

Finding from the latest National Nutrition and Health Survey (NNHS) in Turkey

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The National Nutrition and Health Survey of adults (aged 19-75 years) and children (aged 2-18 years), carried out in 2010, is part of the NNHS programme, a series of cross-sectional surveys aiming to provide detailed quantitative information on the diet, nutritional status and related characteristics of the Turkish population. In the survey of adults and children food consumption data were collected from 7115 respondents (2-8 years: 2198; 19-75 years: 4917) using a 24h dietary recalls. Other components included: height, weight, waist and hip circumference and blood pressure measurements; a 24h urine sample; a blood sample; a record of physical activity. Results including food consumption, energy and macronutrient intakes, micronutrients intakes and nutritional status in addition to anthropometric measurements and physical activity are discussed in the meeting. However it is noted that the prevalence of overweight and obesity in both children and adults has increased and physical activity levels are very low in compared to the reference values of Turkey led by Ministry of Health and Nutrition and Dietetics Department of Hacettepe University.

Biography

Professor Halit Tanju Besler completed his undergraduate study (BSc) in the Nutrition and Dietetics Department at Hacettepe University in 1986 and he graduated (MSc) from Nutrition and Dietetics Programme in Health Sciences Institute at Hacettepe University in 1988. He commenced at Department of Human Nutrition of Medical Faculty of Southampton University in 1995. His areas of expertise are including "nutrition and dietetics" and "nutrition and nutritional biochemistry". He has published more than 50 papers in reputed journals. He has board memberships and consultancies in many public and non-public institutions, in particular Ministry of Health and Ministry of Food, Agriculture and Animal Husbandry, in the matters of nutrition, food and health care areas. He has many national and international publications and he is one of the coordinators of Turkey Nutrition and Health Survey 2010 and National Obesity Action Plan.