

## Press Release

### Nutrition & Health Post-2020 was in the spotlight of the EUsalt Conference *Going beyond a salt shaker* on 27<sup>th</sup> June.

Brussels, 27<sup>th</sup> June 2017



On the occasion of the EUsalt conference '**Going beyond a salt shaker**', we addressed key challenges of the **Nutrition and Health policy**, aiming to illustrate the diversity of solutions that have been or are being implemented towards improving nutrition, health and well-being.

The conference attracted around 100 participants. Seven speakers from various backgrounds contributed to an exciting debate: **Dr. Milka Sokolovic**, (European Food Information Council), **Dr. Manfred Ruthsatz** (Nestlé

Health Science), **Dirk Jacobs** (FoodDrinkEurope), **Emma Calvert** (The European Consumer Organisation), **Arnold Timmer** (Global Alliance for Improved Nutrition), **Dr. Alie de Boer** (Maastricht University), and **Wilfrid Nixon** (Salt Institute). The debate was moderated by **Sonja Van Renssen**, freelance climate, energy & environment journalist.

Lively debates tackled the links between nutrition and health, and what kinds of information and regulatory frameworks effectively foster healthy diets and lifestyles. Discussions expressed the complexity of the question on how to communicate information on nutrition to consumers. Moreover, these concerns were followed by precise questions to the public which voted yes or no what encouraged further discussions between all participants.



The speakers' presentations as well as the opinion exchanges brought a lot of fruitful outcome. Key conclusions drew on the importance of the quality of information and of communicating about science towards the broad public. They, thus, emphasised how complex it is to educate consumers with respect to nutrition and to change unhealthy behaviours. Finally, they revealed the need for other strategies of communication especially targeting the youth.