New report reveals link between maternal nutrition and children’s long-term health

The WHO Regional Office for Europe has prepared a report highlighting the latest evidence on maternal nutrition. The report outlines that maternal overweight status, obesity, excessive gestational weight and gestational diabetes adversely impact children’s health during infancy and increase their risk of developing obesity and non-communicable diseases during adulthood.

The report reviews existing recommendations for nutrition, physical activity and weight gain during pregnancy in Europe. The report also proposes possible opportunities for action in European countries to promote nutrition and health throughout the life course, ensure optimal diet-related foetal development and reduce the impact of non-communicable diseases by improving maternal nutritional health.

> More information is available in the official document: Good maternal nutrition. The best start in life (2016)
JA-CHRODIS study visits successfully concluded

Health promotion study visits took place in Iceland, Italy and the UK during the month of June. These productive events were the Joint Action’s final study visits. The Iceland study visit showcased the Welfare Watch initiative and the National Curriculum Guides on Health and Well-being. The event in Italy focused on the Lombardy Workplace Health Promotion Network and the UK study visit was centred upon the Well London programme.

> All presentations are now available on the JA-CHRODIS website. Please click on the following links to access information on the recent study visits in Iceland, Italy and the UK.

CHRODIS Platform now open for the upload of good practices

The CHRODIS Platform is now available to project partners for the upload and review of good practices on the prevention and care of chronic disease. This repository of peer-reviewed good practices will be made available to the public by January 2017.

Please share your expertise— Multimorbidity questionnaire remains open

You still have the opportunity to respond to the JA-CHRODIS questionnaire on training programmes for case managers (healthcare personnel who coordinate the care of multimorbid patients). European experts working in the areas of case management, multimorbidity and training programmes for case managers from national, regional and local health institutes or public authorities, patients’ associations and academia are invited to share their input. The responses to this questionnaire will be used to map existing training programmes at the European level.

> Please download the questionnaire from the JA-CHRODIS website and return to Federica Mammarella and Graziano Onder, who are leading this work.

In other news…
... New Benchmarking Survey: Stimulating Innovation in Management of Polypharmacy and Adherence in the Elderly (SIMPATHY)

SIMPATHY is an EU project addressing inappropriate polypharmacy (i.e. the taking of multiple medicines that are not all needed or cause harm). SIMPATHY has launched an EU-wide benchmarking survey on polypharmacy and adherence management in the elderly to identify best practices in this field. Patients, doctors, pharmacists, healthcare managers and policymakers from across the EU are encouraged to participate in this survey. The goal is to devise an EU-wide approach to guide interventions in polypharmacy and adherence management and thus improve the health of older people.

To complete the survey, please click here.

Events

• 12th-16th September: 52nd European Association for the Study of Diabetes (EASD) Meeting (Munich, Germany): http://www.easd.org
• 21st September: Joint JA-CHRODIS Advisory Board and Executive Board meeting (Bratislava, Slovakia)
• 28th-30th September: European Health Forum Gastein (Gastein, Austria): http://www.ehfg.org/home.html
• 20th-21st October: JA-CHRODIS Diabetes Conference (Rome, Italy)
• 9th-12th November: European Public Health Conference (Vienna, Austria): https://ephconference.eu/
  o 10th November, 8.30am: *Free* Pre-conference workshop — Who can benefit from JA-CHRODIS? The

Publications

• Physical activity strategy for the WHO European Region: 2016-2025 (WHO Regional Office for Europe) > Read more
• Good maternal nutrition. The best start in life (WHO Regional Office for Europe) > Read more
results from the European Joint Action to tackle chronic diseases

- **11th November:** Skills building seminar — Comprehensive strategies to tackle diabetes and chronic diseases: The Joint Action CHRODIS
- **11th November:** Round table — Using JA-CHRODIS to address a complex case of a person with diabetes and other chronic diseases
- **12th November:** EUPHA Workshop — Multimorbidity and integrated care: which priorities for European and national policies?

- **28th November:** JA-CHRODIS workshop at the European Parliament (Brussels, Belgium)
- **29th November:** JA-CHRODIS Governing Board meeting (Brussels, Belgium)
- **5th-8th December:** European Summit on Innovation for Active and Healthy Ageing: Transforming the future of Health and Care in Europe (Brussels, Belgium)

Get involved

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