

The European Commission services contribution to the progress report on the implementation of the EU strategy on nutrition, overweight, and obesity-related health issues.

Directorate General Agriculture and Rural Development

SCHOOL FRUIT SCHEME	
Strategy field for action*	Common Organisation of Agricultural Markets – Fruits and Vegetables
Short description:	<p>The School Fruit Scheme (SFS) is a voluntary European Union-wide scheme providing fruit and vegetables to school children. Agreed by the Council in 2008, fully supported by EP, the programme has been launched in 2009. The aim is to encourage good eating habits in young people, which studies show tend to be carried on into later life.</p> <p>Besides providing fruit and vegetables to a target group of schoolchildren, the scheme requires participating Member States to set up strategies including educational and awareness-raising measures (<u>accompanying measures</u>) to teach children the importance of healthy eating, as well as sharing of best practice. The EU co-finances at a 50% level (75% in the regions eligible under the Convergence Objective).</p>
Key objectives:	<ul style="list-style-type: none"> - Health aspects: encourage daily consumption of fruit and vegetables among children. - Educational aspect: teach the children at an early stage about healthy lifestyle and healthy eating (nursery schools, primary schools and secondary schools) - Fight against obesity: the numbers are currently worrying enough. From 12 to 18 is the critical age for developing definitive consumption habits.
Last achievements:	<p>23 Member States participated in 2009-2010 and 25 in 2010-2011 (UK - Scotland and Latvia joined). Two countries do not participate, Sweden and Finland.</p> <p>.</p> <p>Some difficulties encountered in the implementation due to different reasons such as</p>

	economic situation, operators' lack of interest in providing small villages and remote schools, co-financing, delay in starting the distribution, etc.
Contact person in the DG AGRI	DG, Unit C2 - Ms G. Keller – Ms M.S. Xiraki
Contact person outside DG	
Started on:	School year 2009-2010
End foreseen on:	-
Budget (if applicable):	90 million Euro/year
Monitoring and evaluation modalities and timing:	<ul style="list-style-type: none"> - First monitoring results in November 2010 (Member States' monitoring reports to the Commission). - First evaluation results in February 2012 (Member States' evaluation reports to the Commission). - The Commission shall report to the European Parliament and the Council by August 2012.
Web link:	<p>http://ec.europa.eu/agriculture/fruit-and-vegetables/school-fruit-scheme/index_en.htm (new website still to be integrated with contents from this first one: http://ec.europa.eu/agriculture/markets/fruitveg/sfs/index_en.htm)</p>

SCHOOL MILK SCHEME

Strategy field for action*	Common Organisation of Agricultural Markets – milk and milk products
Short description:	The European School Milk Scheme (SMS) is intended to encourage consumption among children of dairy products containing important vitamins and minerals One of the main aims of the programme is to encourage the consumption of healthy food among children.
Key objectives:	<ul style="list-style-type: none"> - Health aspects: Due to a recent review by the Commission the selection criteria for the list of eligible products includes now also health related elements, such as a limitation of added sugars to a maximum of 7% and the opening up of the programme to a whole range of low fat milk products - Educational aspect: The scheme does not only have a nutritional character but also an educational character. Since the latest review of the programme, secondary schools have the same access to the scheme as nursery schools, other pre-school establishments and primary schools. - Fight against obesity: One aim of the

	introduced amendments during the last review was guided by the idea to support healthy eating habits, which should lead finally to less obesity among children.
Last achievements:	In the 2008/2009 school year 384.059 tonnes of milk and milk products were distributed in schools in 26 Member States with Community expenditures of 74,68 million EUR.
Contact person in the DG AGRI	DG, Unit C 4 - Ms Cecilia Toth-Kosa
Contact person outside DG	
Started on:	Reviewed scheme: school year 2008
End foreseen on:	-
Budget (if applicable):	74,68 million Euro/year
Monitoring and evaluation modalities and timing:	First monitoring results for the school-year 2008/2009
Web link:	http://ec.europa.eu/agriculture/markets/milk/schoolmilk/index_en.htm

DISTRIBUTION OF FOOD PRODUCTS TO THE MOST DEPRIVED PERSONS IN THE UNION

Strategy field for action*	Common Organisation of Agricultural Markets
Short description:	In spite of the overall availability of food in the Community, there is a certain percentage of its population that falls under the "at risk of poverty" threshold. Part of this population does not have access to a sufficient and balance diet. Against this background a scheme for the distribution of food to the most deprived persons in the Community was set up the first time in 1987. The "most deprived programme" complements and adds value to public and private actions in MS, but cannot resolve all food poverty. The distribution of foodstuffs to deprived people is facilitated through the help of charities. In September 2008, the European Commission proposed to improve the current food distribution programme by <i>inter alia</i> extending the range of products which can be provided.
Key objectives:	<p>- Health aspects: According to the new Commission proposal which is currently discussed in the Council and the European Parliament food products would be chosen by Member State authorities in the frame of national food distribution programmes setting out objectives and priorities for food distribution to the most deprived.</p> <p>- Educational aspect: By its nature the most deprived programme does not necessarily aim at</p>

	<p>education, but put more emphasis to secure food supply for the weakest social section of the population. Aid is typically provided to a wide range of people living in poverty, including families in difficulties, elderly people with insufficient means, the homeless, the disabled, children at risk, the working poor, migrant workers and asylum seekers.</p> <p>- Fight against obesity: It is obvious that fighting obesity is not the first aim of the initiative. Nevertheless according to the new proposal of 2008 food would be chosen by Member State authorities on the basis of nutritional criteria.</p>
Last achievements:	The Commission proposal (2008) seeks to guarantee a stable source of products, because due to CAP reforms intervention stocks do not any more secure the quantities needed.
Contact person in the DG AGRI	DG, Unit C 5 – Mr. Luis Carazo Jimenez
Contact person outside DG	
Started on:	The plan covering the year 2011 has just been adopted through Regulation (UE°) 945/2010.
End foreseen on:	programmes renewable at yearly basis
Budget (if applicable):	The budget available amounts to € 500 million/year from 2009 on.
Monitoring and evaluation modalities and timing:	In 2008 more than 13 million people benefited from this scheme. According to the new Commission proposal the reporting obligations at various levels would be strengthened and include a report from the Commission to the European Parliament and the Council.
Web link:	http://ec.europa.eu/agriculture/markets/freefood/index_en.htm

Directorate general for Information Society and Media

Encouragement of codes of conduct by media service providers on advertising of HFSS foods to children	
Strategy field for action*	Better informed consumers
Short description:	<p>Article 9.2 of the Audiovisual Media Services Directive obliges the Member States and the Commission to encourage media service providers to set up codes of conduct on audiovisual commercial communications to children regarding HFSS foods.</p> <p>On 7 December 2009 the Commission organised a Workshop aiming to encourage media providers and Member States to develop self-regulation in the field. It was attended by the media, advertising industry, Member States representatives and consumer and food groups. We are going to organise a follow up of this workshop on 25 October this year.</p> <p>Moreover, during Contact Committee meetings held in 2009 the Commission urged Member States to fulfil their encouragement obligation stemming from Article 9.2 of the AVMS Directive.</p>
Key objectives:	<ul style="list-style-type: none"> - to encourage self-regulation in the field of food advertising to children - to avoid regulation in this field - to contribute to the promotion of healthy lifestyles among children
Last achievements:	Workshop on Audiovisual commercial communications to children regarding foods high in fat, salt and sugar (7 December 2009)
Contact person in the DG:	Joanna Wrona (Joanna.Wrona@ec.europa.eu)
Contact person outside DG	not applicable

Started on:	2007
End foreseen on:	Continuous activity
Budget (if applicable):	Not applicable
Monitoring and evaluation modalities and timing:	The effectiveness of this provision will be evaluated in the Application Report on the AVMS Directive. First such Report is due by the end of 2011 and afterwards every three years.
Web link:	http://ec.europa.eu/avpolicy/reg/tvwf/advertising/codes/index_en.htm

* As outlined in the White Paper: Better informed consumers; making the healthy option available; encouraging physical activity; priority groups and settings; developing the evidence base to support policy making; developing monitoring systems; other actions relevant for the EU nutrition strategy as outlined in COM (2007) 279 final - please specify

Directorate general for Mobility and Transport

Transport for healthy urban environments	
Strategy field for action*	Encouraging physical activity
Short description:	<p>1. Input on the implementation of Action 3 of the Action Plan on Urban Mobility – Transport for healthy urban environments.</p> <p>2. Input on the support of sustainable urban transport actions via the CIVITAS Initiative, with a particular focus on walking and cycling projects.</p> <p>3. Input on the support of sustainable urban transport actions via the energy-efficient transport (STEER) component of the Intelligent Energy Europe Programme, with a particular focus on cycling projects.</p>
Key objectives:	<p>1. Content of Action 3 to be further developed in cooperation with DG SANCO, C4.</p> <p>2. The CIVITAS Initiative helps cities to achieve a more sustainable, clean and energy efficient urban transport system by implementing and evaluating an ambitious, integrated set of technology and policy based measures.</p> <p>3. The energy-efficient transport (STEER) component of the Intelligent Energy Europe Programme aims to promote energy efficiency and the use of new and renewable energy sources in transport.</p>
Last achievements:	<p>2. Support provided to +/- 130 measures related to safe walking and cycling within the framework of the CIVITAS Initiative.</p> <p>3. Support provided to 10 cycling projects within the framework of the energy-efficient transport (STEER) component of the Intelligent Energy Europe Programme.</p>
Contact person in the DG:	Madeleine Kelly-Tychtl
Contact person outside DG	
Started on:	<p>1. 2010</p> <p>2. 2002</p> <p>3. 2007</p>
End foreseen on:	<p>1. 2012 (review of Action Plan on Urban Mobility)</p> <p>2. 2012</p> <p>3. 2013</p>
Budget (if applicable):	<p>2. CIVITAS I started in 2002 (within the 5th Framework Research Programme); CIVITAS II started in 2005 (within the 6th Framework Research Programme) and CIVITAS PLUS started in 2008 (within the 7th Framework Research Programme).</p> <p>3. IEE global budget: €730 million.</p>
Monitoring and evaluation modalities and timing:	<p>1. Review of Action Plan on Urban Mobility in 2012; assessment of the need for further action.</p>

Web link:	<ol style="list-style-type: none">1. http://ec.europa.eu/transport/urban/urban_mobility/action_plan_en.htm2. http://www.civitas-initiative.org3. http://www.managenergy.net
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* As outlined in the White Paper: Better informed consumers; making the healthy option available; encouraging physical activity; priority groups and settings; developing the evidence base to support policy making; developing monitoring systems; other actions relevant for the EU nutrition strategy as outlined in COM (2007) 279 final - please specify

Directorate General for Education and Culture

Strategy field for action*	Encouraging physical activity
Short description:	<ul style="list-style-type: none"> • Implementation of White Paper on Sport (2007) • Preparation and adoption of Physical Activity Guidelines (2008) as announced in White Paper on Sport • Implementation of Article 165 TFEU • Based on new competence for sport (Article 165 TFEU), if possible, Council-based political process for monitoring MS' progress in relation to Physical Activity Guidelines • Planned Communication on Sport (2010?)
Key objectives:	<ul style="list-style-type: none"> • Regular monitoring of MS progress in relation to making physical activity available to all citizens (not just aiming at competitive sports), if possible based on Physical Activity Guidelines • Inclusion of health-enhancing physical activity (HEPA) priorities into Preparatory Actions and future EU Sport Programme • Inclusion of health-enhancing physical activity (HEPA) into planned Communication on Sport
Last achievements:	<ul style="list-style-type: none"> • Adoption of Physical Activity Guidelines (2008) • HEPA in Preparatory Action 2009 (nine projects funded in 2010)
Contact person in the DG:	• Jacob Kornbeck Sport Unit) (EAC.E.3)
Contact person outside DG	
Started on:	
End foreseen on:	
Budget (if applicable):	
Monitoring and evaluation modalities and timing:	<ul style="list-style-type: none"> • Evaluation covering all Preparatory Actions, 2009, 2010, (2011?)
Web link:	http://ec.europa.eu/sport/preparatory_actions/doc/866_en.htm

Directorate General for Research

Research on nutrition, overweight, and obesity-related health issues, to improve knowledge and support policies	
Strategy field for action	Research in relation to Better informed consumers; Making the healthy option available; Encouraging physical activity; Priority groups and settings; Developing the evidence base to support policy making.
Short description:	Projects financed under the RTD Framework Programmes contribute to the elucidation of mechanisms of nutrition related diseases and disorders and provide tools for the development of food, obesity treatment and public health policies to prevent diet-related diseases.
Key objectives:	<ul style="list-style-type: none"> - To better understand the determinants of consumer behaviour as well as the impact of food choice and lifestyle on health - To better understand the mechanisms for the prevention and treatment as well as the development of nutrition-related diseases and disorders; Increased knowledge on the interaction between nutrition, physical activity and physiological & psychological functions to refine dietary and lifestyle strategies for specific target groups. - To provide a better assessment of the nutritional status of the general population and specific subgroups as well as common tools and methodologies, which would allow comparability of data in Europe to provide support to monitor, refine, and adjust dietary recommendations and policy strategies
Last achievements:	Completion or finalisation of most FP6 projects. FP7 projects in their initial phase
Contact person in the DG:	RTD E3: Valérie Rolland (tel:64078) and Isabelle de Froidmont (Tel:68571) RTD F2: Nathalie Vercruysse (tel:66561)
Contact person outside DG	n.a.
Started on:	1998 (FP5)
End foreseen on:	2010 (FP7 ongoing)
Budget (if applicable):	Estimate of 640 EUR Million EC funding
Monitoring and evaluation modalities and timing:	Projects' evaluation and monitoring according to EC internal procedures and grant agreements
Web link:	http://ec.europa.eu/research http://cordis.europa.eu http://ec.europa.health

ANNEX by Directorate General for Research

1. FOOD related RESEARCH

The goals that the various FPs related to Food and Health area pursue are: the prevention of diet-related diseases by promoting nutrition for optimal health, reducing the obesity trend in children, prevention of functional decline and enhancement of the quality of life in the elderly, supporting evidence-based dietary guidelines and research in the field of cutting-edge technologies and personalised nutrition.

Along the duration of FP5, FP6 and FP7 increasing importance has been given to health. From "Food Nutrition & Health" in FP5 to "Food Quality and Safety" in FP6, FP7 currently expands to "Food, Health and Well Being".

A. INVESTMENTS

The investments in elucidating the mechanisms for the prevention and the development of nutrition related diseases and disorders and for understanding key factors linked to diet, dietary habits and genetic factors has been in FP5 approximately 25 Million Euro per call (total of 101 Million Euro) for 5 years (1998-2002), in FP6 approximately 44 Million Euro per call (total of 178 Million Euro) for 5 years (2002-2006) and in FP7 approximately 30 Million Euro per call (total of 81 Million Euro) in the first 4 years (2007-2010).

In FP6 and FP7 an approximate amount of 36 Million Euro were dedicated to allergies, 81 Million Euro to the prevention of obesity, from which about a half to the prevention of obesity in children, and approximately 66 Million Euro were dedicated to the identification and mechanisms of action of bioactive compounds in food.

In this context special attention must be given to research on consumer needs and behaviour. In FP5 17 Million Euro were invested in this type of research linked to food and nutrition, in FP6 the European Commission spent 21 for projects dealing with this area and in FP7 the budget spent so far for this is 11 Million Euro. In addition, several projects of the different FPs dealing mainly with other research areas included partly important sums for this field not calculated in these budgetary indications.

B. IMPACT

The projects financed under the Framework Programmes have contributed to the elucidation of mechanisms of nutrition related diseases and disorders and have provided tools for the development of food and public health policies as well as scientific data to serve as basis for industry innovation.

Past and ongoing research projects contribute to better understand the determinants of **consumer** behaviour as well as the impact of food choice and lifestyle on health.

In **Nutrition and public health** they contribute to providing a better assessment of the nutritional status of the general population and specific subgroups as well as common tools and methodologies (SOPs), which would allow comparability of data in Europe. As a consequence, they will provide support to monitor, refine, and adjust dietary recommendations and policy strategies. A better understanding of the mechanisms for the prevention and the development of nutrition related diseases and disorders and an increase in knowledge on the interaction between nutrition and physiological and psychological functions contributes to defining dietary and lifestyle strategies for the specific target groups.

Research projects also allow for an improved understanding of the role of time constraints and economics on food choice (cost, availability, purchase of foods away from home, take away foods, convenience items, etc) and improved awareness of the impact of the social and environmental influences on behaviour such as family, social networks, culture and the physical environment. Such data should allow for sound policy options, based on scientific data.

The FP6 aims to support knowledge intensive research and to promote radical innovation without neglecting incremental innovation in particular for **SMEs**, as they represent around 98% of the food companies in Europe. **Industry** can participate and benefit from the advanced knowledge on specific foods/ingredients/formulations that promote health, by improving formulations for foods with health and nutritional benefits (such as neuroprotective, cardioprotective, antiarteriosclerotic, antiaging, antioxidative, antitumoral effects) and provide sound scientific data to substantiate health and nutrition claims.

Independent scientific advice is of at most importance to support the development of Commission initiatives and legislation.

Large FP6 and FP7 projects have established **European cohorts** and **European databases** that could serve as starting point of **large clinical trials** which should be considered as **public goods**. In particular five NOEs have contributed to structuring this area involving about 170 laboratories from 30 countries with a budget of 67.8 Million Euro (EuroFir-European Food Information Resource Network, NuGO-European Nutrigenomics Organisation, EURRECA-Harmonising nutrient recommendations across Europe with a special focus on vulnerable groups and consumer understanding, GA2LEN- Global Allergy and Asthma European Network, ECNIS-Environmental cancer risk, nutrition and individual susceptibility).

Other projects have developed tools or provided data that can be exploited by industry in their innovation process, not least for the substantiation of health claims. The step forward from providing such tools and data would be to use those at a large scale in order not only to generate incontestable data that can be taken up by the European industry to boost its competitiveness but also to generate robust data that can be comparable within Europe and worldwide.

C. LIST OF MAJOR ACTIONS

Nutrition of infants, children and adolescents is the subject of many FP6 and FP7 projects like EARNEST, IDEFICS, HELENA, OBELIX, HABEAT, TOYBOX. They are identifying the causes of childhood weight and obesity disorders from perinatal nutrition to adolescent age and are studying how health eating habits can be formed and promoted among the young. Further, in FP6 and FP7 **obesity and related disorders** in the whole population are addressed by LIPGENE, DIOGENES, HECTOR, NEUROFAST which study genetic factors, try to understand the mechanisms at molecular level but also study lifestyle, diet and physical activity. WP2010 is proposing funding for research in the field of determinants of food choice and identification of the elucidation of the mechanisms of hunger and satiety.

Approximately 30 Million Euro were dedicated to obesity research in FP5. Nutritional needs of **an aging population** were intensively studied in FP5, who dedicated a targeted sum of 22 Million Euro (but 170 Million were dedicated to age-related research), and followed up in FP6 and FP7 by projects like ZINCAGE and NUTRISENEX and an open call on the role of diet in the prevention of the functional decline in the elderly in WP2010.

Vulnerable population subgroups have been addressed in specific calls. Malnutrition is the subject of many FP5 projects but also INSTAPA, an FP7 project dealing with micronutrient

deficiencies in Africa. WP2010 is addressing specifically the production of food for low income population.

FP 5 dedicated 20 Million for **allergy research**. It was followed by targeted FP6 and FP7 projects EUROPREVALL, GA²LEN, FORALLVENT, EFRAIM and PREVENT-CD which are tackling the increasing prevalence of allergy addressing concomitantly issues such as the role of nutrition, infectious diseases, environmental and occupational exposures and genetic predisposition in allergic disease, as well as trying to shed light into the costs of the disease for patients and their families. The immune system and gut microbiota as such are targeted by two FP7 projects, which include a systems biology approach: TORNADO and ETHERPATHS.

New tools for nutrition science are being developed by NuGO (nutrigenomics), EuroFIR (giving information on food composition, providing a food composition database at EU level), EURRECA (nutrient recommendations) EFCHOVAL (dietary assessment tool), DREAM (development of food models). The WP2010 addresses the development of personalised nutrition concept and is dedicating 9 Million to this subject.

Another major trait of FP6 and FP7 is research in the field of **bioactive compounds**. The general approach on how to deal with bioactive compounds and the related potential health claims is studied under BIOCLAIMS, but also how processing methods can be improved to prefer those compounds (NOVELQ, OPTIMOILS SAFEFOODS, NUTRASNAKS). Projects deal with flavonoids and phenolics also with regard to cardiovascular health (FLAVIOLA, FLORA, FLAVO, ISAFRUIT), thocyanin and polyphenol (ATHENA) exploiting bioactive compounds in grains and bread (HEALTHGRAIN, EU-FRESHBAKE), lycopene and cardiovascular health (LYCOCARD), active anti-caries and/or anti-gingivitis activities (NUTRIDENT), effect of diet on mental performance (NUTRIMENTHE) as well as bioactive compounds from traditional products in the Black Sea region (BASEFOOD) and in collaboration with India (FUNCFOOD).

The FAHRE project should provide a **mapping of food and health research funders** in Europe by end 2010.

A **European Technology Platform "Food for Life"** was set up (with the Commission as facilitator), received a financial contribution within FP6 and delivered a strategic research agenda and an implementation plan on nutrition, food- and consumer-sciences and food chain management.

A **European Commission Expert Group on Food and Health Research** was established in the end of 2008 with the aim to exchange information and share best practises in the food and health research area.

A **Joint Programming Initiative** is being developed by 20 countries in Europe on "**A healthy diet for a healthy life**". The challenge is to change dietary patterns and food supply based on developments in food-, nutritional-, social- and health sciences, that will, together with concomitant changes in life style and physical activity, have a major impact on improving public health, increasing the quality of life and prolonging productive life.

D. ABSTRACTS MAIN PROJECTS

HELENA - Healthier adolescents make healthier adults

It is widely recognised that teenagers across Europe often resist adopting healthy lifestyles and healthy eating habits. This phenomenon jeopardises the future health and life expectancy of this new generation. The EU-supported HELENA project aimed to tackle the problem by supplying verified data on a whole range of adolescent habits, genetic makeup and nutrition. A team of experts from different scientific fields across Europe conducted a survey of a large sample of 13 to 16-year-old boys and girls in ten European cities that represent different genetic backgrounds, eating patterns and socio economic status. For the first time, a standard methodology was being used across the whole survey to make the results comparable. The project developed three novel and healthy foods designed to appeal to this age group as well as an education programme on healthy eating and lifestyle.

EC Contribution: € 4,99 million

IDEFICS - Identifying the causes of children overweight and obesity, intervening before it is too late (FP6)

The IDEFICS project is contributing to improving health conditions for children by understanding their food habits and looking for solutions to problems such as weight and obesity disorders. It is examining the connection between diet and environment, and proposes new interventional approaches to reduce the negative impacts of imbalanced food habits on children. Cross-sectional surveys conducted in 9 European countries among children of preschool and school age (between the ages of 2 and 10) will find out about key risk factors for overweight and obesity. IDEFICS will produce a standard set of intervention modules to reduce the prevalence of diet-related disorders among children. These intervention modules will be adjustable to suit the characteristics of each country's dietary habits, physical activity and leisure pursuits in which parents and children, as well as teachers, nurses and local authorities all participate.

EC Contribution: € 13 million

EARNEST - Perinatal nutrition influences adult health (FP6)

How many mothers know that what they eat during pregnancy and what they feed their babies might influence their children's health and capabilities as adults? Recent data indicate that the connection between perinatal nutrition and adult health is significant and measurable. Based on this compelling evidence, the EU-funded project EARNEST has gathered a multidisciplinary team of scientists from 16 countries to find ways that public health practice can manipulate foetal and infant nutrition to reduce the prevalence of major adult diseases and to improve infantile development. Among other results, the project showed that lower protein intakes in infancy may protect against later obesity.

EC Contribution: €13.4 million

OBELIX - The impact of food contaminant in perinatal nutrition on obesity development (FP7)

The incidence of childhood obesity has reached 'epidemic' proportions globally and there is an urgent need to increase our understanding of the impact of food contaminants on obesity development. The OBELIX project will examine the hypothesis that prenatal exposure to endocrine disrupting compounds (EDCs) in food plays a role in the development of obesity later in life. Among other things, the project will assess prenatal exposure in humans to major classes of EDCs in food identified as potential inducers of obesity (i.e. dioxins, non- and dioxin-like polychlorinated biphenyls, brominated flame retardants, phthalates and

perfluorinated alkyl acids) using mother-child cohorts from four European regions with different food contaminant exposure patterns.

EC Contribution: € 2.99 million

NUTRIMENTHE - Effect of diet on the mental performance of children (FP7)

The recent EU-funded project NUTRIMENTHE will study the role, mechanisms, risks and benefits of specific nutrients and food components to improve the mental performance of children. The project will analyse the long-term effects of pre- and early postnatal diet on children's mental performance and illness. It will also study the effects of food on mental state and mental performance such as mood, activation, attention, motivation, effort, perception, memory and intelligence and the effects of food on mental illness. A team of leading international scientists (paediatricians, neuropsychologists, psychiatrics) from top academic centres and a leading Food Multinational will be established, providing a critical mass of experts in the effect of diet on children's mental performance.

EC Contribution: € 5.9 million

DIOGENES - Diet, Obesity and Genes (FP6)

In the large scale Diogenes multicenter diet intervention study, both a higher protein content and a lower glycemic index improved weight loss maintenance during 6 to 12 months after a weight loss period leading to about a 10% loss of body weight. Also the completion rate improved using such diet.

The results from the epidemiological cohorts within Diogenes showed a similar pattern for the low GI diet while for the protein intake in relation to weight maintenance the outcome was less clear.

The genetic data that the Diogenes team is drawing from pre-existing cohorts as well as the Diogenes diet intervention trial is still ongoing. A candidate gene approach as first step in the analysis did not result in strong relations with weight maintenance or one of the dietary factors. The goal is to select genetic factors, which, will significantly contribute in predicting an individual's response to nutrients in terms of weight change. These results will guide a diet-based treatment.

It is clear that in choosing dietary approaches with respect to weight management, other factors, like physical activity, psychological factors and behaviour patterns can also influence an individual's success in controlling weight. A series of these kinds of predictors has been validated in the intervention study as well.

These predictors have been integrated with the biomarker data and the actual responses to diet composition in the intervention trial. A new Obesity Risk and Behaviour Advice Screening Tool (ORBAST) have been developed based on all these results. This software-based tool will assist consumers in devising, and health professionals in prescribing, individual approaches with respect to weight control.

In addition Food technologists has developed new products with higher protein of lower GI values and translated this into commercial applications such as sausages for which patents were filed. Moreover, a diagnostic test - on the level of biomarkers - for predicting successful weight management after dietary intervention is under development.

Final, Diogenes has put efforts in validating GI-values in food tables and have incorporated these in a large GI-database that soon will be available on the website and in the public domain to enforced the European Food data base.

For further info: www.diogenes-eu.org

LIPGENE - Diet, genomics, and the metabolic syndrome: an integrated nutrition, agro-food, social and economic analysis (FP6).

It comprised 25-research centers in 14 countries across Europe. Lipgene set out to examine and understand the metabolic syndrome (a cluster of risk factors for cardiovascular disease that is associated with increased risk of type 2 diabetes), and to provide a multidisciplinary approach to its effective management and prevention. A major task of Lipgene was to carry out the largest ever human intervention study of diet and the metabolic syndrome. A total of 417 volunteers were randomized to one of four diets with varying fat levels. On the whole, lowering dietary saturated fat intake was not found to affect insulin sensitivity. However, a clear adverse effect of saturated fat on insulin sensitivity was seen in individuals who habitually consumed less than 36% of energy from fat. A further human study using genetic analysis to compare people with the metabolic syndrome and matched controls identified seven points on six different genes which were significantly different between the two groups, suggesting a genetic component of the disease. Because of the high intakes of saturated fat and low intakes of omega-3 (essential fish oil fatty acids) in many parts of the EU, coupled with concerns over the sustainability of fish stocks, the project also looked at ways of manipulating the fatty acid composition of commonly consumed foods. Scientists succeeded in improving the fatty acid profile of milk by reducing the level of saturated fat and increasing the level of monounsaturated fat. Poultry meat was also used as a vehicle through which to improve the dietary fatty acid profile of the diets of EU consumers; by adding marine algae to chicken feed, the production of poultry meat enriched with fish oils was achieved. Scientists achieved a sustainable source of omega-3 fatty acids suitable for human consumption by identifying the genes in marine algae responsible for the production of omega-3 fatty acids. Using GM technology, the identified genes were inserted into rapeseed, resulting in the production of a strain of rapeseed oil with a fatty acid composition optimized towards omega-3 fatty acids.

EATWELL- Interventions to promote healthy eating habits: evaluation and recommendations (FP7)

Obesity has been estimated to cost the EU some €70 annually through health care costs and lost productivity, and additionally over-consumption of salt, sugar and saturated fats and under-consumption of fruit and vegetables cause almost 70,000 premature deaths annually in the UK alone.

Member States have initiated a variety of policy interventions to encourage healthy eating including prohibitions on advertising certain foods to children, promotion of fruit and vegetable consumption, nutrition labelling, dialogue with food industry to improve food product composition and regulation of school

meals and public sector canteens to ensure healthy food offerings. Rarely have these been evaluated in a systematic manner. The EATWELL project will gather benchmark data on healthy eating interventions in Member States and review existing evaluations of the effectiveness of interventions using a 3 stage procedure: 1.The impact of the intervention on consumer attitudes, consumer behaviour and diets; 2.The impact of the change in diets on obesity and health; 3.The value attached by society to these changes, measured in life years gained, cost savings and QALYs. Where evaluations have been inadequate

EATWELL will gather secondary data and analyse them using models mainly from the psychology and economics disciplines. Particular attention will be paid to lessons that can be learned from the private sector that are transferable to the healthy eating campaigns in the public sector. Through consumer surveys and workshops with other stakeholders, EATWELL will assess the acceptability of the range of potential interventions. Armed with scientific

quantitative evaluations of policy interventions and their acceptability to stakeholders, EATWELL will recommend most appropriate interventions for Member States and the EU, provide a onestop guide to methods and measures in intervention evaluation, and outline data collection priorities for the future

LIPIDIET - Therapeutic and preventive impact of nutritional lipids on neuronal and cognitive performance in ageing, Alzheimer's disease and vascular dementia (FP7)

The European LipiDiDiet project addresses the Impact of Nutritional Lipids on Neuronal and Cognitive Performance in Aging, Alzheimer's disease and Vascular Dementia. This is based on previous observations that lipids change the risk for dementia. Especially some omega-3 lipids appear to lower the Alzheimer risk. It is our major aim to complement the currently existing medical therapy of Alzheimer's disease with nutrition, especially at the very first stages of Alzheimer's disease. But we do not stop at Alzheimer's, we also develop dietary products that maintain and support the normal cognitive function in healthy aging in general and help reduce cerebrovascular risks. In addition to dietary products we also develop diet and life-style based health care advice for the elderly. The project is based on two elements; one is applied research documenting the value of nutritional support in persons at risk of getting Alzheimer's disease. The other element is basic research generating more knowledge about the possible therapeutic and preventive effects of dietary lipids in model systems of Alzheimer's disease and Vascular Dementia.

EC Contribution: € 6 million

FLABEL- Food Labelling to Advance Better Education for Life (FP7)

Nutrition labels are potentially a major instrument for enabling consumers to make healthier food choices, but current insights into how nutrition labels are used by consumers in real-world shopping situations are limited, making the sciencebased formulation of new labelling policies and the evaluation of existing

ones difficult. The objectives of this project are to determine how food nutrition labelling can affect dietary choices, consumer habits and food-related health issues by developing and applying an interpretation framework incorporating both the label and other factors/influences. Based on this, guidelines will be developed on use of nutrition labelling for EU policy and the food industry, especially SMEs, which will include recommendations for assessing the impact of ongoing and future legislative and voluntary food labelling schemes. These objectives will be achieved by a work programme covering an analysis of current penetration of and exposure to nutrition labels in the EU, determinants of attention to and reading of nutrition labels, determinants of consumer liking of

nutrition labels, understanding how consumers infer healthiness of food products from label information in combination with other sources, in-store

use of labels, and effects of label use on dietary intake. The project will draw heavily on the involvement of stakeholders from the whole food sector to ensure results with high practical relevance. Amongst the many research findings, the consortium will achieve the following: Provide the first EU-wide benchmark study on incidence and penetration of nutrition information on food labels, leading to insights into what extent nutrition labelling is actually available in different

parts of the EU. Generate knowledge on the determinantsof consumer attention and reading, liking and understanding of different types of nutrition labels, explicitly dealing with the potential trade-offs between simplicity, completeness and coerciveness of nutrition information on food labels. Generate European large-scale knowledge of actual nutrition label use in a real world context, drawing on both store observations and retail scanner data, leading

to solid insights into the extent and ways in which nutrition labels have behavioural consequences and affect consumption patterns.

EC Contribution: € 2.9 million

TORNADO - Molecular Targets Open for Regulation by the gut flora – New Avenues for improved Diet to Optimize European health Europe is facing major diet related health Problems (FP7)

Attitudes to eating habits have to be changed and the benefits of alternative treatment regimes substantiated. This can only be achieved by providing guidelines regulating health claims based on scientific data. Thus, there is a unique opportunity to use gut flora in potential treatment regimes

and as a preventive target for major diet related health problems. TORNADO consortium proposes a systemic and comprehensive mechanistic approach to

deliver scientific data that can be compiled as guidelines for European authorities.

TORNADO will determine the influence of diet on the gut flora and

highlight the impact of gut flora on the immune system/other organ systems. TORNADO aims to investigate molecular targets that are subject to regulation by gut flora and diet that sustain health. This will be done by an increasing level of specificity, from (1) investigations of dietary habits and health in population

cohorts, through (2) intervention studies in humans and animals and (3) analyses of the intestine and immune system, and also organs like adipocyte tissue, liver & brain, to pinpointing the impact of dietary influence on (4) cells and (5) potential functional molecular targets. TORNADO will deliver data that can be used to recommend biomarkers for evaluating effects of diet or microbes; refute, substantiate or improve health claims of existing products; generate novel functional food products. TORNADO's approach of microbe-to-man validation of dietary influence will enable more solid evidence for health claims and provide concrete deliverables e.g. Roadmaps to Health, Tailor-made Health-monitoring. Continuous state-of-the-art dissemination programs will increase impact. TORNADO's program will accelerate future design of personalized functional food for specific target groups. The evidencebased data delivered by EC Contribution: € 6 million

FLORA - Flavonoids and related Phenolics for Healthy Living using Orally Recommended Antioxidants (FP6)

There is a growing body of evidence that bioactive compounds in the diet play an important role in optimizing health and may have increased advantages in diets that are less balanced. Flavonoids, and related polyphenols such as those occurring in tea, cocoa, red wine and grape juice are examples of a class of plant-specific bioactive compounds that confer beneficial effects on a number of important risk factors for cardiovascular disease and other age-related degenerative diseases. Dietary intake of flavonoids has been linked positively to reduced incidence of stroke, allergies, certain forms of cancer, hepatic disease and inflammation. A better understanding of the mechanisms that underlie the biological effects of different dietary flavonoids and related polyphenols following their absorption will provide important clues regarding the biopotency of the different classes of polyphenols.

The overarching aim of FLORA was to provide a more measured scientific foundation to the understanding of the role of polyphenols in the diet in protecting against disease.

The project generated new information

- on the quality and quantity of different flavonoid and related polyphenols present in crops,

- on the impact of food processing and post harvest conditions on bio-availability and quality of flavonoids and related polyphenols;
- on the impact of specific flavonoids in whole foods on cardiovascular and age-related degenerative diseases in experiments using animal model systems but also human subjects

New varieties with optimized flavonoid content and composition and cultivation conditions have been developed. Where specific flavonoids or related polyphenols have been identified as having significant dietary importance in disease prevention, more detailed analysis using cellular models has been undertaken to understand the site and mode of action of the specific bioactives. This greater understanding of the roles of flavonoids and related polyphenols in promoting health will also lead to a blue print for the design of improved foods with the appropriate levels of the right polyphenols, which have been developed through biotechnological means or through selective breeding of specific crops.

Contribution: € 3.3 million

HABEAT- Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach (FP7)

HabEat will bring together 11 European partners from 6 European countries with a multidisciplinary approach (psychology, epidemiology, behavioural science, nutrition, sensory science) to enable a key breakthrough in the understanding of how food habits are formed (and can also be changed) in infants and young children. This will be done by combining epidemiologic studies based on existing human cohorts from 4 countries and experimental work carried out in 6 countries so as to collaboratively identify:

- the critical periods in the formation/breaking of food habits
- the key learning mechanisms, their relative impact in the short, mid and long term and their importance according to the different critical periods
- the most effective strategies for breaking habits, i.e. for changing from poor to healthy habits
- Individual reactions to the learning mechanisms and individual susceptibility to changes

Furthermore the project will work hand-in-hand with a board of stakeholder advisors (including industry, health professionals) to produce guidelines on the recommendations that should be communicated to childcare

professionals and parents from different target groups (especially those most at risk) in different EU regions.

HabEat will also propose strategies to policy makers for promoting practices to ensure healthy food habits in young infants and children as well as intervention strategies for enabling habit breaking taking into account individual differences and parental feeding strategies.

EuroPrevall - The Prevalence, Cost and Basis of Food Allergy across Europe (FP6)

The main strategic objective of Priority Thematic Area 5 Food Quality and Safety addressed by this project is the overall objective of Area 5.4.2: Epidemiology of food-related diseases and allergies. Specifically, to “examine the complex interactions between food intake and metabolism, immune system, genetic background and socioeconomic factors to identify key risk factors and develop common European databases”

The proposed project will meet this objective by

- Investigating, for the first time, whether patterns of food consumption, environmental factors (such as pollen) and infections are linked to the prevalence and patterns of food allergies across the European Union and Candidate Countries;

- Providing a basis for investigating the possibility of a genetic predisposition to food allergy by collecting and analysing cellular samples to provide a resource for genetic studies in the future
- once molecular markers for atopy have been defined through other ongoing research efforts in Europe and beyond.
- Assessing lifestyle issues, including changes in patterns of food consumption and the household environment with a view to providing objective information as to how the prevalence of food allergies may be managed and reduced in the future;
 - Compiling searchable public databases from the information arising from the project which will be linked to the allergenic food materials database currently being assembled through the FP5

2. HEALTH related RESEARCH

The focus is on multidisciplinary approaches including genetics, life style and epidemiology, public health, with special attention on juvenile diseases and factors operating in childhood.

A. CONTRIBUTIONS FROM EU FP6 & FP7 HEALTH RESEARCH PROJECTS

FP6

Under the Life Sciences specific programme in FP6 approximately € 23.23 million in EU research funding support was given to six projects addressing diabetes and excess weight, with around 3.8 million € provided to three projects under the Scientific Support to Policies activity.

FP6 Projects in relation to a Healthy diet

The diabetes activity under the FP6 Life Sciences programme on combating major diseases had a strong focus on type 2 diabetes, a disease largely linked to unhealthy life styles. Approximately € 22.7 million in EU research funding support was provided to six FP6 projects with a clear relation to excess weight. The *EXGENESIS*¹ project centres on the intracellular signalling pathways during exercise and the effect of exercise on adipose tissue, liver, endothelial cells, and brain and to study their action at those sites, developing technologies more effective for long-term monitoring of human physical activity and cardiac function and a better designing of exercise interventions to treat or prevent obesity, Type 2 diabetes and metabolic syndrome. The *InterAct* project examines genes-life style interaction consisting of a very large observational study element (the *EPIC* case-cohort study – 500 000 people recruited in the early 1990's) and a smaller set of activities based around intervention studies. It is a major interface with numerous other European projects centred around the *EPIC* study, for example, the *EPIC* FP6 SSP co-ordination action, the FP6 *Diogenes* project and DG SANCO's funded project *PANACEA*. Furthermore the *DIAMAP* project aims to provide a mapping of diabetes research in Europe by mid-2010 and includes work on horizontal issues which in fact are common to diabetes and obesity.

Under FP6 projects were also supported through the Scientific Support to Policy activity, in response to a EU policy to generate an evidence base. The high rates of obesity and its main determinants – inadequate nutrition and physical activity - justify the high priority that has been given in EU health policies and action programmes but there is still much to be done in

¹ A documentary presenting EXGENESIS and explaining the benefits of exercise to counteract metabolic disorders was produced (websites will be communicated later)

terms of coordination of scientific, regulatory and policy issues, and in the provision of enhanced information. It is largely determined by modifiable environmental and life-style factors, which offer enormous potential to implement prevention and health promotion measures. Successful primary prevention could reduce future demands for health care associated with obesity-related chronic conditions such as cardiovascular disease and cancer.

In response to the EC policy need for information and analysis on the coordination of scientific, regulatory and policy responses of Member States to this challenge and to understand the behavioural and environmental determinants to design successful primary prevention campaigns, FP6 supported three coordination action projects under the Scientific Support to Policies activity, the *EURO-PREVOB*, *HOPE* and *EPIC* projects.

EURO-PREVOB links science and policy-making to tackle obesity. The project promotes and supports collaboration across existing networks, to tackle the social and economic determinants of obesity in Europe, including developments that recognise the specificities of sub-regional groupings of countries. The *HOPE* project brings together the scientific knowledge on overweight, obesity and their determinants and uses the expertise of European researchers to help to tackle the obesity epidemic. This project aims to integrate and further enrich the widely available and diverse knowledge on all these topics and draw on this information for designing various scenarios that will provide entry-points for policy making, assisting the European Commission and Member States to set priorities to reduce obesity levels in Europe. The *EPIC* project is the largest prospective cohort study on diet, lifestyle and chronic disease worldwide. It aims to reinforce and expand collaboration between 23 European institutions to ensure a large mass of data relevant for the identification of nutritional and environmental causes of cancer and other chronic diseases and that this knowledge contribute to the development of effective public health strategies for the prevention of cancer, CHD and stroke.

FP7

All together so far under the FP7 Health Theme, the diabetes/obesity activity and related areas together with public health research, about 50 million € to-date is to be provided to projects to carry out research with definite implications for a healthier diet.

FP7 Projects in relation to a healthy diet

Under the FP7 Health Theme in order to better reflect the response to the obesity epidemic in the EU, obesity was specifically linked to diabetes becoming the ***Diabetes/Obesity area***. Around 33 million € will be provided to EU funded projects from this and other related areas.

There are five projects are funded with a direct link to a healthy diet: *GIPO*, *EUROCHIP*, *TOBI*, *METAHIT*, *FAST* and *COGS*. The *GIPO* project is a study of gastrointestinal peptides and their nutritional signals after food-intake while the *EurOCHIP* project examines molecular pathways in food intake at central nervous system-liver-gut regulation level. The *TOBI* project focuses on the identification of molecules that can be used as targets for new drugs against obesity-related disorders such as type 2 diabetes. *METAHIT* investigates associations between the genes of the human intestinal microbiota and health, focusing on Inflammatory Bowel Disease (IBD) and obesity, while the *FAST* project looks at the development and testing of hypo-allergenic recombinant for two major allergens, parvalbumin (in fish) and lipid transfer protein (in fruit). The *COGS* project is a study of the definition of individual risk of breast-, ovarian- and prostate cancer using world-wide established datasets, comparing lifestyle factors and genetic variants.

The EU public health research agenda developed out of the FP6 Scientific Support to Policies activity and was firmly anchored under the third activity of the FP7 Health Theme. One sub-area focuses on health promotion and disease prevention and to-date two research projects - *TEMPEST* and *ENERGY* that have kicked off in 2009 directly address the challenges of obesity for a total of 5.27 million €.

Existing prevention programmes to combat the epidemic either highlight a public health approach (employing incentive schemes such as taxing of foods) or an individual-educational approach to encourage young people to adopt a healthy lifestyle. The aim of the *TEMPEST* project is to investigate how both approaches may complement each other in order to develop more effective preventive interventions. On the other hand the *ENERGY* project will study the influence of existing schemes on health behaviours in different populations and settings in order to develop an evidence and theory-based new scheme to promote healthy energy-balance related behaviours among youth in transition from childhood to adolescence. A further project *CHANCES*, a large scale collaborative project on ageing cohorts (EC contribution 11.9 million €), will seek to produce evidence on ageing-related health characteristics and determinants in Europe as well as their socio-economic implications, and in doing so will address nutritional factors as part of its work on health-related determinants

Project web links:

FP7 Projects

FAST

<http://www.allergome.org>

METAHIT

<http://www.metahit.eu/>

GIPIO

<http://www.gipio.eu>

COGS

<http://www.cogseu.org/>

EurOCHIP

<http://www.eurochip-obesity.eu>

TEMPEST

<http://tempestproject.eu/>

ENERGY

<http://www.projectenergy.eu/flash.html>

FP6 Projects

EXGENESIS

<http://www.dundee.ac.uk/lifesciences/exgenesis>

InterAct

<http://www.inter-act.eu/>

DIAMAP

www.diamap.eu

EURO-PREVOB

<http://prevob.lshtm.ac.uk//index.html>

HOPE

<http://www.hopeproject.eu/index.php?page=home>

EPIC

<http://www.iarc.fr/epic>

3. Social Sciences and Humanities related RESEARCH

In FP5 the Socio-Economic Research Key Action launched research on the quality of life of European citizens, in particular on relations between employment / unemployment and well-being. Characteristically, the project "Impact of Changing Social Structures on Stress and Quality of Life: Individual and Social Perspectives" looked at the relationship between employment situations and stress and its impact on people's health and disabilities.

In FP6 the Priority 7 on "Citizens and Governance in a knowledge-based society" developed further the agenda of research into quality of life also in the context of social inequalities, and began to look at lifestyles, health and medicine. In the context of the Network of Excellence, EQUALSOC (Economic Change, Quality of Life, and Social Cohesion) research groups address: the implications of patterns of economic change for the distribution of income, consumption and living standards, for individuals and families over time; the varieties and changes of social networks in crucial phases of the individuals' and household's life cycle, with a specific attention for their impact over time on the individuals' and households' life chances; and cultural and Life-style differentiations in relation to social cohesion. Project MEDUSE aimed at generating a multidisciplinary dialogue between health professionals and social scientists and humanities researchers. Project BIOHEAD-CITIZEN compared biological, health and environmental education across European countries, while project COMPARE, provided a tool for comparing reliably health perceptions across different European cultures in the context of the Survey of Health, Ageing and Retirement in Europe (SHARE).

In FP6 the science and society programme funded project EUROBESE (Ethics and the Obesity and Overweight Epidemic: Image, Culture, Technologies and Interventions) that examined cultural values, norms, traditions regarding the image of obesity and overweight, the culture of eating, the present and future biological and socio-cultural technologies in the light of ethical notions. Material from this project, which is very interesting for the JPI, can be found at <http://www.eurobese.com/>

In FP7, the theme "research in socio-economic sciences and humanities" has an area on "societal trends and lifestyles" under which there is currently a call for a large scale integrating project on "addictions and lifestyles in contemporary European societies".

4. INFORMATION SOCIETY related RESEARCH (INFSO)

ICT for Health research under the ICT Programme focuses on three specific aspects of e-health systems:

Personal Health Systems offering the means to follow patients' health using wearable, portable or implantable systems, thus enabling them to live a more normal life.:

Patient safety and risk assessment to improve training for surgeries and computer-aided surgical interventions.

Virtual Physiological Human research that will revolutionise the way health knowledge is produced, stored and managed as well as the way healthcare is currently delivered

The overarching goal of ICT activities in the past 10 years has been to support collaborative care and data sharing for chronic disease management and health prevention.

The main focus of VPH is on coherent long term infrastructure of integrative research (from molecule to man)

The ICT projects in Personal health systems are directly related to it.

Major projects (IPs) in ICT for Health are given below:

FP6

PIPS (~9.8M€ funding)

The PIPS project will create a new Health and Life Knowledge and Services Support Environment. This will improve current HealthCare (HC) delivery models while creating possibilities for HC professionals to get access to relevant-updated medical knowledge and the European citizens to choose healthier lifestyles. The objective is to encompass the entire set of business processes, professional practices, and products applied to the analysis and preservation of the citizen's well-being using the latest innovations in ICT.

MyHeart (16M€ funding)

Cardiovascular diseases (CVD) are the leading cause of death in the developed world. The MyHeart mission is to empower citizen to fight cardio-vascular diseases by preventive lifestyle and early diagnosis. The approach is to integrate system solutions into functional clothes with integrated textile sensors.

FP 7

CHRONIOUS (~7.2M€ funding)

CHRONIOUS primary goal is to define a European framework for a generic health status monitoring platform schema addressing people with chronic health conditions. This will be achieved by developing an intelligent, ubiquitous and adaptive chronic disease platform to be used by both patients and healthcare professionals.

DIAdvisor (~7M€ funding)

The DIAdvisor develops a prediction-based tool which uses past and easily available information to optimise the therapy of type I and developed type II diabetes.

METABO (8.1M€)

METABO sets up a comprehensive platform, running both in clinical settings and in everyday life environments, for continuous and multi-parametric monitoring of the metabolic status in patients with, or at risk of, diabetes and associated metabolic disorders.

Perform (~7M€)

PERFORM addresses efficient remote health status monitoring, qualitative and quantitative assessment and treatment personalisation for people suffering from neurodegenerative diseases and movement disorders, such as Parkinson's disease (PD) through the employment of a wide range of wearable micro-sensors, advanced knowledge processing and fusion algorithms.

TheraEDGE (8M€)

TheraEDGE is an industry-driven effort to accelerate the adoption of theranostics applications in Primary Care by pushing Point of Care Test (POCT) technology far beyond its current state-of-the-art and by delivering clinical, analytical and operational breakthroughs. TheraEDGE is built around the high-incidence clinical case of early-diagnosing lower respiratory tract infections in Primary Care.

HeartCycle (~14M€)

HeartCycle will provide a closed-loop disease management solution to serve both heart failure and coronary heart disease patients, including hypertension, diabetes and arrhythmias as possible co-morbidities. This will be achieved by multi-parametric monitoring of vital signs, analysing the data and providing automated decision support, to derive therapy recommendations.

Directorate general - Eurostat

EHIS (European Health Interview System)	
Strategy field for action*	Developing monitoring systems
Short description:	Statistics on BMI and related health determinants via the EHIS driven by the policy needs mainly as expressed by DG SANCO
Key objectives:	Measurement with a 5-yearly periodicity Analysis in relation to other health variables Comparability assessment between countries
Last achievements:	
Contact person in the DG:	Bart De Norre (EHIS)
Contact person outside DG	
Started on:	EHIS wave I: 2007-2010 (16 EU MS) EHIS wave II (with Regulation): 2014
End foreseen on:	EHIS Wave I: partial and gradual dissemination 2010-2011 EHIS Wave II: 2016
Budget (if applicable):	
Monitoring and evaluation modalities and timing:	
Web link:	

* As outlined in the White Paper: Better informed consumers; making the healthy option available; encouraging physical activity; priority groups and settings; developing the evidence base to support policy making; developing monitoring systems; other actions relevant for the EU nutrition strategy as outlined in COM (2007) 279 final - please specify

Joint Research Centre (JRC)

Establishment of a scientific activity in nutrition at the DG Joint Research Centre

Strategy field for action: Developing the evidence base to support policy making

The DG-Joint Research Centre (JRC), the scientific and technical arm of the European Commission, funded for direct support to EU institutions from the Seventh Framework Programme, provides the scientific advice and technical know-how to support a wide range of EU policies. Being independent from private or national interests, the JRC functions as a reference centre of science and technology for the Union.

Considering both the increasing interest of the general public in the health effects of diet and lifestyle, and the rapid developments of nutritional science, in 2010 the JRC has established a Nutrition activity in its Institute for Health and Consumer Protection. The group's objective is to critically assess the scientific knowledge base for providing advice to policy makers (e.g. European Institutions and Member States) as well as to help translating complex scientific issues into easy-to-understand information for the EU citizen. A special focus is given to benefits and risks associated with dietary compounds or diets as such.

Contributions directly serving the EU strategy on nutrition, overweight, and obesity-related health issues include:

- Bi-monthly Nutrition Research Highlights newsletter aiming to provide insight in the latest developments in nutrition research and raise awareness of their impact on EU policies and consumers.
- Contribution to the project “Improving access to primary prevention services to children and adolescents in Romania- healthy nutrition and physical activity”, (see §7 of Romanian contributions to the report on "Current Implementation status of the Strategy for Europe on Nutrition, Overweight and Obesity related health issues") by providing a scientific report on the effectiveness of nutritional intervention strategies against obesity.

For further information please visit the following websites:

The Joint Research Centre: <http://ec.europa.eu/dgs/jrc/index.cfm>

The Institute for Health and Consumer Protection: <http://ihcp.jrc.ec.europa.eu/>

JRC Nutrition activity: http://ihcp.jrc.ec.europa.eu/our_activities/cons-prod-nutrition/nutrition

The Executive Agency for Health and Consumers
Projects co-funded by Health Programme

Better informed consumers

Acronym	Year	Name	Aim
Active	2008	Animation for Children to Teach and Influence Values and Views on healthy Eating and physical activity	co-produce a cutting edge inspiring and fun stories healthy eating and physical activity
EEN	2007	European Epode Network	facilitate the implementation of (CBIs) programs using E countries
EuroHeart	2006	European Heart Health Strategy	strengthen cross-sector comparable information cardiovascular health (C improve the awareness, CVD across Europe, com national versions of CVD
Pohefa	2008	Policy, Health and Family Learning	increase the awareness w “professional practitioners within the local settings, health promoting activities choices and the health st
Polmark	2007	Assessment of POLicy options for MARKeting food and beverages to children	will advance understanding on marketing controls in beverages, and extend th Impact Assessment
Shape Up	2005	TOWARDS A EUROPEAN SCHOOL NETWORK TO IMPACT THE DETERMINANTS OF CHILD OBESITY AT THE COMMUNITY LEVEL	test and evaluate a flexible obesity determinants at s

Making the healthy option available

Acronym	Year	Name	Aim
Food	2008	Fighting Obesity through Offer and Demand	health promotion at the v habits and lifestyles of th strengthening the interac sides
Food Pro Fit	2006	HANCP as a public health indicator for the value chain of food production processes	improve the nutritional q regional/local levels in o consumers the easiest ch

Inform	2007	Campaign against obesity in children and adolescents	the preparation of European diagnostics and therapy, standards for certified obesity competence centres for obesity measures to prevent and
Periscope	2006	Pilot European Regional Interventions for Smart Childhood Obesity Prevention in Early Age	is aimed at combating the Kindergarten
Pro Greens	2007	Promotion of vegetable and fruit consumption of school children	assess the level of consumption of children and to develop consumption levels among

Encouraging Physical activity

Acronym	Year	Name	Aim
Move Europe	2005	Campaign for the Improvement of Lifestyle-related Workplace Health	life-style related Workplace on the following 4 fields: nutrition and mental health

Priority groups and settings

Acronym	Year	Name	Aim
Healthy Eco life	2009	Healthy Eco Life	adoption of healthy life styles in urban areas of Croatia European compendium for children Healthy Eco Life