

**JOINT FAO/WHO FOOD STANDARDS PROGRAMME
FAO/WHO COORDINATING COMMITTEE FOR EUROPE**

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NUTRITION ISSUES WITHIN THE REGION (REPLIES TO CL 2012/17-EURO)***Replies to Question 6: Issues related to nutrition in the region***

Please describe any developments since the 27th Session of the Committee regarding issues related to nutrition, such as: obesity, overweight, underweight, micronutrient deficiencies and any public health-oriented actions undertaken, including nutrition education and the use of nutritional labelling and claims, and implementation of the WHO *Global Strategy on Diet, Physical Activity and Health*.

ARMENIA

According to the RA Government Protocol Decree No. 3 of 29 January 2010, “The Concept Paper on prevention, early detection and treatment of widespread non-infectious diseases and the list of measures for implementation of this Concept” was approved, which includes also overweight and obesity as risk factors for occurrence of more widespread non-infectious diseases. This Concept Paper includes approaches directed to the reduction of spread of risk factors. Besides, the list of measures for implementation of this Concept Paper includes also elaboration of Draft of the RA Government Decree “On approval strategy directed to limitation of consumption of non-healthy food”.

According to the RA Government Protocol Decree No. 6 of 17 February 2011, “The Concept Paper on wheat flour fortification with microelements and vitamins and the list of measures for implementation of this Concept” was approved. The objective of this Concept Paper is to prevent diseases caused by microelements and/or vitamins deficiency through implementation of wheat flour fortification project, and to improve the national nutrition and health.

AUSTRIA

Information activities by Ministry of Health, Gesundes Österreich GmbH, Austrian Agency for Health and Food Safety (AGES), Austrian Nutrition Society (ÖGE) as well as other bodies.

Austrian Nutrition Report

Since 1998 the Austrian Nutrition Report has been published every five years by the Ministry of Health. The next Austrian Nutrition Report 2012 will be published end of September this year 2012. The reports include information on the nutritional status and health condition of the Austrian population as well as results of food consumption surveys.

The Austrian Nutrition Report 2012 will assess actual concentrations of nutrients in blood samples of human volunteers from different age groups alongside with food consumption surveys.

Austrian Food Report

Since 1995 the Austrian Food Report has been published regularly by the Ministry of Agriculture, Forestry, Environment and Water Management. The current Austrian Food Report is in progress. The reports provide comprehensive data, facts and figures about all aspects of food industry – from agriculture to consumer. They visualize the complex relationships along the food chain and their economic importance for the supply of the Austrian citizens. All in all, the Austrian Food Report gives an overview of the food policy, food quality, nutrition and climate change as well as food law.

Austrian National Nutrition Action Plan (“NAP.e”)

The Austrian National Nutrition Action Plan, shortly NAP.e, which was launched in 2011 by the Ministry of Health, follows a horizontal “health in all policies” strategy. It combines Austria’s nutrition policies and strategies for the first time and is designed to establish and maintain a structured continuous dialogue on nutrition among the Austrian Society. It aims at the implementation of effective measures to reverse the trend of over-, under- and malnutrition, the reduction of the rising overweight and obesity rates by 2020 as well as the prevalence of nutrition associated chronic diseases.

Setting oriented and targeted measures shall lead to sustainable changes in the food consumption patterns of Austrian citizens.

The healthier choice should become the easier one due to a coordinated implementation which addresses both the behavioural and situational prevention level. The NAP.e sets for Austria food policy goals by offering an overview of international and European developments and identifies primary, possible fields of action. The NAP.e is not a static document but a rolling strategy and action catalogue. It adapts regularly (annual) the goals and issues as well as the review of existing measures to be updated.

After the publication of the first draft of the action plan early 2010, stakeholders and the general public had the possibility to send their comments to the Federal Ministry of Health in a consultation process. This consultation identified the urgent need for targeted and congruent measures regarding nurseries, kindergartens and schools. Therefore, current national activities with regard to education and information are focused on the population segments infants, children, juvenile, pregnant and nursing woman as well as socially disadvantaged or elderly people. The NAP.e is also focusing on settings, where these groups can be met frequently, and also on the preparation and development of tools for information.

National Nutrition Commission (“NEK”)

The NEK was set up in November 2010 to advice the Federal Minister of Health in all aspects of health and consumer-related food policy. The members act as important disseminators for a direct flow of communication information outwards and give nutrition policy actions and issues in Austria “a face” for the first time. This commission provides scientific advice for the development of strategic measures and actions and monitors their progress.

Food Pyramid

In 2009 a new national food pyramid, which is designed to help consumers improve their eating habits, was agreed upon. This version for the general public was adapted for pregnant woman after the approval by the NEK in 2011. For children a comic illustration of the food pyramid was published also in 2011.

School Catering

An important project of the NAP.e was the elaboration of uniform, feasible guidelines for school catering. Since the beginning of 2012 the implementation of these guidelines take place as part of the initiative “Our School Catering” (“Unser Schulbuffet”), a cooperation of the Federal Ministry of Health and the Austrian Agency for Health and Food Safety.

Eat Right from the Beginning

The project “Eat Right from the Beginning” – a cooperation of the Ministry of Health, the Federation of Austrian Social Insurance and the Austrian Agency for Health and Food Safety – has been implemented. Consensual guidelines for complementary food have been published.

Salt Reduction

A initiative of the Ministry of Health and the Industrial Bakers of Austria to improve the nutrition of the Austrian population is the Salt Reduction Program “Less Salt is Healthier” (“Weniger Salz ist g’sünder”).It aims at reducing the salt content in bakery products by 15% until 2015.

CROATIA

The public health nutrition-related priorities in Croatia includes Action plan for preventing and reducing overweight 2010 – 2012.

CZECH REPUBLIC

Nutritional policies reflect WHO European Action Plan for Food and Nutrition Policy 2007-2012; at the beginning of 2010 a new Food Safety and Nutrition Strategy for 2010 – 2013 focusing on the strategic areas of interest such as data collection (food consumption, monitoring the prevalence of overweight and obesity), update of Food Based Dietary Guidelines (FBDG) for control the fulfilment of dietary guidelines in school meal system, promotion of healthy eating, cooperation with producers and consumers in the search for appropriate/effective communication style or in the development of new technologies and food formulations/meal recipes so that they better meet the current requirements for healthy diet, or the engagement of the consumer organisations in the process of generation and dissemination of information in the field of dietary guidelines.

As regards nutritional labelling, nutrition and health claims we apply the Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods. Currently with other Member states we work on its practical implementation.

There are number of programmes aimed at the children obesity, which has been identified as one the most serious health issue in the Czech Republic. Ministry of Health and namely national Institute of Public Health organize regularly a number of public health-oriented actions aimed both at children and adults. Educational leaflets and brochures are publicly available and are distributed on the plate “the goal of which is to improve knowledge on nutrition needs of older people and seniors and to support an appropriate choice of foods for this population group, is going on. Several interactive programmes aimed at improving life style and eating habits have been prepared. The specific attention is paid to the most vulnerable groups of population – infants and pregnant women. Special educational materials have been prepared for future mothers (e.g. Nutrition in pregnancy) and instructions for parents on the most appropriate nutrition of infants. The special attention is also aimed at the menus served at the school canteens and the foodstuffs offered in the vending machines placed in the schools.

DENMARK

Rules regarding the use of nutrition and health claims has been harmonised in the European Union since 2007. Denmark has since then put a lot of effort in implementing and controlling that nutrition and health claims are used according to the Regulation. Nutrition labelling is also EU harmonised, and the European Union has recently adopted rules which will make nutrition labelling mandatory from December 2016. Denmark introduced in 2009 the use of a voluntary “nutrition signposting” – the “Keyhole”-symbol on pre-packaged foods. For pre-packed foods to carry the Keyhole the product must contain for example less fat, sugar or salt and more fibre compared to ordinary products.

The use of the “Keyhole”-symbol was in 2012 extended for use in restaurants, canteens, etc. according to a special certification system. The restaurants must be able to prove that the courses on the menu marked with the “Keyhole” lives up to the expectations of being low in the content of fat, sugar and salt and high in the content of fibre. A number of other initiatives have been taken in order to promote a healthier lifestyle through a better diet. Recently a new public private partnership has been formed – “The Danish Meal Partnership” - which focuses on the whole meal pattern (in stead of single components) and with the aim to make it easier and more desirable for all citizens to eat healthier.

EUROPEAN UNION

In the area of nutrition, there have been important developments in the EU as regards health claims since the 27th session of CCEURO.

Regulation 1924/2006 on nutrition and health claims made on foods ensures a high level of protection for consumers while in parallel ensures legal clarity and fair competition for food business operators. Health claims must not mislead consumers; they must be accurate, truthful, understandable and substantiated by science.

Implementation of the Regulation requires the adoption of a list of permitted health claims, based on an assessment by EFSA of the science substantiating the claimed effect, and compliance with the other

general and specific requirements of the Regulation. Member States submitted lists of about 44,000 health claims in 2008, which were consolidated by the European Commission into a list of some 4,600. By 2010 these claims were sent to EFSA which conducted a scientific assessment of whether the claims could be substantiated. EFSA finalised its main body of work for all health claims other than those on botanical substances in June 2011.

On 16th May 2012, a new Commission Regulation was adopted containing 222 claims, representing nearly 500 entries from the consolidated list. The process of authorisation is also completed for another 1600 entries from the consolidated list, but these entries could not be authorised. The remainder of the claims (about 2200, mainly so-called "botanical substances") are still awaiting completion of the authorisation process.

The EU integrated approach to contribute to reduce nutrition related issues, overweight and obesity is set out in the White Paper on a Strategy for Europe on Nutrition, Overweight and Obesity related health issues of May 2007. Information on the implementation of this strategy is available on the following website:

http://ec.europa.eu/health/nutrition_physical_activity/policy/index_en.htm

FRANCE (English version)

Two plans of action managed by the Ministry of Health specifically aim at improving the nutritional status of the French population, and a national food programme is managed by the Ministry of Agriculture:

- The National Nutrition and Health Programme (PNNS) and in particular its third phase (2011-2015) is a public health plan to improve the health of the population through action on one of its main factors: nutrition. For the PNNS, nutrition is understood as the balance between food intake and physical activity. The PNNS is a steering structure at national level. Its objective is to propose reliable and scientifically based recommendations, to help the populations and professionals in the sector to understand the information about nutrition which is commonly heard and is sometimes contradictory.

-The Obesity Plan (2010-2013) strengthens the action of the PNNS in the fight against obesity. It follows four directions : prevention, care, assistance to vulnerable populations and struggle against discriminations, and research.

- Finally, the national food programme, launched in June 2010, aims at ensuring sufficient and accessible food for all. Although this programme does not focus exclusively on health aspects, it fully contributes to maintaining a food model that ensures good health, through the following actions: facilitate access to quality food for all (eating better in precarious situations, acquiring good eating habits in the school and school related framework), improve knowledge and information (consumer education, training consumers of tomorrow..).

Moreover, the implementation of the food watch may also be mentioned here for its nutrition section (see question 5 of the CL)

France also contributes actively to the implementation of European regulations on nutrition labelling and nutrition and health claims, which have gone through a major evolution since 2011, as presented in the comments from the EU in reply to the present circular letter.

FRANCE (version française)

Deux plans d'action pilotés par le ministère de la santé visent spécifiquement à l'amélioration de l'état nutritionnel de la population française, auxquels s'ajoute le programme national de l'alimentation piloté par le ministère de l'agriculture :

- Le Programme National Nutrition Santé (PNNS) et notamment son troisième volet (2011-2015) est un plan de santé publique visant à améliorer l'état de santé de la population en agissant sur l'un de ses déterminants majeurs : la nutrition. Pour le PNNS, la nutrition s'entend comme l'équilibre entre les apports liés à l'alimentation et les dépenses occasionnées par l'activité physique. Le PNNS est une structure de pilotage au niveau national. Son objectif est de proposer des recommandations fiables et scientifiquement validées, pour aider la population et les professionnels du secteur à décrypter les informations parfois contradictoires que l'on entend tous les jours sur la nutrition.

- Le Plan Obésité (2010-2013) vient renforcer l'action du PNNS en matière de lutte contre l'obésité. Il

se décline sur quatre axes : la prévention, l'offre de soins, la prise en charge des populations vulnérables et la lutte contre les discriminations, et enfin la recherche.

- Enfin, le programme national pour l'alimentation, lancé en juin 2010, vise à garantir une alimentation suffisante et accessible à tous. Bien que ce programme ne cible pas exclusivement les aspects de santé, ce programme participe pleinement à maintenir un modèle alimentaire garantissant une bonne santé, via les actions suivantes : faciliter l'accès de tous à une alimentation de qualité (mieux manger en situation précaire, prendre de bonnes habitudes alimentaires dans le cadre scolaire et périscolaire, ...), améliorer la connaissance et l'information sur l'alimentation (éduquer les consommateurs, former les consommateurs de demain, ...).

De plus, la mise en œuvre de l'observatoire de l'alimentation peut également être citée ici pour sa section nutritionnelle (cf. question 5).

La France contribue par ailleurs de manière active à la mise en œuvre des réglementations européennes relatives à l'étiquetage nutritionnel et aux allégations nutritionnelles et de santé, qui ont connu des évolutions majeures depuis 2011 comme exposé dans les commentaires de l'Union européenne en réponse à la présente lettre circulaire.

GREECE

One of the public health nutrition-related priorities in Greece includes actions on salt reduction at national level. In this effort, a leaflet for raising awareness among consumers regarding salt intake was initially prepared by EFET (English version: http://www.efet.gr/portal/page/portal/efetnew/news/view_new?par_newID=471). Currently, in collaboration with the Ministry of Health, copies of this leaflet (in Greek) will be distributed nationally. In addition, a survey on the knowledge, attitude and behaviour towards salt has been carried out in a nationally representative sample of Greek adults. A report of this survey is available at the site of EFET since Nov 2011 (http://www.efet.gr/images/efet_res/docs/nutrition/Salt_report_%20with_abst.pdf). Following the interesting outcome of this survey, a meeting was held at EFET where representatives of the food industry, bakery associations, catering section, universities, nutrition and dietetic societies as well as the ministry of health discussed potential future actions. EFET is also currently collaborating with the General State Chemical Laboratory in Greece for sodium analysis in various types of bread sold from local "artisan" bakeries. Bread is a staple food in Greece and is regarded as an important source of sodium in the diet of Greeks (according to some dietary surveys). The data that will be collected upon completion of this project will greatly help setting targets for salt reduction in bread.

EFET has published a guidance on the implementation of regulation (EC) no 1924/2006 on nutrition and health claims in Greek language (http://www.efet.gr/portal/page/portal/efetnew/enterprises/enterprises_info) and a Circular Letter for the interpretation of articles 11 & 12 of regulation (EC) no 1924/2006.

HUNGARY

1. Developments in legislation

Act CIII of 2011 on Public Health Product Tax

The public health product tax (hereinafter referred to as: tax) was introduced in September 2011, with further modifications of its provisions coming into force in January 2012.

The tax does not cover basic foodstuffs, it only affects products that have healthy alternatives.

Product categories covered by the tax are as follows:

- soft drinks,
- energy drinks,
- pre-packed sweetened products,
- salty snacks,
- condiments,
- flavoured beer, alcopops,
- fruit flavours.

Introduction of the tax ultimately aims at reducing the prevalence of chronic, non-communicable diseases by:

- promoting healthy nutrition in the Hungarian population by offering healthy food choices,
- encouraging food business operators to produce foodstuffs with more favourable composition from the nutritional perspective,
- taxing such products that carry proven health risks when consumed (due to high sugar or salt content, as well as concomitantly significant caffeine and sugar content), thus directly reducing consumption of these products, and
- improving the overall health status of the population from the income that the tax produces.

Draft ministerial decree on the nutritional-health provisions in public catering

A ministerial decree has been drafted to facilitate the reduction of the prevalence of nutrition-based diseases, in particular childhood and adolescent obesity, and the prevalence of those diseases in which overweight/obesity acts as a risk factor. Reducing the occurrence of nutritional risk factors in mass catering that are already present in early age, such as enhanced energy and fatty acid intake, not optimal fatty acid composition of foods, excessive daily salt intake, and low vegetable and fruit consumption, results in a healthier population with reduced mortality rates originating from cardiovascular diseases and tumors.

The draft contains requirements on the recommended daily energy and salt intake for different age groups, the use of food ingredients and raw materials, basic principles of the daily diet composition, compliance with special dietary needs, and provisions on self-checking and the official control of mass caterers.

National Educational Plan

The new National Educational Plan (hereinafter referred to as: Plan) determines the professional content of school nursing and education, and as a part of it, of health promotion. In the context of the different themes of the separate subjects, the Plan allows the systematic operation of the overall health promotion in the daily life of the nursing and educational institutions by emphasizing healthy nutrition as a specific area of overall health promotion.

Draft ministerial decree on the maximum levels of trans fatty acids in foodstuffs

A ministerial decree has been drafted to set up a limit for the trans fatty acid content of foodstuffs being on the market, taking into account the WHO recommendation for daily trans fatty acid intake. The professional consultation of the content of the draft decree is ongoing.

2. Public health initiatives, programs

“STOP SALT” National Salt Reduction Program

Hungary is a member of the European Action Network on salt reduction in the population. There are no national mandatory regulations regarding salt reduction yet, however the “STOP SALT” National Salt Reduction Program was officially launched in 2010 by the Ministry of Health.

The initiative has five key elements: setting the scene by national data collection; setting benchmarks for salt reduction, reformulation; multilevel awareness raising public campaigns; cooperation with the food industry; and monitoring and evaluation.

School-based information and education model programs have been previously carried out and evaluated, such as the HAPPY program (Hungarian Aqua Promoting Program in the Young), encouraging water consumption and reducing excessive soft drink consumption of children. Based on the initial model program, in 2010, 2011 and 2012, the national Happy Week program was implemented with the support of the Ministry of Health/Ministry of National Resources to promote water consumption in 17 counties, involving around 30.000 school children. The schools participating in the program provided free access to drinking water to pupils by distributing bottled water or providing water balloons on the corridors. The program also offered an educational package for different age groups of school children, and a freely accessible interactive package was set up on the webpage of the National Institute for Food and Nutrition Science.

The “Start with Breakfast” school breakfast program targets creating healthy lifestyle habits among pupils. Former investigations carried out by the National Institute for Food and Nutrition Science revealed that consumption of milk and dairy products, and fruit- and vegetable intake of school children are far below the recommended amounts, that can lead to serious health consequences, e.g. osteoporosis, tumors, cardiovascular diseases. Furthermore, one third of the children do not have breakfast at all, and for many pupils the number of daily meals is very low, not exceeding two/day. In the semesters of the educational year 2010/2011, with the support of the Health Secretariat of the Ministry of National Resources, the program was launched in 11 cities involving about 1500 pupils. The main elements of the program were providing free breakfast and an educational package on healthy nutrition. Teachers and parents have been involved in the educational part as well. The impact of the program was monitored; in 40 % of the families the morning eating habits have been changed in a positive way by eating healthier foods for breakfast, having more variety in healthier elements of the breakfast, and having breakfast more times a week than previously.

The School Fruit Program is launched yearly by the Ministry of Rural Development, in coordination with the State Secretariat for Health of the Ministry of Human Resources.

LATVIA

9. Please describe any developments since the 27th Session of the Committee regarding issues related to nutrition, such as: obesity, overweight, underweight, micronutrient deficiencies and any public health-oriented actions undertaken, including nutrition education and the use of nutritional labelling and claims, and implementation of the WHO *Global Strategy on Diet, Physical Activity and Health*.

1. Public Health Strategy 2011-2017 was adopted by the Latvian Government in October 5 2011. The Strategy is a medium term policy planning document, developed to continue the implementation of public health policy, which was started by Public Health Strategy 2001-2010. One of the courses of action of the Strategy is non-communicable disease risk factor reduction, including activities to promote healthy nutrition, such as:

- To implement educational activities for people of all ages, taking into account gender differences, to promote physical activity and healthy nutrition and its role in maintaining of good health.
- To implement "5 a day" program to increase fruit and vegetable consumption.
- To continue implementation of the EU "School Milk" and “School Fruit” programs.

2. In March 2012 Regulations of the Cabinet of Ministers were adopted regarding dietary standards in schools, kindergartens, long-term social care institutions and hospitals. Regulations provide that the everyday menu of students and patients in these institutions should include:

- food products, rich in complex carbohydrates (brown bread, wholegrain bread, boiled potatoes or mashed potatoes, buckwheat, pearl barley, rice or pasta);
- vegetables and fruit, including fresh ones;
- food products rich in proteins, for example, lean meat, poultry, fish, eggs, legumes;
- milk, milk products or sour milk products.

Following food products should be excluded – French fries and similar products, margarine and confectionery containing partially hydrogenated vegetable fats, instant soups and potato mashes, oils from genetically modified ingredients.

Sausages, frankfurters, dried, smoked, salted meat and fish products, factory made ravioli, frozen manufactured meatballs and fish fingers, etc. are those which are not valuable source of protein, but contains a lot of salt, fats, food additives, which should be limited to the daily diet of children and patients. Therefore they are allowed once a week and only if they contain at least 70 % meat or 60 % fish, contains salt less than 1.25 g per 100 g of meat products and 1.5 g per 100 g of fish product, doesn't contain food additives – flavor enhancers and colors, and genetically modified ingredients.

Amounts of salt and sugar in the prepared meal are also limited.

NETHERLANDS

Nutrition and healthy weight policy is continuously on the agenda in The Netherlands. Nutrition education is performed by our National Nutrition Centre. Besides that there are various (public-

private) school program's about healthy lifestyle and healthy eating. Improving product composition with respect to salt and saturated fat is stimulated by the Minister of Health and carried out through a self-regulatory approach of producers and retail organisations, in good cooperation with the government. Nutrition labelling and claims are regulated at EU level.

To decrease the amount of children with overweight and obesity we have a renewed (2010) covenant on healthy weight with various relevant public and private partners (27 parties in total). One of the goals is to implement a multi-disciplinary approach for JOGG (Youth at a healthy weight, based on the EPODE approach) in municipalities. Already 20 municipalities take part, our target is 75 before the year 2015.

Besides the focus on school children with healthy nutrition and healthy weight programs (healthy school canteen, nutritional education), there are also activities to promote a healthy workplace and sports clubs.

We focus on implementing effective interventions and communicating effectively and develop new concepts to reach our targets. With the introduction of a national prevention strategy, the policy on nutrition and healthy weight shares a more positive and empowering tone of voice. Moreover it is part of a broader policy strategy to encourage healthy lifestyles. The Netherlands Nutrition Centre Foundation is still one of our more valuable partners: they translate scientific knowledge into easily understandable, balanced and practical guidelines and advice for consumers.

We regularly monitor (measure) food consumption, urinary sodium and iodine excretion and overweight.

With respect to micronutrient policy, the advised dose of vitamin K-drops for breastfed babies during the first 12 weeks of their life was raised from 25 microgram to 150 microgram per day (Health Council of The Netherlands 2010).

POLAND

- *The "Keep fit!" Programme*

The Chief Sanitary Inspectorate and the Polish Federation of Food Industry, in accordance to the recommendations of the World Health Organization's (WHO) strategy on diet, physical activity and health and the recommendations presented in the European Commission's White Paper on "A Strategy for Europe on Nutrition, Overweight and Obesity", have been running for the last six years the "Keep Fit" National Education Programme to promote a balanced diet and physical activity among teenagers.

The program is carried out since 2006 and covers primary and secondary schools throughout the whole of Poland. Since 2006, nearly 4 millions students from 6949 schools participated in programme implementation.

Plans for the following editions of the "Keep Fit" programme include further promotion of parents' active participation, especially by enhancing the involvement and participation of parents in the activities being part of the scheme, expanding the educational activities into school youth's household environment as well as by increasing effectiveness of the programme's impact on promoting cooperation between parents and the school environment. Currently the additional initiative named "Healthy Lifestyle Knowledge Olympics" is introduced.

- *Nutrition information*

In Poland, provisions concerning nutrition labelling are included in *Regulation of the Minister of Health of 25 July 2007 on nutrition labelling*. This regulation is the result of the implementation into national law the *Council Directive of 24 September 1990 on nutrition labelling for foodstuffs (90/496/EEC)*.

According to the above mentioned regulation, in line with the EU law, nutrition labelling is voluntary with the exception of foodstuffs intended for particular nutritional uses, foodstuffs labelled with nutrition and health claims and foodstuffs to which vitamins and minerals have been added.

However, according to new EU provisions on food information nutrition labelling will be obligatory in Poland (and whole EU) starting from 13th of December 2016.

Nutrition and health claims that are used in presentation and advertising should be in accordance with Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006

on nutrition and health claims made on foods.

SLOVAK REPUBLIC

National Program for the care of children and youth in the Slovak Republic is oriented to quality, food safety, school milk and nutrition software Pyramid. Their aim is to contribute to creation of conditions for achieving positive change in the diet of children and adolescents (it implements the European strategy for child and adolescent).

National program to prevent cardiovascular disease helps to create conditions for achieving positive change in programs of prevention of heart disease and blood vessels.

The third phase of National Environmental Health Action Plan (follow-up action plan for the Environment and Health in Europe) was completed and main tasks for the fourth one were estimated.

National program for health promotion is realized to support preventive measures aimed at reducing the incidence of chronic non-infectious diseases (nutrition and eating habits; physical inactivity; Tobacco, alcohol, drugs; a healthy working and living conditions- Working environment and environment,) and the incidence of infectious diseases.

„The Strategy of Nutrition Policy“ of Slovak agriculture department (elaborated with Slovak nutrition experts in accordance with White Paper on the Strategy for Europe on Nutrition, Overweight and Obesity related health issues) is evaluated annually.

Slovak experts engaged in the process of legislation development of the EU (health and nutrition claims, labelling in related nutrition values)

Promotion of European projects are realized (e.g. School fruit or School milk schemes)

Slovak experts (Food Research Institute) take part in ongoing EFSA Pilot project on the implementation of FoodEx2 as part of the Standard Sample Description for the electronic transmission of harmonised chemical occurrence data to EFSA

The first official database on nutrient value (part of Online Food Composition database) is kept on <http://www.pbd-online.sk/>. The database is freely accessible and is a part of EuroFIR AIBVL EU databases program.

Educational actions for children and students were realized, e.g.: an educational computer program on good nutrition called "Pyramid" was developed for children and toolkit for them called "To eat healthily." was issued too. Information about healthy nutrition was included in the "Europa Diary" for high school students. The Diary is free distributed under the EU project to students each school year.

Workshops, conferences and other media actions were organized (some in cooperation with Ministry of Health, Universities or other organizations) and actual nutrition issues were presented on different events (Nutrition in disease prevention, Conference on "Prevention and healthy lifestyles among children and youth in the schools," ERA ENVHEALTH...). For different groups of the population, a "Window for consumers" which provides information on food quality, food safety and nutrition also is available on the MARD SR website.

SPAIN (Spanish version)

En el último año, se han realizado en nuestro país actuaciones en relación a la nutrición, de las cuales algunas son:

- ✓ Actualización de las Recomendaciones de consumo de pescado (pez espada, tiburón, atún rojo y lucio) debido a la presencia de mercurio.
- ✓ Revisión de dos programas a nivel Comunitario, en relación con la publicidad de productos lácteos y de champiñones y setas.
- ✓ Aprobación de acuerdos de colaboración con las comunidades autónomas con el objetivo de la promoción de una alimentación más saludable y la práctica de actividad física.
- ✓ Selección y establecimiento de indicadores mínimos relacionados con la alimentación saludable, la actividad física y la prevención del sobrepeso y la obesidad.
- ✓ Realización de campañas de comunicación:

- Sobre la reducción del consumo de sal, mediante el “*Plan cuídate +, menos sal es más salud*”.
- Sobre el consumo de frutas y verduras en colaboración con el Ministerio de Agricultura y Alimentación.
- ✓ Publicación de un informe sobre la verificación del cumplimiento del “Código de Autorregulación de la Publicidad de Alimentos dirigida a menores, prevención de la obesidad y salud”
- ✓ Continuación del Plan de consumo de fruta y verdura en las escuelas.
- ✓ Presentación del segundo programa de acción comunitaria en el campo de la salud el proyecto “FOOD” (lucha contra la obesidad a través de la oferta y la demanda) que finalizó en abril de 2011 tras dos años de duración.
- ✓ Obtención de los resultados del programa PERSEO (Programa Piloto Escolar de Referencia para la Salud y el ejercicio, contra la Obesidad). Este programa ha tenido un efecto favorable sobre la práctica de la actividad física y además, han disminuido significativamente las actividades sedentarias, y favorecido el acercamiento de la dieta de los niños a la dieta mediterránea, asimismo ha mejorado el consumo de frutas, verduras y hortalizas y modera el consumo de algunos alimentos de alta densidad energética.
- ✓ Seguimiento y evaluación de:
 - “Estudio Aladino” sobre la prevalencia de la obesidad infantil
 - Proyecto conjunto con OMS/DG SANCO para el seguimiento de la mejora de la alimentación y la actividad física y la prevención de la obesidad en la UE.

Se han publicado informes relativos a la nutrición entre los que cabe destacar:

- Informe relativo a la ingesta dietética usual.
- Informe relativo a la situación nutricional de la población española.
- Informe relativo a los cálculos de exposición a sustancias químicas en estudios de dieta total.
- Informe de evaluación del riesgo del consumo de derivados cárnicos frescos por determinados grupos de población, en relación con la modificación del Real Decreto 1376/2003, por el que se establecen las condiciones sanitarias de producción, almacenamiento y comercialización de carnes frescas y sus derivados en establecimientos al por menor.
- Informe de evaluación de riesgos para el proyecto de Real Decreto en el que se establecen medidas singulares de aplicación de las disposiciones comunitarias en materia de higiene de la producción y comercialización de los productos alimenticios.

SPAIN (English version)

In the last year, several actions have been realised in our country concerning nutrition, among which the following:

- ✓ Update of the Recommendations for fish consumption (swordfish, shark, red tuna and pike) due to the presence of mercury.
- ✓ Revision of the programmes at community level, as related to publicity for milk products and fungi.
- ✓ Agreements were concluded with the autonomous communities with the objective of promoting more healthy diets and the practice of physical activity.
- ✓ Selection and implementation of minimal indicators related to healthy diets, physical activity and the prevention of overweight and obesity.
- ✓ Realizing communication campaigns:

- On the reduction of Salt consumption, through the “Take care plan +*less salt is more health*”.
- On fruit and vegetable consumption in collaboration with the Ministry of Agricultura and Food.
- ✓ Publication of a report on the verification of compliance with the “Code of self-regulation of food advertisement directed to minors, prevention of obesity and health”.
- ✓ Proceeding with the plan for consumption of fruit and vegetables in schools.
- ✓ Presentation of the second programme of community action in health and the “FOOD” Project (struggle against obesity through offer and demand) which was finalised in April 2011 after two years.
- ✓ Results of the PERSEO Programme (Reference Pilot School Programme for health and exercise against obesity). This programme has had a positive effect on the practice of physical activity and in addition has significantly reduced sedentary activities, and facilitated the improvement of children’s diets towards the Mediterranean diet, as well as improving consumption of fruit and vegetables and reduced consumption of some foods with high energy density.
- ✓ Follow-up and evaluation of:
 - “Aladino study” on the prevalence of child obesity
 - Joint Project with WHO and DG SANCO for the follow-up in diet improvement and physical activity and obesity prevention in the EU.

Reports on nutrition were Publisher, among which:

- Report on usual dietary intake.
- Report on nutritional status of the Spanish population
- Report on exposure to chemical substances in total diet studies.
- Report on risk assessment on the fresh meat products by group of population, as related to the amendment of Real Decreto 1376/2003, which established the sanitary conditions for production, storage and marketing of fresh meat and derived products at the retail stage.
- Report of risk assessment for the draft Real Decreto in which specific measures are established to apply community provisions regarding hygiene in the production and marketing of food.

SWEDEN

Sweden attaches a high priority to the nutrition issues. Here we would like to highlight some activities related to this area.

Skills centre for meals served in schools, healthcare and social services

The Swedish National Food Agency is running a project aiming at establishing a skills centre for public meals in Sweden. The project, running from 2011-2014, is one of the efforts made to realise the Swedish government’s vision “Sweden – the new culinary nation”.

About 3 million public meals are served in Sweden daily – a resource that could be exploited far more than it is today. The intention of the project is to provide to local authorities and county councils with advice and support to further develop the meals served in schools, healthcare and social services. The vision is that everyone having a meal at school or in any healthcare or social service should enjoy the meal and feel well from the food that is served. Coordination and development of different actors’ strengths and knowledge will help realising this vision.

Since 1 July 2011 Swedish law requires all lunches served in compulsory education not only to be free of charge but also to be nutritionally balanced. One part of the project is to raise awareness about these provisions and to run training on its implementation.

New Nordic Nutrition Recommendations

The Nordic countries have for several decades collaborated in setting guidelines for dietary composition and recommended intakes of nutrients, Nordic Nutrition Recommendations (NNR). The recommendations form the basis for diet related public health activities and actions. In 2012 new recommendations will be published. More than 100 scientists from all Nordic countries have been involved in the revision of the existing scientific evidence. Systematic reviews and risk-benefit assessments have been used to update the dietary reference values (DRV) and reference values for the prevention of diet and lifestyle related non-communicable diseases (NCD).

National dietary survey

The food habits in Sweden have been assessed in a national dietary survey 2010-11. A representative sample of the population recorded their food intake during four days in a web-based tool. Data on anthropometrics, health and socioeconomic status and information on specific foods as well as material for biomonitoring were collected. The results show that the intake of fruit and vegetables, whole grains, fish and polyunsaturated fats are too low in the population, especially among younger people. Intake of salt and saturated fats are too high.

A healthier Sweden 2012

The Swedish National Institute of Public Health coordinates, for the third year, a week of activities promoting healthful eating habits and physical activity; A healthier Sweden 2012. The project is ordered by the Swedish government and brings together local authorities, county councils, NGOs and private actors. It aims to inspire and spread knowledge about the importance of diet and physical activity for health through concrete activities across the country. There will be activities for everybody, but the major target groups are children and adolescents, elderly and persons with impaired intellectual function. Health inequalities are also in focus. During the 2011 edition of "A healthier Sweden" nearly 1000 unique actors organised close to 3000 activities.