



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

Newsletter



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European Commission
Coordination Action

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From the Scientific Coordinator

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

We have nearly completed the first year of our project, and good progress has been made, according to the work we set out for ourselves. First, I would like to congratulate all partners for their efforts at disseminating information about the project: all have reported one or more past or planned dissemination activities, and a link to our website now figures on several relevant websites! In addition, more people will have the opportunity to learn about EURO-PREVOB in the next few months as presentations about the project will take place at a range of events, including the 6th International Nutrition & Dietetics Congress (Antalya, Apr 2008), the 16th European Congress on Obesity (Geneva, May 2008) and the 9th Nordic Nutrition Conference (Copenhagen, June 2008). Please let us know if you are also thinking about presenting the project at a meeting in your region.

Partners involved in workpackages 2, 3, and 4 have been working hard on the products we have committed to develop, and which will be key to adequately carrying out our work during this forthcoming year. As described in more detail below, excellent progress has been made on all three products: the deliverable for WP2 (database of experts and stakeholders) has been sent out for internal review, and the final drafts of WP3 (literature reviews) and WP4 (concept paper on policy analysis and policy analysis tool) will be ready for discussion at the next meeting.

This next meeting, i.e. the 1st Plenary Meeting and 3rd Scientific Committee meeting of the project, is coming up on 17 and 18 April in Jurmala, Latvia. Several experts and stakeholders have already confirmed their attendance to the plenary meeting, and it is anticipated that their contribution at this stage will greatly enhance the quality and direction of our work.

Thanks again for all your hard work and I look forward to seeing you in Jurmala in April!

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



UPDATE ON WP2:

Set-up of a database of European experts and stakeholders analysis, led by Dr Francesco Branca, WHO-EURO

The deliverable for WP2 (D2) is due at the end of March 2008 and is currently undergoing internal review: D2 "Database of European experts and stakeholders" was submitted to the coordinating team at the end of February for internal review, as a last step before sending the deliverable in to the European Commission. D2 presents the two concept papers prepared over the past months (drafts were discussed at the 1st Advisory and 2nd Scientific Committee meetings in Copenhagen), i.e. the concept paper for a database of European experts on the prevention of obesity and the concept paper on stakeholder mapping, as well as the expert and stakeholder databases themselves.

UPDATE ON WP3:

Review of the literature, led by Dr Eric Brunner, University College London

The deliverables for WP3 (D3.1 and D3.2) are due at the end of May 2008 and are nearly finished:

The two reviews (outlined below) that make up these deliverables have been submitted to the workpackage leader and to other partners, and comments have already been provided on both. The reviews of the literature will be discussed at the next project meeting in Jurmala, Latvia.

1. **Review 1:** to provide a comprehensive understanding of scientific knowledge on: variations and trends in obesity prevalence, in the health and economic burden of obesity, and in socioeconomic inequalities in obesity in Europe; and on nutrition and physical activity as determinants of obesity and inequalities in obesity in Europe.
2. **Review 2:** to enhance the understanding of the existing public health policy situation with regard to nutrition and physical activity as determinants of obesity, and inequalities in obesity in the EU and the wider European level.

UPDATE ON WP4:

Development of policy analysis tools, led by Dr Francesco Branca, WHO-EURO

The latest drafts of WP4 products, i.e. the concept paper on policy analysis and the draft policy analysis tool are due at the end of May 2008 and good progress is being made on both.

1. **The concept paper on policy analysis:** proposes a framework for policy analysis in the context of EURO-PREVOB, methods for policy analysis, and the principles guiding the development of the policy analysis tool. It also puts forth guidance on analysing the results obtained with the policy analysis tool and the generation of a EURO-PREVOB scorecard.
2. **The policy analysis tool** consists of: 1) an interview with key informants, focusing on the policy areas that were identified at the last meeting, and aiming to assess progress on these policy areas by asking questions as per a series of indicators; and 2) a community questionnaire entailing direct measurements made in the community in relation to the policy areas the project is focusing on.

UPDATE ON WP5:

Development and coordination of the sub-regional analysis, led by Dr Aileen Robertson, SUHR's University College

Work on the development of a detailed methodology to be used in the organisation of the policy analysis tool sub-regional pilots and working groups is progressing. Aileen will present an initial strategy for carrying out the work, at the upcoming meeting in Jurmala, Latvia.

****MEETING PREPARATIONS****

We will have the opportunity to benefit from the expertise and input of several well-known experts who have been invited to talk about the policy areas relevant to EURO-PREVOB:

- Dr Elizabeth Dowler, from the department of Sociology at Warwick University in the UK, will be speaking on food and nutrition insecurity
- Dr Mike Rayner, from the University of Oxford, British Heart Foundation Health Promotion Research Group, will be speaking on nutrient profiling as basis for labelling and fiscal policy
- Dr Tim Lobstein, an advisor to EURO-PREVOB, from the International Obesity TaskForce, will be speaking on marketing to children
- Professor Brian Martin, an advisor to EURO-PREVOB and chairman of the Health-Enhancing Physical Activity (HEPA) network, from the Swiss Federal Institute of Sport Magglingen, will be speaking on physical activity and the built environment
- Dr Adriano Cattaneo, from the Institute of Child Health IRCCS Burlo Garofolo in Italy, will be speaking about maternal and child nutritional health
- Dr Carmen Pérez Rodrigo, from the Community Nutrition Unit at the Bilbao Department of Public Health in Spain, will be speaking about comprehensive school policies and the indicators developed as part of the WHO Strategy on Diet, Physical Activity and Health

****PRACTICAL INFORMATION AND BACKGROUND DOCUMENTS****

All practical information, including hotel arrangements and preliminary programme, is available to meeting participants on the following Sharepoint interface (the username and password were provided in the invitation letter):

<https://sharepoint.euro.who.int/sites/MM/MMBasic/euro-prevob/default.aspx>.

Background documents will soon be available on this platform. If you require any further assistance, please contact Almuth Janisch from the WHO Regional Office for Europe at alm@euro.who.int.

LOCATION: JURMALA, LATVIA

We will have the wonderful opportunity to hold the meeting at Jurmala, on the Latvian coastline. We will be staying at the Hotel Jurmala. Further information about the hotel and its facilities is available at www.hoteljurmala.com/en/.

If you plan on doing some sightseeing while you are in Latvia, the following websites offer further information: www.latviatourism.lv/info.php; <http://en.wikipedia.org/wiki/Latvia>; www.rigatourism.lv/EN/Channels/Tip/default.htm; www.timeout.com/travel/riga/

*****FORTHCOMING MEETINGS AND CONFERENCES 2008*****

In addition to the conferences and meetings listed in the background document which you will receive prior to the meeting in Jurmala, please note the announcement of:

UCL Public Seminar: Obesity – What hope for change?

Tuesday 1 July 2008, 5pm

Speakers: Profs Tim Lang, City University, Jand Wardle, UCL, Martin McKee LSHTM and Philip James IOTF (tbc). Panel chair: Dr Eric Brunner, UCL. Email: iish@ucl.ac.uk
<http://www.ucl.ac.uk/iish/seminars.htm>

Granada Scientific Week on Healthy Lifestyle & Nutrition in Europe: From Conception to Adolescence (HELENA Symposium)

http://www.helenastudy.com/granada_symposium.php

*****SCIENTIFIC REPORTS AND PAPERS*****

State of the Evidence Review on Urban Health and Healthy Weights: Canadian Population Health Initiative – 2008 Canadian Institute for Health Information (http://secure.cihi.ca/cihiweb/dispPage.jsp?cw_page=GR_1929_E)

New UK Obesity Strategy. The UK recently launched its obesity strategy, "Healthy Weight, Healthy Lives: A Cross Government Strategy for England" (http://www.dh.gov.uk/Publicationsandstatistics/Publications/PolicyAndGuidance/DH_082378)

Renehan AG *et al.* Body-mass index and incidence of cancer: a systematic review and meta-analysis of prospective observational studies. *The Lancet* 2008; 371: 569–578. Increased BMI is associated with a higher risk of common and less common malignancies. For some cancer types, associations differ between sexes and populations of different ethnic origins. These epidemiological observations should inform the exploration of biological mechanisms that link obesity with cancer.

Physical activity and environment: Guidance on the promotion and creation of physical environments that support increased levels of physical activity. (January 2008). This guidance offers the first national, evidence-based recommendations on how to improve the physical environment to

encourage physical activity. It demonstrates the importance of such improvements and the need to evaluate how they impact on the public's health. (<http://www.nice.org.uk/PH008>)

Economic nutrition policy tools – useful in the challenge to combat obesity and poor nutrition? This report discusses the consequences of the introduction of measures such as taxes and subsidies concerning the dietary composition, and to what extent regulatory economic measures can be used to stimulate dietary changes in vulnerable groups; the effectiveness of economic measures compared to other measure; and whether economic measures can interact with other nutrition policy measures. (http://www.atv.dk/c/Economic%20nutrition%20policy_%20web.pdf)

The links between diet and behaviour: The influence of nutrition on mental health. (January 2008) Report of an inquiry held by the Associate Parliamentary Food and Health Forum. (www.fabresearch.org)

The social determinants of health: Developing an evidence base for political action – Final report from Measurement and Evidence Knowledge Network Michael P. Kelly (Co-chair) – Josiane Bonnefoy (Co-chair). WHO Commission on the Social Determinants of Health, 2007. (http://www.who.int/social_determinants/resources/mekn_report_10oct07.pdf.)



The ways to make the case for policies are described and appropriate entry points and communications strategies are identified.

The next four elements of the framework are outlined in turn: a) evidence generation, b) evidence synthesis and guidance development, c) implementation and evaluation, and d) learning from practice.

The report also describes the principal ways in which policies relating to the social determinants may be monitored.

Moynihan R *et al.* Evidence-informed health policy: using research to make health systems healthier. Report from Kunnskapssenteret (Norwegian Knowledge Centre for the Health Services) No 1–2008. A Multimethod Study. (http://www.kunnskapssenteret.no/filer/Rapport_08_01_EIHP.pdf)

The study's seven main implications for those establishing or administering organisations to produce clinical practice guidelines or health technology assessments or organisations to support the use of research evidence in developing health policy include:

1. Collaborate with other organisations;
2. Establish strong links with policymakers and involve stakeholders in the work;
3. Be independent and manage conflicts of interest among those involved in the work;
4. Build capacity among those working in the organisation;
5. Use good methods and be transparent in the work;
6. Start small, have a clear audience and scope, and address important questions; and
7. Be attentive to implementation considerations even if implementation is not a remit.

*****ADDITIONAL NEWS*****

Consultation on a proposed EU fruit scheme. The EU Council on Agriculture and Rural Development is exploring the potential for a school fruit scheme in the context of the reform of the Common Market Organisation (CMO) for fruit and vegetables. The proposed school fruit scheme could meet important public health objectives, complement existing school food initiatives targeting poorer children and support horticultural production. The consultation is now open for contributions from the interested public.

Issues of interest include:

- European and national food and nutrition policy context for the proposed school fruit and vegetable scheme;
- Consider the various ways in which the scheme could be delivered;
- Identify how the scheme could best benefit children from low-income families.

All relevant information on a possible school fruit scheme can be found on the following webpage:

http://ec.europa.eu/agriculture/markets/fruityeg/sfs/public/index_en.htm

Case Studies

This website continues to be updated with case studies highlighting the community work throughout Ireland:

<http://www.healthyfoodforall.com/content/blogcategory/24/31/>

Interesting Links

<http://well.blogs.nytimes.com/2008/01/15/the-farmers-market-effect/>

www.lovefoodhatewaste.com

www.ers.usda.gov/publications/err54



REPORTS ON CONFERENCES AND MEETINGS

WHO Community interventions to improve nutrition and physical activity

Berlin, 21–22 February 2008

The WHO Regional Office for Europe, in collaboration with the German Ministry of Health, arranged a meeting on Community interventions to improve nutrition and physical activity, in Berlin on 21–22 February 2008. The purpose of the meeting was to provide experts and project managers with an opportunity to discuss good practices in lifestyle interventions. Good examples of current interventions were presented and served as a basis to identify criteria for determining successful interventions. Participants were asked to discuss and agree on criteria to define and evaluate good practices.

DISSEMINATION AT CONFERENCES AND MEETINGS

6th International Nutrition and Dietetics Congress, April 2008

One abstract has been submitted:

1. Tackling the social and economic determinants of nutrition and physical activity for the prevention of obesity across Europe: EURO-PREVOB

16th European Congress on Obesity, May 2008

Two abstracts have been accepted as posters:

1. Tackling the social and economic determinants of nutrition and physical activity for the prevention of obesity across Europe: EURO-PREVOB
2. Development of a policy analysis tool for obesity prevention: the contribution of EURO-PREVOB

Nordic Nutrition Conference, 1–4 June 2008

Two abstracts have been accepted as posters:

1. Developing an understanding of the co-existence of obesity and food insecurity: EURO-PREVOB
2. The different social gradients of obesity in Nordic and Baltic countries: EURO-PREVOB

Inequalities in Health, new information, new political stakes, 16–17 October 2008

One abstract is being prepared for submission. Title to be confirmed.



EURO-PREVOB CONTACTS

For additional information please visit the EURO-PREVOB website at www.europrevob.eu or email your questions, comments or suggestions directly to us (europrevob@lshtm.ac.uk).

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