



# Il programma EU Menu

## “What’s on the menu in Europe?”

Davide Arcella

“Rilevare il consumo alimentare per le politiche a tutela della salute  
24 maggio 2016 – Ministero della, Salute Roma.

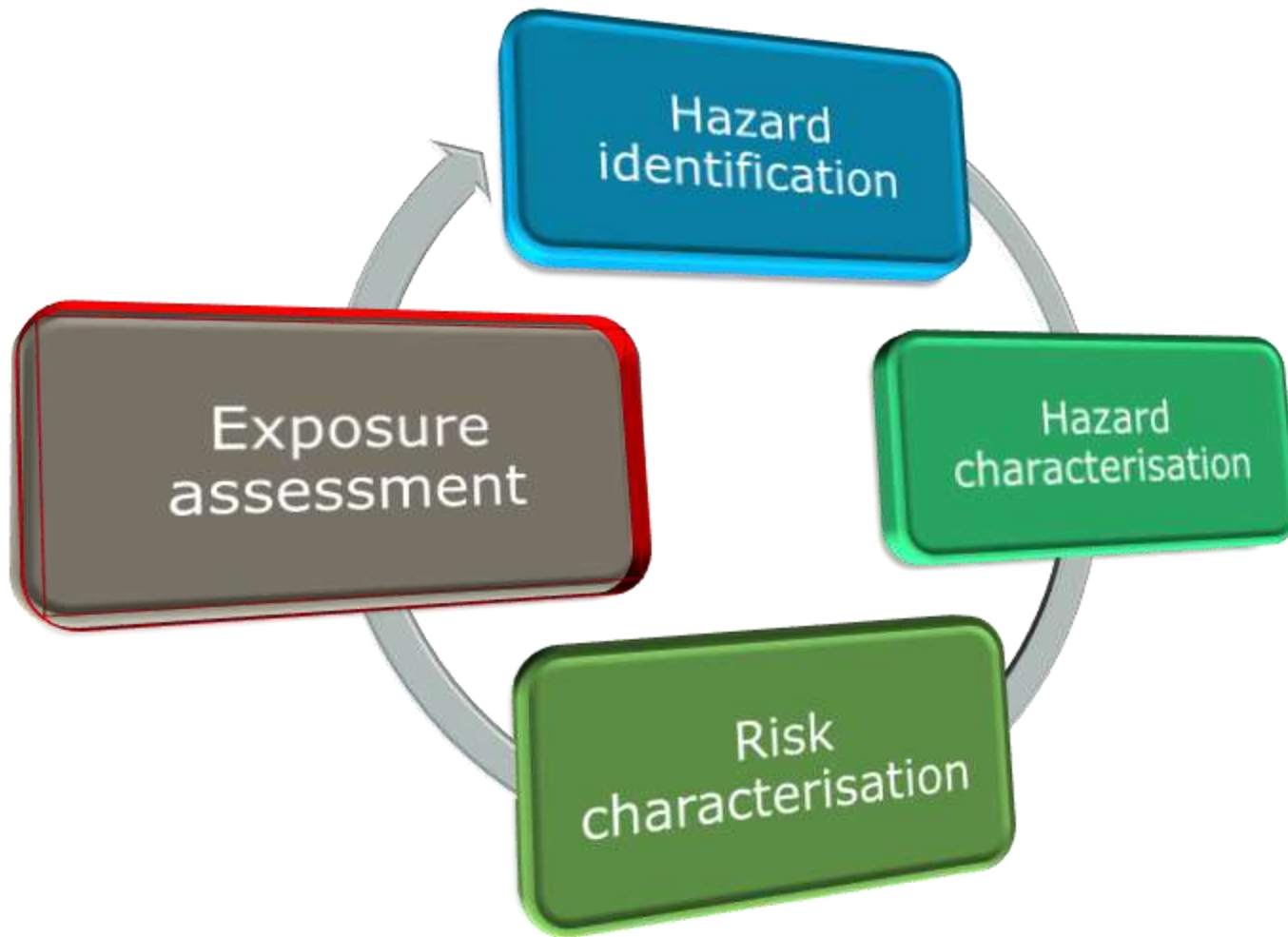
# EUROPEAN FOOD SAFETY AUTHORITY (EFSA)

The **EFSA** is the keystone of European Union (EU) risk assessment regarding food and feed safety.

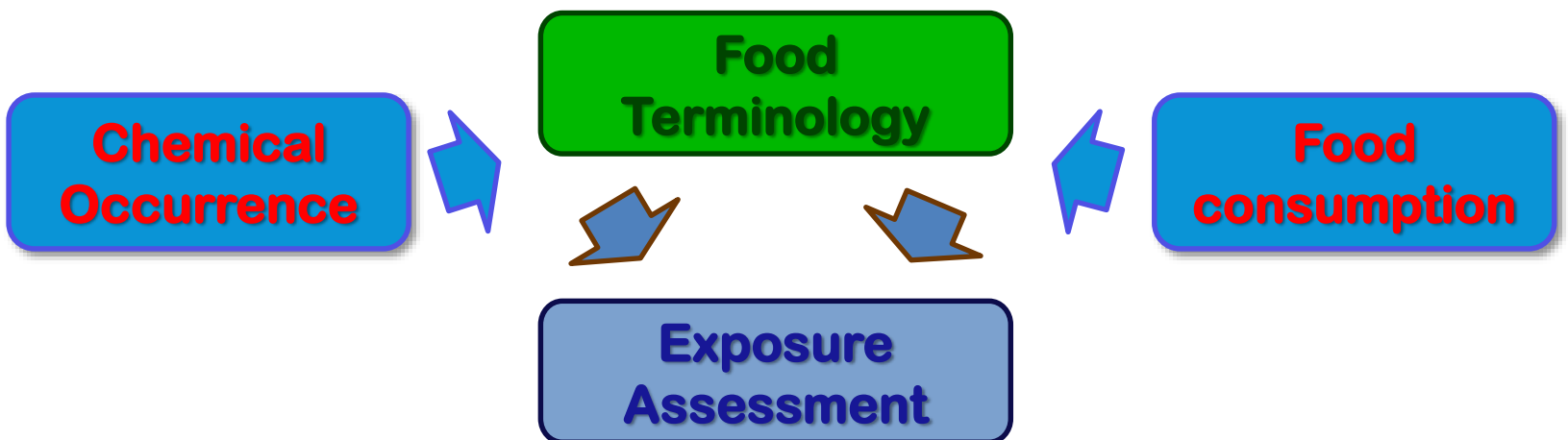


<http://www.efsa.europa.eu/>

# RISK ASSESSMENT



# DIETARY EXPOSURE ASSESSMENT



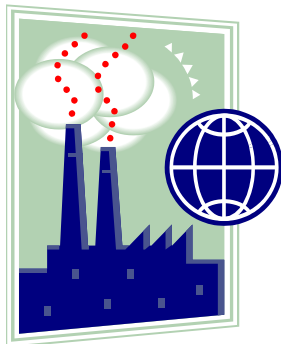


# DATA PROVIDERS

Member States  
European Commission



Industry



Consumers  
associations





# Food Consumption data in EFSA



## REGULATION (EC) N° 178/2002



- EFSA “shall search for, collect, collate, analyse and summarise relevant scientific and technical data in the fields within its mission. This shall involve in particular the collection of data relating to food consumption and the exposure of individuals to risks related to the consumption of food”;
- EFSA “shall work in close cooperation with all organisations operating in the field of data collection, including those from applicant countries, third countries or international bodies”.

# EFSA SCIENTIFIC COLLOQUIUM



“A common database on food consumption would improve the consistency and reliability of exposure assessments carried out by the various EFSA Panels and other experts in Europe”



## EXPERT GROUP ON FOOD CONSUMPTION DATA

Network of 35 members, each member representing a European or a neighboring country.



The Network is a platform for exchange of views with the best experts in Europe on ways to:

- harmonise methodologies for the collection and collation of food consumption data;
- promote collection of harmonised food consumption information.
- agree on reporting and data submission formats.

Network members are asked to liaise as appropriate at national level before and after each Network meeting.

## COMPREHENSIVE CONSUMPTION DATA

The EFSA Comprehensive European food consumption database contains data:

- 24-hour recall or dietary record method
- data collected at individual level
- most recent data within each country
- random sample at national level
  - different age classes, from infants to elderly
  - special population groups





## MAGNITUDE OF THE CONSUMPTION DATABASE

Number of

Member States	23
---------------	----

Dietary surveys	51
-----------------	----

Population groups	128
-------------------	-----

Subjects	94,532
----------	--------

Different national food codes	127,912
-------------------------------	---------

Different standard food codes	1,578
-------------------------------	-------

Consumption records	10,470,332
---------------------	------------

## AGE CLASSES

Age class	Age range (years)	Number of surveys*	Number of countries*
Infants	0 - 1	6	6
Toddlers	1 - 3	11 (10)	10 (9)
Children	3 - 10	20 (18)	17 (15)
Adolescents	10 - 18	20 (17)	17 (14)
Adults	18 - 65	22 (17)	21 (16)
Elderly	65 - 75	16 (14)	15 (13)
Very elderly	> 75	14 (12)	14 (12)
Special population group		2 (2)	2 (2)









\* In parenthesis only surveys with more than one day per subject











# SUMMARY STATISTICS

Summary food consumption statistics (chronic and acute) available for each country, survey, age group (from infants to elderly) and FoodEx food group (over 1,500) in g/day and g/kg bw per day.

## Chronic food consumption statistics

Intake	All subjects	Consumers only
grams per day* (g/day)	 	 
grams per day per kilogram of body weight* (g/kg bw per day)	 	 

## Acute food consumption statistics

Intake	All days	Consuming days only
grams per day* (g/day)	 	 
grams per day per kilogram of body weight* (g/kg bw per day)	 	 

## DIETARY SURVEY METHODOLOGY

Different consumption patterns between countries can simply be induced by the survey methodology

Examples of differences in survey methodology:

- 24 h dietary recall vs. food record
- from 1 to 7 days per subject
- sample size and sampling design
- week end days not always evenly represented
- seasonality not always covered
- body weight and height measured or estimated
- food classification



## WHAT'S ON THE MENU IN EUROPE?

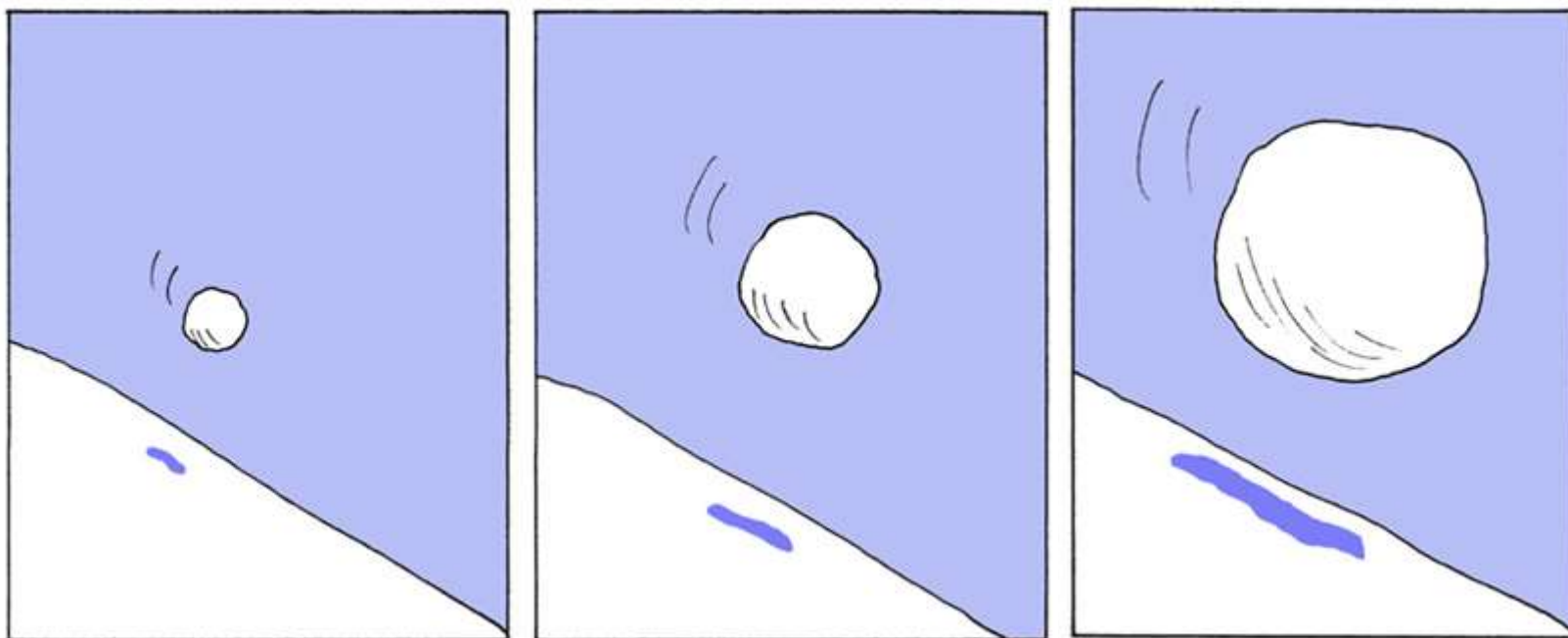


EFSA Harmonisation Collaboration  
Food Consumption European Food Safety Authority  
EU Menu  
Survey  
Diet

Aims to collect food consumption data at EU level:

- in **different age classes** (from infants to elderly)
- in **all Member States** (minimum 80,000 subjects)
- using **methods allowing the comparison of the results** from different Member States

## STRATEGY AND ROADMAP SUMMARISED



.... harmonised and detailed food consumption data across Europe ...



## EFSA GUIDANCE

### Guidance on the EU Menu methodology

- EFSA needs
- Sampling method and design
- Dietary assessment methodologies
- Administration of the interview
- Dietary survey tools
- Non dietary information
- Quality controls



Published on the EFSA Journal:

- 1<sup>st</sup> release in December 2009,
- 2<sup>nd</sup> release in December 2014.

Discussed and endorsed by the  
Network on food consumption data.

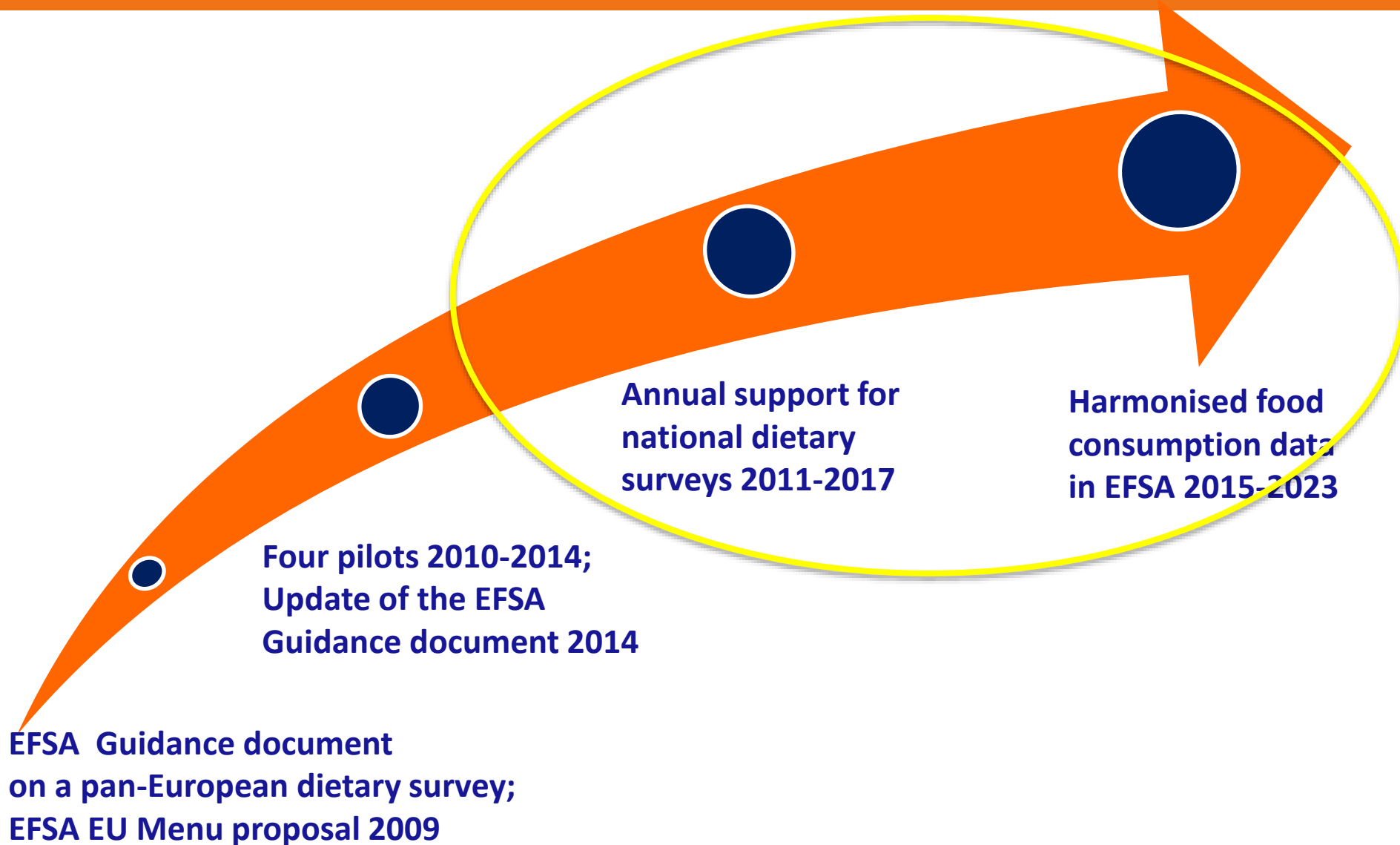
## SCOPE OF THE GUIDANCE

Methods and procedures described in the present guidance are recommended as suitable for the collection of **harmonised** and **high-quality** food consumption and related data within the EU.



Other methods could also provide **high-quality** food consumption data, but if these are used only in certain countries the level of data harmonisation would be reduced.

# HARMONISED FOOD CONSUMPTION DATA BY 2023

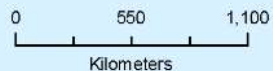


# RUNNING EU MENU PROJECTS



## EFSA Support to the EU Menu

 EU Menu countries







# Thank you!



Questions:  
Davide Arcella  
[davide.arcella@efsa.europa.eu](mailto:davide.arcella@efsa.europa.eu)