

NUTRITIONAL ADVICE: PRACTICAL TOOLS TO ENGAGE DIALOGUE WITH YOUR PATIENTS

The key role of a healthy diet, rich in fruit and vegetables, is not to be proven anymore. In view of current scientific knowledge, it is imperative to change eating habits and especially to increase fruit and vegetables consumption. Health professionals are key actors to succeed. The European information program « Fruit and Veg 4 Health » 2018-2021, co-financed by the European Union, offers health professionals practical tools to support their action regarding nutritional advice.

EGEA 2018 conference videos « **Nutrition and health: from science to practice** »

▶ To watch on www.egeaconferece.com

▶ A true knowledge unit

- ✓ 50 speakers – scientists and doctors
- ✓ Co-chaired by professors Elio Riboli and Martine Laville
- ✓ Accredited for continuing medical education by the European Council of Accreditation for continuing medical education (EACCME®) and Lyon 1 University
- ✓ More than 300 participants

▶ 10 partners

- ✓ French Association of Nutritionists
- ✓ European Childhood Obesity Group (ECOG)
- ✓ Obesity Centre Grenoble
- ✓ European Federation of the Associations of Dietitians
- ✓ European Network for Prevention and Health Promotion in Family Medicine and General Practice
- ✓ Faculty of Medicine Lyon East and Faculty of Medicine and Maïeutics Lyon Sud – Charles Mérieux
- ✓ Pasteur Institute – Lille
- ✓ N8 Agrifood
- ✓ European Union of General Practitioners/ Family Physicians
- ✓ European Society for general practice/ family medicine (WONCA)

Practical sheets suited for your practice

- ✓ Based on EGEA sessions and existing scientific consensus
- ✓ Developed in partnership with European associations of general practitioners, family doctors and pediatricians: WONCA Europe, ECOG and the University College of General Practice of Lyon 1 University
- ✓ Available from September 2019 and in 2020

Subscribe to receive them on www.egeaconferece.com

Information kits for your patients

- ✓ Posters and educational flyers for your waiting rooms
- ✓ Distributed at medical offices and during congresses
 - June 19th to 21st 2019 – French society of pediatrics congress, Paris
 - October 3rd & 4th 2019 – National days of General Practice, Paris

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European program Fruit & Veg 4 health

► Why this program?

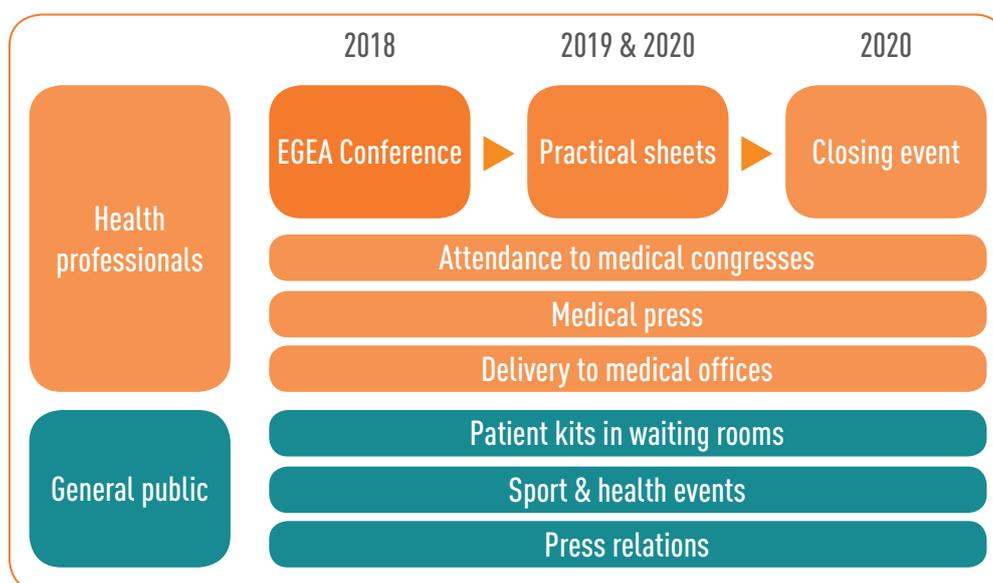
- ✓ A poor nutritional quality diet is one of the main risk factors for health, just like tobacco or alcohol (WHO).
- ✓ In light of their benefits, a consumption of at least 400g (5 portions) of fruit and vegetables per day is an international consensus.
- ✓ However, in 22 member states out of 28, fruit and vegetables consumption is below WHO recommendations.

In 2017, 11 million deaths could be linked to a poor nutritional quality diet, including 3,9 million to an inadequate fruit and vegetables consumption¹.

► Health professionals: key actors

- ✓ The patient-doctor relationship is characterized by a high level of trust.
- ✓ Patients want advices from their doctor on their diet.
- ✓ Advices from health professionals are effective.
- ✓ However, nutritional advice remains difficult for doctors (main obstacles: lack of time/ knowledge, lack of impact in the short term, an environment that doesn't facilitate).

Two complementary fields of action:



More information on:
www.aprifel.com
www.egeaconference.com

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