

Annual report 2023

EUPHA Food and Nutrition section (EUPHA-FN)

Goals for 2023

The plan for the 2023-24 activities involves the preparation of a position paper concerning the EUPHA food-based dietary recommendations. In summary, the activities include the following: Review of existing food-based dietary guidelines (Define criteria of interest/quality); Review of scientific literature (focusing on meta-reviews and umbrella reviews) to identify evidence of diet-health relationship (Rather than focusing on quantitative analyses, the main aim was to put together the data retrieved in order to understand how the evidence retrieved for different food groups may work all together in the context of the whole diet); Review of current knowledge of country specific diet-related health problems through consultation of the Global Burden of Disease DALYs estimates due to dietary risks (These procedure aimed to identify foods and dietary behaviors relevant for the recommendations. A final part will include dissemination across public health societies in each European country to obtain feedback and help with dissemination at local level. The job is ongoing and will be actively handled by some active collaborators in 2024.

Activities at the EPH conference

The FN Section has been involved in the preparation or participation to the following workshops and roundtable:

- **Workshop: (Re)imagining food: representations of food to move towards more sustainable food cultures** organized by *EUPHA-LAW; EUPHA-GH; EUPHA-FN; EUPHA-ENV; University of Essex; Dublin City University*
- **Workshop: Public health interventions to counteract unhealthy diets towards a better consumer knowledge** organized by *EUPHA-LAW, EUPHA-FN, EUPHA-HL initiative, EUPHA-ETH*
- **Round table: An exploration of the EAT Lancet Commission on healthy diets for sustainable food systems** organized by *EUPHA GH, EUPHA HIA, EUPHA LAW, EUPHA FN*
- **Workshop: Obesity: the greatest burden of the 21st Century and the post-pandemic** organized by *EUPHA-CHR, EUPHA-FN, EUPHA-ENV*

Other activities

Collaboration in the activities organized by the EUPHA-LAW Section concerning the implementation of nutrition labelling/Nutriscore in the EU.

Annual meeting

The following points will be discussed during the annual JtN meeting:

- Presentation of results for food-based dietary recommendations, exploration of national-level priorities, planning involvement of collaborators from national public health societies for translation and dissemination
- Candidates for vice presidents and steering committee

- Discussion on potential dissemination activities (public health week)

General communications with section members

The communications have been done mostly by mailing list (and personal emails, when required).