

59 MEETING OF THE EFSA ADVISORY FORUM

Spanish dietary surveys

ENALIA 1

Spanish National dietary survey on children and adolescents (6m -17 years old)

ENALIA 2

Spanish National dietary survey on adults, older adults and pregnant women
population (18 – 74 years old)



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Harmonized

- Food consumption data
- Information about eating habits, anthropometry, physical activity

EFSA Guidance (2009) *General principles for the collection of national food consumption data in the view of a pan-European dietary survey (2009)*. Tools: Adapted from PANEU Project (children and adolescents) and PANCAKE (adults)

ENALIA1

- 2012-2014
- In children and adolescents (6 months - 17 years old)
- 1780 individuals

ENALIA2

- 2013-2015
- Adults, older adults and pregnant women population (18 – 74 years old)
- 933 individuals (133 pregnant women, oversampled)

CONTRACT (EuMenu Project)

CT/EFSA/DCM/2012/01-CT05

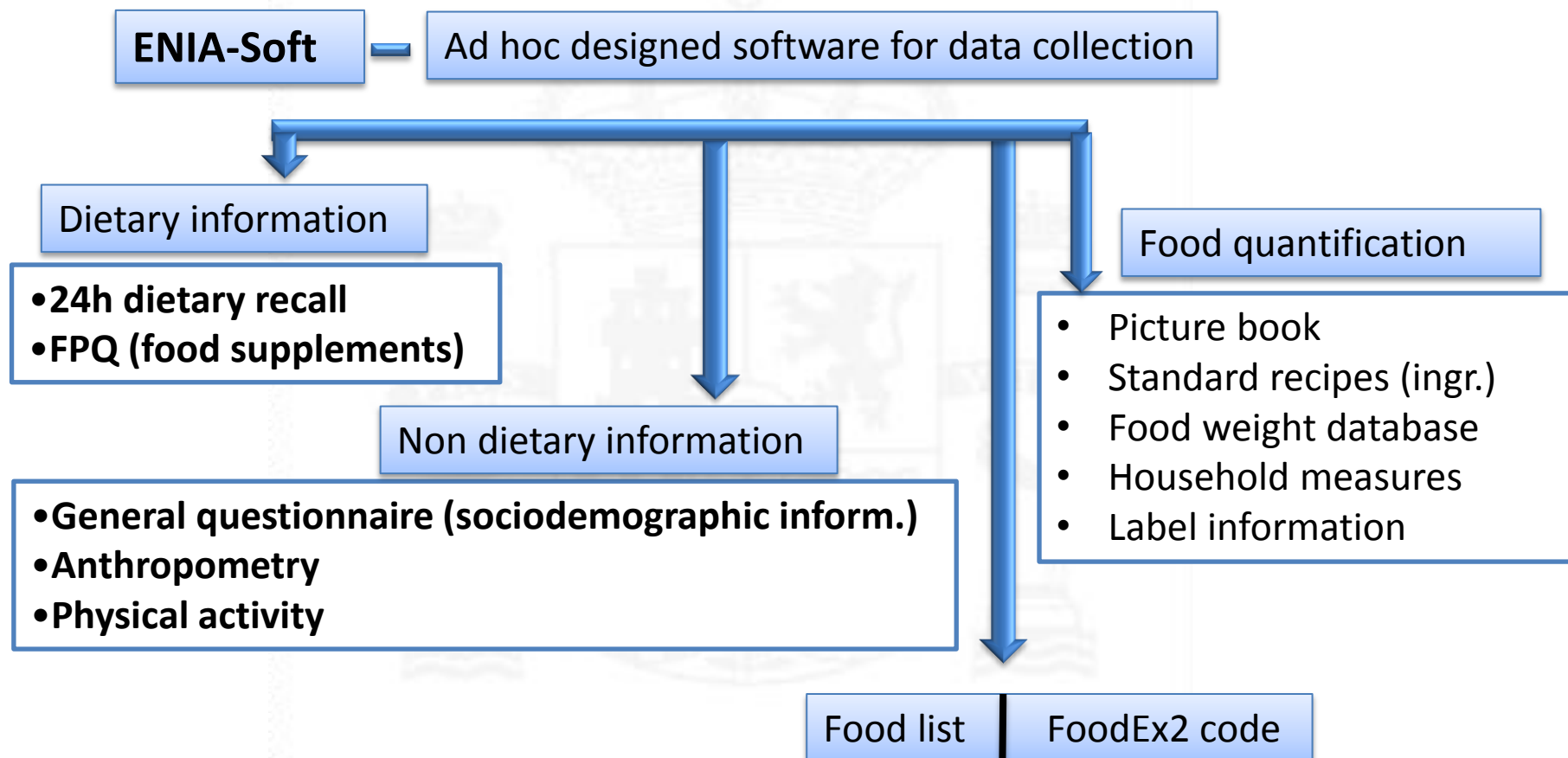
Signed: Aug 2012

Accepted: Nov 2015

CT/EFSA/DCM/2013/02-LOT 2-CT04

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Data + final report Submission : Feb 2016



Picture book

OCASIÓN DE INGESTA: Comida

1. Ocasión de ingesta: Comida

2. Hora Ingesta: 14 0

3. Lugar ingesta: En casa

4. Seleccionar un alimento: ARROZ

5. Cantidad consumida: ¿Cuántas Porciones

6. Tipo de Preparación

7. Tipo de Procesado (

8. Enriquecimiento (FO

9. Información Cualitativ

10. Registrar alimento

Imágenes Alimentos

Seleccione Foto o seleccione otra Elección:

605 Foto A

605 Foto B

605 Foto C

605 Foto D

605 Foto E

605 Foto A

Aceptar

No

Household measures

[illegible]

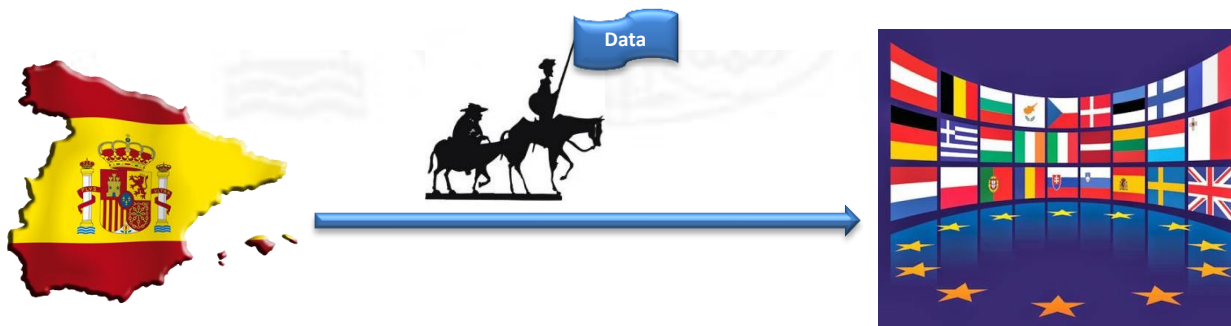
Conclusions

ENALIA 1 first EuMenu dietary survey finished

- ENALIA 1 and 2 were conducted by the same team. Staff previous experience was the key to successfully carry out these surveys.
- Customized software, including household measures and picture book, was confirmed as very useful tools
- Using Food classification system FoodEx2 implies a big effort and dedication. But the opportunities that this system offers towards harmonization worth it.
- High response rate:
 - ENALIA1 in children and adolescents: 68,9 %
 - ENALIA2 53,4% in general population and 80,1% in pregnant women

Conclusions

- ENALIA 1 and 2 provided us with harmonized data of Spanish population from 6 months to 74 years old (and pregnant women). Inclusion of the Spanish data in the EFSA Comprehensive European Food Consumption Database.
- These data will be crucial for
 - national risk assessment
 - nutritional studies
 - dietary recommendations for the most vulnerable population groups.





Thanks

Agencia Española de Consumo, Seguridad Alimentaria y Nutrición (AECOSAN)

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