



How to increase *vegetable or fruit and vegetable* intake – what can we learn from each other?

Collection and analysis of models of good practice in European countries and derivation of recommendations

A call for thesis (bachelor's or master's degree) from the European Public Health Nutrition Alliance (EPHNA)

Background:

The EPHNA (European Public Health Nutrition Alliance) is a network of European Nutrition Centres, set up in 2014. The members of the EPHNA are independent organisations, responsible for nutrition and health communication on a national or regional level. The EPHNA currently has 15 members from: Germany, Belgium, Austria, Switzerland, Portugal, Spain, Denmark, Bulgaria, Poland, Malta, Greece, Latvia, Ireland and the Netherlands and the Alliance is continuously growing. The EPHNA has the full support of the World Health Organization and together we want to make a difference within Europe.

When established, EPHNA's main goal was to learn from each other's success, as well as from the difficulties that each country faced. The advice that each individual organisation in their country gives is all quite similar, and as such, there is plenty of synergy between organizations across the various countries. All of the organisations have many projects that inspire others and give them the opportunity to learn and work together on many different levels.

In this context, EPHNA also aims to collect and share programmes, models, initiatives and measures of good practice for increasing fruit and vegetable intake in Europe in the way of making the healthy option the easier option. Available data suggests that the intake of fruit and vegetables is far below national and international (WHO) recommendations of 400 g per day for children and young people in almost all European countries. People with a lower

socio-economic status show a significant low intake. The development of new initiatives to improve both children's and parents' eating habits seems to be required. However, is it necessary to "reinvent the wheel" – considering the variety of initiatives across countries? Is it not more effective and efficient to learn from each other and adapt selected strategies to the national context? **The objective of this research is to collect and analyse already existing programmes, initiatives, models and measures *within a European country* and make the results available for other European countries in terms of sharing experiences and successful approaches to increase *vegetable or fruit and vegetable* intake.**

The thesis should consider the following framework conditions:

Target groups: young children (3-6 years old), primary-school children (6-12 years old), pregnant women, adolescents, and young adults. Since the consumption of fruit and vegetables differs e.g. between people with a different socio-economic status, the thesis should also focus on the inclusion of vulnerable groups (are there specific programmes for vulnerable groups or do existing programmes explicitly include vulnerable groups?).

Types of programmes: Focus on the promotion of either **vegetables** separately or **fruit and vegetables** together; taking into account (I) programmes at *individual* level as well as at *population* level (II) the different settings where the groups live, learn, and work (e.g. at school, at work or at home) (III) the objectives of the programmes (creating awareness, knowledge, competences, effective higher consumption etc.).

Data sources: national databases, European (e.g. JANPA) and other available databases comprising data for single European countries, scientific papers, national institutions and organisations, desktop research etc.

Objectives:

- Within a European country, collect and list programmes, initiatives, models and measures with main focus on the increase of **vegetable or fruit and vegetable** consumption or, if specific programmes are hardly available, with promotion of **vegetable or fruit and vegetable** intake as a part of a more holistic approach (e.g. prevention of cancer)
- Analyse and evaluate those programmes, initiatives, models and measures and select models of good practice that can be shared within in the EPHNA and EU community in order to make international results available for national purposes. Analysis and evaluation can be conducted by instruments developed to assess the quality of programmes (e.g. WHO (Good Practice Appraisal Tool), European Quality Instrument for Health Promotion (EQUIHP), CDC (Evaluation Workbook) etc.)
- Provide general recommendations for actions and identify gaps for future research or interventional needs

The thesis is to be written in ENGLISH.

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