



What's on the Menu in Europe?

Project EU Menu

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Data Collection and Exposure Unit

Data Collection and Exposure

We work from farm to fork

..... harmful to beneficial.....

..... combined into exposure

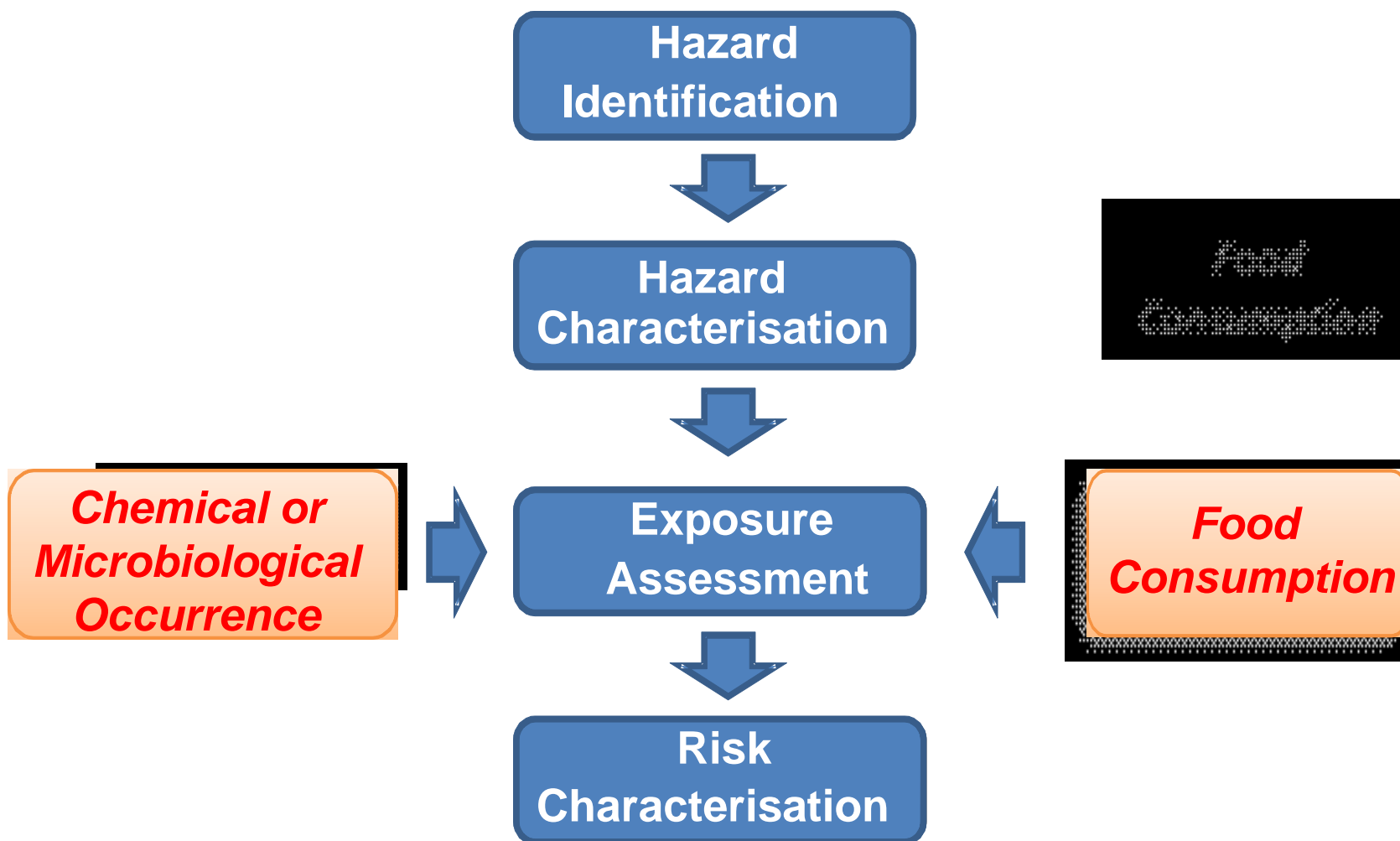


Regulation (EC) N° 178/2002

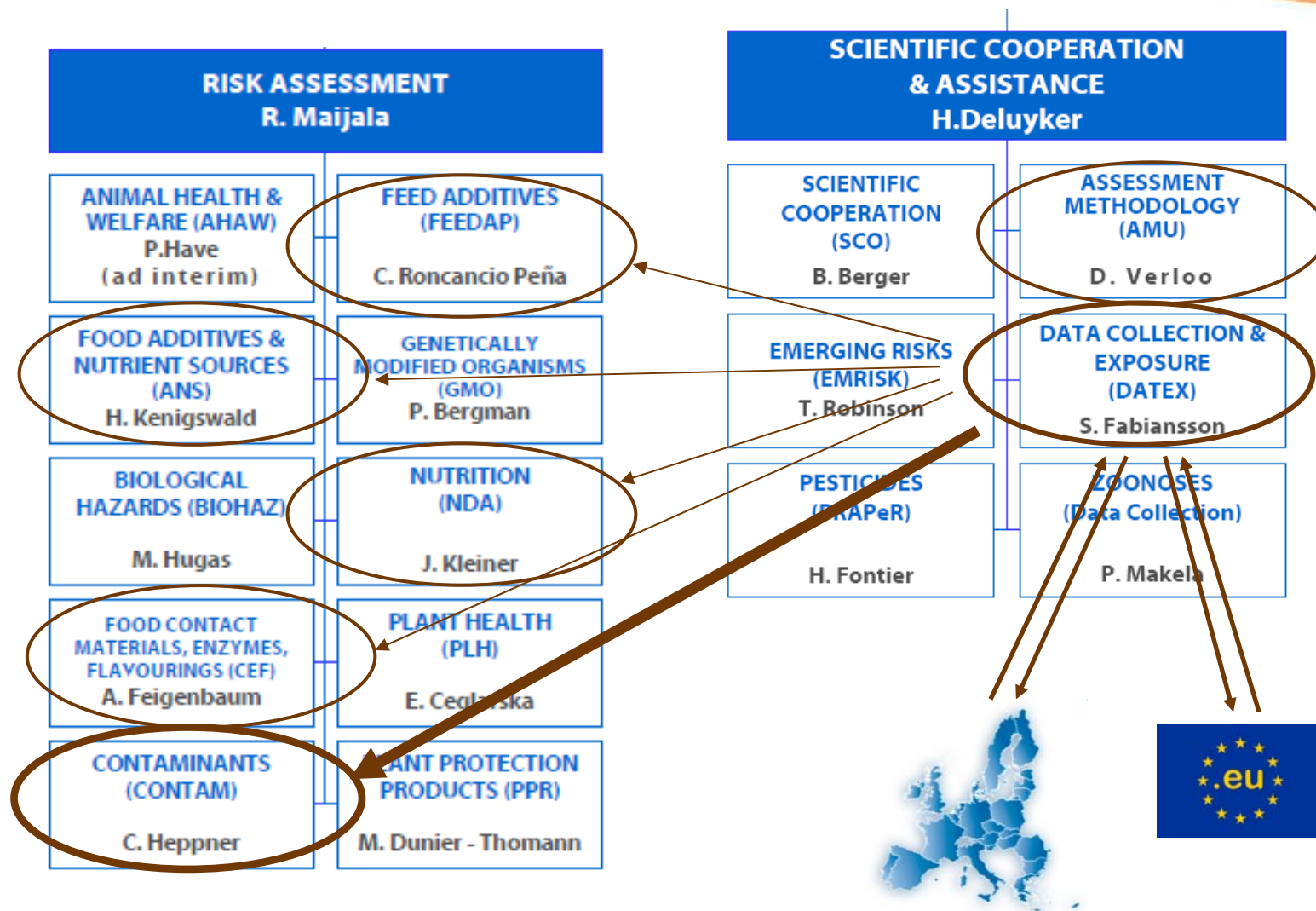


- EFSA “shall search for, collect, collate, analyse and summarise relevant scientific and technical data in the fields within its mission. *This shall involve in particular the collection of data relating to food consumption* and the exposure of individuals to risks related to the consumption of food”;
- EFSA “shall work *in close cooperation with all organisations operating in the field of data collection*, including those from applicant countries, third countries or international bodies”.

Food consumption - EUMENU



Current support



Data at individual level needed



Consumption data

Representative for EU
Capturing regional differences
Acute (at one meal) and chronic exposure



Vulnerable groups

Special diets
Pregnant women
Children



High consumers

Ethnic diets
Big eaters
"Unusual habits"

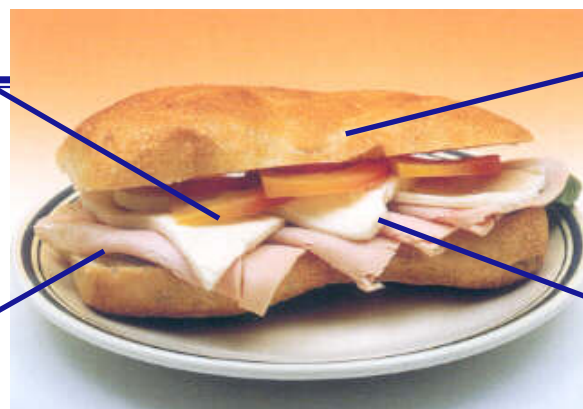
Different types of information may be needed based on the different agents and chemical substances under evaluation.

In general:

- Foods consumed must be described, as much as possible, in detail.
- Composite foods and recipes must be disaggregated into their main components, but also name of the original dish needs to be captured.
- Additional information e.g. cooking method, other processing, packaging etc.

Tomatoes

Ham, pork



White bread
from wheat

Cheese, Cheddar

Some international initiatives

- **USA** has a rolling program on dietary habits called the National Health and Nutrition Examination Survey (NHANES) that started in the 1960s
- In recognition of a critical need for information about the nutrition of **Canadians**, a survey was undertaken during 2004
- The **China** Health and Nutrition Survey (CHNS), an ongoing international collaboration, examines the effects of policies and programs on health and nutritional status
- The annual National Nutrition Survey in Japan has played an important role by monitoring nutrition and health status of the **Japanese** since 1940s

 The EFSA Journal (2005) 249, 1-26

Summary of an Opinion of the Scientific Committee on a request from EFSA related to Exposure Assessments

(Request No EFSA-Q-2003-107)

(adopted on 22 June 2005)

Both favourable and adverse effects on health related to food consumption depend on the amount and frequency of consumption of the ingredients and what these ingredients contain.

Data relating to the consumption of different foods have been collected in the Member States of the European Union. There are, however, differences in the food categorisation may be different between the countries. It is difficult. The present opinion suggests the establishment of a harmonised database in the EU. The Scientific Committee recommended that a number of broad food categories covering the whole diet are collected to form an EU Concise Food Consumption Database, which could be used for a more detailed and comprehensive database.

In 2005 the Scientific Committee suggested the establishment of a harmonised food consumption database in the EU

It also recommended that EFSA should contribute to the development of a European framework for the harmonisation of food consumption data in the EU and make these data publicly accessible

Collecting food consumption data

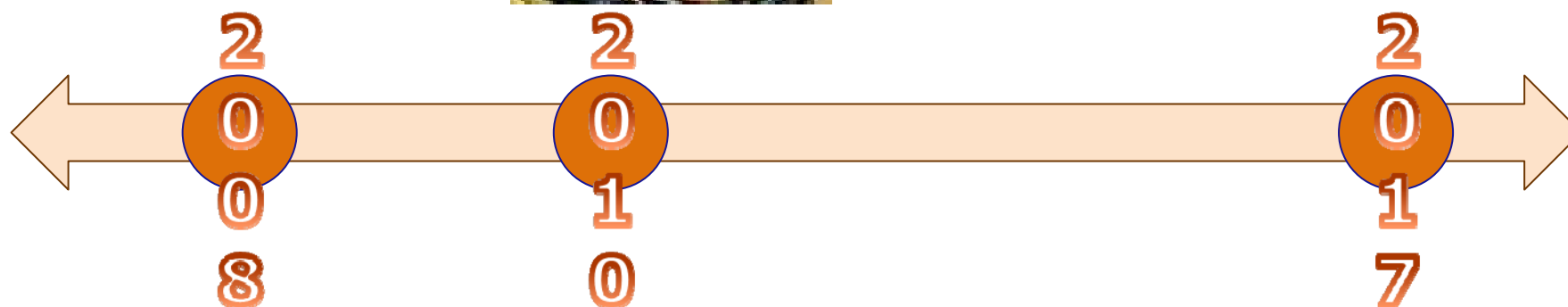
Broad categories,
not harmonised



Detailed categories,
not harmonised



Detailed categories,
harmonised



What's on the Menu in Europe? (EU Menu)

Standardised, detailed consumption data at the individual level would benefit many:



- Food safety risk assessors improving predictive accuracy
- Food safety risk managers in making better targeted decisions, better legislation
- High quality risk communication for better consumer awareness
- In nutrition monitoring and public health policy development curbing life style diseases
- Industry in reducing compliance costs with possibly less conservative estimates
- Consumers in providing appropriate protection

EFSA Guidance published 2009



- Standardised methodology
- Sample selection
- Survey tool
- Recipe calculations
- Food frequency
- Data validation
- Data interpolation

Discussed and endorsed by the **Expert group on food consumption data** in mid October 2009

EFSA Guidance published on 18.12.2009
(www.efsa.europa.eu/ EFSA Journal)

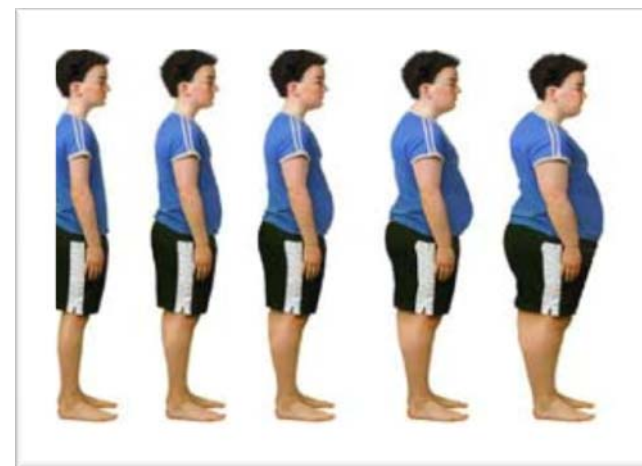
EU Menu project

The first representative EU-wide food consumption survey

- Create collaborative MS consortium
- Link up with interested external partners
- Present project plan, time line and budget
- Organise internal and external funding
- Finalise pilot projects
- Cover representative food consumption data over all four seasons during 6 year collection phase

EU Menu in short

- Survey of 80,000 people in total
- In 27 Member States
- All food and beverage consumption on 2 non-consecutive days + FFQ allowing modelling of intake distributions
- Using the EPIC soft software that has been developed and tested through the EU funded projects EFCOSUM, EFCOVAL and IDAMES
- Anthropometric measurements (e.g. measured weight and height)



EU Menu - overall timeline

Activity	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Infants and children protocols and pilot study										
Adults protocols and pilot study										
Collaborative preparation work with the Commission, MS, IARC and other institutions										
Coordination of the survey										
Adult dietary survey in 5 MS		PP	CP							
Children dietary survey in 5 MS			PP	CP						
Adult dietary survey in 5 MS			PP	CP						
Children dietary survey in 5 MS				PP	CP					
Adult dietary survey in 5 MS				PP	CP					
Children dietary survey in 5 MS					PP	CP				
Adult dietary survey in 6 MS					PP	CP				
Children dietary survey in 6 MS						PP	CP			
Adult dietary survey in 6 MS						PP	CP			
Children dietary survey in 6 MS							PP	CP		
Databases and processing of data										
Dissemination of results	OSQCA Luxembourg 160610									

Collaborating organisations

Country	Organisation
Austria	University of Vienna, Department of Nutritional Sciences
Belgium	Institute of Public Health
Bulgaria	National Centre of Public Health Protection
Cyprus	State General Laboratory
Czech Republic	National Institute of Public Health
Denmark	National Food Institute, Technical University of Denmark (DTU)
Estonia	National Institute for Health Development
Finland	National Institute for Health and Welfare (THL)
France	Afssa - French Food Safety Authority
Germany	Max Rubner Institute
Greece	Hellenic Food Authority
Hungary	Hungarian Food Safety Office
Ireland	Food Safety Authority of Ireland
Italy	National Research Institute for Food and Nutrition
Latvia	Food Centre of Food and Veterinary Service
Lithuania	State Environment Health Center
Luxembourg	OSQA - Food Security and Quality Office
Malta	Malta Standards Authority
Poland	National Food and Nutrition Institute
Portugal	National Health Institute
Romania	National Sanitary Veterinary and Food Safety Authority
Slovak Republic	Ministry of Agriculture of Slovak Republic
Slovenia	National Institute of Public Health of Slovenia
Spain	University Computense de Madrid
Sweden	Swedish National Food Administration - Nutrition Division
The Netherlands	National Institute of Public Health and the Environment (RIVM)
United Kingdom	Food Standards Agency (FSA)

- Implementation of the EFSA Article 36 project “Pilot study in the view of a pan-European dietary survey - Infants and children” (PANCAKE) is ongoing
- Similar pilot study among adolescents, adults and elderly needed and in the planning stage



Cost of the EU Menu

- Total cost of the data collection very much country dependent
- Food consumption data collection is a staff intensive task, i.e. salaries the major part of the total cost.
- On average 500 €/subject, i.e. 0.5 M€ for 1000 children (0-10 yrs) and 0.5 M€ for 1000 adolescents, adults and elderly (10-74 yrs)
- Overall total annual cost estimated to be around M€ 6 over about 6 years for the complete study in adults and children in every Member State (27 countries)
- Funding sources: Collective funds, MS contributions will be very important, efforts to secure funding will continue over the next year.

OSQCA Luxembourg 160610 Greetings from the team!



OSQCA Luxembourg 160610

Thank you

Cooperation with Member States



Harmonised approach

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