



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

## Newsletter



A 6th Framework Programme  
European Commission  
Coordination Action

Issue no. 6

[www.euoprevob.eu](http://www.euoprevob.eu)

December 2008

### From the Scientific Coordinator

#### *Season's Greetings!*

As 2008 comes to an end, this newsletter will give you a brief update on the project's progress and on our plans for 2009.

We are now gearing up towards the project's 2<sup>nd</sup> Plenary Meeting and 5<sup>th</sup> Scientific Committee Meeting, to be held in Istanbul in May 2009. The meetings will offer an excellent opportunity to discuss, with a group of external experts and stakeholders, the results of the pilot testing of our policy analysis tool (developed in the first phase of the project) in five sub-regions of Europe. Further details of the plenary meeting will be provided in the March 2009 issue of the Newsletter.

The project will then enter into its third and final phase and will concentrate on the development of an integrated set of guidelines and recommendations on best practice for the implementation of obesity prevention and control actions at the EU and the wider European levels. This will culminate in the last Plenary Meeting to be held in Rome in the Autumn of 2009. I hope that you will follow these developments with us!

In the meantime, the Coordinator's team at LSHTM wish you restful holidays and all the best for the New Year!

*Joceline Pomerleau*



#### **13 partners from 10 countries**

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

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

**Duration:** 04/2007–03/2010

### UPDATE ON PROGRESS

**The Mid-term Reporting Package (Deliverable 14.2)**, which included the Mid-Term Periodic Activity Report, the Mid-Term Management Report, the Report on the Distribution of the Community's Contribution and a Summary Financial Report, was submitted to the European Commission in mid-November 2008.

**Deliverables D3.1 and D3.2** (reviews of the literature produced under WP3) are now publicly available on [www.euoprevob.eu](http://www.euoprevob.eu), under Publications, having been accepted by the European Commission.

#### **2<sup>nd</sup> Advisory Board Meeting & 4<sup>th</sup> Scientific Committee Meeting, Sarajevo, 23-24 October 2008**

The 2<sup>nd</sup> Advisory Board Meeting & 4<sup>th</sup> Scientific Committee Meeting of EURO-PREVOB were kindly hosted by the Institute of Public Health of Federation of Bosnia and Herzegovina (IPH-FBiH). We are very grateful to the IPH-FBiH, and in particular to Dr Aida Filipovic-Hadziomeragic and her colleagues, for all of their efforts in welcoming us to Sarajevo, hosting the meeting and organising a great tour of the city!

The Advisory Board Meeting took place on 23 October 2008. This was an opportunity for the Advisory Board members and project partners to examine the project progress at 18 months and to discuss planned work over the next months. All members present were pleased with the progress to date and with the shape that the policy analysis tool has taken since the 1<sup>st</sup> Plenary Meeting in April 2008, as well as with the progress made on the pilot work. The Advisory Board took this opportunity to provide very useful feedback and practical advice for the next steps. Feedback from the Advisory Board is available on the project's intranet.



The 4<sup>th</sup> EURO-PREVOB Scientific Committee Meeting was held on the following day (24 October 2008). This meeting allowed the project partners to jointly reflect on the outcomes of the Advisory Board Meeting and to further discuss scientific issues, including the workplan and dissemination strategies to be taken in the months to come. In addition, the partners had the opportunity to hear from Dr Trudy Wijnhoven (WHO) on a new WHO/EU project monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union. The partners discussed potential synergies between the two projects.

**Update on WP5 (Development and coordination of the sub-regional analyses), WP6 and WP8–11 (Pilot of the policy analysis tool)**

The pilot work started in September/October 2008 and is progressing well. Some countries have almost finished data collection and are in the process of analysing data. A sub-regional meeting has already taken place in the Czech Republic to discuss preliminary results. The others will take place at the beginning of 2009. Further details will be provided in the next issue of the newsletter.



*4<sup>th</sup> Scientific Committee Meeting at the Institute of Public Health of Federation of Bosnia and Herzegovina (IPH-FBiH)*



*Guided tour of Sarajevo!*

## PREPARATION OF THE NEXT EURO-PREVOB MEETINGS IN ISTANBUL, 23-24 MAY 2009

We are in the process of preparing the programme and background documentation for the Istanbul meetings in May. As usual, background documents will be circulated prior to the meetings. An information circular and a preliminary programme will be sent in early 2009 so that you will be able to plan your travel arrangements in good time.

## EVENTS AND PUBLICATIONS OF NOTE

### \*\*\*FORTHCOMING MEETINGS AND CONFERENCES \*\*\*

Please find below information on selected forthcoming meetings and conferences of interest.

2009	
Healthy Ageing: The Role of Nutrition and Lifestyle <a href="http://www.nutrition.org.uk/ageing">www.nutrition.org.uk/ageing</a>	13 Jan 2009 London, UK
<a href="#">Managing Appetite: Functional Foods and Pharmaceuticals</a> Email: <a href="mailto:chris@aso.ndo.co.uk">chris@aso.ndo.co.uk</a>	10 Feb 2009, Institute of Child Health, London, UK
<a href="#">Diabetes UK Annual Professional Conference 2009</a> Email: <a href="mailto:conferences@diabetes.org.uk">conferences@diabetes.org.uk</a>	11-13 March 2009 Glasgow, UK
<a href="#">Inaugural EASO Björntorp Symposium</a> Email: <a href="mailto:enquiries@easoobesity.org">enquiries@easoobesity.org</a>	24-27 March 2009 Prague, Czech Rep
12th World Congress on Public Health: Making a Difference in Global Public Health: Education, Research and Practice, <a href="http://www.worldpublichealth2009.org">www.worldpublichealth2009.org</a>	27 Apr–1 May 2009 Istanbul, Turkey
17th European Congress on Obesity - ECO 2009 Email: <a href="mailto:eco2009@easo.org">eco2009@easo.org</a>	6-9 May 2009 Amsterdam, Netherlands
<a href="#">BASORD - 8th International Symposium on Obesity and Related Diseases</a>	21-23 May 2009 Albena, Bulgaria
<a href="#">18th Annual Meeting of the European Childhood Obesity Group (ECOG)</a> Email: <a href="mailto:ecog2008@skyros-congressos.com">ecog2008@skyros-congressos.com</a>	5-7 June 2009 Porto, Portugal

### Also of note:

#### **Workshop on the development of the second Food and Nutrition Action Plan for the Federation of Bosnia and Herzegovina, Sarajevo, 23 December 2008**

In accordance with commitments given by the adoption of the European Charter on Counteracting Obesity at the WHO European Ministerial Conference in Istanbul in November 2006 and by the endorsement of the WHO European Action Plan for Food and Nutrition Policy 2007-2012, a workshop on the development of the Second Food and Nutrition Action Plan for the Federation of Bosnia and Herzegovina was held on 23 of December 2008, organised by the Ministry of Health and the Public Health Institute of Federation of Bosnia and Herzegovina. Representatives from relevant ministries got together to discuss and agree the methodology and steps in development of the action plan for the Federation of Bosnia and Herzegovina entity.

### \*\*\*RELEVANT NEWS, SCIENTIFIC REPORTS AND PAPERS OF INTEREST\*\*\*

Visit the HOPE website to get free details of the latest news and publications related to obesity.

[http://www.hopeproject.eu/index.php?page=news&news\\_id=50](http://www.hopeproject.eu/index.php?page=news&news_id=50). If you have any news you would like to add or share, please contact: [HOPEnet@iaso.org](mailto:HOPEnet@iaso.org)

#### Links to RELEVANT NEWS

European School fruit scheme  
[http://ec.europa.eu/agriculture/markets/fruitveg/sfs/index\\_en.htm](http://ec.europa.eu/agriculture/markets/fruitveg/sfs/index_en.htm)



UK: People live 14 years longer in affluent areas  
<http://tinyurl.com/54wwvd>

UK: White working-class pupils eat most junk food, claims children's minister  
<http://tinyurl.com/4r69rx>

UK: Food nutritional labelling is confusing, says Government-funded study  
<http://tinyurl.com/3v6sx5>

UK: Call to ban junk food from NHS  
<http://news.bbc.co.uk/1/hi/health/7664355.stm>

England: Nine towns lead obesity battle  
<http://tinyurl.com/5r57w7>

Scotland: Health board bans sugary drinks  
[http://news.bbc.co.uk/1/hi/scotland/tayside\\_and\\_central/7646220.stm](http://news.bbc.co.uk/1/hi/scotland/tayside_and_central/7646220.stm)

### **Links to REPORTS & ARTICLES**

Income inequality and poverty rising in most OECD countries  
[www.oecd.org/els/social/inequality](http://www.oecd.org/els/social/inequality)  
Related press release:  
[http://www.oecd.org/document/25/0,3343,en\\_2649\\_201185\\_41530009\\_1\\_1\\_1\\_1,00.html](http://www.oecd.org/document/25/0,3343,en_2649_201185_41530009_1_1_1_1,00.html)

UK: Changes in food and drink advertising and promotion to children  
[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_089129](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_089129)  
*Related comment*  
[http://www.bhf.org.uk/news\\_and\\_campaigning/press\\_office/latest\\_news\\_views/junk\\_food\\_advertising1.aspx](http://www.bhf.org.uk/news_and_campaigning/press_office/latest_news_views/junk_food_advertising1.aspx)

EU Platform on Diet, Physical Activity and Health - New working paper on Physical activity September 2008  
[http://ec.europa.eu/health/ph\\_determinants/life\\_style/nutrition/platform/docs/ev\\_20080917\\_wp\\_en.pdf](http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/docs/ev_20080917_wp_en.pdf)

EUROPE: Footballers aim for EU food goal  
<http://www.world-heart-federation.org/what-we-do/children-youth/eat-for-goals/>

Sherburne Hawkins S, et al. An ecological systems approach to examining risk factors for early childhood overweight: findings from the UK Millennium Cohort Study. *J Epidemiol. Community Health* published online 18 Sep 2008; 10.1136/jech.2008.077917

Melhuish E. et al. Effects of fully-established Sure Start Local Programmes on 3-year-old children and their families living in England: a quasi-experimental observational study. *Lancet* 2008; 372, 9650: 1641–7.

Kane P. Sure Start Local Programmes in England. *Lancet*, 2008; 372, 9650: 1610–12.

Hartig T. Green space, psychological restoration, and health inequality. *Lancet*, 2008; 372 9650: 1614–15.

Mitchell R & Popham F. Effect of exposure to natural environment on health inequalities: an observational population study. *Lancet*, 2008; 372, 9650: 1655–60.

Crawford D. et al. Do features of public spaces vary according to neighbourhood socio-economic status? *Health and Place*, 2008; 14(4): 889–93.

Hackett A, et al. Mapping Dietary habits may provide clues about the factors that determine food choice. *J Hum Nutr and Diet*, 2008; 21 (5) 428–37.

Lorenc T et al. Attitudes to walking and cycling among children, young people and parents: a systematic review. *J Epidemiol Community Health* 2008; 62: 852–7.

Moore L & Tapper K. The impact of school fruit tuck shops and school food policies on children's fruit consumption: a cluster randomised trial of schools in deprived areas. *J Epidemiol Community Health* 2008; 62: 926–31.

Kipping RR, Jago R, Lawlor DA. Obesity in children. Part 1: Epidemiology, measurement, risk factors, and screening. *BMJ* 2008; 337.

### **Links to EVENTS & RESOURCES**

School Fruit: a healthy start for our children - Promoting School Fruit Schemes in the European Union - 15–16 December, Brussels  
[http://ec.europa.eu/agriculture/markets/fruitveg/sfs/events/conference/index\\_en.htm](http://ec.europa.eu/agriculture/markets/fruitveg/sfs/events/conference/index_en.htm)

Closing the Gap in a Generation Conference - Health Equity through Action on the Social Determinants of Health

Live Webcast from London, 6 – 7 November, 2008 - This event, along with some key interviews, will also be available to view until February 2009.

The full programme and speaker biographies can be viewed on the conference registration site. The Webcast Team support@joosetv.com

Global Health Watch 2  
[http://www.ghwatch.org/ghw2/ghw2\\_pressrelease.php](http://www.ghwatch.org/ghw2/ghw2_pressrelease.php)

UK: Healthy Weight, Healthy Lives: A toolkit for developing local strategies  
[http://www.heartforum.org.uk/Publications\\_NHFreports\\_HealthyWeightHealthyLives.aspx](http://www.heartforum.org.uk/Publications_NHFreports_HealthyWeightHealthyLives.aspx)



## EURO-PREVOB CONTACTS

For additional information please visit the EURO-PREVOB 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)).

### Project Coordinator:

*Name:* London School of Hygiene & Tropical Medicine

*Project leader:* Martin McKee

*Scientific coordinator:* Joceline Pomerleau

*Lecturer:* Cécile Knai

*Administrative coordinator:* Giovanna Ceroni

*Address:* Keppel Street, London WC1E 7HT

*Country:* United Kingdom

*Telephone:* (44) 20 7612 7811; *Fax:* (44) 20 7612 7812

*Contact email:* [europrevob@lshtm.ac.uk](mailto:europrevob@lshtm.ac.uk)

### Partners:

**Name:** London School of Hygiene & Tropical Medicine (LSHTM)

**Country:** United Kingdom

**Website:** [www.lshtm.ac.uk](http://www.lshtm.ac.uk)

**Name:** SUHR'S University College (SUHRS)

**Country:** Denmark

**Website:** [www.suhrs.dk](http://www.suhrs.dk)

**Name:** World Health Organization Regional Office for Europe (WHO)

**Country:** Denmark

**Website:** [www.euro.who.int](http://www.euro.who.int)

**Name:** Institut National de la Santé et de la Recherche Médicale (INSERM)

**Country:** France

**Website:** [www.inserm.fr](http://www.inserm.fr)

**Name:** Hacettepe University Department of Nutrition and Dietetics (HUBDB)

**Country:** Turkey

**Website:** [www.hacettepe.edu.tr](http://www.hacettepe.edu.tr)

**Name:** South East Public Health Observatory (SEPHO)

**Country:** United Kingdom

**Website:** [www.sepho.org.uk](http://www.sepho.org.uk)

**Name:** Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione (INRAN)

**Country:** Italy

**Website:** [www.inran.it](http://www.inran.it)

**Name:** Public Health Agency (PHA)

**Country:** Latvia

**Website:** [www.sva.lv](http://www.sva.lv)

**Name:** Masaryk University (MU)

**Country:** Czech Republic

**Website:** [www.muni.cz](http://www.muni.cz)

**Name:** Institute of Public Health of Federation of Bosnia and Herzegovina (IPH-FBiH)

**Country:** Bosnia and Herzegovina

**Website:** [www.zzjzfbih.ba](http://www.zzjzfbih.ba)

**Name:** Institute of Public Health of the Republic of Slovenia (IVZ RS)

**Country:** Slovenia

**Website:** [www.ivz.si](http://www.ivz.si)

**Name:** Geneva Infant Feeding Association (GIFA)

**Country:** Switzerland

**Website:** [www.gifa.org](http://www.gifa.org)

**Name:** University College London (UCL)

**Country:** United Kingdom

**Website:** [www.ucl.ac.uk](http://www.ucl.ac.uk)

