



Flash Report
Diet, Physical Activity and Health -
a European Platform for Action
of 24 September 2015
Conclusions of the Chair



INTRODUCTION

The Plenary session of 24 September 2015 focused on how members could step up efforts on actions that address reformulation and portion sizes. **Philippe Roux, Head of Unit 'Health Determinants' at DG SANTE**, was the chair of the meeting.

WHAT IS NEW

Jan Wollgast, Joint Research Centre, provided an overview of scientific news and developments in the fields of nutrition and physical activity.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co01_en.pdf

DISCUSSION SESSION ON FOOD REFORMULATION

Letteke Boot, Ministry of Health, Welfare and Sport, presented the Dutch Presidency priorities for the first half of 2016. Food composition improvement will be high on the agenda given its relevance for public health, the internal market and product innovation.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co02_en.pdf

Artur Furtado, DG SANTE, European Commission, gave an update on the current work of the High Level Group on Nutrition and Physical Activity to promote the reduction of sugars/energy in the diets of Europeans. A discussion on how to improve the dynamics of the Platform, to be held at the next meeting, was introduced.

Isabelle de Froidmont-Görtz, DG RTD, European Commission, presented opportunities for funding food research and innovation in Horizon 2020. Three

FP7 projects were presented, the first one (TeRiFiq) having developed techniques and technologies for reducing salt, fat and sugar in processed foods. Christian Salles, from the Institut National de la Recherche Agronomique reported on the progress since he presented last year at the Platform. http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co03_en.pdf

Jo Harrold, University of Liverpool, presented how the Satin project identifies which product formulations, ingredients and processing methods can suppress appetite, and accelerate and extend satiety.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co04_en.pdf

Alain Le Bail, Nantes Atlantic College of Veterinary Medicine, Food Science and Engineering, presented the results of Pleasure, a project that developed novel processing methods allowing for complex food products to have lower content of fat, salt and sugar.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co05_en.pdf

The discussions highlighted that technology is available and at reach to support the reformulation efforts of companies, including SMEs.

ACTIVE PLATFORM COMMITMENTS ON FOOD REFORMULATION, AVAILABILITY OF HEALTHY FOOD OPTIONS AND PORTION SIZES

Christina Dziewanska-Stringer, Platform contractor ICF, presented the status of commitments in this field. The stakeholders are undertaking 17 commitments related to food

reformulation, availability of healthy food options and portion sizes.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co06_en.pdf

Dirk Jacobs, FoodDrinkEurope, presented the ongoing and upcoming activities related to product formulation and innovation. He presented a new "framework commitment" that will include providing support and tools to SMEs, national federations and sectors.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co07_en.pdf

Alessandro Cagli presented an update of the Ferrero's commitment 'Product Formulation and Portion Sizes' and reported back that two of its objectives (elimination of hydrogenated fats/TFAs and tailoring portion sizes for responsible consumption) were already achieved.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co08_en.pdf

Sylvie Chartron gave an update on the Mars commitment 'Reduction of salt levels in rice and sauce products', applied to the company's European portfolio of rice, cooking sauces and soups. Ms Chartron mentioned that the objectives of this program have been reached.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co09_en.pdf

Sigrid Ligné, Unesda, gave an update of the association's reformulation commitment 'Products, Choice and Portion Size', that resulted in an increase of the availability of beverages with no and low calories, and of the choice of pack sizes.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co10_en.pdf

FOLLOW UP

The European Spas Association and the European Society of Lifestyle Medicine presented their organisations and possible cooperation with the Platform.

Following discussions on the topic of potential conflict of interest, Nikola

Křístek from the Czech NGO AISIS presented the validation process of the educational materials of the Nutricia commitment 'Healthy start'.

http://ec.europa.eu/health/nutrition_physical_activity/docs/ev_20150924_co11_en.pdf

ANY OTHER BUSINESS

Members were reminded of the 30 November for submitting new commitments.

The European Society for Lifestyle Medicine was welcomed as the most recent member of the Platform.

By default, new commitments will be sent to the Advisory Committee for voluntary advice to be provided on the monitoring dimension.

CONCLUSIONS BY THE CHAIR

The Chair:

- Noted that the general support for the significant positive developments concerning the commitments in the area of food reformulation and portion sizes.
- Following today's discussions, he invited the Platform to submit ambitious commitments in the priority areas (food reformulation, marketing and physical activity) and addressing key target groups (children and vulnerable groups).
- The European Society of Lifestyle Medicine is the 34th member of the Platform and the European Spas Association will be invited to present to the plenary a consolidated commitment.
- The next meeting of the Platform will take place on **3 December in Luxembourg** and the members will discuss the promotion of **physical activity**.