



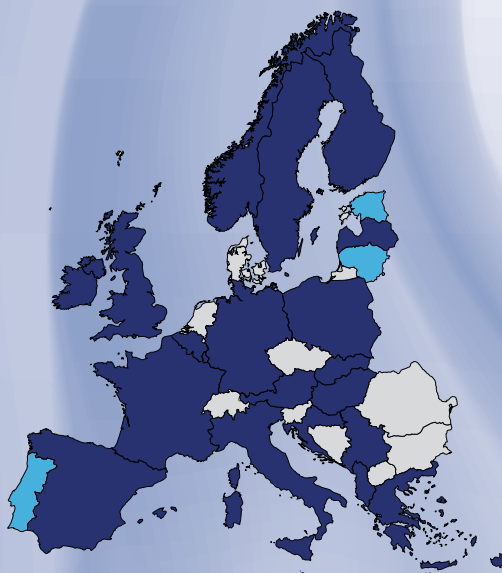
DAFNE

ANEMOS

DATA FOOD NETWORKING

# Dafne-AnemosSoft

easy, practical, useful, free,  
fast and appealing!



Albania  
Austria  
Belgium  
Croatia  
Cyprus  
Estonia (NEW)  
Finland

France  
Germany  
Greece  
Hungary  
Ireland  
Italy  
Latvia

Lithuania (NEW)  
Luxemburg  
Malta  
Montenegro  
Norway  
Poland  
Portugal (NEW)

Serbia  
Slovak Republic  
Slovenia  
Spain  
Sweden  
United Kingdom



PUBLIC HEALTH EXECUTIVE AGENCY



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[www.hhf-greece.gr/anemos\\_eng.html](http://www.hhf-greece.gr/anemos_eng.html)



## A free online tool to help you access the daily per person availability of food and beverages in European households.

A freely web-based application tool where nationally representative data on food and beverage household mean availability (g-ml/person/day) from various European countries have been made available.

The data were collected through nationally representative Household Budget Surveys and were harmonized according to the standard DAFNE procedures.

The information on mean availability refers to representative samples of the overall population as well as population subgroups – defined by household composition, locality as well as education and occupation of the head of the household.



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## DIETARY DATA - 15 MAIN FOOD GROUPS

- Cereals and cereal products
- Potatoes and other starchy roots
- Pulses
- Vegetables
- Fruits
- Nuts
- Fish, seafood and dishes
- Meat and meat products
- Eggs
- Added lipids
- Milk and milk products
- Sugar and sugar products
- Alcoholic beverages
- Non-alcoholic beverages
- Fruit and vegetable juices

YOU CAN ALSO  
SELECT  
SUBGROUPS ...

YOU CAN GET

- TABLES
- BAR/PIE CHARTS
- MAPS

... or even MORE  
DETAILED  
INFORMATION

The data can be printed or  
exported for further use !



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## EXAMPLES



Comparison within a country



Comparison between countries

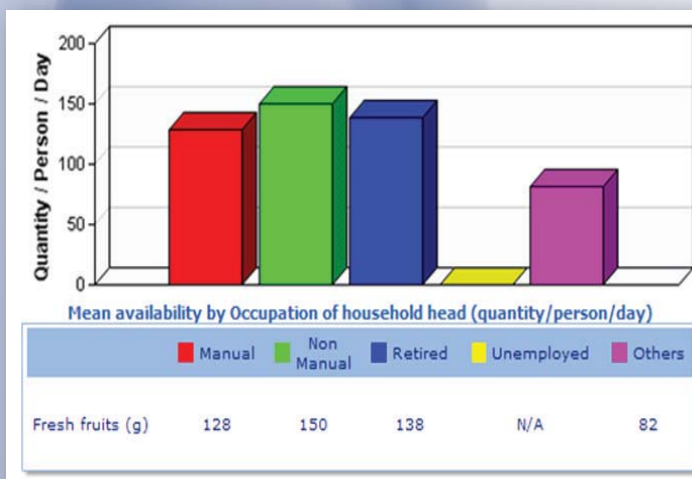


Trends within a country

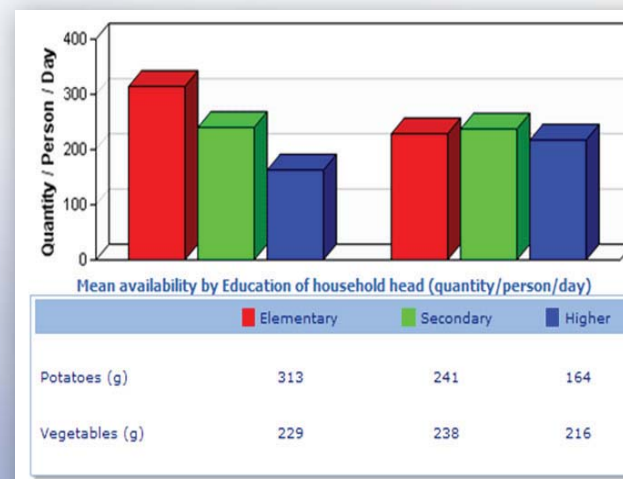


Sample information

Mean availability of fresh fruit  
in Estonia by OCCUPATION  
of the household head (2007)



Mean availability of potatoes and vegetables  
in Lithuania by EDUCATIONAL LEVEL  
of the household head (2007)





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## EXAMPLES



Comparison within a country



Trends within a country

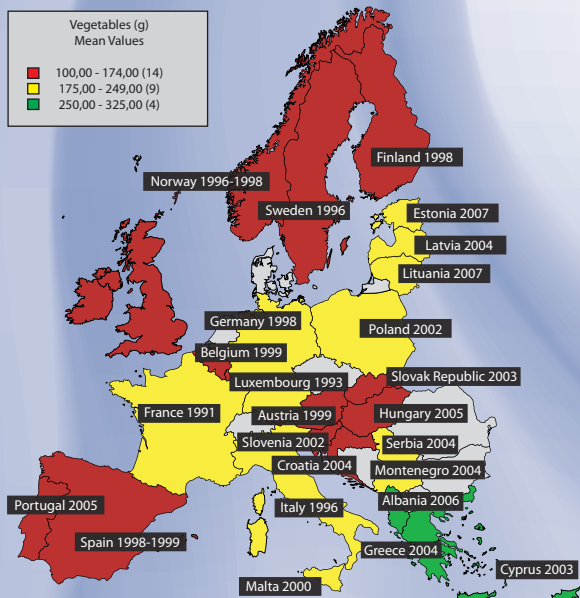


Comparison between countries



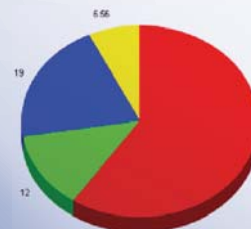
Sample information

Mean daily per person availability of vegetables  
in EUROPE

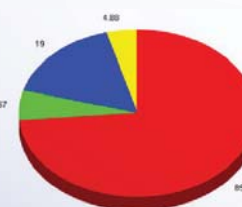


Mean daily per person availability of selected fruits in Estonia,  
Lithuania and Portugal (2005)

Estonia - 2005



Lithuania - 2005



Portugal - 2005



■ Citrus fruits (g) ■ Apples (g) ■ Grapes (g) ■ Bananas (g)

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Mean availability of  
soft drinks in  
Portugal by the  
HOUSEHOLD'S  
LOCALITY OVER TIME  
(1990-2005)

## EXAMPLES



Comparison within a country



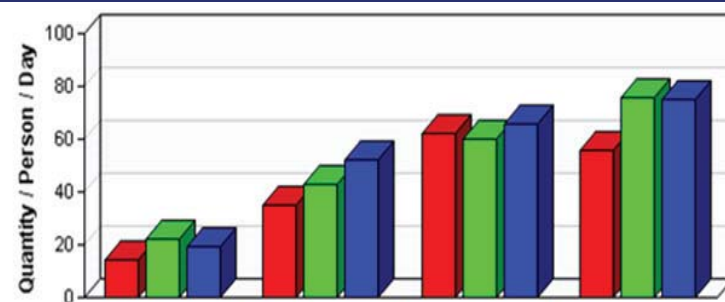
Comparison between countries



Trends within a country



Sample information



Mean availability by Locality (quantity/person/day)

|               | Rural | SemiUrban | Urban |
|---------------|-------|-----------|-------|
| Portugal 1990 | 14    | 22        | 19    |
| Portugal 1995 | 35    | 43        | 52    |
| Portugal 2000 | 62    | 60        | 66    |
| Portugal 2005 | 56    | 76        | 75    |

## LIMITATIONS

Household Budget Surveys are not specially designed for collecting nutritional information.

When estimating per person food availability, their most relevant limitations are:

- the lack of information on eating-out and;
- the need to apply complex statistical modelling to consider age and gender differences in food consumption.



## Potentials & Uses

### POTENTIALS

Studies have shown that:

- there is value in the **nutritional information** collected from the household budget surveys
- data are sufficiently reliable to **reveal correlations with mortality and morbidity rates from chronic diseases** with fairly strong nutritional roots

The examples presented illustrate the potential of the Dafne-AnemosSoft program, as it:

- easily **accesses the DAFNE-ANEMOS databank**
- **identifies and depicts trends in mean food availability** in different European countries

### USES

- Scientific research
- Training of health professionals
- Health and nutrition education for consumers
- Future projections on food choices at household level
- Agriculture and industry planning
- Development of food-based guidelines adjusted to particular population subgroups
- Providing data to support the formulation of evidence-based food and nutrition policies aiming at promoting public health



## Where has Dafne-AnemosSoft already been used?

- During the last two years, more than 2,500 users have accessed Dafne-AnemosSoft, including students, researchers, consumers, marketing consultants as well as health and food professionals in the private or public sector
- The European Nutrition and Health Report (ENHR) 2009 – to compare average daily individual food availability at household level between European countries ([http://www.univie.ac.at/enhr/downloads/enhrii\\_book.pdf](http://www.univie.ac.at/enhr/downloads/enhrii_book.pdf), chapter 5)
- The Challenge of obesity in the WHO European Region and the strategies for response – to compare dietary patterns in Europe ([http://www.euro.who.int/\\_data/assets/pdf\\_file/0008/98243/E89858.pdf](http://www.euro.who.int/_data/assets/pdf_file/0008/98243/E89858.pdf))
- ECHI (European Community Health Indicators) tool (<http://rivm.openrepository.com/rivm/bitstream/10029/7294/1/271558006.pdf>)



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