

Poster Abstract – Original Research

Authors & Affiliations:

Carrillo Elena 1-2, Boeckx Hilde 3, Palma Imma 1, Storms Bérénice 4, Goedemé Tim 4

- 1) Blanquerna School of Health Sciences, Universitat Ramon Llull, Barcelona, Spain.
- 2) Global Research on Wellbeing – GRoW research group, FCSB-URL, Barcelona, Spain.
- 3) Department of Nutrition and Dietetics, Thomas More University, Geel, Belgium.
- 4) Herman Deleeck Centre for Social Policy, University of Antwerp, Antwerp, Belgium.

Presenting Author & Affiliation:

Carrillo-Álvarez Elena

Blanquerna School of Health Sciences, Universitat Ramon Llull, Barcelona, Spain

Title of Presentation:

European food-based dietary guidelines: a comparative analysis study.

1. Introduction / Objectives / Methodology / Results / Conclusion

The purpose of this paper is to report on a comparative analysis of the official food-based dietary guidelines (FBDG) that were applicable in 2015 in 25 EU Member States taking into account the main guidelines established by the FAO/WHO, the EURODIET project and the EFSA, with the aim of identifying strengths and limitations of current FBDG in Europe. Methodology: In the context of the *Pilot Project for the development of a common methodology on Reference Budgets in Europe*, a new review of FBDG was undertaken. A dietitian/nutritionist was contacted in each EU country and was asked to provide data regarding: (1) current dietary guidelines and national health priorities, (2) model of health promotion currently available, (3) results of the latest food consumption survey. All documents were reviewed by the coordinating team. Full data were analysed by two nutritionists, using a tabulated sheet to organize and compare the results.

Conclusions. European countries have great opportunities to improve FBDG in order to better serve Public Health policy. While all countries hold national FBDG, the level of detail and quality is different across them. Main areas of improvement include: to strengthen the theoretical and empirical basis upon which FBDG are built; to include specific recommendations regarding frequency of consumption and portion amounts for different groups; to evaluate the implementation of FBDG and their graphic representation; to be consistent with temporary updates of the FBDG. Last, to include FBDG in a broader set of public health and social policy tools.

2. Three key references:

Carrillo E, Boeckx H, Penne T, Palma I, Storms B, & Goedemé T. Promoting healthy eating in Europe: a comparative analysis of food-based dietary guidelines in the framework of the development of a common methodology for Reference Budgets in Europe. *Public Health Nutrition*. Under review.

Gibney M, Sandstrom B. A framework for food-based dietary guidelines in the European Union. *Public Health Nutr*. 2000;4(2A):293-305.
doi:10.1017/S1368980001001550

Sjostrom M, Stockley L. Working Party 3: Final report* Toward public health nutrition strategies in the European Union to implement food based dietary guidelines and to enhance healthier lifestyles. *Public Health Nutr*. 2000;4 (2A):307-324.
doi:10.1017/S1368980001001562

3. three specific key messages:.

- While all countries hold national FBDG, the level of detail and quality is different across them.
- Main areas of improvement include: to strengthen the theoretical and empirical basis upon which FBDG are built; to include specific recommendations regarding frequency of consumption and portion amounts for different groups; to evaluate the implementation of FBDG and their graphic representation; to be consistent with temporary updates of the FBDG. Last, to include FBDG in a broader set of public health and social policy tools.
- Advancing towards a more efficient development and implementation on FBDG in Europe requires a broad collaboration among nutritionists, dietitians, epidemiologists, psychologists and other related professionals from the different countries involved.