

European Healthy Lifestyle Alliance

EHLA

An Update from Brussels

March 2015

CONTENTS

| | |
|----------------------|---|
| Editorial | 2 |
| 1 News from Brussels | 3 |
| 2 Scientific News | 5 |
| 3 European Projects | 6 |
| 4 Calendar | 8 |
| 5 News from ICCR | 9 |

Contact us

European Healthy Lifestyle Alliance
Avenue de Cortenbergh 168
B-1000 Brussels
Belgium
Tel.: +32 (0) 237 65 25
info@ehla-europe.eu
www.ehla-europe.eu

Editorial

On 16 March, First Lady Michelle Obama has appeared on the Ellen DeGeneres Show to perform a few dance steps in celebration of the fifth anniversary of her anti-obesity Let's Move! campaign. Mrs. Obama also launched a new social media campaign, #GimmeFive, to tackle health issues in the U.S. "We're asking folks all across the country to #GimmeFive ways they're leading a healthy life", she said.

EHLA embraces this engaging approach of the First Lady to put health and obesity on the radar (and television) screens of American people. It is great to see celebrities such as the First Lady setting the example. They can spread the sparkle on this side of the Atlantic and inspire European role models. We can all stop obesity by adopting a healthy lifestyle (Yes, we can!). We can begin by acting on Mrs. Obama's #GimmeFive or by adopting EHLA's 3 steps (eat well, drink well, move). Everyone of us can be a role model, an inspiration to others and to oneself. A healthier future for Europe starts with You!

For more information on EHLA, please visit our new website: www.ehla-europe.eu.

The EHLA Board
E-mail: info@ehla-europe.eu
Website: www.ehla-europe.eu

1 News from Brussels

1.1 European Summit on Innovation for Active and Healthy Ageing

On 9-10 March, 2015 the European Summit of Innovation for Active and Healthy Ageing took place in Brussels.

The Summit aimed to engage Europe's policy, service and market leaders in the development of a shared vision about the challenges and opportunities facing Europe's ageing population.

Can existing systems bear the cost of "not adapting" to an ageing population?

Within this scope, various themes were covered with the aim of turning the

opportunities of demographic ageing into economic growth. In his speech entitled "Life begins at 70", Commissioner Moedas (Research, Science and Innovation) celebrated the European Innovation Partnerships on Active and Healthy Ageing initiative and welcomed the summit's approach of "turning knowledge into value, while delivering better public services to citizens".

To access the article, please click [here](#).

To access Commissioner Moedas' speech, please click [here](#).

1.2 WHO calls on countries to reduce sugar intake to fight obesity and tooth decay

A new guideline of the World Health Organization (WHO) recommends that adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. A further reduction to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

Adults and children must cut the amount of sugar they consume every day in fizzy drinks and sweet foods to lower their risk of obesity and tooth decay, the WHO stated.

"We have solid evidence that keeping intake of free sugars to less than 10% of total energy intake reduces the risk of overweight, obesity and tooth decay," says Dr. Francesco Branca, Director of WHO's Department of Nutrition for Health and Development. "Making policy changes to support this will be key if countries are to live

up to their commitments to reduce the burden of noncommunicable diseases."

The guidelines do not refer to sugars in fresh fruits and vegetables, and sugars naturally present in milk, since there is no reported evidence of adverse effects of consuming these sugars.

"It is reassuring that the WHO has sugar overconsumption on its radar. We hope these guidelines will inspire the food industry to cut down sugar in their products and policy makers to take bold actions to tackle obesity and being overweight, especially among children" says Monique Goyens, director-general at the European Consumer Organisation.

To access the news article, please click [here](#).

To access the WHO article, please click [here](#).

To access the WHO guidelines, please click [here](#).

1.3 7th Joint meeting of the High Level Group on Nutrition and Physical Activity and the EU Platform for Action on Diet, Physical Activity and Health

The 7th Joint Meeting of the High Level Group on Nutrition and Physical Activity and the EU Platform for Action on Diet, Physical Activity and Health, took place in Brussels on 18 February, 2015. The Joint meeting was introduced by its Director John F. Ryan, Acting Director DG SANTE, who underlined that this 7th Joint Meeting was mostly dedicated to the monitoring of the Action Plan on Childhood Obesity, health-enhancing physical activity and food reformulation.

1.4 2nd European Food Safety Summit

The 2nd European Food Safety Summit was held in Paris on 24 March, 2015. It was a unique opportunity to learn best practices for quality processes, traceability and food integrity and hear the views of a wide range of stakeholders: the European Commissioner, the European Food Safety Authority, national enforcement agencies and leading European food corporations.

The new European Union (EU) food labelling requirements which came into force on 13 December, 2014, presented a challenge for

In conclusion the Chair:

- reminded Commissioner Andriukaitis' expectations regarding childhood obesity, food reformulation, promotion of physical activity and health inequalities;
- stressed the importance of monitoring to contribute to the implementation of the Action Plan on Childhood Obesity.

To access the report, please click [here](#).

the European food industry to comply with the diverse food safety policies across the 28 member states while remaining competitive and innovative.

Therefore, collaboration is required across the industry to face the risks of contamination and adulteration across the food supply chain, which has become more worldwide and much more complex.

To access the website, please click [here](#).

1.5 [Joint press statement] Save the EU School Fruit Scheme: "Better Regulation" must not be put ahead of children's health

On 25 February, 2015, a joint press statement was released by the European Public Health Alliance (EPHA) together with the European Fresh Produce Association addressing the relevant services of the European Commission, which may be planning to abandon the School Fruit Scheme (SFS), a EU programme that provides fruit and vegetables and promotes healthy eating habits to over 8.6 million children and more than 50,000 schools across the European continent. Prior to a Commission meeting with EU

member states and stakeholders to discuss the scheme on 2 March, a coalition of twelve public health and fruit and vegetable organisations called on the Commission to prioritise child health when making the cuts to EU's initiatives under its so-called "Better Regulation" plans.

The Commission is considering suspending the scheme, as it sees it as an obstacle to achieve its better regulation and the Common Agricultural Policy simplification goals.

“The EU SFS is a very cost-effective investment in public health. It will protect the future health of today’s children as they grow up and in the long run pay itself back many times over in savings to Europe’s economies and health systems which are already feeling the strain of unhealthy eating

and shrinking budgets.” concluded Dorota Sienkiewicz, Health Equity and Policy Coherence Coordinator at the (EPHA).

*To access the press statement, please click [here](#).
To access the Commission working programme, please click [here](#).*

2 Scientific News

2.1 Whole grain consumption is associated with reduced total and cardiovascular disease mortality

A high intake of whole grains has been associated with a low risk of type 2 diabetes and cardiovascular disease. However, evidence regarding its relationship with mortality is limited. The association between whole grain consumption and total as well as cause-specific mortality was investigated in two large prospective studies (Nurses’ Health Study and Professionals Follow-Up

Study). Results of these two cohorts of men and women revealed that a higher whole grain intake was associated with a lower risk of total and cardiovascular disease mortality, independent of other dietary and lifestyle factors. These findings support the current dietary recommendations which promote an increase in the consumption of whole grains.

To access the article, please click [here](#).

2.2 A healthy lifestyle is associated with a reduced risk of all-cause mortality in an Italian cohort

Few studies have quantified the combined effects of a Mediterranean diet, of smoking status and of physical activity on all-cause mortality. This study evaluated the association between the adherence to these lifestyle factors examined individually or combined (healthy lifestyle score) and all-cause mortality in an Italian population followed for 20 years. Individuals who were physically active had a 45% lower risk of death, those who never smoked had a 29% lower risk of death whereas those with a greater adherence to the Mediterranean diet had a 38% lower risk of death. Moreover, when considering the combined contribution

of these three lifestyle factors, a higher number of healthy lifestyle factors was associated with a reduced all-cause mortality. For instance, a 73% reduction in the risk of death was observed in individuals with the highest healthy lifestyle score compared to those in the lowest healthy lifestyle score. These findings reinforce the notion that a healthy lifestyle has a substantial impact on mortality and that approaches to promote prevention should be emphasized to improve health at the individual and population level.

To access the article, please click [here](#).

2.3 Consumption of yeast rice and olive extract improves the lipid profile of individuals with the metabolic syndrome

The effect of nutrition and nutritional supplementation on the metabolic profile known to increase cardiovascular disease and diabetes risk is more and more investigated. In this study, the impact of a nutritional supplement combining yeast rice and olive fruit extract on the lipid profile and oxidative stress was investigated in individuals with the metabolic syndrome. Following the 8-week intervention period, LDL cholesterol decreased by 24% in individuals taking the supplement while it increased by 1% in the placebo arm.

Significant improvements in the intervention group were also observed for total cholesterol, apolipoprotein B, triglyceride and oxidized LDL concentrations compared to the control group. Finally, systolic and diastolic blood pressure decreased significantly in the intervention group as opposed to the control group. Although long-term effects of this nutritional supplement have to be investigated, these results are encouraging for patients who cannot or do not want to consider statin therapy.

To access the article, please click [here](#).

3 European Projects

3.1 Erasmus+ Programme (update)

Erasmus+ is the first EU programme to fund sport activities. In its total budget of EUR 14.7 billion, more than EUR 33 million per year is allocated to contribute to developing the European dimension in sport. There are several actions that are in the field of Sport for 2015:

- Collaborative partnerships in the sport

field not related to the European Week of Sport 2015: 14 May;

- Not-for-profit European sport events not related to the European Week of Sport 2015: 14 May.

To access the calls for proposals for 2015, please click [here](#).

3.2 Horizon 2020 (update)

Horizon 2020 is the new fund for research launched in January 2014. The programme is divided into three pillars:

- Excellent Science,
- Industrial Leadership,
- Societal Changes.

The biggest budget, EUR 1,200 million, is dedicated to health under "Health, Demographic Change and Wellbeing" (Societal Changes).

To access the Horizon 2020 website, please click [here](#).

Please find in the table below the calls for proposals for Health, Demographic Change and Wellbeing for 2014-2015:

| Area of focus | Topics | Deadline | Link |
|---|--|-----------------------|---|
| Personalising Health and Care, single stage | <ul style="list-style-type: none"> • Advancing active and healthy ageing with ICT: Early risk detection and intervention. • Advanced ICT systems and services for integrated care. • Self-management of health and disease and patient empowerment supported by ICT. • Self-management of health and disease and decision support systems based on predictive computer modelling used by the patient. • Public procurement of Innovative eHealth services. • Digital representation of health data to improve disease diagnosis and treatment. | April 21, 2015 |  |

4 Calendar

Events

| Date | Event | Link |
|----------------------|--|---|
| April 13-14 | ENVI Committee at the European Parliament | |
| April 14-16 | Informal Meeting of Environment and Energy Ministers |  |
| April 16-17 | Informal Meeting of the Working Party on the Environment |  |
| May 6-7 | ENVI Committee at the European Parliament | |
| May 12 | 7th Meeting of the eHealth Network | |
| May 26 | ENVI Committee at the European Parliament | |
| May 29 | Deadline application for the European Health Award |  |
| June 15 | Council of the European Union—Environment Council | |
| June 16-17 | ENVI Committee at the European Parliament | |
| June 25 | ENVI Committee at the European Parliament | |
| July 8-12 | 5th ICCR Congress on Chronic Societal Cardiometabolic Diseases |  |
| July 15-16 | Envi Committee at the European Parliament | |
| Sept 30-Oct 2 | European Health Forum Gastein |  |

5 News from ICCR

5.1 5th ICCR Congress on Chronic Societal Cardiometabolic Diseases

The 5th Edition of the International Chair on Cardiometabolic Risk (ICCR) Congress, which is now entitled "ICCR Congress on Chronic Societal Cardiometabolic Diseases", is jointly organised by the ICCR and the Réseau de recherche en santé cardiométabolique, diabète et obésité (CMDO) (Cardiometabolic Health, Diabetes and Obesity Network).

The 5th Edition of this congress will build upon the success of the four previous meetings held in Hong Kong, Buenos Aires, Québec City and Seoul. With more than 60 countries involved, the conference has an international flavour and truly fills a need in this area.

To access the 5th ICCR Congress website, please click [here](http://www.iccrcongress2015.org).

CALL FOR ABSTRACTS



**5TH ICCR
CONGRESS**

**Chronic Societal
Cardiometabolic
Diseases**



**International Chair on
Cardiometabolic Risk**

8 TO 12 JULY 2015
QUÉBEC CITY CONVENTION CENTRE
QUÉBEC, CANADA

<http://www.iccrcongress2015.org>

Follow us on:



myhealthywaist.org



[#ICCR15](https://twitter.com/ICCR15)

IMPORTANT DATES

Abstract submission deadline:
29 March 2015

Early bird registration deadline:
10 May 2015

OBJECTIVES

- To better understand the pathophysiology of cardiometabolic diseases
- To review large cardiometabolic imaging studies showing links between ectopic fat and cardiometabolic risk outcomes
- To recognise health complications associated with excess visceral adiposity/ectopic fat
- To discuss how to assess and manage cardiometabolic risk in clinical practice with a focus on lifestyle
- To understand how population-based approaches may contribute to improve cardiometabolic health

PROGRAM COMMITTEE

| | |
|--|---|
| Philip Barter, <i>Australia</i> Bryan Brewer, <i>USA</i> André Carpentier, <i>Canada</i> Jean-Claude Coubard, <i>France</i> Jean-Pierre Després, <i>Canada</i> Lise Gauvin, <i>Canada</i> | Frank Hu, <i>USA</i> Eric Larose, <i>Canada</i> Peter Libby, <i>USA</i> Paul Poirier, <i>Canada</i> André Tchernof, <i>Canada</i> |
|--|---|

INTERNATIONAL SCIENTIFIC COMMITTEE

| | |
|--|--|
| Christie Ballantyne, <i>USA</i> John Brunzell, <i>USA</i> Juliana Chan, <i>China</i> Vincenzo Di Marzo, <i>Italy</i> Edward Horton, <i>USA</i> Michael Jensen, <i>USA</i> Ronald Krauss, <i>USA</i> George Kunos, <i>USA</i> Yuji Matsuzawa, <i>Japan</i> Richard Nesto, <i>USA</i> | Jorge Plutzky, <i>USA</i> Robert Ross, <i>Canada</i> Luis M. Ruilope, <i>Spain</i> Arya Sharma, <i>Canada</i> Ulf Smith, <i>Sweden</i> P. Gabriel Steg, <i>France</i> Marja-Riitta Taskinen, <i>Finland</i> Luc Van Gaal, <i>Belgium</i> Nicholas Wareham, <i>UK</i> |
|--|--|

In collaboration with





