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The variety and complexity of data sampling and collection, documentation and interpretation in the field of diet, health promotion, and the prevention of nutrition-related diseases require regular survey and analysis of relevant and available information. This facilitates the early detection of changes in nutritional behavior in a favorable and/or negative sense and allows the establishment of according measures of food, nutrition, and health policies.

The main objective of the project Report on Nutrition and Health, Agreement number 2006128, was not to generate new data, but rather to collect available and authorized data, published or unpublished, on the nutrition and health situation in the countries of the European Union (EU). Furthermore, the broad scope of the subjects covered and the improved quality of the collected data make the European Nutrition and Health Report (ENHR) 2009 an accurate documentation and sound source of information suitable for being used in international comparisons on the nutrition and health situation.

The first ENHR was released in 2004. Thirteen EU member states and Norway participated, allowing comparisons between these countries as well as the northern, southern, and western EU regions.

In the ENHR 2009, an additional eleven countries joined the original contributors, resulting in the active participation of 24 EU member states and Norway. In all main chapters of the ENHR 2009, the impact of age and gender was emphasized and special attention paid to the different regions of the EU. For a better and easier comparison of the participating countries, four regions were defined: North (Denmark, Estonia, Finland, Latvia, Lithuania, Norway, Sweden), West (Belgium-Luxembourg, France, Ireland, The Netherlands, the UK), Central-East (Austria, the Czech Republic, Germany, Hungary, Poland, Romania, Slovenia) and South (Cyprus, Greece, Italy, Portugal, Spain).
Specific objectives of the ENHR 2009 were

- to describe trends in food supply in the EU focusing also on the different regions,
- to compare average daily individual food availability at household level,
- to evaluate individual food consumption and energy and nutrient intake,
- to describe data on diet-related health indicators and status, and
- to analyze food and nutrition policies in countries of the EU.

Different methods of nutrition surveillance were considered in this report, taking into account their potential and limitations. Food Balance Sheets (FBS) of the Food and Agriculture Organization (FAO) of the United Nations were used to calculate the trends of average food supply (chapter 4). The food availability at household level was derived from household budget survey (HBS) data of the DAFNE (Data Food Networking) databank (chapter 5). Information on individual food consumption of adults in European countries came from national and regional dietary surveys (chapter 6). Nutrition surveys at the national level considering demographic and socioeconomic characteristics such as age, gender, and education also provided data on energy and nutrient intake and allowed the description of the nutritional situation by age and gender (chapter 7). In addition to national health surveys, data from different sources (WHO, Eurobarometer, GLOBOCAN) served to describe and comment on health indicators and status including overweight, blood lipids, total, cardiovascular, and cancer-related mortality, the prevalence of different neoplasms and diabetes mellitus, as well as the health-related lifestyle parameters smoking, alcohol consumption, physical activity, and breastfeeding (chapter 8).

Chapter 9 of the ENHR 2009 deals with Food and Nutrition Policies (FNPs) from the standpoint of the participating countries. A specially conducted survey considered types and implementing actions of FNPs, their role in ensuring diet quality, and their impact on health promotion and prevention of nutrition-related chronic diseases.

More detailed information related to the nutrition and health situation in the participating countries is documented in the corresponding national reports (chapter 11).

The European Nutrition and Health Report 2009 is intended to provide a documentation of and a basis for the work of those institutions responsible for health and nutrition policy.

As the coordinator of the ENHR 2009, I acknowledge all the participating countries and external collaborating partners who brought in their scientific expertise. My gratitude goes to the outstanding authors, the excellent proofreader Ms. Johanna Fally, and everybody who contributed to the successful finalization of this report.

Professor Dr. I. Elmadfa
University of Vienna, Austria
Vienna, October 2009
List of Abbreviations

Countries of European Nutrition and Health Report 2009

AT Austria
BE Belgium
CY Cyprus
CZ Czech Republic
DE Germany
DK Denmark
EE Estonia
ES Spain
FI Finland
FR France
GR Greece
HU Hungary
IE Ireland
IT Italy
LT Lithuania
LU Luxembourg
LV Latvia
NL Netherlands
NO Norway
PL Poland
PT Portugal
RO Romania
SE Sweden
SI Slovenia
UK United Kingdom
### Other abbreviations

- **BMI**: Body mass index (body weight in kg/body height in m²)
- **CAP**: Common Agriculture Policy
- **CE**: Central and East
- **CFP**: Common Fisheries Policy
- **CHO**: Carbohydrates
- **DAFNE**: Data Food Networking Project
- **EC**: European Commission
- **%E**: % of total energy
- **FA**: Fatty acids
- **FAO**: Food and Agriculture Organization of the United Nations
- **FBDG**: Food-Based Dietary Guidelines
- **FBS**: Food Balance Sheets
- **FFQ**: Food Frequency Questionnaire
- **FNP**: Food and Nutrition Policy
- **HBS**: Household Budget Survey
- **HS**: Highest supply
- **INS**: Individual Nutrition Surveys
- **LS**: Lowest supply
- **Max**: Maximum
- **Min**: Minimum
- **MUFA**: Monounsaturated fatty acids
- **NGOs**: Nongovernmental organizations
- **P**: Protein
- **PA(L)**: Physical activity (level)
- **PUFA**: Polyunsaturated fatty acids
- **SD**: Standard deviation
- **SFA**: Saturated fatty acids
- **UK**: United Kingdom
- **WHO**: World Health Organization
List of Participants

Coordinator of the European Nutrition and Health Report

Ibrahim Elmadfa

Coordinating Center

Ibrahim Elmadfa, Verena Nowak
Institute of Nutritional Sciences, University of Vienna, Austria

Partners

Anne-Marie Remaut-De Winter
Research Group Food Chemistry and Human Nutrition, University of Gent, Belgium

Jana Dostálová
Department of Food Chemistry and Analysis, Institute of Chemical Technology Prague, Czech Republic

Carolin Krems
Max Rubner-Institut, Federal Research Institute of Nutrition and Food, Germany

Ellen Trolle
Technical University of Denmark, Denmark

Luís Serra-Majem, Blance Román-Viñas
Fundación para la Investigación Nutricional, Spain
Antonia Trichopoulou  
Hellenic Health Foundation, Greece

Michel Vernay  
Unité de surveillance et d'épidemiologie nutritionelle, Université Paris, France

Arja Erkkilä  
School of Public and Clinical Nutrition, University of Kupio (UKU), Finland

Éva Martos, Gábor Zajkás  
National Institute of Food Safety and Nutrition, Hungary

Aida Turrini  
National Institute of Research for Food and Nutrition, Italy

Jean Kennedy  
School of Public Health and Population Science, University Collage Dublin, Ireland

Janina Petkeviciene  
Institute for Biomedical Research of Kaunas, University of Medicine, Lithuania

Guntars Selga, Melita Sauka  
Sports Medicine State Agency, Latvia

Caroline van Rossum  
National Institute for Public Health and the Environment, The Netherlands

Lene Frost-Andersen  
Universitetet I Oslo, Norway

Maria Daniel Vaz de Almeida  
Faculdade de Ciencias da Nutricao e Alimenacao da Universidade do Porto, Portugal

Ewa Halicka  
Faculty of Human Nutrition and Consumer Sciences, Warsaw University of Life Sciences, Poland

Mariana Vlad  
Institute of Public Health Cluj-Napoca, Romania

Wulf Becker  
National Food Administration, Sweden

Marjan Simčič  
Biotechnical Faculty, University of Ljubljana, Slovenia

Barrie Margetts  
Institute of Human Nutrition, School of Medicine, University of Southampton, United Kingdom

Eliza Markidou  
Department of Medical and Public Health Services, Ministry of Health, Cyprus

Liis Kambek  
National Institute for Health Development, Estonia
Collaborating Organizations

Institute of Sport Science and Sport (ISS) of the Friedrich Alexander University Erlangen-Nuremberg (FAU), Germany.

Unit for Health Services Research and International Health, IRCCS Burlo Garofolo, Trieste, Italy.

World Health Organization Regional Office for Europe (WHO), Copenhagen, Denmark.

Nutrition and Consumer Protection Division, Food and Agriculture Organization of the United Nations (FAO), Rome, Italy.