

Cyprus National Dietary Survey



The project

The State General Laboratory (SGL) in cooperation with the Research and Education Institute of Child Health (REICH) has the governmental mandate to carry out the project **Cyprus National Dietary Survey**. The survey is in the context of the European Food Safety Authority's (EFSA) "EU MENU" project that aims to collect harmonized food consumption data at EU level.

<http://www.efsa.europa.eu/en/datexfoodcdb/datexeumenu.htm>

Aim of the project

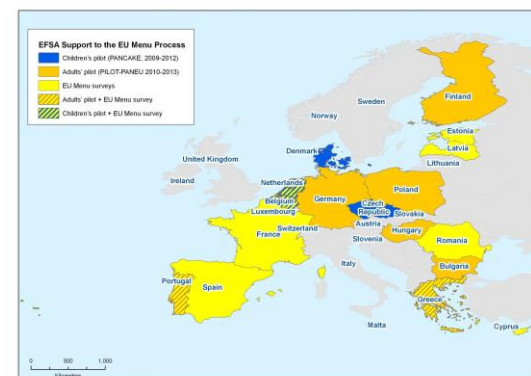
The **Cyprus National Dietary Survey** aims to:

- ✓ Collect food consumption data from Cyprus citizens according to EFSA requirements, in order to support exposure assessment to chemical & other risks of the Cypriot population through food.

It is the first ever official national survey of this type, for the nutritional habits of Cypriots. The project will cover different age classes, from infants to elderly including pregnant women. The

project is implemented as a result of a successful proposal that was submitted to EFSA by SGL in cooperation with REICH.

At the moment 10 EU Member States (MS) are involved in the EU Menu project and it is an honour for Cyprus to be included in them, with the aim to be extended to the 28 MS.



Implementation of the project

The participation in this survey is **VOLUNTARY**, all the collected information will be **CONFIDENTIAL** and includes the following:

- ✓ The food consumption survey is carried out at individual level by means of a 24-hour recall method including, at least, two days.

- ✓ Measurement of weight and height of participants.
- ✓ Administering questionnaires which concern eating habits and estimation of the physical activity level of participants (10-74 years).
- ✓ Dietary record of children up to 9 years by their parents or tutors.

Participants are selected randomly through postal codes, in order to ensure a representative sampling.

The candidate participants are interviewed by specialized health professionals such as dieticians. The first interview is carried out at participant's home and the other two on the telephone.

Through the interview the consumption of foods within a day will be recorded and anthropometric measurements will be conducted in addition.



Benefits for participants

- ✓ From the measurements useful conclusions will be drawn about the physical condition of participants such as body composition (percentage of fat), weight (according to Body Mass Index) and blood pressure levels.
- ✓ The answers in the questionnaires will reveal the quality of their diet.
- ✓ From the questionnaire data analysis conclusions will be drawn about the physical activity of participants.

All the above results will be given to participants along with advice for improving their health status.

Confidentiality of data

The project has been approved by the Cyprus National Bioethics Committee. All the data files will be kept **confidential** and according to the Law of 2001.

Codified data are stored and the results are referred to population groups and not to individuals.

The **Cyprus National Dietary Survey** is the most important survey for the nutritional habits of Cypriots.

The survey data will be transmitted to EFSA, and the results to the Ministry of Health, the Food Safety Council (FSC) and SGL for carrying out risk assessment to chemicals & other substances.

Contact details

For more information please refer to:

- *Dr. Eleni Kakouri, Chief Chemist, State General Laboratory and Project Coordinator, tel. 22809120*
- *Dr. Michalis Tornaritis, President of the Research and Education Institute of Child Health, tel. 99685358*

State General Laboratory
 Website: www.moh.gov.cy/sgl
 Email: info@sgl.moh.gov.cy

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