

## HEN Report Uptake Summary

HEN publishes synthesis reports which aim to support public health decision-makers in the WHO European Region to formulate health policies based on the best available evidence. To understand how each HEN synthesis report is disseminated, shared, discussed and used, and then contributes to public health decision-making, the HEN Secretariat analyses the uptake of each report. The Secretariat assesses the short- and long-term (up to one year) reach of each HEN report and summarizes the findings in a brief format.



Title	<b>HEN 58. What national and subnational interventions and policies based on Mediterranean and Nordic diets are recommended or implemented in the WHO European Region, and is there evidence of effectiveness in reducing noncommunicable diseases?</b>
Published in	<a href="#">WHO Regional Office for Europe</a> ; <a href="#">NCBI Bookshelf</a>
Authors	Jessica Renzella, Nick Townsend, Jo Jewell, João Breda, Nia Roberts, Mike Rayner, Kremlin Wickramasinghe
Analytics covering	<i>May 2018 to Aug 2019</i>
Data source	WHO Regional Office for Europe, NCBI Bookshelf, Altmetric, Google

### Presented at the following events

- Launch event for report, detailed in section on press coverage (below)

### Summary of uptake

#### NCBI Bookshelf:

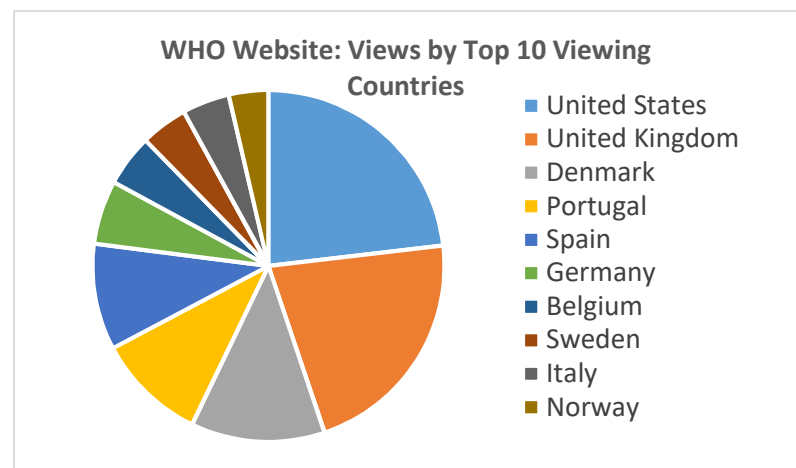
- Number of content views: **442**
- Number of PDF downloads: **98**

#### Social media:

- Number of tweets: **7**

#### WHO Regional Office for Europe website:

- Number of landing page views: **3409**
- Number of PDF downloads (En): **833**
- Number of PDF downloads (Ru): **23**



[http://www.euro.who.int/\\_data/assets/pdf\\_file/0011/365285/](http://www.euro.who.int/_data/assets/pdf_file/0011/365285/)

### Citation tracking

- Cited in 11 academic articles, two books, one report, one magazine, and 14 website sources.

Academic articles
Agostinis-Sobrinho C, Ramírez-Vélez R, García-Hermoso A, Rosário R, Moreira C, Lopes L et al. The combined association of adherence to Mediterranean diet, muscular and cardiorespiratory fitness on low-grade inflammation in adolescents: a pooled analysis. <i>Eur J Nutr</i> . 2019;58(7):2649–56. doi: 10.1007/s00394-018-1812-0.
Fardet A. What to think about ultraprocessed foods? <i>Corresp MHDN</i> . 2019;23(3):May–June.
Jensen TM, Braaten T, Jacobsen BK, Barnung RB, Olsen A, Skeie G. Adherence to the Healthy Nordic Food Index in the Norwegian Women and Cancer (NOWAC) cohort. <i>Food Nutr Res</i> . 2018;62. doi: 10.29219/fnr.v62.1339.
Loewen OK, Ekwaru JP, Ohinmaa A, Veugelers PJ. Economic burden of not complying with Canadian food recommendations in 2018. <i>Nutrients</i> . 2019;11(10):E2529. doi: 10.3390/nu11102529.
Lordan R, Nasopoulou C, Tsoupras A, Zabetakis I. The anti-inflammatory properties of food polar lipids. In: Mérillon JM, Ramawat K (editors). <i>Bioactive molecules in food</i> . New York: Springer; 2018 (Reference series in phytochemistry).
Lordan R, Tsoupras A, Zabetakis I. The potential role of dietary platelet-activating factor inhibitors in cancer prevention and treatment. <i>Adv Nutr</i> . 2019;10(1):148–64. doi: 10.1093/advances/nmy090.
Salomo L, Rix M, Kamper A-L, Thomassen JQ, Sloth JJ, Astrup A. Short-term effect of the New Nordic Renal Diet on phosphorus homeostasis in chronic kidney disease stages 3 and 4. <i>Nephrol Dial Transplant</i> . 2019;34(10):1691–9. doi: 10.1093/ndt/gfy366.
Morales-Suarez-Varela M, Peraita-Costa I, Guillaumon Escudero C, Llopis-Morales A, Llopis-Gonzalez A. Total body skeletal muscle mass and diet in children aged 6–8 years: ANIVA Study. <i>Appl Physiol Nutr Metab</i> . 2019;44(9):944–51. doi: 10.1139/apnm-2018-0641.
Poli A, Agostoni C, Graffigna G, Bosio C, Donini LM, Marangoni F. The complex relationship between diet, quality of life and life expectancy: a narrative review of potential determinants based on data from Italy. <i>Eat Weight Disord</i> . 2019;24(3):411–9. doi: 10.1007/s40519-018-0582-2.
Ritz C, Astrup A, Larsen TM, Hjorth MF. Weight loss at your fingertips: personalized nutrition with fasting glucose and insulin using a novel statistical approach. <i>Eur J Clin Nutr</i> . 2019;73(11):1529–35. doi: 10.1038/s41430-019-0423-z.
Books
Food and Agriculture Organization of the United Nations, World Health Organization. <a href="#">Sustainable healthy diets: guiding principles</a> . Rome: Food and Agriculture Organization of the United Nations; 2019.
Kumar S, Egbuna C. <i>Phytochemistry: an in-silico and in-vitro update</i> . Advances in phytochemical research. New York: Springer; 2019.
Reports & publications
<a href="#">What qualities do the Mediterranean diet and the Nordic diet have? Good alternatives for people with diabetes</a> " <i>Laege Magasinet</i> . November 2018 (in Danish).
European Food Information Council, Sabri Ülker Foundation. <a href="#">Popular diets and health effects</a> . Brussels: European Food Information Council; 2018 (in Turkish).

Newsletters, press releases, blogs & websites
10 Tips on how to start the Mediterranean diet. In: <a href="#">YJ</a> [blog].
Bouchard-Mercier A. [ <a href="#">Bring out the Viking in you with the Nordic diet</a> ] [blog]. 28 September 2018 (in French).
Mantzorou M. [ <a href="#">Nutrition news of the week</a> ] [blog]. 14–19 May 2018 (in Greek).
Krstev Barac S. [ <a href="#">Nordic diet as an alternative to the Mediterranean diet</a> ]. Zdravo budi [blog]. 13 July 2018 (in Croatian).
Bolela L. [ <a href="#">9 Principles of the Nordic Diet that will help you lose weight and improve your health</a> ]. Energié Nutrição [blog]. 29 August 2018 (in Portuguese).
Jagodic X. [ <a href="#">New hit: Nordic nutrition—among the healthiest in the world!</a> ] fitness.com.hr [blog]. January 2019 (in Croatian).
Zhang L. [ <a href="#">Good at home! New Nordic Diet recommended by WHO</a> ] [website]. 9 July 2019 (in Chinese).
Aranaga Amengual I. [ <a href="#">Nordic diet: is it good to lose weight?</a> ] Mejor con Salud. 1 February 2019 (in Spanish).
[ <a href="#">Dietary goals</a> ]. in: TYPO3 [website]. (in German)
[ <a href="#">Is the Mediterranean diet preventing cancer?</a> ] Bilim Bunu Konuşuyor. (in Turkish).
[ <a href="#">María José Motilva begins to investigate the relationship between wine polyphenols and their role in the prevention of chronic diseases</a> ]. News. In: Instituto de Ciencias de la Vid y del Vino. 17 July 2018 (in Spanish).
[ <a href="#">WHO recommends that Nordic Everyday Food be included in the dietary guidelines</a> ]. News. In: Department of Sport and Nutrition, University of Copenhagen. 8 May 2018 (in Danish).
[ <a href="#">Nordic foods should be incorporated into the diet</a> ]. Levnedsmiddelbladet [Newsletter]. 2018 (in Danish).
<a href="#">WHO in Europe</a> . In: Hatena diary [blog]. 9 May 2018 (in Japanese).
Databases
<a href="#">Evidence search. In: National Institute for Health and Care Excellence (NICE)</a> <a href="#">Políticas Informadas por Evidencias</a> <a href="#">Russian WHO directory</a> <a href="#">Sociedad Espanola De Nutrición (in Spanish)</a> <a href="#">University of Bath Research Portal</a> <a href="#">Universidad Computense Madrid</a>

### Other notable mentions

Press coverage of report launch and launch event from multiple sources:

- Sample I. [Embrace Mediterranean or Nordic diets to cut disease, WHO says](#). The Guardian. 7 May 2018.
- Blanchard S. [Follow a Mediterranean or Nordic-style diet to cut risk of cancer and heart disease, urges World Health Organization](#). The Daily Mail. 8 May 2018.
- Gould M. [Britons must turn to Nordic and Mediterranean diets](#). ONMedica. 8 May 2018.
- [Nordic and Mediterranean countries can make more of healthy cuisine: WHO](#). The Local. 7 May 2018.
- [La OMS alaba las dietas mediterránea y nueva nórdica, que luchan contra enfermedades cardiovasculares y diabetes tipo 2](#) [WHO praises the Mediterranean and new Nordic diets, which fight against cardiovascular diseases and type 2 diabetes]. EcoDiario.es. 7 May 2018 (in Spanish).

- [La OMS alaba las dietas mediterránea y nueva nórdica, que luchan contra enfermedades cardiovasculares y diabetes tipo 2](#) [WHO praises the Mediterranean and new Nordic diets, which fight against cardiovascular diseases and type 2 diabetes]. Infosalus.com. 7 May 2018 (in Spanish).
- [La OMS alaba los beneficios y propiedades de las dietas nórdica y mediterránea](#) [WHO praises the benefits and properties of Nordic and Mediterranean diets]. La Opinión – A Coruña. 8 May 2018.
- [La OMS alaba los beneficios y propiedades de las dietas nórdica y mediterránea](#) [WHO praises the benefits and properties of Nordic and Mediterranean diets]. Faro de Vigo. 8 May 2018 (in Spanish).
- [La OMS alaba las Dietas Mediterránea y Nueva Nórdica, que luchan contra enfermedades cardiovasculares y diabetes tipo 2](#) [WHO praises the Mediterranean and New Nordic diets, which fight against cardiovascular diseases and type 2 diabetes]. Fundación Dieta Mediterránea (in Spanish).
- [La OMS recomienda adoptar dietas mediterráneas o nórdicas](#) [WHO recommends adopting Mediterranean or Nordic diets]. PSN en línea (in Spanish).
- [La dieta mediterránea y la nueva nórdica, alabadas por la OMS](#) [The Mediterranean diet and the new Nordic diet, praised by WHO]. Heraldo. 7 May 2018 (in Spanish).
- [La dieta mediterránea gana un nuevo aliado frente a la diabetes tipo 2](#) [The Mediterranean diet gains a new ally against type 2 diabetes]. Redacción médica. 7 May 2018 (in Spanish).
- ["Chef português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Público 5 May 2018 (in Portuguese).
- ["Chef" português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Diário de Notícias. 5 May 2018 (in Portuguese).
- ["Chef" português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Lifestyle ao Minuto. 5 May 2018 (in Portuguese).
- [Chef português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Sábado. 5 May 2018 (in Portuguese).
- ["Chef" português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Renascença. 5 May 2018 (in Portuguese).
- ["Chef" português promove dieta mediterrânica a convite da OMS](#) [Portuguese chef promotes Mediterranean diet at the invitation of WHO]. Sapó Lifestyle. 5 May 2018 (in Portuguese).
- [Fostering healthier, more sustainable diets—learning from Mediterranean, New Nordic experience](#). United News of India. 8 May 2018.

Radio coverage of report launch and launch event:

- was discussed on DR P1 Danish Radio
- was discussed on Portuguese Radio, Antena 1, [Nuno Queiroz Ribeiro cozinha pela saúde](#) [Nuno Queiroz Ribeiro cooking for Health].

#### Added values described by commissioners, reviewers and others

- A progress update of the European Food and Nutrition Action Plan 2015–2020, delivered at the WHO Regional Committee for Europe, was informed by findings from this report.

We hope this HEN report will help by summarizing many of the claimed health benefits of some dietary patterns, and above all provide insight about them being used in the context of policy tools and interventions.



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