



Capacity Development Network in Nutrition in Central and Eastern Europe www.capnutra.org

Capacity development (CD) definition and background:

CD in food and nutrition is more than formal training; includes also human resource development, organizational, institutional and legal framework development with aim of enhancing knowledge and skills ; CD is a long term, continuing process, which gives primacy to national priorities, policies, plans and processes.

In 2005 a meeting in Budapest was held to initiate processes which finally led to the establishment of the UNU/SCN Network for CD in nutrition for Central and Eastern Europe (NCDN-CEE). The objective was to initiate and support CD activities in research and training in CEE countries based on country specific needs. This was part of the UNU/SCN Working Group efforts in catalyzing the formation of regional networks working towards the enhancement of individual, institutional, and organizational capacity in food and nutrition. In order to continue our activities in CEE region we established the "Capacity Development Network in Nutrition in Central and Eastern Europe, CAPNUTRA" in 2012. NCDNCEE's follow-up is CAPNUTRA.

General objective for the UNU/SCN Network:

To initiate and support the establishment of networks for capacity development in various part of the World, for the purpose of improving knowledge and skills in areas such as food, nutrition and health policy development, nutrition research and higher training, nutrition academic accreditation, nutrition advocacy, nutritional recommendations, such as recommended intakes, dietary guidelines, food composition databases. The regional networks will themselves decide on capacity development objectives, their focused activities, all based on the needs in the countries in the region.

Activities for the CEE Network:

- Identify status, needs and follow-up activities within food, health and nutritional challenges in order to facilitate the initiatives of the Network in the field of capacity development in the CEE region;
- Identify strategic elements to meet the capacity development plans of institutions and individuals in the region.;
- Identify status & gaps in food and nutrition research infrastructure, needs and gaps in nutritional knowledge and specific trainings ;
- Organize specific capacity development activities such as workshops , trainings; seminars and other education related to the food and nutrition based on identified situation and needs in countries /region with support from EC projects, FAO, WHO and other relevant stakeholders.
- Disseminate scientific achievements, experiences and international co-operation and communication between scientific institutions, individual scientists and stakeholders in order to accelerate implementation of innovations, knowledge exchange and technology transfer;
- Create, test and implement nutritional tools for food composition data base development, dietary intake analyses and assessment based on questionnaires in population at national and regional level using harmonized and standardized methods according to European recommendations;
- Collaborate on information exchange with other national /European and international networks/ associations/institutions;
- Foster regional involvement and identify needs and opportunities in regional CD: Current status in academic nutrition education in CEE countries needs improvement-Solution: to organize trainings based on identified needs with support from EU level;
- Share and discuss challenges in national developments of dietary guidelines / recommendations for different population groups.
- Initiate a dialogue with relevant food industries and SMEs in the region on how to take nutritional considerations in developing new food products
- Share information and the results of the Network on food, health and related nutritional challenges in the CEE countries as identified by the Network participants (this includes also sharing of information through Internet, a home page)

Meetings of the Capacity Development Network in Nutrition in Central and Eastern Europe UNU/SCN&CAPNUTRA:

UNU/SCN Network meetings took place one in 2005, 2006 (two), one in 2007 , 2008, 2009 , 2011 and CAPNUTRA in 2013 . Reports/agenda/photo gallery and 2 video films from those meetings are available at the link www.capnutra.org

Participants:

- Participants over the last years came from the following countries: Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Czech Republic, Estonia, Macedonia, Montenegro, Hungary, Poland, Republic Srpska, Romania, Serbia , Slovakia, Slovenia and facilitators came from the Netherlands , Norway and UK.
- This network is consist of members from 11 WB and CEE countries (signed Memorandum of Understanding –MoU) and is in tight cooperation with other European and international similar associations, sharing scientific information on food, health and related nutritional challenges.
- The main expertise's are in the field of food composition research, nutrients, food & nutrition, public health nutrition, relevant nutritional grey literature selection and collection from CEE, development of nutritional tools and technology transfer, dissemination.

Publications :

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Development of Food and Nutrition tools:

- **Food Composition Data Management (FCDM)** tool – an online food data base management software harmonized to CEN Food Data Standard and EuroFIR guidelines; This web application is used for development of Serbian /Regional FCDB and can be applied for creation of new FCDB.
- **Balkan Food Platform** –developed during EuroFIR-Nexus project, consist of tools, members and it's activities on capacity development in food and nutrition research specific for the region of West Balkan and CEE countries. It promotes transfer and harmonization of knowledge and standards with EU countries by intensive collaboration in research, training and education. www.eurofir.org
- **NutriRecQest** -EURRECA database on current micronutrient recommendations as web-based tool with online access of the micronutrient recommendations from 37 European countries /organizations and eight key non-European countries/regions comprising for 20 micronutrients. (www.serbianfood.info/eurreca)
- **EuroFIR FoodBasket (EuroFIR)** is a user-friendly, multi-lingual interface for recipe calculation with nutrient values and can select any food composition data (FCD) from the EuroFIR data platform. FoodBasket has been developed as an online web tool to support nutritionists and dieticians in order to provide recipe calculations and menu planning based on >54,000 food items harmonized according to EuroFIR standards from over 28 European and non European countries. (www.eurofir.org/foodbasket)
- **“DIET ASSESS&PLAN”** software, developed as comprehensive tool for food consumption collection, dietary intake assessment and nutrition planning designed according to the EuroFIR and EFSA standards was evaluated in EFSA project 2014. (<http://www.efsa.europa.eu/en/efsajournal/doc/607e.pdf>) ; Tool allows inputs from standard food consumption questionnaires such as 24HDR, FFQ, Food Records and FPQ and enable comprehensive diet evaluation on individual and group level. Additional features of this tool are dietary planning, foods design/reformulation, food labeling.

EU Research projects:

- EuroFIR Nexus FP7- EuroFIR Food Platform: Further integration, refinement and exploitation for its long-term self-sustainability (2011-13) www.eurofir.org
- EURRECA, Harmonizing nutrient recommendations across Europe with special focus on vulnerable groups and consumer understanding , Network of excellence, European Commission FP6, 2007 -2012, www.eurreca.org
- EuroFIR, European Food Information Resource Network, Network of excellence, European Commission FP6, 2006 - 2010 , www.eurofir.net

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