

Nutrition and Physical Activity EU initiatives

CIAA Congress 2006

26 October 2006

Philippe Roux, DG SANCO C4



Range of Commission actions in Nutrition and Physical Activity

- ✓ Improving regulation (health claims, nutrition labelling)
- ✓ Facilitation and exchange of information between Members States (Nutrition and Physical Activity Network)
- ✓ Projects funded as part of the Public Health Programme (Health determinant approach)
- ✓ Collaboration with international efforts (WHO Ministerial in Istanbul and the European Charter on Obesity)
- ✓ Initiatives from Agricultural Policy AGRI - Internal Market MARKET - Transport Policy TREN - Environmental Policy ENV - Research RDT - Youth initiatives EAC - Education EAC - Sport EAC;
- ✓ Developing partnerships (EU Platform on Diet, Physical Activity and Health)
- ✓ Preparation of a White Paper on Nutrition and Physical Activity

Focus on the



EU Platform on Diet,
Physical Activity and Health

Action-oriented and helpful for policy-building



31 members / Observers WHO, EFSA, EP, Presidencies and Member States



International Obesity TaskForce

International Diabetes Federation European Region



An Action oriented process

140 commitments

Type of actions

✓ Promotion healthy lifestyles	40%	
✓ Labelling	17%	
✓ Advertising and marketing	15%	
✓ Dissemination	9%	
✓ Research and survey		5%
✓ Product development		7%
✓ Policy development	4%	
✓ Monitoring the situation	3%	

http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/docs/synopsis_commitments.pdf



Diet, Physical Activity and Health Platform, recent developments

- ✓ Definitive 2006 synopsis of commitments
- ✓ Framework on monitoring
- ✓ Platform consensus to take the lead in supporting a higher profile for Health Promotion in the Workplace
- ✓ Work on local partnership



Toward a White Paper on Nutrition and Physical Activity

- A need to ensure **sound co-ordination** of the initiatives;
- A need to galvanise action at national and even local level;

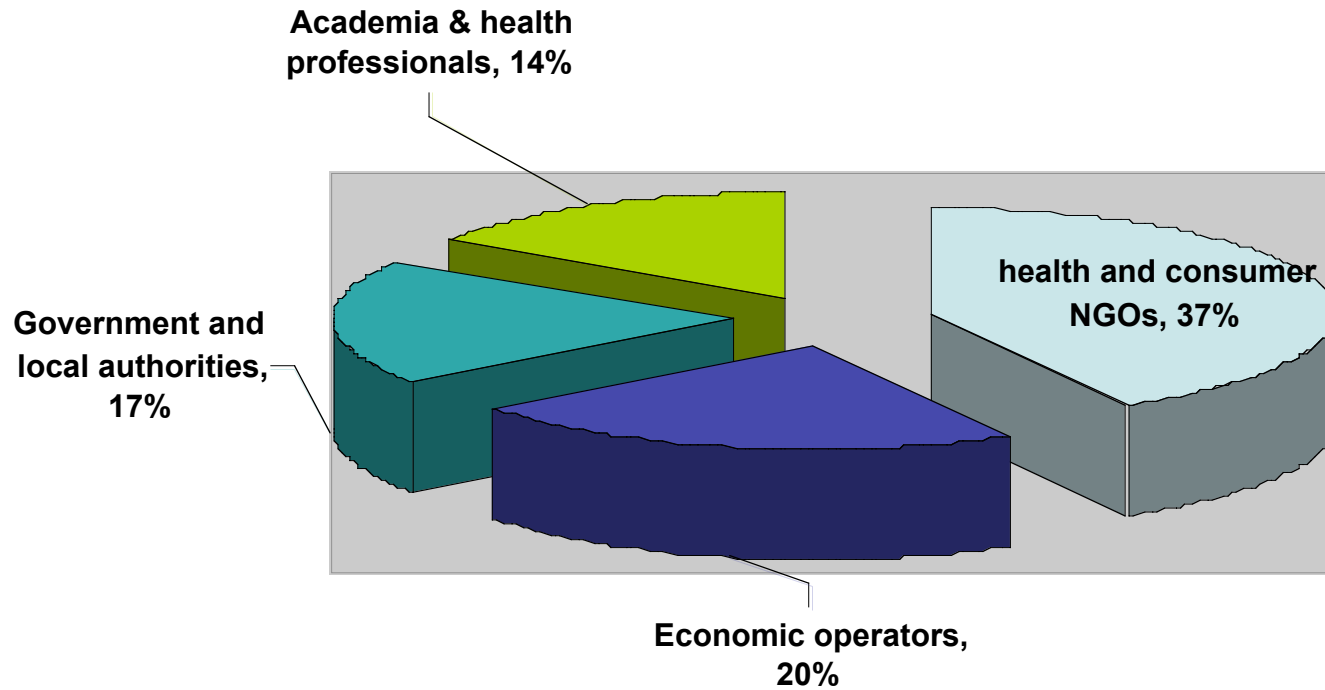


European
Commission

Health & Consumer Protection
Directorate-General

Green Paper: response

Over 270 contributions





European
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Green Paper: consensus areas

- ✓ **Support for** multisectoral approaches and networking of stakeholders
- ✓ 'Health in all policies', **in particular CAP reforms**
- ✓ **Need for** health impact assessment **and cost-benefit analyses of policies and interventions**
- ✓ **Need to improve** availability and comparability of obesity and lifestyle data and information, **and dissemination of** good practice, **including food based dietary guidelines**
- ✓ **Better consumer information** (including labelling): it should be **clear, consistent and evidence based**
- ✓ The need to invest in **life skills training**
- ✓ Settings: **education/schools, workplace**
- ✓ Target groups: children, **health professionals, low socio-economic groups**



Green Paper: as a source of ideas

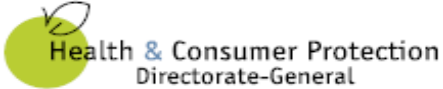
- What type of nutrition information to provide
- Good practice for more physical activity/greater dietary choice in schools
- Strategies to improve N&PA in the workplace
- Changing environment to promote physical activity
- Recommendations for nutrient intakes and development of food based dietary guidelines



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Green Paper

Promoting healthy diets and physical activity:
a European dimension for the prevention of overweight, obesity and chronic diseases



Next steps... Towards a European strategy

2006

Stakeholder consultation
Impact assessment
First drafts

2007

**Consolidation of the proposal and adoption by the
Commission**



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For more information

Web site:

EU Public Health

http://ec.europa.eu/health/ph_determinants/life_style/nutrition/nutrition_en.htm

Public Health thematic portal

http://ec.europa.eu/health-eu/index_en.htm

EU Diet Physical Activity and Health Platform

http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/platform_en.htm

EU Diet Physical Activity and Health Platform database

http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/database/web/dsp_search.jsp

Email: philippe.roux@ec.europa.eu

Thank you