

Title: HIA of menu-diet reformulation

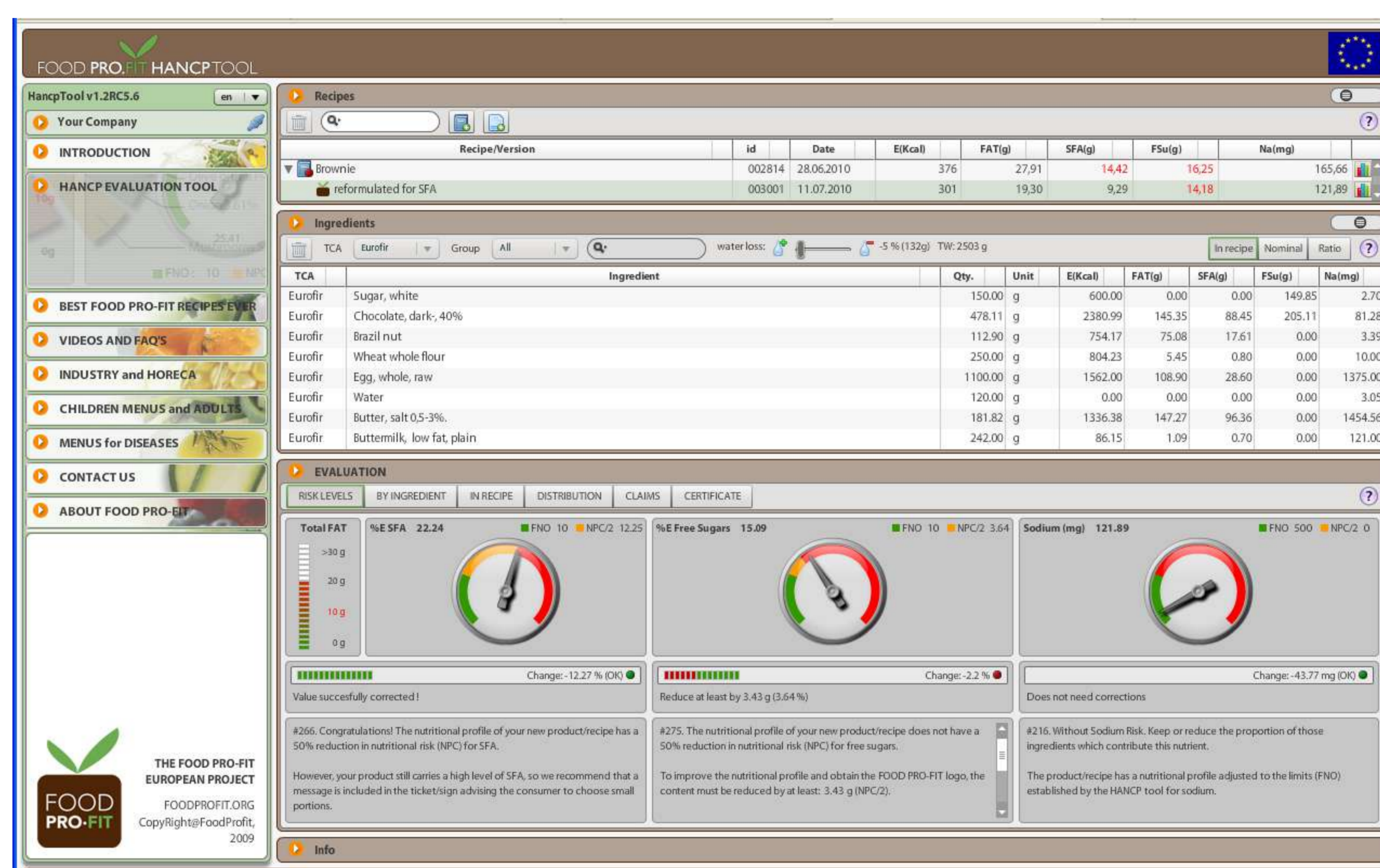
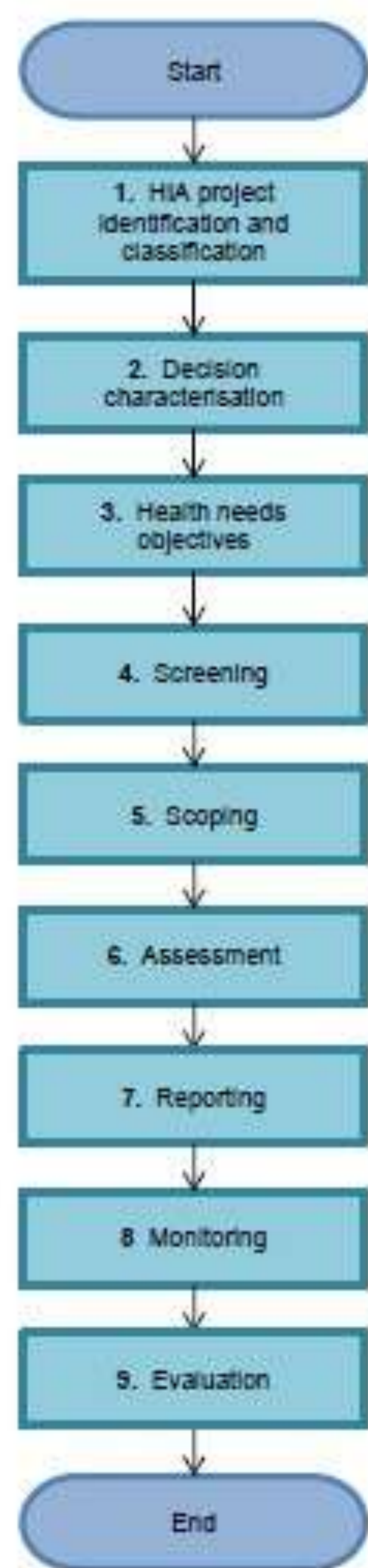
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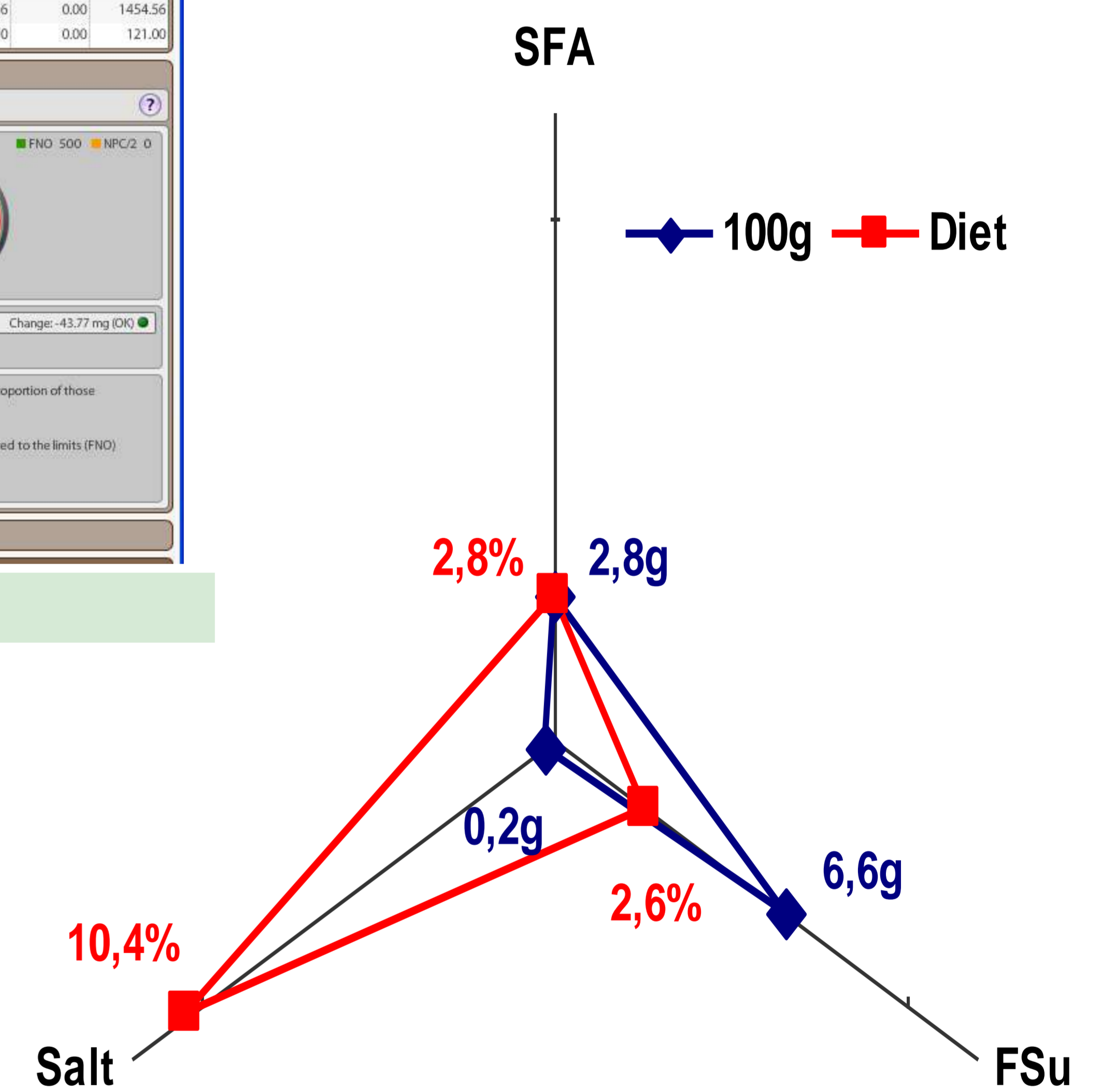
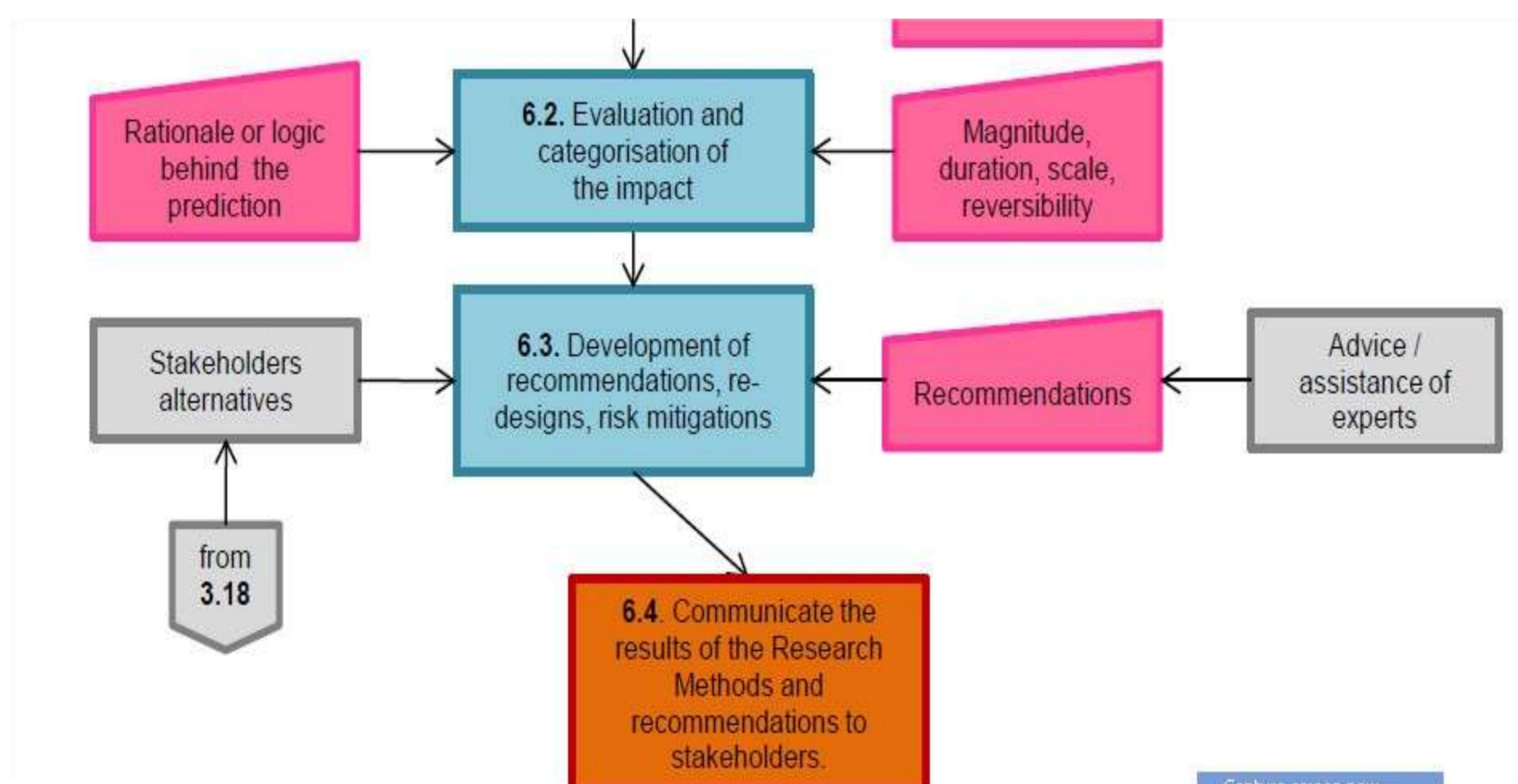
INTRODUCTION : The WHO warns that of the 10 most harmful risks to health, 6 are directly related to diet patterns. Government eHealth could be part of the solution, aligning objectives from prescriptors, food chain companies and different target consumers.

OBJETIVES: To judge the potential effects of a food reformulating programme and to be aware of their distribution within the population.

MEANS AND METHODS : On the one hand the HANCPtool, to manage nutrients and food composition in menus, based in LanguaL indexation. On the other hand the Health Impact Assessment (HIA) steps: Stakeholder focus groups, scoping pathway, forecasting and recommendations



Picture 1. Interface of the HANCPtool. <http://hancptool.org>



Picture 3. Availability reduction of nutritional risk by 100g of average recipe and the impact of a serving on a diet (2000Kcal). HORECA channel.

RESULTS : The daily intake reduction of saturated fatty acids and free sugar is 2'8g and 6'6g respectively. The changes on diet patterns are currently monitored at the same time as the HIA end evaluation. *La evidencia en la relación % exceso energetico % incremento del indice de masa corporal, producen las recomendaciones sobre la dieta y estilo de vida que complementa el menu escolar*

CONCLUSIONS : The Public Health strategies based on internet servers, i.e. HANCPtool.org, HMtool.org or HIAtool.org, allow holding a think tank for measuring: To know, to compare, to share, to improve and all to predict. The challenge should be to make the translational research sustainable by way of spin offs.