



**EURO-PREVOB**

## Consortium for the prevention of obesity through effective nutrition and physical activity actions

# Newsletter

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A 6th Framework Programme  
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Coordination Action

## From the Scientific Coordinator

Welcome to this first issue of the EURO-PREVOB *Newsletter*!

The EURO-PREVOB project is a European Coordination Action project financed by the 6<sup>th</sup> Framework Programme of the European Commission. It aims to promote and support collaboration across networks to tackle the social and economic determinants of nutrition, physical activity and obesity in Europe and at the sub-regional level. The EURO-PREVOB consortium consists of 14 participants from 11 European countries – a multi-disciplinary team spanning a variety of key disciplines ranging from public health, nutrition, physical activity, epidemiology and economy. You can find further details of the project's aims and workplan on the project website ([www.europrevob.eu](http://www.europrevob.eu)) and fact sheet.

Every six months, the EURO-PREVOB *Newsletter* will provide you with the latest news on the project's activities and progress. If you have any comments and suggestions, please do not hesitate to contact us (see contact details on page 4). We hope you'll enjoy reading the newsletter!

Joceline Pomerleau



**14 partners from  
11 countries**

**Project coordination:** London School of Hygiene & Tropical Medicine

**Project partners:** Bosnia and Herzegovina, Czech Republic, Denmark, France, Italy, Latvia, Russian Federation, Slovenia, Switzerland, Turkey, United Kingdom

**Duration:** 04/2007–03/2010



EURO-PREVOB Launch Meeting, London, 25 April 2007

*Top row, from left:* Harry Rutter (SEPHO, UK), Marc Suhrcke (WHO Venice Office), Francesco Branca (WHO Copenhagen Office), Eric Brunner (UCL, UK), Jorge Restrepo (IBFAN, Switzerland), Marina Popovich (NCPM, Russian Fed.), Karen Lock (LSHTM, UK), Lorenza Mistura (INRAN, Italy), Aida Filipovic Hadziomeragic (IPH-FBIH, Bosnia & Herzegovina). *Bottom row, from left:* Gülden Pekcan (HUBDB, Turkey), Mojca Gabrijelcic (IVZ RS, Slovenia), Martin McKee (LSHTM, UK), Cécile Knai (LSHTM, UK), Giovanna Ceroni (LSHTM, UK), Nicole Darmon (INSERM, France), Joceline Pomerleau (LSHTM, UK). *Not present:* Aileen Robertson (SUHRS, Denmark), Iveta Pudule (PHA, Latvia), Zuzana Brazdova (MU, Czech Rep.), Giuseppe Maiani (INRAN, Italy), Tatyana Kamardina (NCPM, Russian Fed.), Lida Lhotska (IBFAN, Switzerland).

## EURO-PREVOB MEETINGS

**EURO-PREVOB LAUNCH MEETING:** On 25 April 2007, the EURO-PREVOB project was launched with great success. Representatives of the project's partners gathered in London to review and discuss the work ahead in a very positive and fruitful environment.



Discussions covered administrative issues, including a review of the project management structure, management of finance, reporting tasks, partners' responsibilities, quality standards, composition and roles of the Scientific and Steering Committees and of the Advisory Board, and the finalisation of the project's consortium agreement. The overall 3-year workplan was also reviewed, and detailed discussions of the work during the first year of the project followed.

The meeting concluded with a pleasant dinner that stimulated further informal discussions among partners. The launch meeting report (Project Deliverable 1) is available to project partners in the intranet section of the website.



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**THE 1<sup>ST</sup> ADVISORY BOARD MEETING AND 2<sup>ND</sup> SCIENTIFIC COMMITTEE MEETING, COPENHAGEN, 15–16 OCTOBER 2007:** The second formal gathering of the EURO-PREVOB consortium will be held next October and hosted by SUHR's University College in Copenhagen.

The reunion will entail two formal meetings. The first one will take place in the afternoon of 15 October and will consist of the 1<sup>st</sup> **EURO-PREVOB Advisory Board meeting**. Its objectives will be for the five Advisory Board members and project partners to meet and discuss the project progress and how to achieve excellence and policy relevance.

The second meeting will consist of the 2<sup>nd</sup> **EURO-PREVOB Scientific Committee Meeting** with the aim of discussing the practicalities and strategies of the short- and medium-term workplan.

EURO-PREVOB partners and Advisory Board members will soon receive further details of the meeting programme and background documents. These will also be made available in the members only section of the website.

For more information about the meetings, please contact us at [europrovob@lshtm.ac.uk](mailto:europrovob@lshtm.ac.uk).

## UPDATE ON PROGRESS

As planned, scientific work on the project is currently focusing on three workpackages: **WP2** (led by Dr Francesco Branca – WHO-EURO): Set-up of a database of European experts and stakeholders analysis; **WP3** (led by Dr Eric Brunner – University College

London): Review of the literature; and **WP4** (led by Dr Francesco Branca): Development of policy analysis tools. Progress will be presented and discussed at the Copenhagen meeting in October 2007.

## OTHER EVENTS AND PUBLICATIONS OF NOTE

### THE 2<sup>ND</sup> WHO EUROPEAN ACTION PLAN FOR FOOD AND NUTRITION POLICY DISCUSSED AT THE 57<sup>TH</sup> REGIONAL COMMITTEE

Representatives of the 53 Member States in the WHO European Region will meet in Belgrade, Serbia, on 17–20 September 2007 to formulate regional policies and supervise WHO EURO's activities. Food and nutrition policy is a key issue on the agenda.

The text of the Action Plan can be found at [http://www.euro.who.int/document/rc57/edoc\\_10.pdf](http://www.euro.who.int/document/rc57/edoc_10.pdf). The Regional Committee will also discuss the follow-up of the Istanbul conference on counteracting obesity. A document describing the development in the European Region since Istanbul can be found at [http://www.euro.who.int/document/rc57/edoc\\_06.pdf](http://www.euro.who.int/document/rc57/edoc_06.pdf).

The Action Plan has been developed after a series of consultations with Member States concluded with a meeting of the WHO nutrition counterparts in Paris. The report is available at [http://www.euro.who.int/Document/NUT/2nd\\_Mtg\\_EAPFNP.pdf](http://www.euro.who.int/Document/NUT/2nd_Mtg_EAPFNP.pdf).

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### UPDATED REVIEW OF DIETARY ADVICE FOR REDUCING CARDIOVASCULAR RISK

An update of the review Brunner EJ, Thorogood M, Rees K, Hewitt G. Dietary advice for reducing cardiovascular risk. *Cochrane Database of Systematic Reviews*, 2005 issue 4, CD002128, will shortly appear on the Cochrane Library. The existing review included studies up to year 2000, and the new one brings this up to date; 38 trials are reviewed.

### COMPARATIVE ANALYSIS OF NUTRITION POLICIES IN EUROPE

WHO has recently published a new comparative analysis of nutrition policies in the European Region, indicating that the majority of countries have a nutrition policy and that the challenge now is their implementation ([http://www.euro.who.int/document/Nut/instabul\\_conf %20ebd02.pdf](http://www.euro.who.int/document/Nut/instabul_conf %20ebd02.pdf)). A specific analysis on obesity policies and initiatives updated to July 2007 is contained in <http://www.euro.who.int/document/E90669.pdf>. WHO is taking the challenge of implementation by facilitating the establishment of Action networks led by Member States that have developed particularly advanced approaches and actions. An action network on salt reduction (led by the UK), one on marketing food and non-alcoholic beverages to children (led by Norway) and one on childhood obesity surveillance (led by Portugal) have been established. The purpose of the initiatives can be found at [http://www.euro.who.int/nutrition/ActionPlan/20070910\\_1](http://www.euro.who.int/nutrition/ActionPlan/20070910_1)

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### NEW REVIEW OF DIETARY INTERVENTIONS TO PREVENT CANCER

A new review\* funded by the World Cancer Research Fund examines non-RCT studies that measure the effect of population and community dietary interventions such as the US 5-a-day campaign. A press release was issued by WCRF on 28 August 2007.

\*Thorogood M, Simera I, Dowler E, Summerbell C, Brunner EJ. A systematic review of population and community dietary interventions to prevent cancer. *Nutr Res Rev* 2007; **20**:74–88.

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## **OBESITY AND SOCIO-ECONOMIC GROUPS IN EUROPE: EVIDENCE REVIEW AND IMPLICATIONS FOR ACTION (TENDER No. SANCO/2005/C4-NUTRITION/03)**

This evidence review was commissioned by European Commission, DG Health & Consumer Protection (SANCO), Public Health & Risk Assessment, Unit C4 – Health Determinants from SUHR's University College, Denmark.

The final draft of this report will be submitted to SANCO at end of October and presented to all EU Member States at the meeting of The Expert Group on Social Determinants and Health Inequalities on 26–27 November in Luxembourg.

This report concerns obesity and socio-economic status (SES) among populations of the EU.

The main aims of this report are to:

- Describe and evaluate the prevalence and trends of obesity in different socioeconomic groups.
- Examine the health and economic consequences of the burden of obesity.
- Describe critical stages through the life cycle when key interrelated mechanisms and risk factors contribute to the increasing rates of obesity.
- Present information to assist countries and the EU to develop public health policies and strategies for the prevention of obesity particularly in low socio-economic groups.
- Identify gaps and issues that need further research.

### **TEXTBOOK: PUBLIC HEALTH NUTRITION: FROM PRINCIPLES TO PRACTICE**

A new Public Health Nutrition reference book entitled *Public Health Nutrition: from principles to practice*, edited by Mark Lawrence and Tony Worsley (Deakin University, Australia) and published by Allen & Unwin, is now available and retails for approximately £25.

It is intended to be a core reference book for food and nutrition students (upper-undergraduate and introductory postgraduate) internationally.

<http://www.allenandunwin.com/Shopping/ProductDetails.aspx?ISBN=9781741751024>

### **TOWARDS AN EU STRATEGY ON NUTRITION AND PHYSICAL ACTIVITY – THE COMMISSION WHITE PAPER AND NEXT STEPS**

A roundtable organized by the Centre for Health & Ethics in Society (CHES) and the Royal College of Physicians (RCP) (London) on 1 October (12.30–16.00), Brussels.

Following the successful CHES/RCP roundtable held in May 2006, a follow-up event has been organized in October to address the future EU strategy to promote healthy diets and physical activity, following the recent publication of the Commission White Paper entitled *A Strategy for Europe on Nutrition, Overweight and Obesity-Related Health Issues*.

The objectives for the roundtable are threefold:

- To be informed of and discuss the proposals contained in the White Paper on key policy issues related to healthy diets and physical activity.
- To help identify key priority areas and formulate concrete recommendations for EU action.
- To identify gaps and help formulate adequate policy responses to address them.

The roundtable will provide a useful opportunity for an exchange of views for a limited number of invited guests to provide input into ongoing deliberations about EU nutrition strategy and help ensure that key policy issues are addressed. The summary report of the meeting will be unattributed to allow for an open discussion.

## EURO-PREVLOB CONTACTS

For additional information please visit the EURO-PREVLOB website at [www.europrevob.eu](http://www.europrevob.eu) or email your questions, comments or suggestions directly to us ([europrevob@lshtm.ac.uk](mailto:europrevob@lshtm.ac.uk)).

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