

Highlights Europe: Promoting a healthy diet and physical activity in the European Union
(Design and outcomes of pan-European EC co-funded projects)

Session Chairs/Moderators

Ibrahim Elmadfa, Vienna & Barrie Margetts, Southampton

Session Topics and Speakers

Part I: Monitoring of Nutrition and Health Status in Europe

Topic 1: *The European Nutrition and Health Report (ENHR) 2009*

Speaker: Ibrahim Elmadfa, Vienna

Topic 2: *Average daily individual food availability at household level using DAFNE (Data Food Networking) database*

Speaker: Antonia Trichopoulou, Athens

Topic 3: *Diet-related health indicators and status in European countries*

Speaker: Carolin Krems, Karlsruhe

Topic 4: *Food and nutrition policies in European countries*

Speaker: Lluís Serra-Majem, Barcelona

Discussion with the presenters of part I

Break

Part II: Determinants and methods of health and physical activity promotion

Topic 1: *ALPHA - Assessing levels of physical activity and related health determinants*

Speaker: Michael Sjöström, Stockholm

Topic 2: *IDAMES - Innovation of dietary and activity assessment methods in epidemiological studies and public health*

Speaker: Heiner Boeing, Potsdam-Rehbrücke

Topic 3: *HANCP – A new tool for small and medium-sized companies to reformulate processed foods and meals (FOOD PRO-FIT)*

Speaker: Antoni Colom Umbert, Balearic Islands

Topic 4: *HELENA – Healthy Lifestyle in Europe by Nutrition in Adolescence*

Speaker: Luis A Morena Aznar, Zaragoza

Discussion with the presenters, part II