or author. These views have not been adopted or in any way approved by the Commission and do not necessarily represent the view of the Commission or the Directorate General for Health and Consumer Protection. The European Commission does not guarantee the accuracy of the data included in this study, nor does it accept responsibility for any use made thereof.