



*The European Consumers' Organisation  
Bureau Européen des Unions de Consommateurs*

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**CONSENSUS WORKSHOP  
ON  
NUTRITION  
BUDAPEST, 9/10/11 July 2003**

**WORKSHOP  
INFORMATION PACK**

**List of workshop participants**

**and**

**Workshop discussion questions**

## **WEDNESDAY 9 JULY**

### **Workshop 1: Nutrition contributing to health – changes for the better or worse.**

Adriana Horníková, Aude L'Hirondel, Annemiek Van der Laan, Basil Mathioudakis, Beatriz Cerviño, Bevan Moseley, Dóra Baranyi, Egli Hadjipaschali Hadjioussif, Elzbieta Sieliwanowicz, Gitte Gross, Jaap Seidell, Magda Van Gompel, Michael O'Neill, Noëlle Vonthron, Richard Shepherd, Sonia Samartin, Susanne Döring, Christine Bouey, Elizabeth Hogben

### **Workshop 2: Eating habits and lifestyle – changes for the better or worse.**

Alexander Döring, Daina Karklina, Gabor Zajkàs, Gun Vayrynen, Harris Lazarides, Irama Kovács, Joachim Scholderer, Jozsef Farkas, Karen Tonks, Kostadin Fikiin, Lidija Petrushevskaja-Tozi, Louise Ungerth, Mària Barna, Nastasia Belc, Nicolas Larmagnac, Stine Sem, Sue Davies, Ada Knaap, Annie Loc'h, Angela Mörixbauer, Barabra Moretti

### **Workshop 3: Nutritional Intake – changes for the better or worse.**

Alain Grynberg, Anne Heughan, Auli Suojanen, Anders Møller, Birgit Beck, György Biró, Hélène Moraut-Pestanes, Ibrahim Elmadfa, István Garai, Jochen Wettach, Linda Laanesaar, Magda Antal, Marianna Dömölki, Marjana Peterman, Monique Warnock, Paul Finglas, Petra Lehner, Sue Southon, Péter Gerely, Anna Jung, Amalia Waxman

**Wednesday 9 July 2003**

**Workshop 1:**

**Nutrition contributing to health – changes for the better or worse.**

**Chair:** BEVAN MOSELEY

**Rapporteur:** MICHAEL O'NEILL

**Questions for Workshop 1:**

1. Does nutrition contribute to health – to what extent?
2. Are there good and bad diets – are there good and bad foods?
3. What does this mean to consumers? Do they care?
4. How has nutrition contributed to better health in the last 5 years? What are the prospects and priorities for the future?





## **THURSDAY 10 JULY**

### **Workshop 4: Nutritional controversies: how to deal with them (evidence, interpretation, and application).**

Basil Mathioudakis, Beatriz Cerviño, Bevan Moseley, Dóra Baranyi, Elzbieta Sieliwanowicz, Gitte Gross, Magda Van Gompel, Sonia Samartin, Alexander Döring, Daina Karklina, Mària Barna, Nicolas Larmagnac, Alain Grynberg, Anne Heughan, Auli Suojanen, Birgit Beck, Ibrahim Elmadfa, Marjana Peterman, Monique Warnock, Francesco Branca, Christine Bouley, Elizabeth Hogben

### **Workshop 5: Communication: Promotion and marketing of nutritional messages – where are the limits?**

Adriana Horníková, Annemiek Van der Laan, Barbara Moretti, Noëlle Vonthron, Susanne Döring, Emanuela Bianchi, Gabor Zajkàs, Harris Lazarides, Irama Kovács, Jozsef Farkas, Karen Tonks, Kostadin Fikiin, Sue Davies, Anders Møller, Hélène Moraut-Pestanes, Jochen Wettach, Sue Southon, Hildegard Przyrembel, Susanne Løgstrup, Ada Knaap, Annie Loc'h, Angela Mörixbauer, Amalia Waxman

### **Workshop 6: Targeting nutritional messages to vulnerable groups: how do we get it right?**

Aude L'Hirondel, Egli Hadjipaschali Hadjioussif, Michael O'Neill, Richard Shepherd, Gun Vayrynen, Joachim Scholderer, Lidija Petrushevska-Tozi, Louise Ungerth, Nastasia Belc, Stine Sem, György Biró, István Garai, Linda Laanesaar, Magda Antal, Marianna Dömölki, Anna Jung, Paul Finglas, Petra Lehner, Gérard Pascal, Olivier Andrault, Péter Gereley

**Thursday 10 July 2003**

**Workshop 4:**

**Nutritional controversies: how to deal with them (evidence, interpretation, and application).**

**Chair:** BEVAN MOSELEY

**Rapporteur:** BIRGIT BECK

**Questions for Workshop 4:**

1. Some countries are in the process of changing nutritional pyramids/nutritional recommendations. What is the evidence behind such changes? How can consumers understand the rationales? What help do they need?
2. From whom can consumers obtain reliable information, who can they trust, how can they know?
3. How can consumers make informed food choices against a background of nutritional controversies and the information provided on food labels?

**Thursday 10 July 2003**

**Workshop 5:**

**Communication: Promotion and marketing of nutritional messages – where are the limits?**

**Chair:** ADA KNAAP

**Rapporteur:** SUE DAVIES

**Questions for Workshop 5:**

1. There has never been so much promotion and marketing of nutritional messages! How can consumers make appropriate choices for their individual nutritional needs with such a wide range of foods to select from? What do they need to help them?
2. What are the limits of individual product marketing messages in the context of a whole diet - how can these be overcome?
3. How can individual stakeholders promote good nutrition?

**Thursday 10 July 2003**

**Workshop 6:**

**Targeting nutritional messages to vulnerable groups: how do we get it right?**

**Chair:** RICHARD SHEPHERD

**Rapporteur:** OLIVIER ANDRAULT

**Questions for Workshop 6:**

1. Vulnerable groups can have nutritional needs different from those of the general population – to what extent are their nutritional needs met by ordinary foods? What is needed in addition?
2. How can we help to overcome shortcomings in their diet?
3. Taking into consideration the food basket of a whole family, how can the special needs of individuals best be met?

## **FRIDAY 11 JULY**

### **Workshop 7: The role of the national government in the promotion of good nutrition.**

Dóra Baranyi, Elzbieta Sieliwanowicz, Sonia Samartin, Auli Suojanen, Birgit Beck, Marjana Peterman, Francesco Branca, Amleto D'Amicis, Susanne Döring, Emanuela Bianchi, Jozsef Farkas, Sue Davies, Hildegard Przyrembel, Michael O'Neill, Gun Vayrynen, Joachim Scholderer, Stine Sem, Magda Antal, Olivier Andrault, Andreu Palou, Christine Bouley

### **Workshop 8: The role of stakeholders and consumer organisations in the promotion of good nutrition.**

Beatriz Cerviño, Magda Van Gompel, Daina Karklina, Mària Barna, Nicolas Larmagnac, Alain Grynberg, Anne Heughan, Monique Warnock, Annemiek Van der Laan, Noëlle Vonthron, Irama Kovács, Karen Tonks, Kostadin Fikiin, Sue Southon, Susanne Løgstrup, Amalia Waxman, Lidija Petrushevska-Tozi, Louise Ungerth, Helen Goulielmou, Hilary Green, Annie Loc'h, Angela Mörixbauer

### **Workshop 9: The role of the European Commission within the EU health programme.**

Basil Mathioudakis, Bevan Moseley, Gitte Gross, Alexander Döring, Ibrahim Elmadfa, Adriana Horníková, Gabor Zajkas, Harris Lazarides, Hélène Moraut-Pestanes, Jochen Wettach, Egli Hadjipaschali Hadjioussif, Nastasia Belc, György Biró, István Garai, Linda Laanesaar, Marianna Dömölki, Petra Lehner, Ada Knaap, Péter Gerely, Barbara Moretti, Elizabeth Hogben

**Friday 11 July 2003**

**Workshop 7:**

**The role of the national government in the promotion of good nutrition.**

**Chair:** HILDEGARD PZYREMBEL

**Rapporteur:** MICHAEL O'NEILL

**Questions for Workshop 7:**

1. Nutrition related diseases cost billions in health care. Prevention is better than cure?
2. What are the examples of successful national government nutritional campaigns, other than the one discussed in the plenary? Why were they successful? What similar campaigns have failed and why?
3. What can we learn from these successes and how can these lessons to be applied throughout Europe? And given the differences in national diets and cultural habits, which should be retained?

## **Friday 11 July 2003**

### **Workshop 8:**

#### **The role of stakeholders and consumer organisations in the promotion of good nutrition.**

**Chair:** SUSANNE LØGSTRUP

**Rapporteur:** ANNEMIEK VAN DER LAAN

#### **Questions for Workshop 8:**

1. Where have consumer organisations or other stakeholders contributed to successful national nutritional campaigns? What has been their special/individual contribution and how could this be applied elsewhere?
2. What are the key factors in facilitating successful stakeholder co-operation?
3. Why were these campaigns successful? What similar campaigns have failed and why?
4. What can we learn from these successes and how can these lessons be applied throughout Europe; and given the differences in national diets and cultural habits, which should be retained?

