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 22\textsuperscript{nd} 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


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

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

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

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

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
Member States developments/reports


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

Family Food 2010 statistics report
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