



# HECTOR Newsletter

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



Newsletter 2007/8

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

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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 Workshops

### 3rd HECTOR PLENARY Workshop

*Developing a Strategic Framework for the Promotion of Healthy Eating Out Behaviour among European Consumers*

Athens, Greece

6-9 May 2008

The 3rd plenary workshop was a productive and interesting event. In addition to plenary sessions, two full days were allocated to conduct concentrated working groups focusing on three main topics, namely:

- The role of European catering-related enterprises in health promotion
- The awareness of European consumers on optimal dietary patterns; and
- The European consumers' demand for "healthy foods" when eating out

These group sessions were an ideal opportunity for caterers and academia to sit together and deliberated on the strengths, weaknesses, opportunities and threats (SWOT) for the catering sector's participation in strategies to promote healthy eating in Europe: a truly fruitful and joint-thinking exercise!



**One of the working groups busy employing SWOT analysis**



### Visiting Experts from FAO and WHO

An important aspect of HECTOR's scope is to raise awareness of the importance of healthy eating out at various policy making levels. During the 3<sup>rd</sup> plenary workshop, representatives of international organisations attended the meeting, contributed to discussions and underlined the relevance of the HECTOR project to address current nutritional challenges. We would particularly like to thank Dr. B. Burlingame (Food and Agricultural Organisation of the United Nations (FAO)) and Dr. T. Wijnhoven (Regional Office for Europe, World Health Organisation (WHO)), who spared some of their valuable time to be with us.

Link to the FAO website: [www.fao.org](http://www.fao.org)

Link to the WHO website: [www.euro.who.int](http://www.euro.who.int)

### 1st HECTOR INTERIM Workshop

*Out-of-Home Dietary Patterns among European consumers: Observations and Recommendations*

Athens, Greece

4-6 December 2007

One of the main purposes of this interim workshop was to decide on the reference values to be used by the HECTOR project for dietary recommendations referring to food and/or nutrient intake. A review was conducted of current scientific-based national and international dietary guidelines and recommendations and this was presented at the workshop. The gathered experts were able to conclude that international WHO recommendations are to be used in HECTOR.

The HECTOR database that uses data from individuals (as opposed to households) to track trends on eating out, was presented and further preliminary results were revealed to the HECTOR Consortium.

### Visitor from the EURRECA Project and presentation by WHO

In the spirit of cooperation the HECTOR project invited Dr. Monique Raats, representative of the EURRECA project to present on the current work being conducted to align micronutrients dietary recommendations across the European Union member states. Additionally, Dr. Francesco Branca, Regional Adviser of the WHO Regional Office for Nutrition, supplied the workshop with a relevant presentation from the WHO which was presented and discussed at length. We would like to thank Dr. Raats and Dr. Branca for the enlightening presentations.



Link to the EURRECA Project: [www.eurreca.org](http://www.eurreca.org)

### HECTOR Mid-Term Review

Athens, Greece

5 December 2007

A Mid-Term Review was carried out in December 2007 administered by the EC Scientific Project Officer for HECTOR and 2 external experts in the field. With the work for HECTOR divided in to 11 separate work packages, the leaders for each package presented the achievements, current status and direction of the work from the beginning of the project. The review was positive and the evaluators report stated that HECTOR is "...on target and remains a relevant, exciting project". Valuable comments and suggestions made have been incorporated in ongoing and planned activities.





## HECTOR Future Activities

### 2<sup>nd</sup> HECTOR INTERIM Workshop

*Training and Educational Materials addressing Enterprises in the Catering Sector for Promoting Healthy Eating among European Consumers*

To be kindly hosted by FAO.

**Rome, Italy**

**28-30 January 2009**

### A Salad named HECTOR!

Probably quite unique as a dissemination activity, one of the participants of the Consortium, (Il Mezzogiorno) developed a HECTOR Salad. Reportedly, the salad contains an ingredient for each of the countries represented in the Consortium. Healthy, and ready for out of home consumption! The recipe can be found on the HECTOR website.



## News

**New related publications** are appearing showing the importance of catering in Europe. HECTOR members play a crucial role.

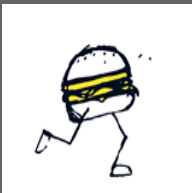
Colleagues from the HECTOR Coordinating Centre have written the paper entitled '*Eating out of home and its correlates in 10 European countries. The European Prospective Investigation into Cancer and Nutrition (EPIC) study*'<sup>1</sup> demonstrating how out-of-home eating appears to be associated with higher total energy intake and a more sedentary lifestyle.

The paper shows that across Europe, highly educated individuals were more likely to have a considerable share of their energy from out-of-home foods and drinks compared with less educated peers.

A second paper entitled '*Incorporating the catering sector in nutrition policies of WHO European region: is there a good recipe?*'<sup>2</sup>, from the University of Gent, illustrates how the catering sector is involved as a stakeholder in national nutrition policy documents in Europe and highlights the main strategies developed (and not developed) in the related national documents.

### Meeting on out of home eating in Italy

On the 12<sup>th</sup> of June a meeting was organized entitled "New trends and marketing perspectives for eating out sector". The conference is mainly for professionals in the food industry sector. More information as well as the program and possible outcomes of the Conference are available at <http://www.somedia.it/conference/show/conf/1721/>



<sup>1</sup> Orfanos P, Naska A, Trichopoulos D et al. Eating out of home and its correlates in 10 European countries. The European Prospective Investigation into Cancer and Nutrition (EPIC) study *Public Health Nutr* 2007 Dec;10(12):1515-1525.

<sup>2</sup> Lachat C, Roberfroid D, Huybregts L, Van Camp J., Kolsteren P. (2008) Incorporating the catering sector in nutrition policies of WHO European region: is there a good recipe? Paper commissioned by WHO Regional Office for Europe. *Public Health Nutrition* (Epublised),

**Don't forget to visit the HECTOR website:**

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**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
- De Appelier BVBA, Gent, Belgium
- Department for Environment, Food and Rural Affairs, U.K.
- Department of Hygiene and Epidemiology, University of Porto Medical School, Portugal
- Department of Nutritional Sciences, University of Vienna, Austria
- Deutsches Institut fuer Ernahrungsforschung Potsdam-Rehbruecke (DIfE) / German Institute of Human Nutrition, Germany
- 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, 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 Κομπασιάρη Α.Ε. / Kobatsiari Bros S.A.

