

SUPPORT TO NATIONAL DIETARY SURVEYS IN COMPLIANCE WITH THE EU MENU METHODOLOGY – THE CHILDREN SURVEY, INCLUDING SUBJECTS FROM THREE MONTHS UP TO 9 YEARS OLD

NATIONAL FOOD CONSUMPTION STUDY OF INFANTS AND YOUNG CHILDREN 2017-2021

Project background

Croatian Food Agency (HAH), with financial support of European Food Safety Authority (EFSA), is implementing the first national study which aims are to collect data on food consumption of children from three months up to nine years old. The study will be implemented in the period from 2017. to 2021, on a representative sample for the Republic of Croatia of this age population, which is a minimum of 2000 respondents. The study will be based on *EFSA EU Menu* methodology, in order to obtain quality data at an individual level that will be comparable with data from other EU countries. The study is divided into three phases. In the first phase, implementation of the *EU Menu* Methodology is planned at the national level in order to encompass the specificities of food consumption habits. Within this phase, the first national software for collecting and data analysis will be created, after which a pilot study will be conducted to test the set methodology. In the second phase, the survey will be conducted on the field covering all four seasons by completing food diary of two nonconsecutive days, in order to cover the differences in food consumption conditioned by the availability of seasonal foodstuffs and lifestyle. In the final phase, processing of data collected, validation and forwarding of data to EFSA in the default format via the Data Collection Framework (DCF) platform is planned. After additional validation of the data in EFSA, the data will be published in the comprehensive European Food Consumption Database, the so-called *EFSA Comprehensive European Food Consumption Database*.

At the end of the project, the food consumption data will be published on the HAH web site and will be available upon request at custom formats and levels of aggregation to all interested parties.

Project objective

The project objective is to gather data on food consumption, general sociodemographic data, anthropometric data, data on the quantity and frequency of food and beverage consumption, nutritional supplements and data of food consumption of children intolerant and / or allergic to certain food.

In addition to providing quality risk assessment, with the aim of ensuring population health and consumer protection, this study will enable the collection of detailed and high-quality data on the diets of this most vulnerable population group and, as such, it will be useful to:

- Nutritionists - to create guidelines and recommendations for healthy diet and as a basis for designing specific educational programs for parents and children
- Epidemiologists - to calculate prevalence of certain diseases related to nutrients intake, which results in an assessment of health conditions of population
- Industry and Food Business Entities - with the aim of adjusting assortments and (re)formulating food stuff according to the needs and requirements of the market
- Competent authorities - to adopt regulations at national level that would affect both consumer health and the overall health status of the population
- Academic community
- All interested parties

Project coordinator

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HAH project team

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Project value

155.000 €

Source of financing

European Food Safety Authority (EFSA)

Project leader

Croatian Food Agency (HAH)

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Subcontractor

Alpha Score d.o.o.

Project duration

4,5 years (01/2017 - 06/2021)