



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

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## Newsletter nr 1



### Importance and Aims



The ANEMOS project has been developed to expand and update the DAFNE databank – developed in the context of the Data Food Networking (DAFNE) initiative - which is a simple and cost-effective tool to monitor food patterns and their socio-demographic determinants across 25 European countries.

Estonia and Lithuania are two new EU Member States, which have just joined the DAFNE network. Through the ANEMOS project, their data will be integrated in the database, together with recent data from Portugal, an already DAFNE member.

#### ANEMOS aims to:

- Retrieve Household Budget Surveys (HBS) food and socio-demographic data from (survey years in parenthesis):  
Estonia (2003-2007); Lithuania (2003-2007); Portugal (2005).
- Develop the country-specific data management procedures for reading, cleaning and storing the HBS data in standardized format.
- Harmonize and classify HBS food, demographic and socio-economic data collected in the participating countries (according to the DAFNE protocol and classification schemes).

- Calculate average daily individual food availability according to food groups - comparable between countries - and socio-demographic characteristics, as well as to incorporate the harmonized and comparable results between countries into the fully DAFNE databank.
- Compile national reports on food habits and nutrition inequalities and their trends over time.
- Integrate the nationally representative data on food availability (g/ml/person/day) into *DafneSoft*, a freely accessible web-based application tool (<http://www.nut.uoa.gr/dafnesoftweb/>).

## Outcomes

An updated version of the *DafneSoft* application tool including information from 27 European countries will be made available through the ANEMOS project. The information provided by the ANEMOS project will strengthen the potential of the simple and cost-effective DAFNE database to monitor food patterns and their socio-demographic determinants. One of the great advantages of this databank is that it can facilitate the establishment of effective measures aiming at promoting public health.

## Timings and Tasks

The Hellenic Health Foundation (HHF) is responsible for the coordination of this 2-year project (starting in 01.09.2008). In addition, HHF is leading the retrieval, management and harmonization of the raw HBS data, as well as the incorporation into existing monitoring systems. The Lithuanian Institute of Agrarian Economics (LAEI) is leading the project's evaluation. The Faculty of Nutrition and Food Sciences of the University of Porto (FCNAUP) is responsible for the dissemination of the results.

### Participating countries

(in alphabetical order):

**Estonia** (partner): Statistics Estonia (SE)

**Greece** (coordinator): Hellenic Health Foundation (HHC)

**Lithuania** (partner): Lithuanian Institute of Agrarian Economics (LAEI)

**Portugal** (partner): Faculty of Nutrition and Food Sciences of the University of Porto (FCNAUP)

## 1<sup>st</sup> PLENARY MEETING

The first meeting took place at the Cultural Centre, Athens University Club from September 25<sup>th</sup> to 26<sup>th</sup>, 2008. Its main aim was to give an overall update on the ANEMOS initiative.



### First day – September 25<sup>th</sup>

In order to conceptualize the ANEMOS project, attendants were introduced to the DAFNE methodology. Methodological issues related to the Estonia's, Lithuania's and Portugal's data were also presented and discussed. Lastly, the ANEMOS workplan was described.

### Second day – September 26<sup>th</sup>

The discussion on the analysis of the HBS data continued. The plan for the project evaluation was also described and discussed. Before the meeting was concluded, the 1<sup>st</sup> Steering Committee Meeting took place.

#### Attendees:

**HHF:** A. Trichopoulou, A. Naska, V. Bountziouka, D. Kefallinou;

**FCNAUP:** S. Rodrigues;

**LAEI:** V. Dapkute, G. Žiūrienė (Lithuanian Statistics Department);

**SE:** M. Paats, P. Tikva.

## BILATERAL MEETINGS

In the first year of the ANEMOS project, bilateral meetings were held to clarify data-related issues and render data comparable between countries. In particular, two Estonian representatives (SE) and two Lithuanian representatives (LAEI and Lithuanian Statistics) visited the Coordinating centre on February 19-20 and February 26-27, respectively. Classification tables for dietary and socio-demographic information were the main outcome of these meetings.