

Obesity Management

Interventions to promote healthy eating habits: evaluation and recommendations

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Summary

Although in several EU Member States many public interventions have been running for the prevention and/or management of obesity and other nutrition-related health conditions, few have yet been formally evaluated. The multidisciplinary team of the EATWELL project will gather benchmark data on healthy eating interventions in EU Member States and review existing information on the effectiveness of interventions using a three-stage procedure (i) Assessment of the intervention's impact on consumer attitudes, consumer behaviour and diets; (ii) The impact of the change in diets on obesity and health and (iii) The value attached by society to these changes, measured in life years gained, cost savings and quality-adjusted life years. Where evaluations have been inadequate, EATWELL will gather secondary data and analyse them with a multidisciplinary approach incorporating models from the psychology and economics disciplines. Particular attention will be paid to lessons that can be learned from private sector that are transferable to the healthy eating campaigns in the public sector. Through consumer surveys and workshops with other stakeholders, EATWELL will assess the acceptability of the range of potential interventions. Armed with scientific quantitative evaluations of policy interventions and their acceptability to stakeholders, EATWELL expects to recommend more appropriate interventions for Member States and the EU, providing a one-stop guide to methods and measures in interventions evaluation, and outline data collection priorities for the future.

Keywords: Benchmarking, EATWELL, obesity, policy.

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Introduction

Obesity is the most visible manifestation of poor diets, but diet quality matters too – Western societies consume too little fruit and vegetables and omega-3 fatty acids, too much saturated fatty acids, salt and sugar, although significant progress has been made in removing *trans*-fats from a range of food products (1,2).

The unification of Europe had, as a consequence, the narrowing of differences in the dietary patterns of the

different countries and culinary cultures (1). Since the early 1960s, calorie intake in the EU increased on average by 17%; the most rapid increases happened in the Mediterranean countries that caught up with, and in some cases overtook, Central and Northern European levels. There was also a pattern of dietary convergence among European countries. Sugar intake in the EU is near the WHO recommended proportion of total calories, but total fatty acid intake at 38% calorie share is well above the recommended maximum of 30%, and saturated fatty acid intake is 12%

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