

Report of the 2nd meeting of the UNU/SCN Network for Capacity Development in Nutrition Central and Eastern Europe: NCDN-CEE

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16 – 17 November 2006

Budapest, FAO SEUR Office

Background and justification

Regional networks to foster capacity development have been initiated by UNU-Food & Nutrition Program, and the UN Standing Committee on Nutrition (SCN), in Africa, Asia, Latin America, the Middle East and Central and Eastern Europe. The regional initiative in Eastern and Central Europe (CEE) commenced in 2005. The first full meeting took place in Budapest in February 2006, and this meeting took place also Budapest. This report covers an overview of the activities initiated in the period February – November 2006.

The workshop was organized in cooperation with and logistic support of the FAO SEUR. EuroFIR (European Food Information Resource Network (NoE/ FP6) provided financial assistance to five participants.

Objectives

The objectives of the meeting were to:

- To extend the network with more countries/more participants per country.
- To review the progress made since February 2006.
- To discuss in depth specific disciplinary topics as requested by the participants at the first meeting of the Network in February 2006, including EuroFIR CEE work, The Right to Adequate Food, and WHO's new Child Growth Reference standard.
- To discuss and select follow up activities for the rest of the biennium 2006-2007.

Summary of final conclusions

- The Network will thank FAO SEUR, in particular the FAO Sub-Regional Representative, Ms Maria Kadlecikova, for very important and valuable support, and for providing the meeting venue for the Network.
- The outcome of the present meeting of the Network, including the capacity development sessions, was considered very positive and useful by the participants.
- The Strategic framework would be assessed at next Network meeting (tentative date early November 2007).
- The Chair (M. Pavlovic) will present the activities of the Network to the SCN working group on Capacity Development, in Rome 2007.
- At the FENS conference in Paris, July 2007, an abstract about the Network would be

presented.

- A taskforce to plan a course in epidemiology that can be used at subsequent meetings of the Networks would be considered by a task force, to be held in Wageningen or another central European place.
- Other follow-up points:
 - Add to the outcome of the WHO meeting in Turkey (and other relevant meetings), with specific focus on experiences in various strategies for prevention of obesity in particular among children: Aida will provide relevant update information that can be added to the web-page of the Network.
 - EURRECCA follow-up: Standardisation methodology for Nutrition Status, Dietary Intake Assessment and nutrient requirements. After the 1st Steering committee and General Assembly meeting of EURRECCA in February 2007 Mirjana Pavlovic who is the WP leader and member of the Committees will inform the Network about the follow up in the project.
 - EuroFIR-Discuss the possibility for Network members from non EuroFIR Countries to utilise the mechanisms for education, training exchange etc. (M. Pavlovic asks Paul Finglas).
 - Establish a webpage for NCDN-CEE Countries for Sharing Information (courses, projects ,etc):
 - Make a portal for the Network with assistance from S. Péter and Demes, FAO. Requirement: Common space in English; Demes and Péter coordinate the work; national parts on the portal; contact database (name, email, postal address (CV), photo, and with option for a personal web-site);
 - Collaboration with food industry to produce healthier food (low fat, low salt, fortified food, etc.): Pepping will contact ILSI and ETP - Food for Life
 - All network members ensure more application from CEE for European Nutrition Leadership Programme (ENLP) courses. Contact Pepping for assistance.

Programme and participants

The detailed programme is presented in annex I. The specific disciplinary topics selected for capacity development purposes for this meeting were:

- Food composition databases and the need for capacity development initiatives in the field (EuroFir), by Mirjana Pavlovic;
- The Right to Food, by Arne Oshaug, Akershus University College and the International Project on the Right to Adequate Food in Development (IPRFD);
- WHO's new Child Growth Reference Standard, by Monica Blössner, WHO Multicentre Growth Reference Study.

The meeting was attended by 16 participants (Annex II), including CEE-countries: Albania, Bosnia and Herzegovina (2 persons), Bulgaria, Czech Republic, Hungary (3 persons), FYR Macedonia, Romania, Serbia, and Slovakia, and facilitators representing UNU-FNP, SCN and WHO came from The Netherlands, Norway and Switzerland. Two FAO SEUR staff members took also active part in the event, while FAO SEUR also provided support staff.

Not presented as annexes to this report but available at the newly established web-portal are the following presentations/handouts as given and used during the meeting;

- Mirjana Pavlovic: Report and outcome of the work since the first inaugural meeting of the NCDN/CEE.
- Mirjana Pavlovic: EuroFIR introduction slides and questionnaire on training needs.
- Mirjana Pavlovic: EURRECCA introduction slides.
- Mirjana Pavlovic and Anne de Looy: Benchmarking dietetics in Europe (DIETS).
- Fré Pepping: Looking for People.
- Michal Demes: Knowledge and information exchange in CEE.

Observations/actions points

Two countries not present in February 2006 could be welcomed; Albania and Moldavia. A further extension of the network (more countries and more participants per country) could not be achieved because there were not sufficient co-funding available to invite participants from Latvia, Lithuania, Georgia and Ukraine.

Unfortunately some of the major UN-agencies had planned a major meeting on obesity in Turkey at exactly the same period and their funds were needed for this meeting. This also prevented some potential participants to come to Budapest. Considerable co-funding was obtained from EuroFIR, an EC 6th Framework funded *Network of Excellence* on promoting knowledge, skills development and vision across Europe in food composition research.

In order to sustain the network it was decided to proceed with the efforts to get at least two participants per country involved in the activities of the Network from every country.

Activities of the Network after inaugural meeting the 2006

1. Network electronic Newsletter I (March 2006)

- The Network for Capacity Development in Nutrition (NCDN) in CEE.

2. EC Projects

- Euro FIR-European Food Information Resource Network (NoE) FP6
www.eurofir.net.
- EURRECCA- Harmonising nutrient recommendations across Europe with special focus on vulnerable groups and consumer understanding (NoE) FP6.
- DIETS – Dieticians Improving Education Training Standards across Europe, Thematic Network for Dieticians in Europe, Socrates Erasmus fund.

3. International Meetings

- 33rd SCN meeting in Geneva from 13 -17th March 2006 in Geneva
 - *Joint meeting of SCN Working Groups on “Capacity Development” and*

“Nutrition, Ethics and Human Rights” 15th March 2006 Geneva, Switzerland.

- Lecture on “Capacity Development in Nutrition in Central and Eastern Europe-Report from the inaugural meeting of the Network on Capacity Development in CEE countries”, Mirjana Pavlovic, Fre Pepping, and Arne Oshaug.
- Lecture on “Some challenges of raising the human rights to food and nutrition-related health in capacity development in CEE countries”, Mirjana Pavlovic, Arne Oshaug
- “Regional Conference Balkan medicine towards FP7“ from 4-5 May 2006 in Bucharest, Romania www.incds.ro/bmt2006
 - *Challenging Chronic Diseases: Network for Capacity Development in Nutrition in Central and Eastern Europe* , Mirjana Pavlovic
- 1st World Congress on Public Health Nutrition, Barcelona, Spain 28-30th September
 - Two poster presentations:*
 - *Network for Capacity Development in Nutrition (NCDN) in CEE*, Mirjana Pavlovic, Maja Glibetic, Fre Pepping, Lajos Biro, Arne Oshaug
 - *Training and Capacity Building in Central and Eastern Europe Countries (CEE): A Partnership between European Food information Resource Network (EuroFIR) and Network for Capacity Development in Nutrition (NCDN)*, Pavlovic Mirjana, Witthöft Cornelia, Pepping Fre, Holman Peter, Biro Lajos, Finglas Paul
- 2nd EuroFIR Network Meeting & Associated Workshops, Training/Exchange Opportunities for PhD’s Nantes, France 21st – September 2006.
 - *Current initiatives and plans for possible areas for collaboration and training needs in CEE and non- EuroFIR countries*, Mirjana Pavlovic.
- EuroFIR Course on Production of Food Composition Data in Nutrition, Bratislava, Slovak Republic 16-28 October 2006.
 - *Training initiatives in Central and Eastern Europe*, Mirjana Pavlovic.

4. International Courses

- Management of microbiological hazards of foods Wageningen 18 - 22 September 2006.
- EuroFIR Course on Production of Food Composition Data in Nutrition, Bratislava, Slovak Republic 16-28 October 2006.
 - *30 participants from 24 European countries took part in the course. There were participants from the Network from non EuroFIR countries as well with EuroFIR support (Romania 2, Macedonia 1).*

5. Core Group meetings

- First core group meeting in Geneva during the SCN annual meeting: Agenda for the 2nd Network Meeting on CDN in CEE, Mirjana Pavlovic, Fre Pepping, Arne Oshaug.
- Second core group meeting in Barcelona for planning of the Network meeting in Budapest in November 2006.

Activities planned for the Network participant after the Network meeting in November 2006

This was addressed in two working groups consisting of the participants of the Network, and complemented by M. Demes, FAO SEUR.

- EuroFIR, valid for Serbia (realised), other CEE-countries that realized this are Latvia and Lithuania.
- EURRECCA (formerly called Harmony), also realized for 3 CEE-countries (Poland, Czech Republic, Hungary, Serbia) and by the Network itself.
- NuGO, plan 2 day meeting with help of Jagiellonian University of Krakow, no action taken so far.
- DIETS, realized by several network countries and by the network itself!

It should be noted that much of the work representing and engaging the Network in connection with EU project development was done by Dr M. Pavlovic, the Chair of the Network. In the future more participants from the Network must be engaged in order to share the burden of work (see last point of summary conclusion above).

Increase participation in existing post graduate courses

Realised participation for 2 persons in the existing course Management of Microbiological Hazards in Foods.

Initiate specific tailor made editions for CE Europe of existing courses as already done by EuroFIR for FoodComp.

Food Comp course as held in Bratislava has been very successful, indicating further participation for Network members and associated staff.

The 3rd meeting of the Network main members was decided to be held in November 2007. Priorities for the time remaining in the ongoing UNU bi-annual planning period (November 2006 – December 2007) were discussed in two working-groups and discussed in plenary. The priorities can be summarised as follows:

Obesity prevention

One working group suggested two issues linked to obesity:

- Implement the European Charter on counteracting obesity (national action).
- Plan for action for prevention of obesity – promotion of healthy diet and physical diets (national action).

It was underlined that the network participants will stimulate countries to improve their statistics. Later Network activities may add to the outcome of the WHO-meeting in

Turkey (and other relevant meetings), with specific focus on experiences in various strategies for prevention of obesity, in particular among children. Aida Filipovic (B&H) will provide update of relevant information that can be added to the Network web-page when it is in place.

Nutrition and lifestyle epidemiology and other EURRECCA related items

- Standardisation methodology measurement of nutrition status and dietary intake assessment.
- Training in nutritional epidemiology (several courses are available; some of these could be used to make a special edition as done for EuroFIR with the so-called Food Comp course).
- More attention to be given to the improvement of the nutritional status of minority groups.

The network assigned this task to Katarina Kromereva, Hanna Hrstkova, Szabolcs Péter. They should develop an outline for such a course with the Chair of the Network and EURRECCA member from Belgrade (M. Pavlovic). Next edition of the Wageningen based Nutritional and lifestyle epidemiology course will be held in June 2007, other groups to be contacted might be Southampton (Barry Margetts) or another relevant course. Such a course could be scheduled for end of 2007 or 2008.

With respect to dietary assessment the group should investigate the possibility to organise a session on dietary intake just prior to the next congress on nutrition and the elderly, which will take place September 2008, in Warsaw.

Possible FP7 Proposal

Prevention of obesity and cardiovascular risk factors in children, Mirjana Pavlovic
Med Res In SE –Medical Research Initiative South East Europe-Towards FP7
(www.meduni-graz.at/medresin).

EuroFIR – Food composition data

This will be an issue for some time of the Network since it is a very important condition for doing relevant dietary surveys and assessment of the nutritional quality of diets.

- Bratislava course was highly successful. The possibility of non-EuroFIR members to send staff (for example Romania and Macedonia) was highly appreciated.
- Outcome of questionnaire about training needs was discussed. Some responses may be transformed into actions, for others this may be far more difficult.
- Possibility to utilise exchange grants to reinforce the link between non-EuroFIR centres with a certain critical mass in CE Europe and EuroFIR member institutions will be brought up within EuroFIR.

Mirjana Pavlovic is the leader of the task 6 in the WP 3.1 on training, education and vision to postgraduates and young scientist. The main objective of the task 6 is to establish contacts with national compilers in non-EuroFIR countries in the Balkans and CEE countries in order to identify their specific training needs and opportunities for collaboration with EuroFIR. Based on the established partnership between the Network for Capacity Development in Nutrition in Central and Eastern Europe (NCDN-CEE) and EuroFIR the network should keep in close contact with the people within EuroFIR that

decide on future training activities (Work Package 3.1). This might result in an informal linkage by Albania, Romania, Bosnia & Herzegovina, Hungary and Macedonia to EuroFIR.

Child growth standards

Regional consultations and courses for training the trainers will start in 2007. The specific Capacity Development session on WHO's new Child Growth Reference Standard, by Monica Blössner, WHO Geneva, was a good opening and provided insights and issues to be followed up by the participants. Information on these activities will be published on web-portal as soon as it would be operational. Implementation in Europe is a task for WHO-Copenhagen (F. Branca). Network participants will ensure that the information/material as taken home from this meeting will be handed over to the proper persons at home.

7th Framework of the European Commission

- The initial plan to submit a Socrates proposal with the network has to be revised as the Socrates programme as such stops.
- New possibilities under FP7 and then specifically the Pillar 'People', could result in a separate proposal precisely tuned to the needs in CEE countries or in participation in a broader range of proposals with a mix of West and Central-Eastern European research groups.
- Lajos Biró, Zlatka Dimitrovska, Vesselka Duleva with the support of Pavlovic and Pepping will investigate the possibility to ensure involvement in relevant research proposals being submitted (for example childhood obesity). The rationale for this is not only that more involvement in research projects is beneficial but also that these research projects also often have a training component.

Development of more generic skills

Szabolcs Péter informed the participants about his experience from his participation in the European Nutrition leadership programme (ENLP, see www.enlp.eu.com). The Network members will follow-up within their own organisation so that more young scientists from CEE countries would apply for ENLP 2008 and later (application deadline for 2007 closed on November 15th 2006).

Web-page for NCDN-CEE countries for sharing information

Improvement of communication remains essential. Michal Demes (FAO information management specialist) and Szabolcs Péter will take the lead in making a portal for the network under FAO-Agroweb. It will be located under the AgroWeb portal <http://www.agrowebcee.net>. This will provide a common space in the English language. Establishing and maintaining a contact database will be one of the starting points and as soon as convenient we should try to extend to more than 1 person per country.

Overall promotion of nutrition

Several network members are involved in activities such as World Food Day, World Heart Day, etc. Those interested in involving famous people in the promotion of nutrition can use the mechanism and experience of FAO, in particular the Telefood.

Increase involvement with industry

Industry is often key in the production of healthier foods (low fat, low salt, fortification, etc). Fré Pepping will contact ILSI and European Technology Platform (ETP) - Food for life. This could result in more attention to this in an forthcoming meeting.

Presence of the Network at other meetings and next network meeting

- 10th January 2007 EuroFIR Steering Group meeting, feedback about our work should be routed via Peter Hollman.
- In February/March 2007 the first EURRECCA meeting will be held, Mirjana Pavlovic will be involved and thus report from the Network meeting relevant outcomes.
- 34th SCN (26 February – 2 March 2007 in Rome) might be interesting for several network participants. However participation funded by UNU-FNP will be limited to 1-2 people, including the Chair of the Network. It is anticipated that SCN working group will fund participation of the regional chair of this network Mirjana Pavlovic.
- In June 2007 some members of the task force on Nutritional Epidemiology might meet in Wageningen to work out programme for special NCDN-CEE edition.
- Prepare an abstract for the 10th European Nutrition Conference is from 10-13 July 2007 in Paris about the Network. In case several members of the network will be present there a small meeting might be organised.
- Next network meeting should take place in November 2007. Excellent services in Budapest at FAO-office make this a valuable and suitable venue. Oshaug, Pavlovic, and Pepping will plan next meeting. EURRECCA and DIETS are two projects to be highlighted then and also collaboration with industry. Some items are already decided to include the next NCDN-CEE meeting:
 - Conceptual Framework as drafted in February 2006 would be re-assessed in relation to the professional developments since the first meeting of the Network when the Conceptual Framework was developed.
 - Report by the participating countries of what have been followed up from this meeting and other relevant global and European initiatives.

Annex I:

Agenda

2nd Meeting of the Network for capacity development in nutrition in Central and Eastern Europe (NCDN-CEE)

Dates: 16th and 17th November 2006.

Venue: Budapest, FAO-SEUR office

Wednesday 15th November 2006: Arrival, checking in at the hotel

Departure late 17th or early 18th

The three main items of the agenda have been highlighted

Thursday 16th November 2006

Breakfast for all; the session starts at 09:00 hours

- 09:00 Opening:
- Welcome and opening, Ms Maria Kadlecikova, FAO Sub-Regional Representative
 - Purpose and agenda of the meeting, introduction of new participants, Fré Pepping/Mirjana Pavlovic
- 09:45 Report and outcome of the work since the first inaugural meeting.
Chair of the Network M. Pavlovic
- Questions and comments by all participants
- 10.15 General information on generating resources through EC-project participation (examples EuroFir, EURRECA, DIETS) Mirjana Pavlovic
- 11:00 Coffee/tea break
- 11:15 *Capacity development:*
EuroFIR course in Bratislava and feed back on questionnaire about training needs in CEE: Mirjana Pavlovic
- 12:30 Lunch
- 13:30 *Capacity development:*
The human right to adequate food (RtF) – content, challenges and importance for inputs to policy developments by public health nutritionists/personnel: Arne Oshaug

- 15:00 Coffee/tea break
- 15:30 *Capacity development: RtF cont.*
- 16:30 Knowledge and information exchange in CEE , Michal Demes
- 16:45 Formation of working groups: Identification of new topics/priorities for capacity development in the next 12 months.
- 20:00 Joint dinner

Friday 17th November

- 09:00 *Capacity development:*
WHO Child Growth Standards: Monika Blössner, WHO
- 11:00 Snacks and coffee/tea break
- 11:30 *Capacity development: WHO cont.*
- 13:00 Lunch
- 14:00-16:00 Work plan 2007/2008
- Working out specific EC-project proposals for submission by the network
 - Upcoming new EC-projects that have already been approved; EURRECCA
 - Reporting to the annual session of SCN
 - Adoption of the Network Report
 - Other issues

Departure (or at Saturday) at most convenient time for the participants.

Annex II:**Participant list at the 2nd Meeting of the Network for capacity development in nutrition in Central and Eastern Europe (NCDN-CEE)****16-17th November 2006, FAO Sub-regional Office, Budapest, Hungary**

	Country/Int.org	Name	Institution/address	e-mail/phone /fax
1	FAO SEUR Hungary	Ms Maria Kadlecikova FAO Sub regional Representative	FAO Sub-Regional office for Central and Eastern Europe , 1068 Budapest, Benczur u. 34	maria.kadlecikova@fao.org
2	UNU Food and Nutrition Program / The Netherlands	Fre Pepping PhD Managing Director, Regional coordinator UNU Food and Nutrition Program	The Graduate School VLAG Wageningen University P.O.Box 8129 6700 EV Wageningen www.wau.nl/vlag The Netherlands	fre.pepping@wur.nl
3	World Health Organization, Switzerland	Blössner, Monika Barbara	World Health Organization Department of Nutrition for Health and Development Avenue Appia 20 CH - 1211 Geneva 27	bloessnerm@who.int tel. +41 22 791 3410 fax. +41 22 791 4156
4	Norway	Arne Oshaug Professor PhD Nutrition Research Director	Akershus University College Centre for Research on Health, Society and Environment POB 423, 2001 Lillestrom Norway	Arne.Oshaug@hiak.no
5	Serbia Network CDN CEE Coordinator	Mirjana Pavlovic MD.PhD, RPHNutr Associate Research Professor FAO Consultant	Institute for Medical Research Department for Nutrition and Metabolism University of Belgrade Suboticeva 4 POB 102 Belgrade 11000	mirjana.pavlovicmd@gmail.com mirjana.pavlovic@fao.org mobile:+381 63 502 465 home:+381 24 548 398

6	FAOSEUR/ Hungary	Michal Demes Information management Specialist	FAO Sub-Regional office for Central and Eastern Europe , 1068 Budapest ,Benczur u. 34	michal.demes@fao.org
7	Albania	Dr Adrian Berisha, Senior lecturer	Tirana Univ. of Agriculture, Agrofood dept., Now temporarily; Charlton Av. East, Toronto, Canada	adi_berisha@yahoo.com
8	Bosnia and Herzegovina	Dr Aida Vilic Svraka	Institute of Public Health of Federation of Bosnia and Herzegovina, Titova 9, 71000 Sarajevo	aidavilicsvraka@yahoo.com +387 33 260 640 +387 33 220 548 ahadziomeragic@hotmail.com
9	Republic of Srpska Bosnia and Herzegovina	Dr Dusanka Danojevic	National Public Health Institute of Republic of Srpska	duschkad@yahoo.com
10	Bulgaria	Vesselka Duleva MD.PhD Assistant Professor in Nutrition	National Center of Public Health Protection Department of Nutrition 15. Acad. Ivan Geschov Str. 1431 Sofia	v.duleva@ncphp.government.bg
11	Czech Republic	Professor Hana Hrstkova Head of dept.	Masaryk University 1st Pediatrics Clinic School of Medicine Cernopolni 9 61300 Brno Czech Republic	hrstkova@med.muni.cz Mobile: +420 723288023
12	Hungary	Lajos Biro, MD Head of Dept. of Physiology of Nutrition	National Institute of Food Safety and Nutrition H-1097 Budapest, Gyáli út 3/A Hungary	birol@oeti.antsz.hu birol@nutricomp.hu
8	Hungary	Krisztina Árvay	National Institute of Food Safety and Nutrition H-1097 Budapest, Gyáli út 3/A Hungary	arvayk@oeti.antsz.hu +36 1 476 6461
13	Hungary	Dr. Szabolcs PÉTER	National Institute of Food Safety and Nutrition H-1097 Budapest, Gyáli út 3/A Hungary	petersz@oeti.antsz.hu +36 1 476 1100 ext 4179

15	Macedonia	Zlatka Dimitrovska MD	Republic Institute for Health Protection 50 Divizija 6 1000 Skopje	zdimitrovska@yahoo.com Tel: +389 2 3147053 Fax:+389 2 3223354
16	The Netherlands	Ms. Vesna Prsic, MSc Programme Coordinator	VLAG Graduate School / Wageningen University, P.O. Box 8129, 6700 EV Wageningen http://www.vlaggraduateschool.nl	vesna.prsic@wur.nl Tel. +31 (0) 317.485135 Fax. +31 (0) 317.483342
17	Romania	Camelia Parvan MD. Head of dept. Senior Researcher	Institute of Public Health Dept of Food Hygiene and nutrition 1-3, Dr. Leonte street , 7625 Bucharest	cparvan@ispb.ro + 40213183620 or mobile +40744881363
18	Slovak Republic	Katarina Kromerova,	Public health Authority Slovak rep. Dept. of Nutrition Hygiene Trnavska 52, 82645 Bratislava	+421249284327 kromerova@uvzsr.sk
Technical support from FAOSEUR Office				
	Hungary	Gabor Csorba Administrative clerk	FAO Sub-Regional office for Central and Eastern Europe , 1068 Budapest ,Benczur u. 34	gabor.csorba@fao.org
	Hungary	Thomas Mezei Administrative assistant	FAO Sub-Regional office for Central and Eastern Europe , 1068 Budapest ,Benczur u. 34	thomas.mezei@fao.org
	Hungary	Ildiko Pocza Information resources clerk	FAO Sub-Regional office for Central and Eastern Europe , 1068 Budapest ,Benczur u. 34	Ildiko.pocza@fao.org

CEE Countries: Albania, Armenia, Azerbaijan, Belarus, Bosnia and Herzegovina, Bulgaria*, Croatia, Czech Republic, Estonia, Georgia, Hungary, Latvia*, Lithuania*, Former Yugoslav Republic of Macedonia, Moldova, Monte Negro, Poland*, Romania, Russian Federation, Serbia*, Slovakia,* Slovenia, Ukraine.

Notes:*EuroFIR countries