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#### Report of

# The 4<sup>th</sup> Meeting of the UNU/SCN Network for Capacity Development in Nutrition in Central and Eastern Europe (NCDNCEE)

Belgrade, 10<sup>th</sup>-12<sup>th</sup> November, 2008

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#### Introduction<sup>1</sup>

The Venue was at the Palace Hotel (<a href="http://www.palacehotel.co.yu/home\_e.php">http://www.palacehotel.co.yu/home\_e.php</a>) in Belgrade. The programme can be seen in Annex 1. The meeting was hosted by the Institute for Medical Research (IMR) of the University of Belgrade, planned and run by Drs. Maria Glibetic and Mirjana Pavlovic, IMR, University of Belgrade, together with their staff. Drs. Fre Pepping and Arne Oshaug functioned as facilitators. At this Network meeting there were 31 participants from 15 countries (See Annex 2).

At the opening the participants were welcomed (Glibetic), the purpose and agenda of the meeting was presented and discussed and the participants were introduced (Pepping). It was also a presentation of the result achieved since the last meeting in 2007 (Pavlovic), a report from the annual session of SCN in Hanoi in March 2008 (Oshaug), and presentations of specific national activities by Spiroski (Macedonia), Vilic (Bosnia and Herzegovina), Duleva (Bulgaria) and Kresic (Croatia).

#### Capacity development activities

# NCDNCEE and EURRECA training workshop about Grey Literature

The first capacity development activity this year was to address the issue of grey literature: Sources, EURRECA relevance, value and data analyses of information in grey literature for RA2 EURRECA. This was discussed as a subject by itself, but also in relation to an integrated part of this EC funded research project. The outline of the EURRECA project was presented (Pavlovic). It was one formal presentation linked exclusively to the issue of Grey Literature, and 8 presentations linking the issue to EURRECA.

The main theoretical introduction to the topic was given by Južnić, University of Ljubljana, Department of Library and Information Science and Book Studies, Slovenia. Definitions of grey literature were given, and sources, users and producers of grey literature were discussed. Conference proceedings, dissertations, theses are not normally listed in bibliographic databases like MedLine or EMBASE, since they are not usually published in medical journals. They are officially categorized as 'grey literature'. Common examples of grey literature were listed and it was pointed to differences within the category of grey literature according to discipline. Another issue was to notice grey literature as a challenge (validation of GL data) and recognition of it as an important information source.

Also, the implications of data collection and analyses of grey literature were discussed, particularly the relevance for immigrants and low income groups. One of the tasks of the EURRECA RA 2.7, low income and immigrants, is about the utilisation of grey

<sup>&</sup>lt;sup>1</sup> This report was based on the work before and during the workshop and got input from F. Pepping, and the other workshop participants. However, the responsibility for any mistakes or omissions rests with the authors.

literature. Grey literature relevant to immigrants was presented by Ngo de la Cruz (Spain). Intake methods (RA 1.1) in low income population were addressed by Vucic, and Status, and iodine biomarkers, systematic review, (RA 1.2) by Ristic. Results from EURRECA RA 1.3, RA 1.4 and RA 2 were presented by Cavelaars.

Grey literature sources and use for nutritional researchers in CEE was discussed by Novakovic. A possibility for strengthening cooperation between CEE countries was observed through utilization of valuable data from CEE countries that have never been published due to different reasons (e.g. language barriers) and by exploiting that raw data from, for example, national epidemiologic studies which sometimes are the basis for papers published in peer reviewed journals. An exploratory questionnaire on grey literature was sent to all partners prior to this workshop and the results were shown, confirming that the main users of grey literature are researchers and experts who use this source of information in their professional work. However such professional groups normally don't hear about grey literature as a data source in their formal training. Their responses make a basis for further discussion on identifying grey literature in their countries. It was agreed that searching and using grey literature on low income and immigrant population groups should done be in collaboration with other networks, such as the UNU/SCN Network for Capacity Development in Nutrition in CEE.

The examples of grey literature were given from the JUSAD study in Serbia (Pavlovic), and for low income study in Belgium and Poland (Halicka), and finally low income study from UK (Tepsic). The issue of a data base of grey literature as part of an EURRECA research activity was presented and discussed (Kadvan).

The participants were divided into two groups to discuss the identification and extraction of valuable data from grey literature sources (facilitators Glibetic and Južnić). The result of the group work was presented and discussed in plenary. It turned out that even if one could agree on a definition of what grey literature really is, the issues of low income and immigrants were much harder to agree on. In fact the groups could not come to a consensus on what low income and/or immigrants mean. Definitions on low income varies from country to country, some use fixed sums while others use percentage of median or mean income, etc. Also issues such as orphans (institutionalised and non-institutionalised), homeless, Roma, etc. were raised. This shows the complexity of the situation and the difficulty in agreeing on definitions since both the statistics and the real situation varies considerably country by country. Contextual issues needs to be taken into account.

The session on grey literature was rich in detail and showed the complexity both in terms of issue, jargon, definition and use, in addition to the variation in the national situation. It can be concluded that this issue will be with the NCDNCEE for quite some time, and that grey literature as a source of information, and many cases as a source of data, is underestimated. The group looked forward to the continuing discussion on the issue and to the future when the EURRECA research starts to yield results.

Another apparent benefit of this network's mutual work was a possibility to improve nutritional health of CEE population through scientific cooperation between CEE and countries outside the region. An exchange of information and use of EURRECA best

practices will enable use of EURRECA nutritional recommendations and policies in this part of Europe.

#### How to develop an EC project in nutrition?

The second issue on capacity development at this meeting of the network was how to develop EC project applications in nutrition. This was started by two formal presentations and plenary discussion. The first was on the developments within the European Network for Public Health Nutrition and especially the PHETICE project and the JOBNUT project (Yngve). Additionally a summary discussion of "The 10 default principles of capacity development" – based on country assessment done by CEE Network participants, was handed out and discussed. Further more, funding frameworks for educational programmes in the EU – the examples JOBNUT, and DG SANCO funding were presented and discussed (Yngve). These activities were followed up by discussing the demands from EC on applications. Included was also discussions on techniques of writing applications in an "easy" way (facilitators for this session were Prsic and Pepping).

This session was highly rated by the participants. Included in the discourse were:

- Identification of the necessary qualifications for a Public Health Nutritionist: Creation of partnerships in PHN; increasing the number of PHN as competent decision makers and trainers, preparation of future PHN professionals for the European market.
- Introducing further developments for European Network for PHN through joint initiatives: Pro Greens, Eurodiet, Johnut, Leonardo, Phetice etc.
- **Must understand**: The European dimension, financing, partners and including NGOs and/or public sector and/or private sector; and that there is no universal message. The approaches are different across Europe; co-financing essential; always remember overhead that can vary considerably, be careful to chose partners, spread of responsibilities, include NGO's, PPP, and the public, remember the 40-30-30 principle.
- Contract negotiations: Don't cut budget below one's threshold in negotiations; evaluator needed in all projects (external internal); make sure that all partners are involved in negotiations, be cautious about minutes, receipts, schedules and changes, staff particularly internships (also open for higher level students).
- Smith vs. Brown: A discussion of findings based on a constructed case of two researchers. It pointed to basic issues such as that broad categories of readers exist (general, analytical, fellow-scientist), and the way people read (skim, scan, switch, topics, content issues). Handouts for this part of the session were: basic building blocks and an unofficial guide that included evaluation summary report of applications. The criterions used were: relevance, quality of the support action, potential impact, quality of the management, mobilisation of resources, overall remarks.

The handout for evaluation of EC applications was used in the discussion, and a concrete case of an application with scores by evaluators was used. The participants scored

applications and compared their score with the given score. It was concluded that this part with hands on examples was very useful, and it was commented that more people should signal to the EC that they are ready and willing to be evaluators.

#### Academic training in nutrition in CEE countries

The issue of capacity development in nutrition education based on identified needs in CEE, including a summary of the NCDNCEE framework, was presented and discusses (Pavlovic). The definition of CD was presented, furthermore the existing gap in capacity in nutrition education seems to be a major challenge in the region. These challenges seem to be the main causes of the nutritional problems in the region including food and meal pattern, and nutrition and life style elements related public health problems. The presentation included also possible political dimensions and an overview of nutrition related challenges in CEE countries. Based on that, possible capacity development needs in CEE countries were presented, and subsequently a framework and planning guideline for capacity development in nutrition in CEE. Much of this had been developed at earlier NCDNCEE meetings, and provided a kind of basis for the discussion. One should bear in mind that this was done not by a complete set of members from all countries in the region, for example the situation in countries like Poland and Croatia was not included. This time representatives from these countries were present and had presentations on problems and possible solutions, which they shared with their colleagues at the meeting.

This session also included a presentation of results from a EuroFIR research activity on training needs in production and use of food composition databanks in non-EuroFIR countries in Central and Eastern Europe. The presentation ended by the following conclusions: Training needs in CEE countries in food and nutrition are identified, and not considered adequate; Capacity development was seen as an important tool academic education, and should have national priority in the different CEE countries; the CEE network's CD activities, the EuroFIR and EURRECA training, and other exchange programs, are considered valuable contributions supplementing national activities; Adequate institutional capacity is seen as necessary; Adequate facilities and organizational structures must be developed; Relevant national policies must be influenced; Academic nutrition training needs to be promoted and established (national, regional, international); Up-to-date education material needs to be developed; Further development of training courses for professionals with international collaboration is needed; Needs based curricula must be develop at academic level; Must harmonise with EU approaches, particularly the Bologna process; Accreditation and certification of higher training in nutrition would be needed.

The next issue in this session was named: "Principles for approaches to building an academic learning programme in nutrition" (Oshaug). This presentation started with a description of the learning outcome, which now has been focused upon in the Bologna process; the suggested framework for qualification can be consulted on the Internet (http://www.ond.vlaanderen.be/hogeronderwijs/bologna/qf/qf.asp;

http://www.ond.vlaanderen.be/hogeronderwijs/bologna/qf/overarching.asp). In order to link this properly to academic work, it was clarified what one meant about a framework for qualification as included in the Bologna documents.

The reason for going into the details and modifying the academic training approaches were: To increase the mobility of students and academic workforce within and between countries; Help the acknowledgement of qualifications between countries; Make the qualifications of academic education more relevant; Make the qualification more understandable for the work-environment, for educational institutions and the society in general; Ensure better use of the acquired competence for the benefit of the individual and of the society; Facilitate new qualifications; Facilitate life-long learning; Change the focus from teaching to learning; Support the educational institutions in their development of study programmes and qualifications; and Ease the planning of educational avenues for the individual. The JOBNUT project highlighted by several presenters earlier, attempts to establish a pan European system for certification in PHN. This project is funded by EC and takes account of the Bologna process.

The session continued with discussing what a learning outcome actually is and why it is important. The focus must take account of the needs of people, and the learning challenges of students. Many have a wrong focus, which is lead by professors and their interests, rather than on the needs in the community and the leaning needs of students. This is needed if we want to train real change agents that can help to solve the problems rather that to be part of the problem.

The session also included a discussion of the relationship between a professional profile and the educational objectives, and further to the learning outcome. It underlined the need to base academic training on the reality where public health nutritionists are working, linked to the local needs, and how this can be linked to a needed competence and skills in an academic programme. The purpose of doing this is: To train professionals who will acquire a leaning outcome which can enable them to work with health promotion and disease prevention, with food culture and political work, and with public health nutrition within multilateral work, with public health nutrition as a profession; Through an active leaning process; Based on scientific principles and experiences; Combine skills – the real change agent; To be attractive nutritional experts who are contributors to the solutions of future challenges.

The session also included specific presentations: Medical University - Varna-Bulgaria - Capacity Development potential (Ivanova), and Project application for Tempus – Modernizing Nutrition and Dietetics Higher Education in Moldova and Ukraine (Dupouy). In the presentation Dupouy highlighted the importance of building university programs for the training of public health professionals. Nutritionists and dieticians in mentioned Eastern European countries were presented as potential partners in local university for this work.

From the discussion it became clear that the presented needs correspond fairly well with what had been identified earlier, but as always with some contextual differences and seen from a few professionals' assessment of the situation. One agreed that there was a need to have more trained more professionals in several of the disciplines of nutrition, both clinical and public health nutritionists. The Bologna process would be helpful in the course of harmonisation which will be necessary, both to see the communalities and the specificities which are embedded in the contextual reality of peoples lives.

Finally there was a discussion on approaches towards future academic training in nutrition in the CEE area, by focusing on concrete proposal for next year's capacity development. A list of possible issues for CD activities of the NCDNCEE was drawn up, which will be consulted by the chair and her advisers in due time for the next annual meeting (Annex 3).

#### Application of EURRECA web tools in nutrition education

This session included two presentations. One was an e-learning module on dietary intake methods. This was based in work at the Wageningen University, for the EURRECA project (Novakovic). Another one was a dietary software tool on micronutrient recommendations considered to be a Web- based computerized software for application of Nutrient Recommendations and for individual dietary planning. That will constitute a tool within the EURRECA project to be used by various countries in Europe in general, and in the CEE region particularly (Glibetic and Kadvan).

#### Revision of the Work plan 2008/2009

The final session was on the revision of the work plan; it started with a presentation and discussion of the status, development and maintenance of the NCDNCEE Network's website (Ranic). Since the official website is on the Agro Web Network homepage the CEE Network needs to decide on the process further on. One issue is linked to what by some is considered to be an FAO website; the access for up-keeping, development and maintenance has been difficult in the past. This has led the IMR to develop their own webpage so that new developments could be updated continuously. This is however not a sustainable way of doing it, unless everything is brought to the IMR webpage. It was decided to follow the possibility of keeping it as part of the Agro Web homepage, and thus for Ranic to go to Budapest for learning how to handle and manage the NCDNCEE Network's website as part of the Ago Web Network homepage.

The future of the Network (introduced by Pepping), was considered important by the participants. They felt strongly that it should continue, addressing identified needed issues, from pure information to specific CD activities as has been done up to now.

A draft of the report from the NCDNCEE meeting would be circulated to the participants by the Network Chair, Dr. Pavlovic. Deadline for responding with comments and changes will be given.

Linked to this also some relevant information was shared. The following was presented:

## EuroFIR, EURRECA, and other training opportunities relevant for NCDNCEE members

There would be several specific regional training courses, workshops and training exchange visits linked to the work of EuroFIR, EURRECA and other planned activities. They include:

• EuroFIR workshop titled "Training and Capacity Building for non EuroFIR Balkan Countries", Belgrade 2009 (probably in April)

- Summer school in Sweden, June 2009
- 3<sup>rd</sup> EURRECA integrated meeting Cyprus Monday 8 June to Saturday 13 June 2009, in Cyprus. Possible participation by NCDNCEE Network members to be decided.
- Course NUTLIFE, WU, 21-26 September, 2009
- 3rd International EuroFIR Congress, Vienna, Austria, 8-10 September 2009 European Food Composition Data for Better Diet, Nutrition and Food Quality
- Food Comp Course Wageningen, 12- 23 October, 2009
- EuroFIR Regional Workshop in Egypt in 2009 MENANA
- 19th International Congress of Nutrition 2009 Nutrition Security for All. This IUNS Congress is open for all nutritionists. It will take place on 4-9 October, 2009, in Bangkok Thailand. For more information, please see the Congress website at <a href="http://www.icn2009.com">http://www.icn2009.com</a>.
- 8th International Food Data Conference, Bangkok, Thailand, 1-3 October 2009

#### 5th Network meeting 2009 dates when?

 $1^{st}$  possibility: Link the CEE network meeting to the  $3^{rd}$  EURRECA meeting in Cyprus 2009.

 $2^{nd}$  possibility: To organize the annual meeting in Belgrade, probably in November 2009.

#### **36th SCN Meeting**

The next annual meeting is not decided yet. Whether there will be a specific SCN annual meeting is unsure because there is no chair at the moment and the secretary will be changed in the coming 6 months. If there will be an annual SCN meeting the Chair of the NCDNCEE Network will participate.

#### Annex 1. Agenda of the meeting

Venue: Palace Hotel, Belgrade

The time included in the agenda was indicative since there were changes according to progress. The time for lunch was 13:00 to 14:00 hours and there were a coffee/tea break in the morning and afternoon.

#### First day: 10<sup>th</sup> November 2008

- 09:00 Welcoming address: Maria Glibetic/Mirjana Pavlovic, IMR, University of Belgrade
  - Opening: Purpose and agenda of the meeting, introduction of new participants. Fré Pepping, Wageningen University, The Netherlands
- 09:30 Reporting and information
  - Report and outcome of the work since the last meeting. Chair of the Network. Mirjana Pavlovic, IMR, University of Belgrade
  - Reporting to the annual session of SCN. Arne Oshaug, Akershus University College, Norway
  - Participants' report on specific national activities
- 11:00 Capacity development: NCDNCEE and EURRECA training workshop about Grey literature: Sources, Eurreca relevance, value and data analyses of information in grey literature for RA2 EURRECA
  - Eurreca project. Mirjana Pavlovic, IMR, University of Belgrade
  - RA 1 Activities –Examples:
    - RA 1.1.Intake methods in low income population, Vesna Vucic, IMR, University of Belgrade
    - o RA 1.2. Status, Iodine systematic review. Danijela Ristic Medic, IMR, University of Belgrade
  - Results from RA 1.3& RA1.4 & RA 2 Population group activities in Eurreca. Adrienne Cavelaars, Wageningen University, The Netherlands
  - Grey literature in research. Primož Južnić, University of Ljubljana, Department of Library and Information Science and Book Studies, Slovenia
  - Data collection and analyses of grey literature relevant for immigrants (EURRECA RA 2.7 activity). Joy Ngo de la Cruz, FIN, Spain

- 14:00 **Capacity development cont.**: Chair Maria Glibetic, IMR, University of Belgrade:
  - Grey literature sources relevant to Eurreca objectives and use of grey literature by nutritional researchers in CEE. Romana Novakovic, IMR, University of Belgrade
  - Examples of grey literature
    - Example 1: JUSAD study, Serbia. Mirjana Pavlovic, IMR, University of Belgrade
    - Example 2: Low income study in Belgium and Poland. Ewa Halicka, Warsaw University of Life Sciences
    - Example 3: UK low income study. Jasna Tepsic, IMR, University of Belgrade
  - Group work on identifying and extracting the valuable data from grey literature sources (two groups). Coffee break included. Facilitator: Maria Glibetic, IMR, University of Belgrade and Primož Južnić, University of Ljubljana
- 16.45-17.00 Grey literature data base: Introduction and use in EURRECA RA activities, Agnes Kadvan, IMR, University of Belgrade
- 17:00-18.00 Presentation of group work, discussion and conclusions. Facilitator: Maria Glibetic, IMR, University of Belgrade

#### Second day 11th November 2008

## 09:00 Capacity development: How to develop an EC project in nutrition

- The developments within the European Network for Public Health Nutrition and especially the PHETICE project and the JOBNUT project. Agneta Yngve, Karolinska Institute, Sweden
- Summary and discussion of "The 10 default principles of capacity development" based on country assessment. Facilitator Fré Pepping, Wageningen University, The Netherlands
- Funding frameworks for educational programmes in the EU the

<sup>1.</sup> Lopes C, Theisohn T. Ownership, Leadership and Transformation. Can we do better capacity development? United Nations Development Programme. Earthscan Publications Ltd, London and Sterling, Virginia, 2003.

- examples JOBNUT and DG SANCO funding. Agneta Yngve, Karolinska Institute, Sweden
- Demands from EC on applications techniques of writing applications in an "easy" way. Vesna Prsic/Fré Pepping, Wageningen University, The Netherlands
- Discussion of the way forward towards a complete EC application for an Intensive Programme, follow up of last years priority setting. Vesna Prsic

#### 14:00 – 18:00 Academic training in nutrition in CEE countries

- Capacity development in nutrition education based on identified needs in CEE – a summary of the NCDNCEE framework. Mirjana Pavlovic, IMR, University of Belgrade
- Principles for approaches to building an academic learning programme in nutrition. Arne Oshaug, Akershus University College, Norway
- Medical University-Varna-Bulgaria-Capacity Development potential, Diana Ivanova, Medical University Varna, Bulgaria
- Project application for Tempus Building Nutrition and Dietetics Higher Education in Moldova and Ukraine. Eleonora Dupouy, Technical University of Moldova
- Approaches towards a future academic training in nutrition in the CEE

   concrete proposal for next year's capacity development. Arne
   Oshaug, Akershus University College, Norway

#### 17:00-18:00 Application of Eurreca web tools in nutrition education

- Presentation of the e-learning module. Intake methods-work from Wageningen University, EURRECA team. Romana Novakovic, IMR, University of Belgrade
- Dietary software tool for implementing micronutrient recommendations, Web application of Nutrient Recommendations – Eurreca tool. Maria Glibetic and Agnes Kadvan, IMR, University of Belgrade

#### 20:00-22:00 Joint dinner and social event

### Third day 12<sup>th</sup> November 2008

#### 09:00-12:00 Revision of the Work plan 2008/2009

- NCDN-CEE Website maintenance, development and status, Maria Ranic, IMR, Belgrade University.
- The future of the Network. Fré Pepping, Wageningen University, the Netherlands
- The process with the report and planning of future activities. Mirjana Pavlovic, IMR, University of Belgrade
- Summing up of the experiences and viewpoints from this NCDNCEE meeting. Arne Oshaug, Akershus University College, Norway
- Other issues
- Final conclusion by Network conveners

## Annex 2. Participant list

No	Country	Name	Institution/address
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## Annex 3. A list of possible issues for capacity development activities of the NCDNCEE in 2009

This list was drawn up by the participants of the NCDNCEE meeting in Belgrade in 2008. It indicates possible topics for CD sessions at the next NCDNCEE in 2009. Decision to be taken later.

- Work of EFSA and relation to CODEX/ FDA on nutrition
- Ownership of research data
- Regional FCDB development via web tool
- School catering and nutrition
- Update of nutrition knowledge of senior staff/ training of trainers
- Consumer issues on food and nutrition
- Platform for action on diet, physical activity and health (WHO, EU, national level)
- How to influence policy makers? (Tim Lang, Daan Kromhaut)
- Recent development of grey literature- an update
- Use of the who growth reference standards
- Food, nutrition and health in the media/communication on food, nutrition and health
- Using research tools in nutrition practice
- Capacity development training on website development for the NCDNCEE members (Maria Ranic& FAOREU Support from professional side-Demes Michal)