



# The ANEMOS Project: expansion and update of existing nutrition monitoring systems

Funded by EC – DGSanco (Agreement number HI 2007/334)



## Newsletter nr 2

### The Dafne-Anemos database has been updated

The two-year ANEMOS project has come to an end and has successfully developed the DAFNE-ANEMOS database, which includes 90 harmonized datasets and allows nutrition monitoring among 27 European countries. Estonia and Lithuania were the two new EU Member States, which joined the DAFNE-ANEMOS network.



- 20 EU Member States
- Albania
- Croatia
- Montenegro
- Norway
- Serbia
- +
- Estonia**
- Lithuania**
- Portugal 2005**

Their data were integrated into the database, together with Portugal's 2005 data, which is now available at [http://www.hhf-greece.gr/anemos\\_eng.html](http://www.hhf-greece.gr/anemos_eng.html)

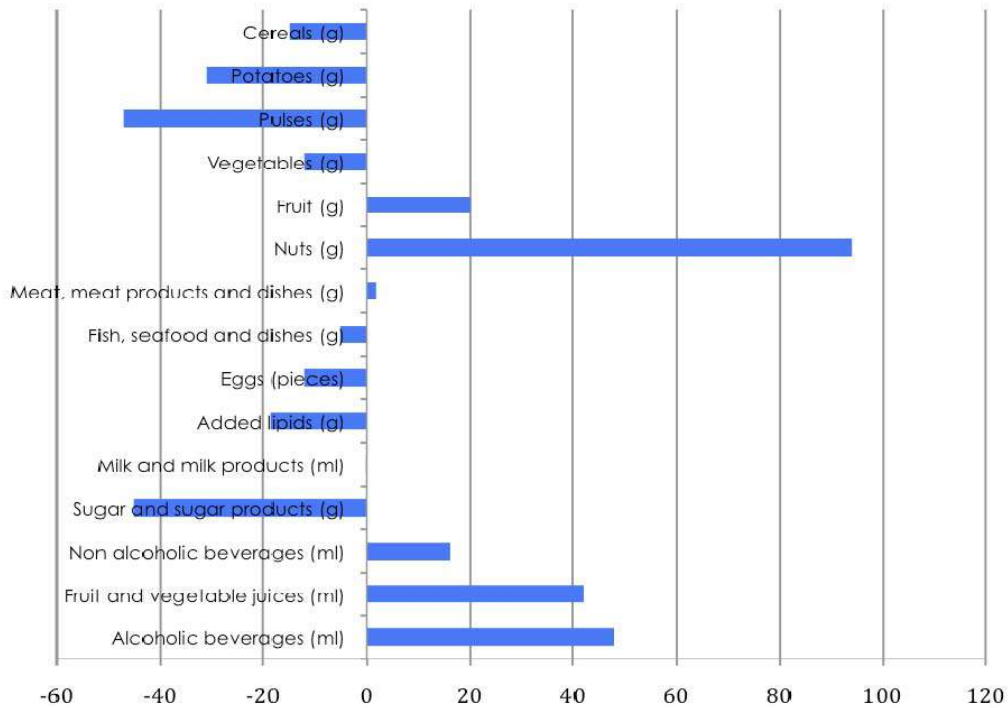
### The Dafne-Anemos reports

National reports from Estonia, Lithuania and Portugal have been developed. The reports describe daily food availability and overtime trends and identify population sub-groups at risk of developing nutrition-related diseases in view of their current dietary choices. They are available in English as well as in the local languages so as to guarantee a wide dissemination among national stakeholders.

# Main findings

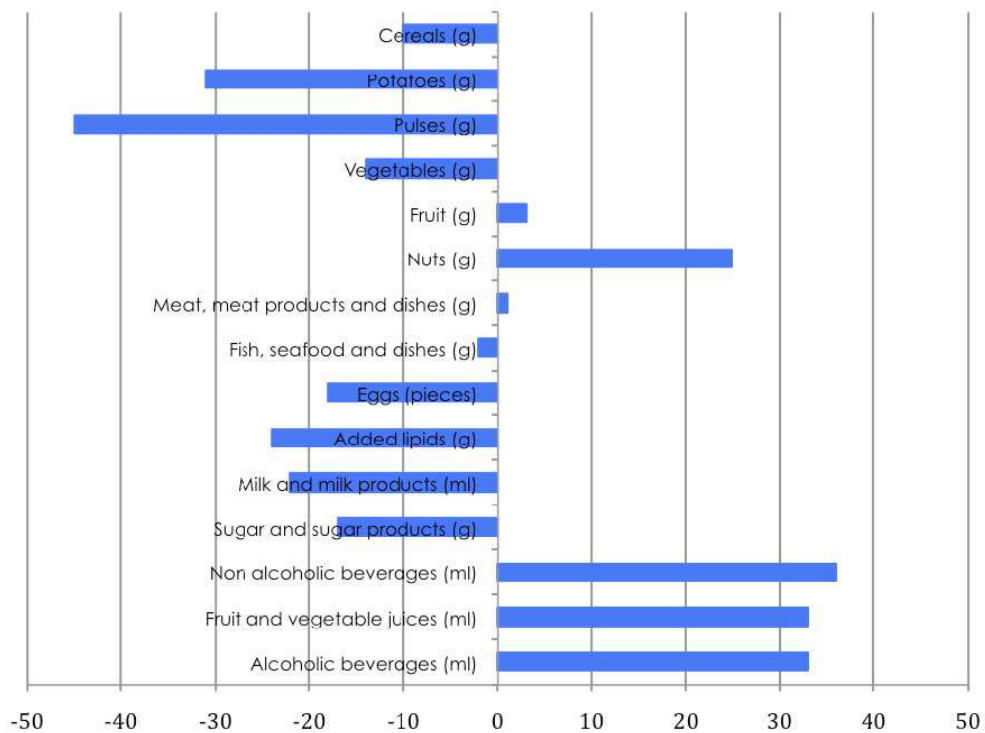
## ESTONIA

Percent change in mean food availability from 2003 to 2007 (quantity/person/day)



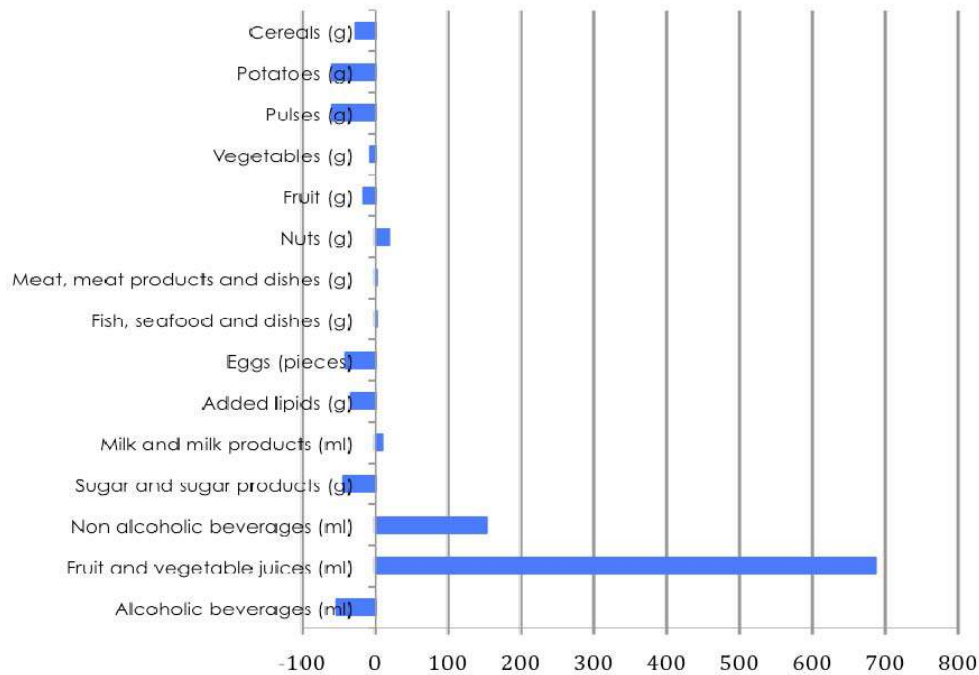
## LITHUANIA

Percent change in mean food availability from 2003 to 2007 (quantity/person/day)



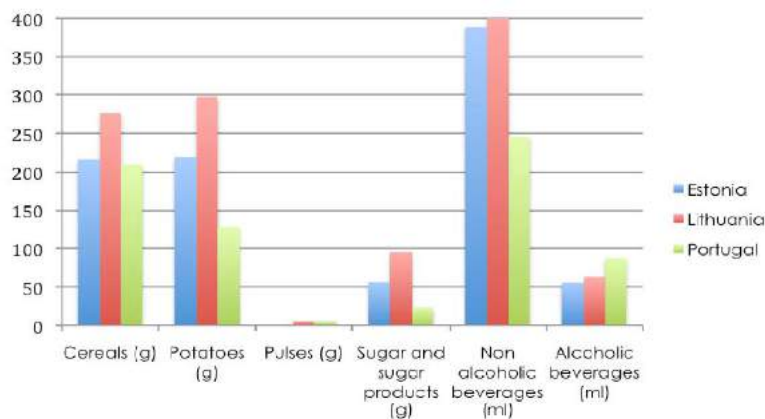
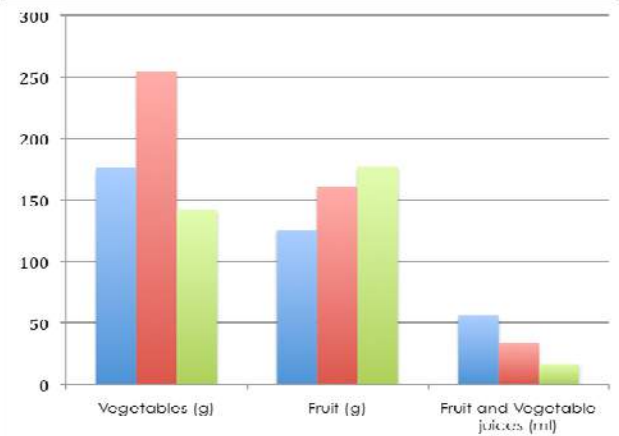
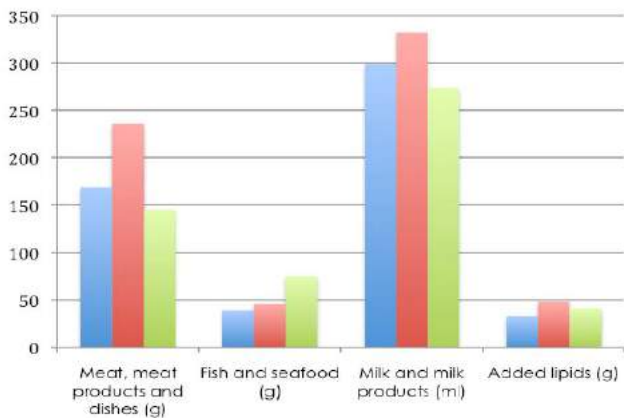
# PORTUGAL

Percent change in mean food availability from 1990 to 2005 (quantity/person/day)



## COMPARISON BETWEEN ESTONIA 2003, LITHUANIA 2003 AND PORTUGAL 2005

Mean food availability (quantity/person/day)



## RESULTS DISSEMINATION



- [II World Congress of Public Health Nutrition \(Porto, 23-25 September 2010\)](#)

**Two abstracts** were presented at this Congress. One has been evaluated under the best 36 abstracts and has been chosen for a 10 minute oral presentation. The other has been evaluated under the best 100 abstracts and has been chosen for permanent exhibition posters (Considered as one of the best exhibited posters it has received a prize by DSM Research Excellence Awards).

Full abstracts and photos are included below ...

### **Dietary patterns of households reporting high daily availability of soft drinks. A cross-national study in 27 European countries with the DAFNE-ANEMOS databank**

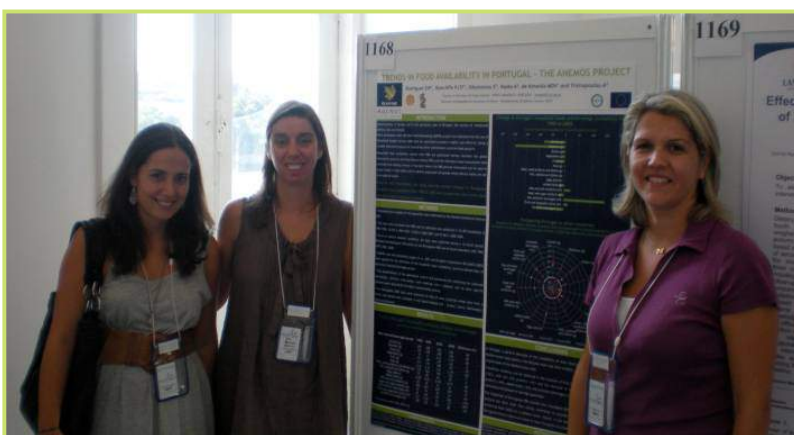
Naska A (NKUA, HHF), Oikonomou E (NKUA), Kostas Tsiotas (NKUA), Bountziouka V (HHF) and Trichopoulou A (NKUA, HHF) for the DAFNE-ANEMOS network

**Objective:** To identify food choices associated with the high daily soft drink availability in a wide range of European countries. **Material:** Nationally representative samples of households in 27 European countries. **Methods:** Data on the availability of foods and beverages were collected through the national household budget surveys and were harmonized according to the Data Food Networking (DAFNE) method. Averages of soft drinks' availability were estimated and the participating households were classified in tertiles according to their daily per person soft drink availability. Correlations between the availability of soft drinks and several food groups were estimated and 11 food groups were found to be associated with soft drinks. The availability of these 11 food groups was compared between households of low and high soft drinks consumers. **Results:** Soft drinks were found to be correlated with the daily availability of bakery products, sugar and sugar products, meat, cheese, milk and products, added lipids, fruit and vegetables. In particular, stronger positive associations were generally evident with respect to processed meat, sugar and sugar products. In several, though not all countries, higher soft drink availability was associated with similar or lower availability of vegetables and fruits. In some countries there was an inverse association with milk availability, possibly indicating a displacement with soft drinks partially substituting milk. **Conclusions:** The correlation of soft drinks with unfavourable dietary choices has public health implications particularly among children and adolescents.

## Trends in food availability in Portugal – The ANEMOS project

Rodrigues SSP (FCNAUP), Rowcliffe PJTF (FCNAUP), Oikonomou E (NKUA), Naska A (NKUA, HHF), de Almeida MDV (FCNAUP) and Trichopoulou A (NKUA, HHF)

**Objectives:** To examine changes in Portuguese household food availability from 1990 to 2005 and compare the most recent data with that of other European countries. **Methodology:** In the context of the Portuguese participation in the DAFNE (Data Food Networking) project and the current ANEMOS project (Expansion and update of existing nutrition monitoring systems), data from the 1990, 1995, 2000 and 2005 household budget surveys (HBS) were analyzed. The mean household food and beverages availability in quantity/person/day was estimated for the overall population in accordance with the DAFNE classification scheme and procedures. The Portuguese 2005 data were compared to that of other countries whose data from a similar time period were available in the DafneAnemosSoft - Greece, Latvia, Montenegro, Serbia and Slovenia. **Results:** In Portugal, a general decrease of the availability of most food and beverages groups was observed between 1990 and 2005, with the exception of non-alcoholic beverages, nuts, milk and milk products, as well as fruit and vegetable juices. Compared to the analyzed European countries, Portugal was within those with lowest availability of cereals, pulses, vegetables, fruit and vegetables juices, eggs, meat, meat products and dishes, sugar and sugar products, and non-alcoholic beverages. On the contrary, Portugal was among the countries with the highest availability of fish, seafood and dishes, and alcoholic beverages. **Discussion/Conclusion:** Despite the fact that HBS do not account for the out of home eating, the integration of the Portuguese records into a European database has not only contributed to identifying and quantifying the variation in the Portuguese food habits, whose information based on nationally representative samples is scarce, but has also allowed one to evaluate the country's situation in comparison to other European countries.



## OTHER RESULTS DISSEMINATION

- PRESS RELEASE

Estonia's results have been press released...see more at <http://www.stat.ee/45655>

- Dafne-Anemos Soft leaflet

A leaflet with the specific features and other information on the use of DAFNE\_ANEMOS Soft is available on the partners' websites and printed leaflets are available for dissemination to the scientific community, to national and international services and governmental bodies.

- Web LINKS

A link to the project summary, aims, national reports and other relevant documents is available on each partner's website.

Estonia - <http://www.stat.ee/households>

Lithuania - <http://www.laei.lt/> at "International Cooperation" (available soon)

Portugal - [https://sigarra.up.pt/fcnaup/noticias\\_geral.ver\\_noticia?p\\_nr=689](https://sigarra.up.pt/fcnaup/noticias_geral.ver_noticia?p_nr=689)

## FINAL PLENARY MEETING

The final meeting took place at Alfândega Congress Center, Porto September 22<sup>nd</sup>, 2010. Its main aim was to present the obtained results and to discuss the final documents of the ANEMOS initiative.



### Attendees:

**HHF:** A. Naska; **FCNAUP:** S. Rodrigues, P.J. Rowcliffe, MDV. Almeida;

**LAEI:** V. Dapkute, A. Volkov; **SE:** M. Paats, P. Tikva.

Also present at the meeting was the invited expert, **João Breda** from WHO Europe who gave a talk entitled: **Activities in the WHO Regional Office for Europe relevant for Nutrition & Physical Activity.**

## Acknowledgements

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