



# HECTOR Newsletter

Eating out: Habits, Determinants, and Recommendations for Consumers and the European Catering Sector



Newsletter 2006/7

[www.nut.uoa.gr/hector](http://www.nut.uoa.gr/hector)

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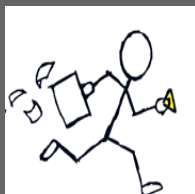
## Contact Us

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## HECTOR's main goals are:

- To enhance knowledge on eating out in Europe
- To identify Europeans' dietary patterns when eating out, including meals, foods and nutrients
- To determine how various lifestyle factors influence the eating out choices of European consumers
- To evaluate the practices of catering and catering-related enterprises of varying sizes and their impact on their customers' dietary choices
- To establish a methodological framework for monitoring food choices of European consumers when they eat out
- To develop strategies and measures for promoting healthy eating out, not least through the creation of a network of medical doctors, public health professionals, nutritionists, epidemiologists, economists, food technologists, and catering professionals

## HECTOR Plenary Workshops

### 1st PLENARY WORKSHOP

Athens, Greece

13-15 September 2006

Hosted at the Coordinating Centre this kick-off meeting brought together the HECTOR participants for the first time and provided a forum for consolidating HECTOR's objectives.



The focus and outcomes of the workshop included:

- The HECTOR operational **definition of 'Eating Out'** as:

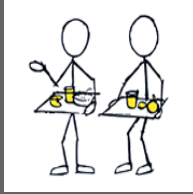
1. meals, beverages, snacks consumed out of home (core definition);

If more detailed data become available, Eating Out will be defined as:

1.a. meals, beverages and snacks eaten out of home prepared by food services (it is understood by food services to refer to catering, formal and informal eating out), and further,

1. b. meals, beverages and snacks prepared by food services and consumed in home (home delivery, take-away meals).

- principles and procedures for the transfer and analysis of the Household Budget Survey (HBS) and Individual Nutrition Survey (INS) **data for assessing out-of-home dietary patterns**
- catering sector case-studies' method and the questionnaire topics to be completed by the catering and catering-related enterprises



## 2nd PLENARY WORKSHOP

Porto, Portugal

9-11 May 2007

The 2nd HECTOR Plenary Workshop was hosted by the University of Porto in Porto, Portugal. The following preliminary results were presented internally to the HECTOR Consortium:

- **out-of-home dietary patterns** expressed at nutrient level, their associations with sociodemographic, anthropometric and lifestyle determinants and their comparisons with the within-home dietary patterns
- review on current national and international **dietary recommendations**
- comparable results on food group specific estimates of **out-of-home food contribution to total food consumption** using HBS data for Germany, Italy and Greece
- pilot study and first round of the **catering sector case study** related data collection



## HECTOR Future Activities

**HECTOR Interim Workshop I: Out-of-Home Dietary Patterns among European consumers: Observations and Recommendations**

**Athens, Greece**

4 and 6 December 2007

(with extra session arranged for the 5<sup>th</sup> December)

**REGISTRATION CLOSES 16 NOVEMBER 2007**

Contact Stefi Adamopoulou [adamop@nut.uoa.gr](mailto:adamop@nut.uoa.gr)

## HECTOR Mid-Term Review

HECTOR's European Commission Scientific Officer and two external experts will work with the HECTOR Coordinator and WorkPackage Leaders in order to review HECTOR's progress.

**Athens, Greece**

5 December 2007

## HECTOR Dissemination Activities

With the aim of improving the health and well-being of European citizens through addressing the issue of eating out, HECTOR is a project that is of potential interest to all Europeans.

In order to inform the scientific community, catering professionals, consumers and the general public HECTOR has produced and distributed:

**An Introductory Poster**

**An Informative Brochure**

**The HECTOR Website**

[www.nut.uoa.gr/hector](http://www.nut.uoa.gr/hector)





**HECTOR's Poster and Brochure** are available for you to download on the HECTOR Website

<http://www.nut.uoa.gr/hector/tools.asp>



## News

**MER! MORE!**

The Norwegian Information Office for Fruit and Vegetables has launched a campaign called MER (MORE). The aim of the campaign is to give sports clubs a tool for offering ready-to-eat fruit and vegetables on sports arenas – see (in Norwegian)

[http://www.frukt.no/MER\\_list\\_page.aspx?mnu1id=3600&mnu2id=3603](http://www.frukt.no/MER_list_page.aspx?mnu1id=3600&mnu2id=3603)

## The HECTOR Consortium (Alphabetical)

- National and Kapodistrian University of Athens Medical School, Greece (Coordinator)
- Agricultural University of Athens (AUA), Greece
- Associazione Iblea per la Ricerca Epidemiologica (Organizzazione non lucrativa di utilità sociale)/ Hyblean association for epidemiological research (non profit organization), Italy
- Coca-Cola European Union Group
- Consumers Association New Inka, Greece
- Croatian National Institute of Public Health, Croatia
- Culiner NV, Belgium
- De Appelier BVBA, Gent, Belgium
- Department for Environment, Food and Rural Affairs, U.K.
- Department of Nutritional Sciences, University of Vienna, Austria
- Deutsches Institut fuer Ernahrungsforschung Potsdam-Rehbruecke (DIfE) / German Institute of Human Nutrition, Germany
- Directorate of Public Health, Ministry of Health, Albania
- Division of Clinical Epidemiology, Nutritional Epidemiology, German Cancer Research Centre, Germany
- FCNAUP – Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto / Faculty of Nutrition and Food Sciences, University of Porto and Department of Hygiene and Epidemiology, University of Porto Medical School, Portugal
- Galaxy Catering S.I.A O.E., Greece
- Gastropol Group Sp.z o.o., Poland
- HSW - University of Applied Sciences Wädenswil, Switzerland
- Il Mezzogiorno - cucina siciliana, Gent, Belgium
- Institute of community medicine, University of Tromsø, Norway
- International Agency for Research on Cancer (IARC-WHO)
- Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione / National Institute for Research on Food and Nutrition, Italy
- LTC Zagreb, Croatia
- McDonald's Europe Ltd.
- Ministry of Health, Department of Medical and Public Health Services, Cyprus
- National Consumer Research Centre, Finland
- National Food and Nutrition Institute, Poland
- National Institute of Food Safety and Nutrition, Hungary
- NutriFOODchem, Research group Food Chemistry and Human Nutrition, Universiteit Gent, Faculty of Bioscience Engineering, Belgium
- School of Public Health Andrija Stampar, Medical School University of Zagreb, Croatia
- Studentsamskipnaden in Tromsø, Norway
- TUM - Technische Universität München, Germany
- Unilever Research and Development Vlaardingen BV, The Netherlands
- UNISELF, Gestão e Exploração de Restaurantes de Empresas, Lda, Portugal
- Αφοί Κομπασιάδη Α.Ε. / Kobatsiari Bros S.A.

