

BEUC

Consensus Workshop on Nutrition – Budapest 9-11 July 2003

A case study - the role of government
The case Italy

Amleto D'Amicis, Epidemiologist
Senior Researcher at Italian National Institute for Food and
Nutrition Research,
Director of Nutritional Information Unit,
Member of Lifestyle and Nutrition Committee,
Member of Lifestyle and Communication Committee,
Member of Recommended Nutritional Intake Working Group,
Member of Dietary Guidelines Working Group.

Total disease burden in the EU

% TOTAL BURDEN

Rank	Risk Factor	Attributable Fraction	Impact fraction
1	Tobacco	9.0	2.9
2	Alcohol	8.4	5.6
3	Overweight	3.7	1.3
5	Low vegetable / fruit intake	3.5	-
11	Physical inactivity	1.4	-
12	High saturated fat intake	1.1	-

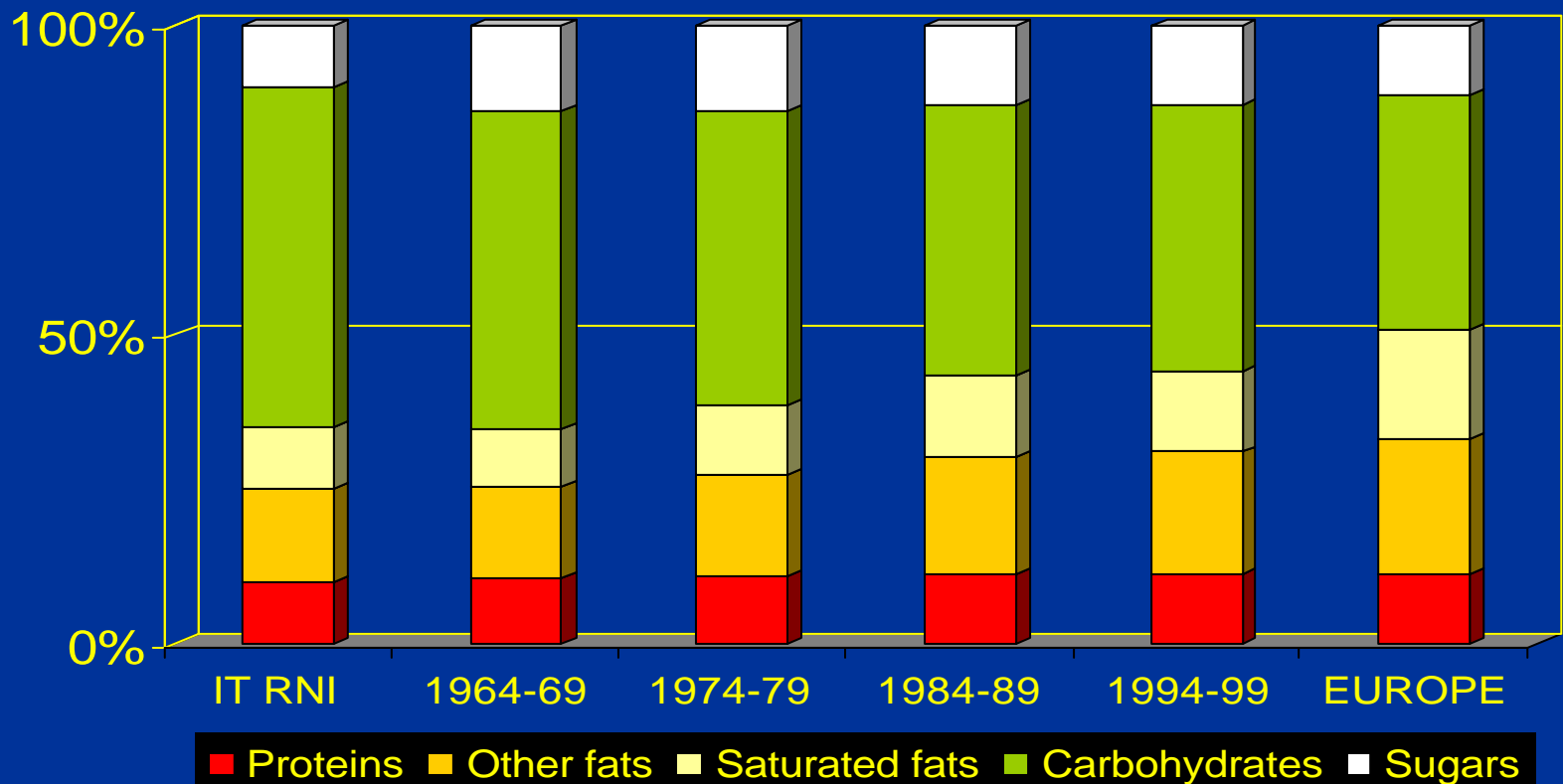
Attributable fraction: % of disease avoided by eliminating problem

Impact fraction: % gained taking best EU national data

The nutritional situation in Italy

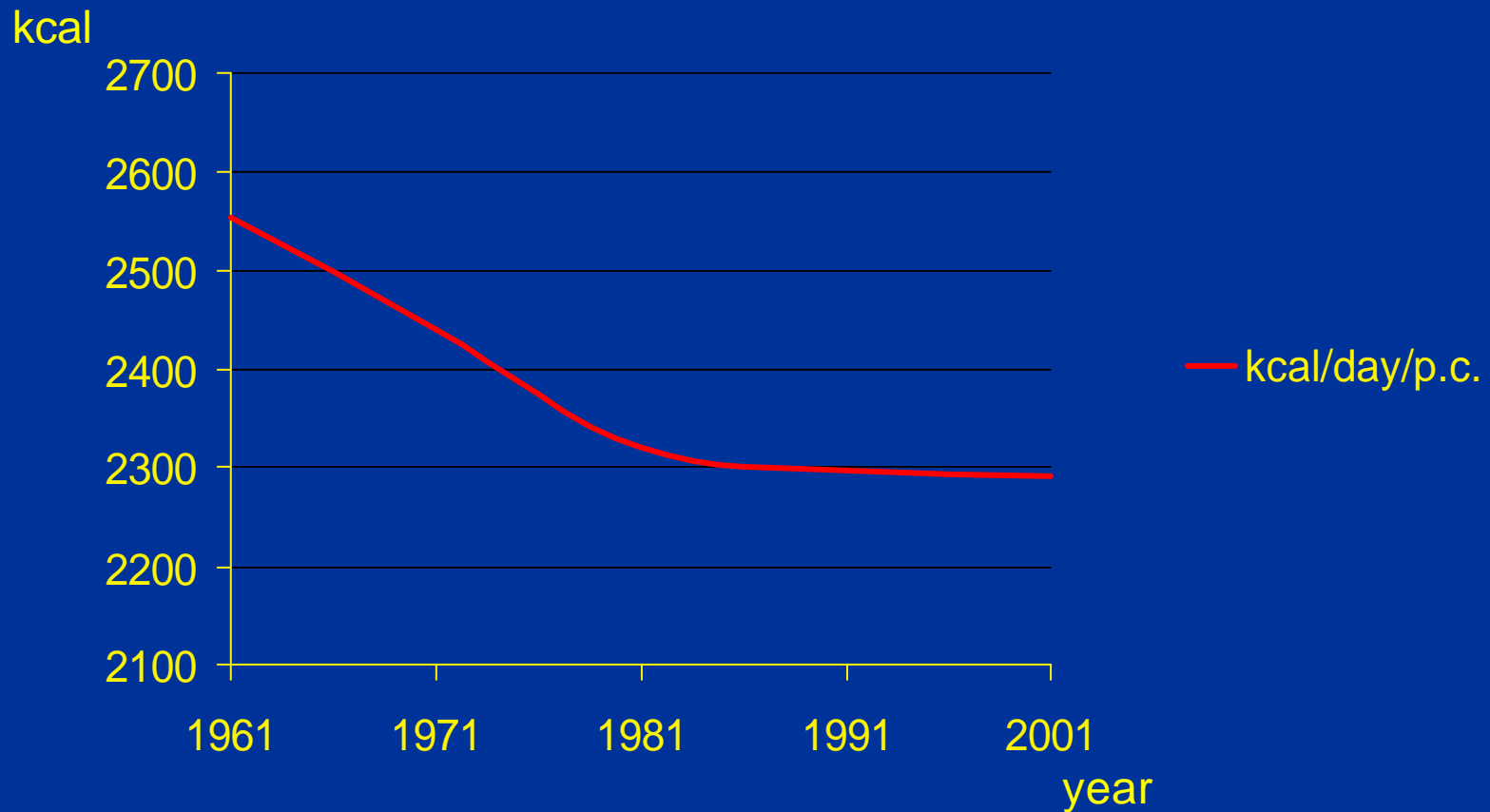
Trend of nutrients' contribution to total energy availability in Italy.

Comparison with the Italian RNI

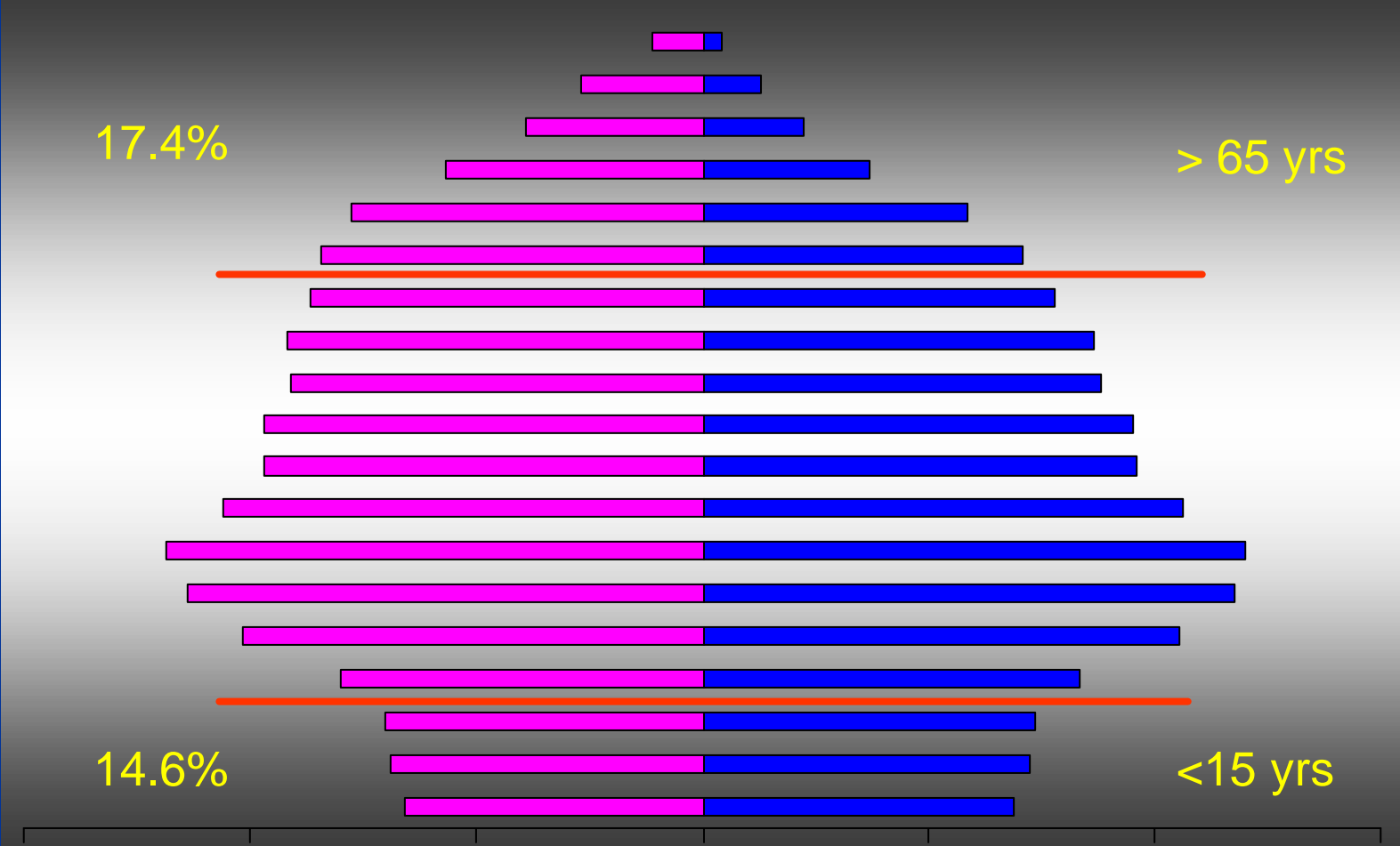


Trend of energy requirement of Italian population.

Variation 1961 - 2001



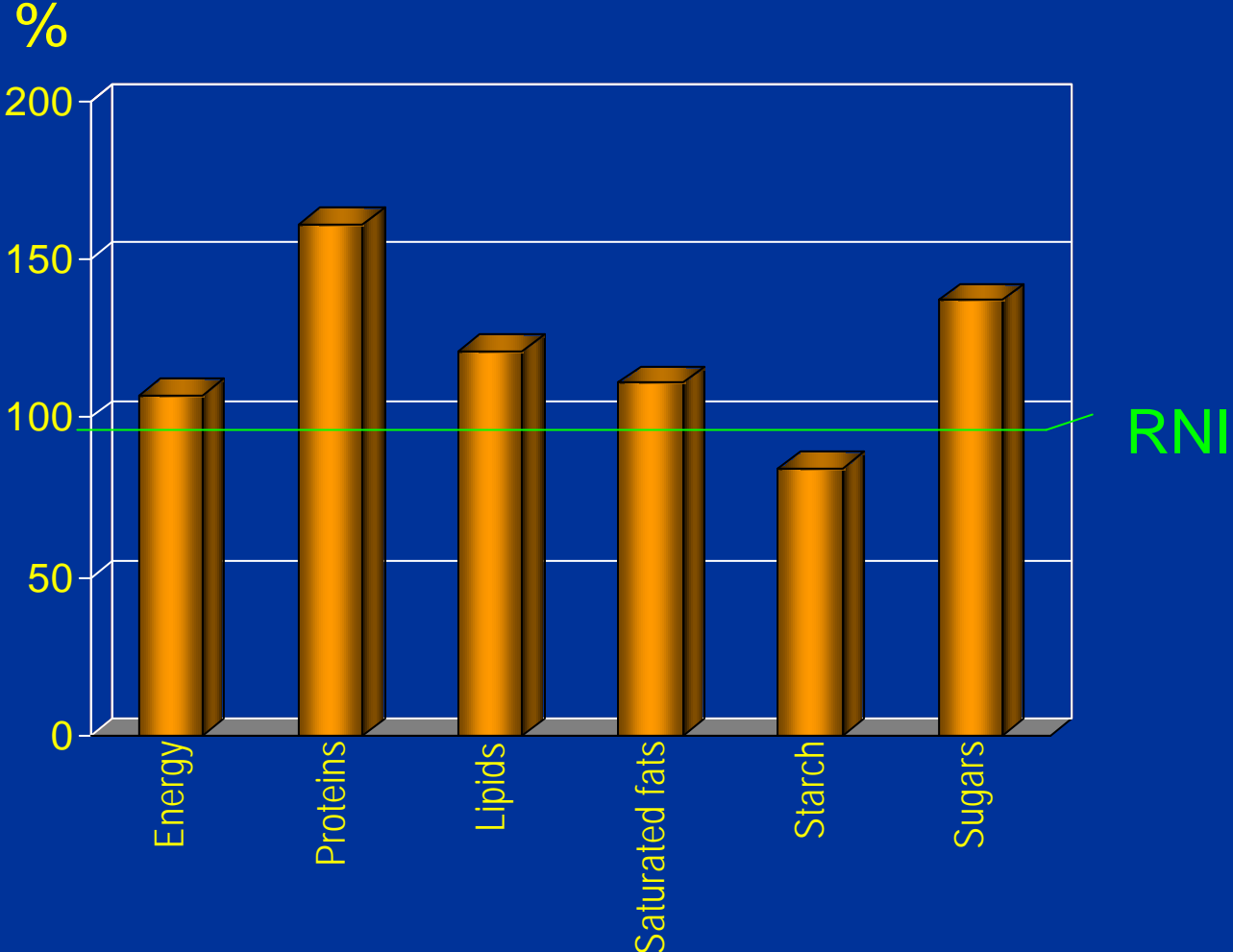
Age Distribution of Italian Population



Mean daily energy intake in Italy. Comparison 1984 - 1996.

	<u>1984</u>	<u>1996</u>
Energy kcal	2508	2162

Energy and nutrients adequacy of Italian diet.



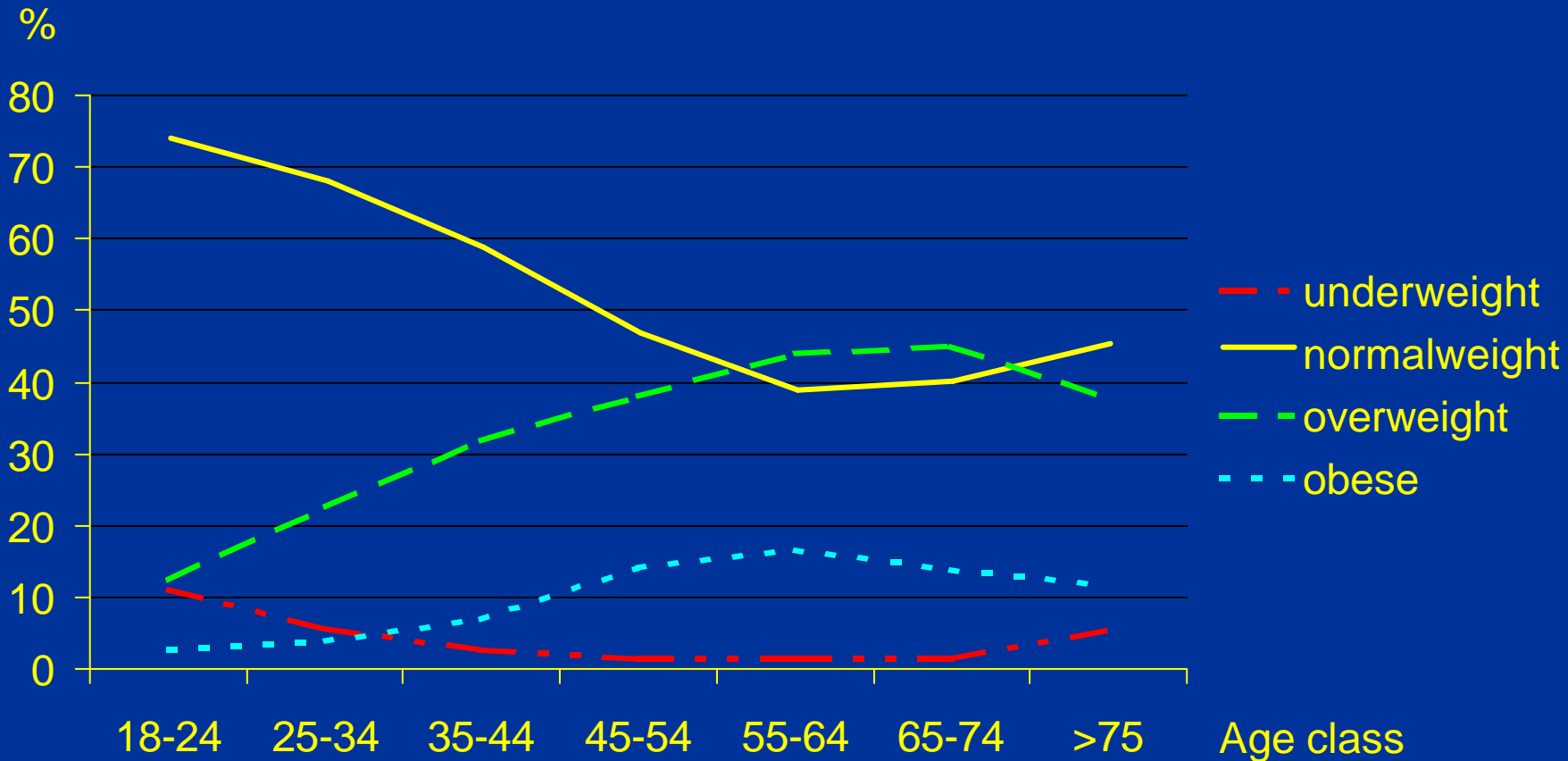
Percent distribution of Italian population into BMI classes.

	Men	Women	Total
Underweight	1.0	6.3	3.8
NORMAL	47.9	59.7	53.1
Overweight	41.9	25.1	33.1
Obese	9.1	8.8	9.1

Source: ISTAT, multipurpose survey 2000

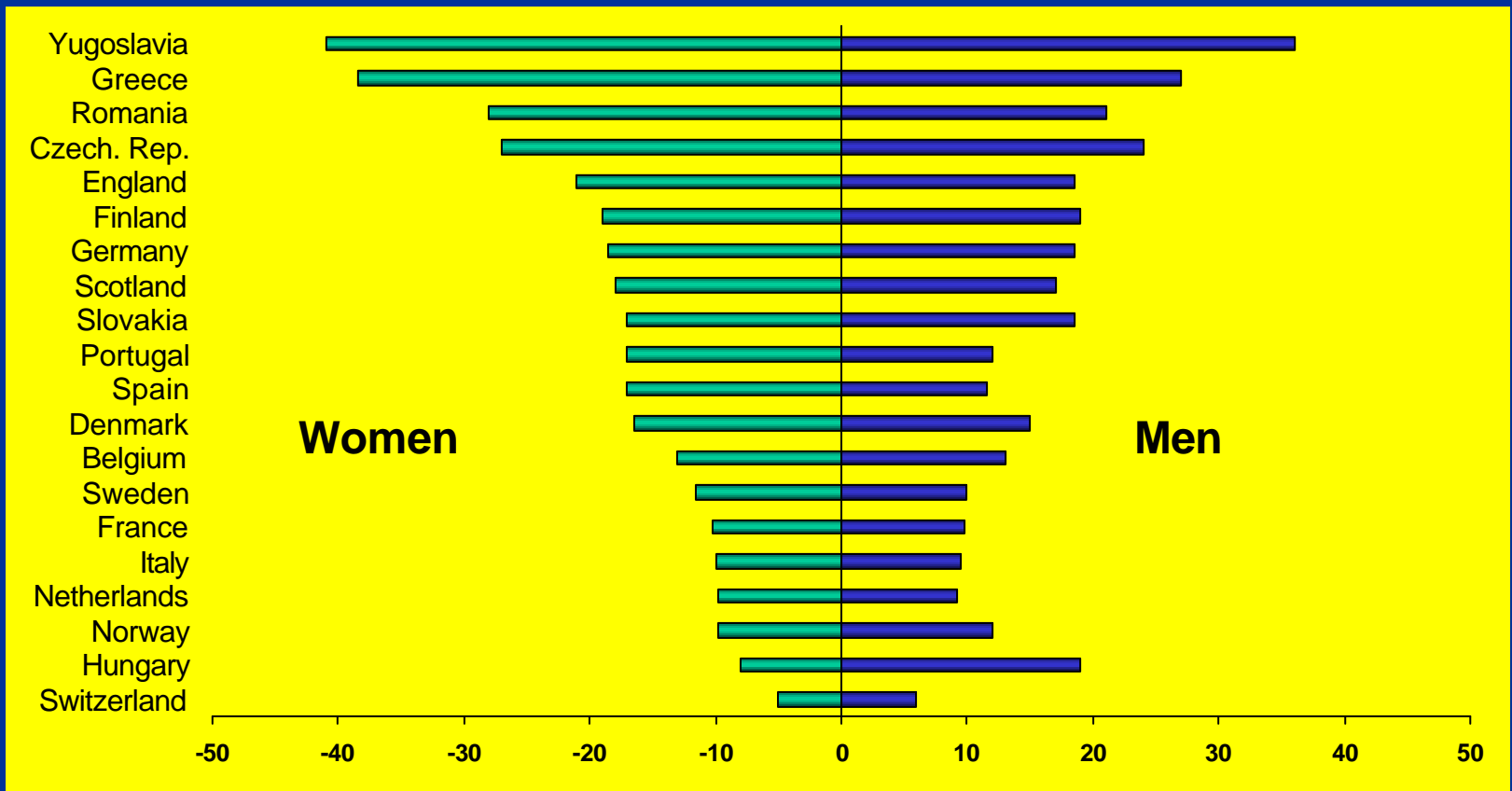
BMI classes <18,5=Uwt; 18,5-25=N; 25-30=Owt; >30=Ob

Pattern of BMI by age class.



Adult obesity levels in selected European countries.

% above BMI ≥ 30



Iodine deficiency in ITALY.

Prevalence of goitre in young Italian population

Regions (endemic)	% di goitre	Iodine excretion
Trentino AA	24	10
Friuli	37-59	85-122
Veneto	15	125
Emilia-Romagna	21-69	45-110
Toscana	22-59	35-97
Marche	17-41	54-84
Campania	21-73	35-60
Abruzzo	47-60	64
Molise	14	-
Basilicata	55	46
Puglia	48	38
Calabria	22-57	58-80
Sicilia	41-46	19-76
Sardegna	19-40	66-105

The role of the Government Institutions

Italian Government Institutions, such as Ministry of Agriculture (MiPAF), Ministry of Health (MS), Ministry of Education (MIUR), research Institutes such as Italian National Institute for Food and Nutrition Research (INRAN), Superior Institute for Health (ISS), develop food and nutrition policies programs with the aim of protecting and promoting health and to reduce the burden of food-related disease.

It insists on the complementary roles played by different sectors, public and private, such as health, education, research, production, distribution, consumers in the formulation and implementation of such policies.

2nd NATIONAL CONFERENCE ON NUTRITIONAL EDUCATION INRAN

Held on February 2001- Rome, FAO

Organized by

Italian National Institute for Food and
Nutrition Research

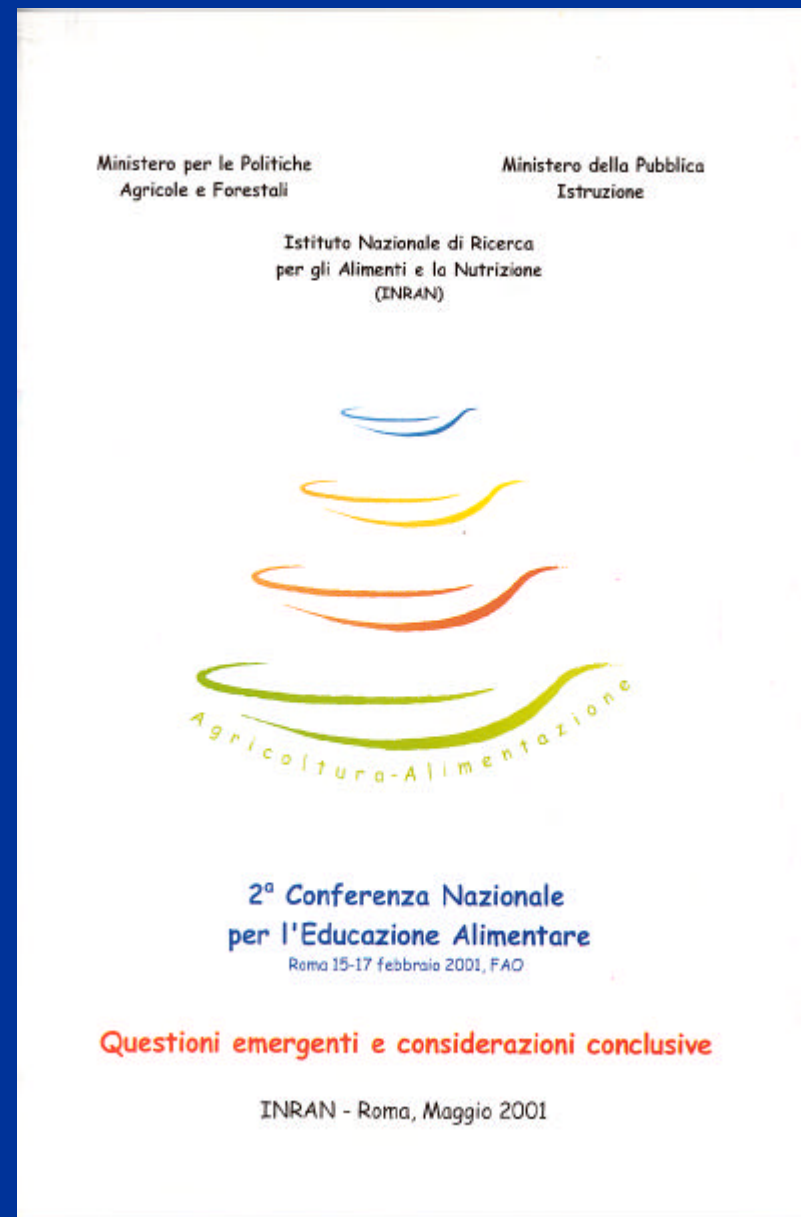
On behalf

Ministry of Agriculture and Ministry of
Education

invited

Ministry of Health

Plenary Session & Workshops



The 1st National Conference was held on 1975 in Rome by INRAN

ITALIAN DIETARY GUIDELINES FOR HEALTHY EATING

Editor INRAN www.inran.it

Purpose:

To inform the general population about the healthy way of eating and to lead the Italians toward more correct lifestyle and food behaviour.

Diffusion:

1st edition	1986	seven dietary lines	8,000,000 copies
2nd edition	1996	seven dietary lines	8,000,000 copies + WEB
3rd edition	2003	ten dietary lines	on WEB + ...

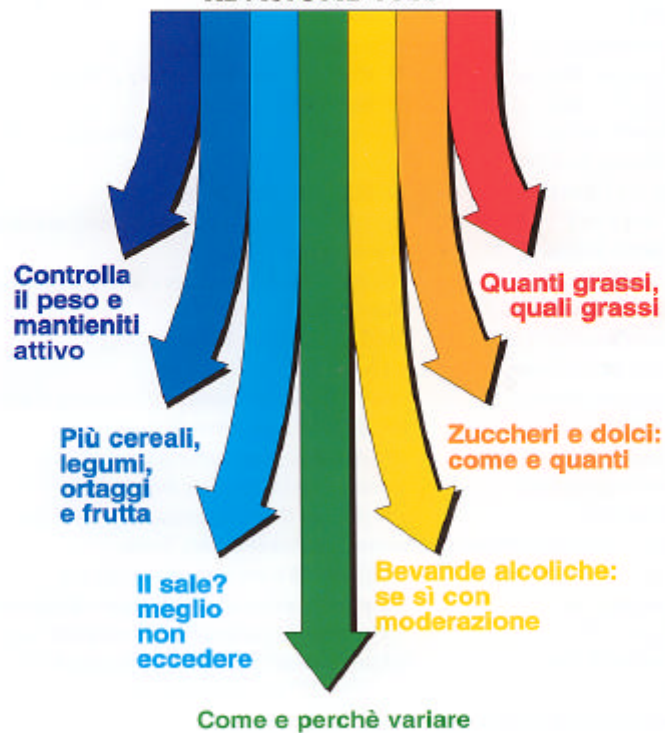
Tools:

- Press Meeting
- Basic Scientific Dossier edited by a National Experts Committee (addressed only to experts)
- Explicative Booklet for general population
- Leaflet easy to read for all
- Web page

ISTITUTO NAZIONALE DELLA NUTRIZIONE

LINEE GUIDA PER UNA SANA ALIMENTAZIONE ITALIANA

REVISIONE 1997



FOOD SECURITY

Editor INRAN www.inran.it

Purpose:

To indicate the right way of manipulating and of storing foods at home.

Diffusion:

1st edition 2002 500,000 copies

Tools:

- Press Meeting
- Easy to read leaflet distributed through retails and supermarket (COOP)

Recommended Nutrients Intake for Italians

Since 1974 RNI are available for Italians, edited by Italian Human Nutrition Society (SINU).

The RNI are republished each ten years.

The next edition will be published during 2004 by INRAN and SINU.



S.I.N.U.

Società Italiana di Nutrizione Umana

LIVELLI DI ASSUNZIONE RACCOMANDATI DI ENERGIA
E NUTRIENTI PER LA POPOLAZIONE ITALIANA

LARN

• REVISIONE 1996 •

The First Action Plan for Food and Nutrition Policy

WHO European Region
2000-2005



Growing, buying and eating the right kinds of foods can reduce the risk of disease and simultaneously promote a sustainable environment

Nutrition and Food Security Programme
Division of Technical Support and Strategic Development

An Action Plan for Food and Nutrition is proposed for the period 2000-2005, with approaches and activities to support Member States who wish to develop, implement and evaluate their food and nutrition policies.

MINISTRY OF HEALTH

- **2000 Health National Plan**
- **2001 Superior Health Council approved the Project for food and nutrition**
- **Iodine salt fortification campaign to prevent iodine deficiency and goitre.**
- **Breast feeding campaign**
- **2001 Lifestyle and Nutrition Consultant Committee.**

On healthy nutrition, obesity and physical activity

- **2002 Lifestyle and Communication Consultant Committee.**

On health risk factors: tobacco; alcohol; obesity; and physical activity.

national plan, with government commitment, includes nutrition as an important issue.

In Italy, a scientific body, specifically intersectoral working groups or national councils on diet, physical activity and lifestyle, exists

Dietary guidelines have been generated by the INRAN - Ministry of Agriculture.

A food safety campaign for domestic food handling has been carried out by INRAN.

Reduced salt promotion has been regulated by law.

Breast feeding promotion campaign has been carried out.

National surveillance systems which regularly report on eating and physical activity patterns of the population is carried out

A systemic multipurpose survey with regard to the health status of the population is carried out.

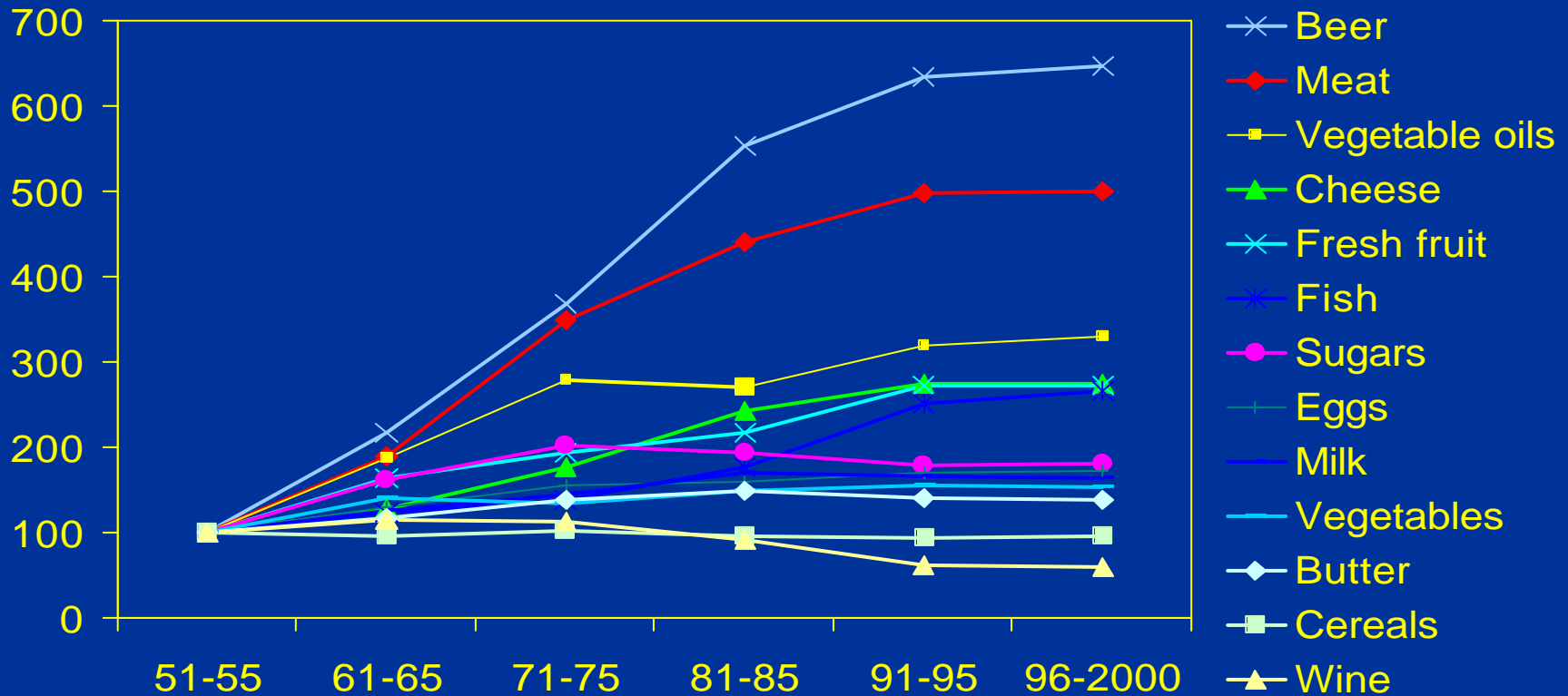
Systematic information through the media and press is actually active in healthy nutrition and lifestyle.

Improve food quality through collaboration with restaurants and catering services is on going.

EUH regulated the dietary supplements and food enrichment with special indication for subgroups of the population

Trend of food availability in Italy

(index 1951-55=100)

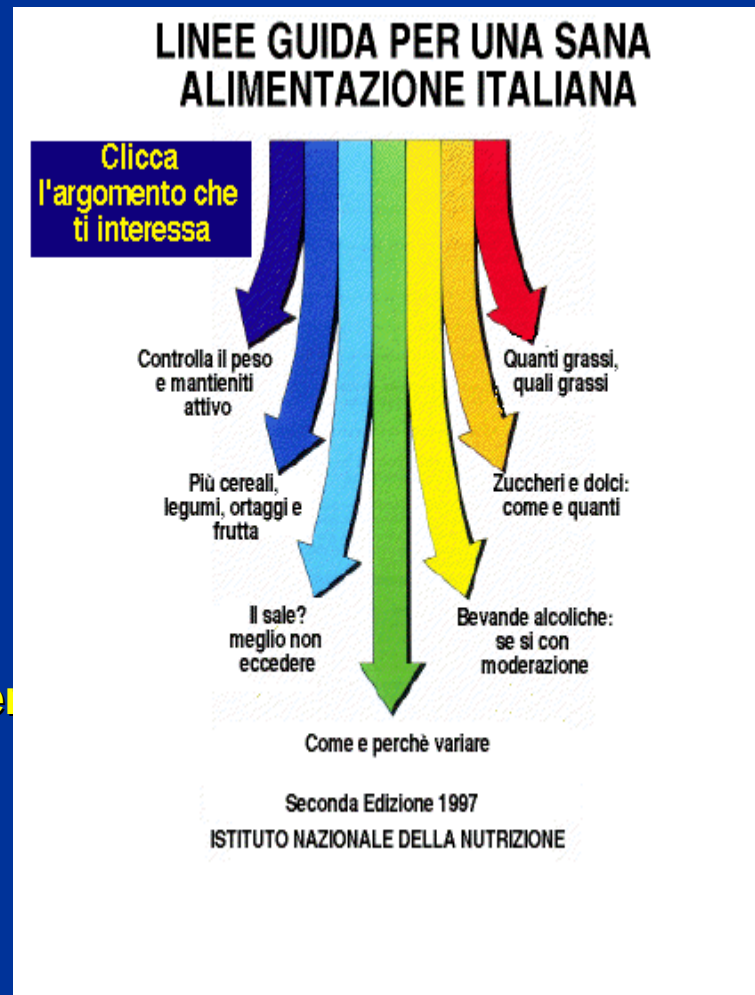


LINEE GUIDA PER UNA SANA ALIMENTAZIONE ITALIANA

**Controlla il peso
e mantieniti attivo**

**Più cereali, legumi,
ortaggi e frutta**

**Il sale?
Meglio non eccedere**



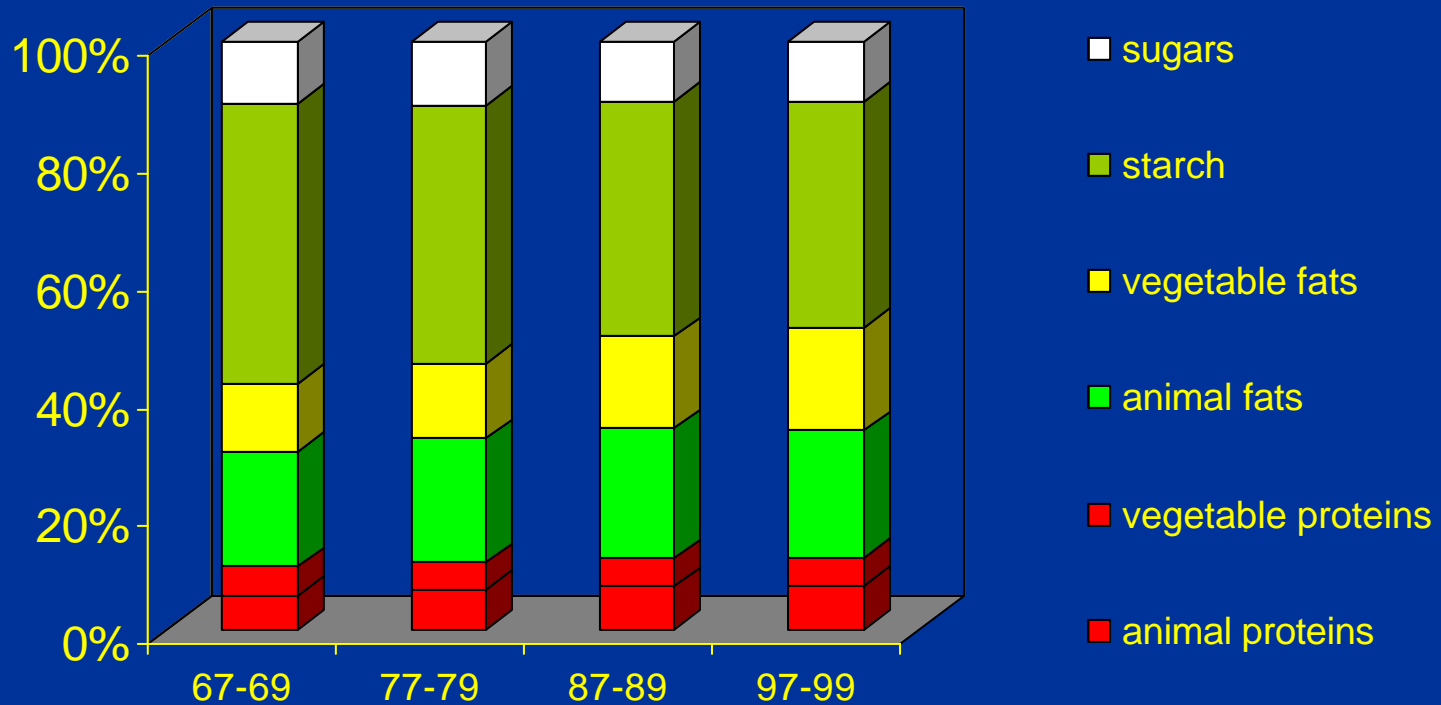
**Quanti grassi,
quali grassi**

**Zuccheri e dolci:
come e quanti**

**Bevande alcoliche:
se si con moderazione**

Come e perché variare

Proportion of energy from nutrients in Western Europe



...in East Europe

