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Foreword

Non-communicable diseases (NCDs), also known as chronic diseases, are diseases that are not transmissible from one person to another, such as cardiovascular diseases, diabetes, cancers and chronic respiratory diseases. NCDs are the result of **unhealthy lifestyles**, e.g. tobacco use, physical inactivity, unhealthy diets and use of alcohol, leading to metabolic and physiological changes. In European countries, NCDs are responsible for an enormous part of the burden that public health systems in the Member States are facing. The increasing rates of deaths related to NCDs in Europe are concerning, but although running rampant, the complex health issues caused by NCDs can be tackled, if

Healthy diets are a key aspect of our lifestyle, and can help tackling the rise of NCDs. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is essential for our overall health, and reduces the risk of chronic illnesses.

The **Preventia** project aims to decrease the spreading of NCDs across the EU, while reducing health inequalities and fostering cooperation and exchanges between the EU Member States.



Stay tuned for news about the consortium and developments from the project

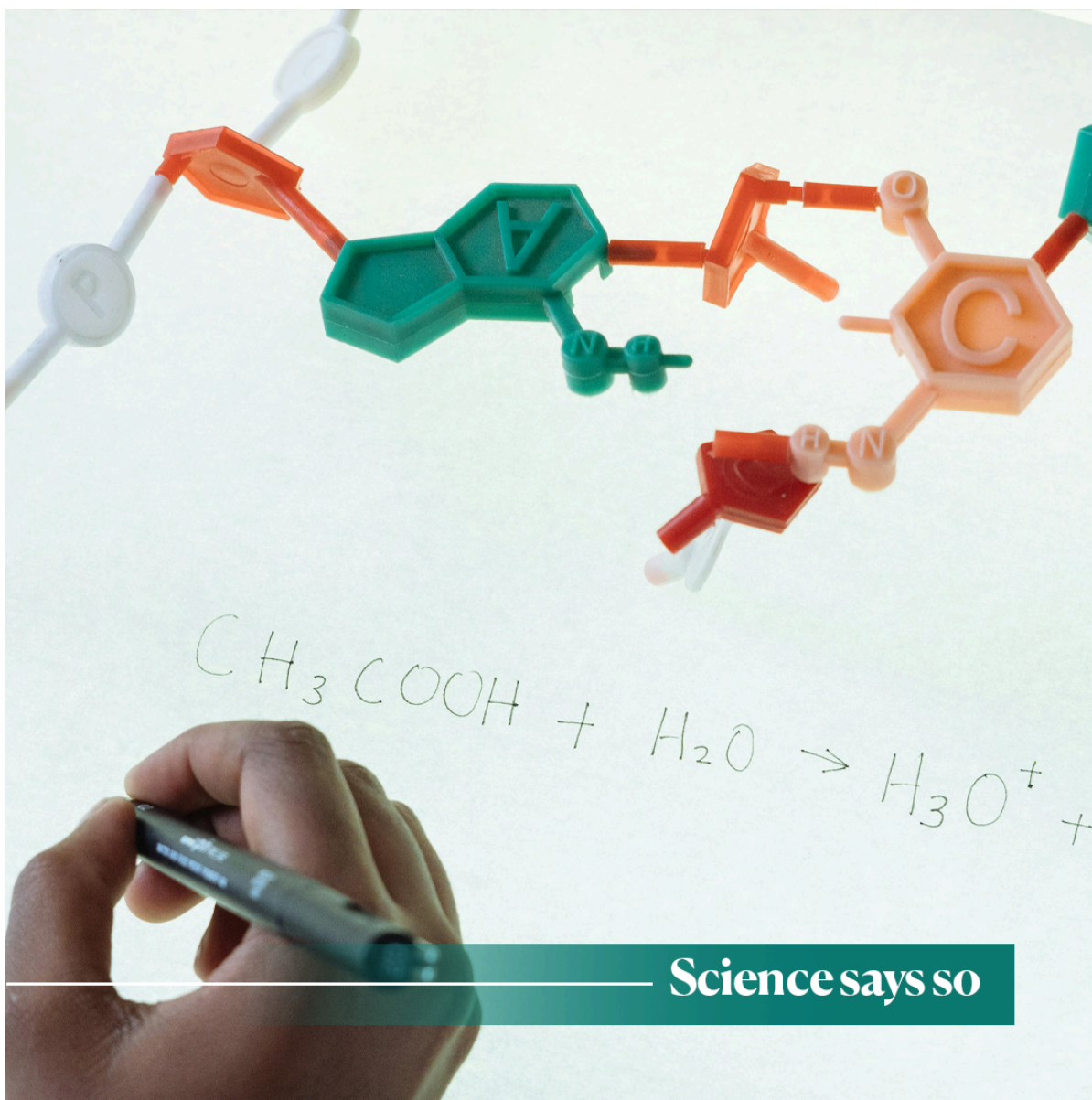
Activities to be launched in 2025 by SAFE, LCI, EEKE, CEIP, Promote Ukraine, Amici Obesi, U.DI.CON

In 2025, we will enhance health literacy by organising **training in schools** located in socio-economically disadvantaged areas, while a **twinning programme** will be carried out to promote peer-learning among doctors from different EU Member States.

In addition, **workshops with NGOs** active in the field of NCDs and **Ukrainian healthcare professionals** will be organised, while an **initiative for migrants** will be carried out across migration centres in Europe with the aim of tackling health inequalities.

Lastly, we will launch **BiteWatch**, a smartphone app aimed at helping consumers make more informed and healthier choices when purchasing food products.

All our activities aim at raising awareness about the importance of **healthy diets as a key tool to prevent non-communicable diseases**. Stay tuned for more updates on our upcoming project activities! .



Studies link ultra-processed food to aging, colon cancer and non-communicable diseases, *Food ingredients*, 16 December, 2024

This article gathers new papers linking UPF with accelerated biological aging next to increased colorectal cancer and non-communicable diseases.

Metabolic and lifestyle factors accelerate disease onset and alter gut microbiome in inflammatory non-communicable diseases, *BMC Medicine*, Nathalie Rohmann, Theresa Geese et al., 24 October, 2024

Biomedical and lifestyle factors in Western populations have significantly shifted in recent decades, influencing public health and contributing to the increasing prevalence of non-communicable diseases (NCDs) that share inflammation as common pathology.

Prospective Association of the Mediterranean Diet with the Onset of Cardiometabolic Multimorbidity in a UK-Based Cohort: The EPIC-Norfolk Study, *The Journal of Nutrition*, Qiaoye Wang, Amand Floriaan Schmidt et al., 17 October, 2024

This study aims to investigate the prospective association between baseline adherence to the Mediterranean diet and the onset of cardiometabolic multimorbidity across various follow-up durations.



Latest News on Nutrition and Health

Uncover the most relevant news about non-communicable diseases, nutrition and health

[FAO urges aligning trade policies with nutrition goals to curb obesity and boost diverse diets](#), *Nutrition Insight*, 5 December, 2024

The latest report from the Food and Agriculture Organization of the UN (FAO) highlights the importance of aligning trade policies with nutrition goals to improve global diet quality. It also aims to address trade-driven dietary changes that lead to obesity and malnutrition. Titled “Trade and Nutrition: Policy Coherence for Healthy Diets,” the report notes significant global trade growth in food and agricultural products, which has enhanced the diversity, availability, and affordability of food and nutrients.

[Health experts welcome UK’s “long overdue” junk food advertising ban to curb obesity in children](#), *FoodIngredients*, 4 December, 2024

Health officials and nutritionists have welcomed the UK government’s crackdown on junk food advertising following a new law set out, which details more robust guidelines set to be enforced from October 2025. The measures are aimed at reducing childhood obesity rates. It lays out how ads on television will only be allowed past the 9 pm watershed from

Is a balanced diet the key to managing diabetes?, *Euractiv*, 14 November, 2024

On World Diabetes Day, it was highlighted the importance of a maintaining a healthy lifestyle—particularly good nutrition—in managing diabetes, improving glycemic control, and reducing complications. Simple dietary changes, alongside tools like low/no calorie sweeteners, can help people living with diabetes enjoy a varied diet and enhance their quality of life.

Sugar in the first 1,000 days after conception linked to health issues later in life, study says, *CNN*, 10 November, 2024

A study published in the journal *Science* found that reducing sugar in the first 1,000 days after conception – through gestation up to age 2 – may cut a child’s risk of chronic illnesses in adulthood. The researchers found that reducing sugar consumption in this window decreased the type 2 diabetes risk by about 35% and the risk of high blood pressure by roughly 20%. They also found a delay in disease onset of four and two years, respectively.

These are the requirements for a healthy diet, according to a new report from the WHO, *El Mundo*, 10 November, 2024

The WHO's updated guidelines recommend limiting total fat intake to 30% of daily calories, focusing on unsaturated fats, and reducing saturated and trans fats to under 10% and 1%, respectively. Carbohydrates should make up 40-70% of calories, primarily from whole grains, fruits, and vegetables. These measures aim to reduce risks of obesity and chronic diseases like diabetes and heart disease.

What are healthy diets? Joint statement by the Food and Agriculture Organization of the United Nations and the World Health Organization, *World Health Organization*, 24 October, 2024

Healthy diets support overall well-being, growth, and active lifestyles while preventing nutrient imbalances and diseases. Although diets vary based on personal and cultural factors, the core principles of healthy eating remain consistent. The FAO and WHO have outlined these principles to guide policy-making and assess diet quality.



EU Regulatory Updates

Find out the latest positions, progresses and regulatory developments on health, nutrition and NCDs prevention

Healthier together – EU non-communicable diseases initiative, European Commission, ongoing - through 2027

The European Commission has launched in December 2021 the Healthier together – EU non-communicable diseases (NCD) initiative that will cover the 2022-2027 period to support EU countries in identifying and implementing effective policies and actions to reduce the burden of major NCDs and improve citizens' health and well-being.

New EU Commissioner for Health and Animal Welfare appointed, European Commission, 1 December, 2024

As Commissioner for Health and Animal Welfare, Olivér Várhelyi's task is to complete the European Health Union. He will do this by diversifying supply chains, improving access to the most advanced treatments, boosting the competitiveness, resilience and security of health systems and working on strategic inventories.



Upcoming Events in the EU

Upcoming events on NCDs, prevention, and healthy nutrition

Winter Conference 2025: Dietary guidelines and advice – current and future - 21-22 January, 2025, London, United Kingdom

EU Health Summit 2025: Reshaping health for a stronger Europe - 28 January, 2025, Brussels, Belgium

32nd European Congress on Obesity - 11-14 May, 2025, Malaga, Spain

European Health Management Conference 2025 | Taking action to improve health for all - 4-6 June, 2025, Rennes, France

23rd International Congress of Nutrition of IUNS - 24-29 August, 2025, Paris, France



HaDEA under Grant Agreement No 101128898.

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