



hygeia, **d**iet, **r**esearch in **a**ll

HYDRIA program is based on:

- **Standards** of European Health Examination Survey
(EHES, www.ehes.info)

Who participate in the program?

Sample of all the prefectures of the country is invited to participate in the program

+ 4.000 men & women

+ ≥ 18 years

+ permanent residents of the country
(*population census 2011*)



Data collection

- measurements
- questionnaires
- lab tests in blood samples



Data collection procedures

1. Informed consent
2. Blood pressure
3. Health and lifestyle questionnaire
4. Anthropometry
5. Blood samples
6. Dietary questionnaires

Laboratory blood tests

Core measurements



- total & HDL cholesterol
- glucose

Additional measurements



- glycosylated Hb (HbA1c)
- creatinine
- uric acid
- total protein
- total calcium
- transaminases
 - ✓ ALT/SGPT
 - ✓ AST/SGOT

Methods to collect dietary data in the Greek national nutrition and health survey (HYDRIA)

1. Two 24-hour dietary recalls using the HHF Nutrition Tool
 - ❖ 1st recall during the baseline examination (face-to-face interview)
 - ❖ 2nd recall, 15 -30 days after the 1st interview (phone interview)
2. Non-quantitative food frequency questionnaire (food propensity questionnaire)
3. Questionnaire to assess eating out frequency and attitudes

The HHF Nutrition Tool

- ❖ Applies the multiple-pass method (Am J Clin Nutr 2003; 77, 1171– 8)
- ❖ Food classification in accordance to FoodEx 2 and Languag core groupings
- ❖ 23 facets introduced to record characteristics (acc. to the FoodEx2 and Languag systems)
- ❖ Digitalised library of food pictures inserted in the tool (validated)
- ❖ Real-time quality controls
- ❖ Probing questions (e.g. water consumption)

Planeterranean

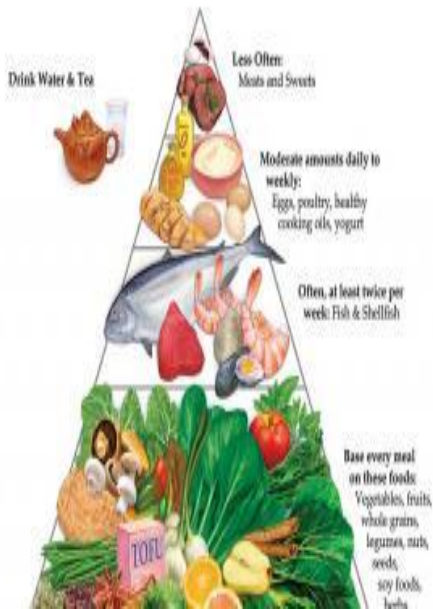
An attempt to broaden the beneficial effects of the Mediterranean diet worldwide

Identify a healthy dietary pattern based on food products

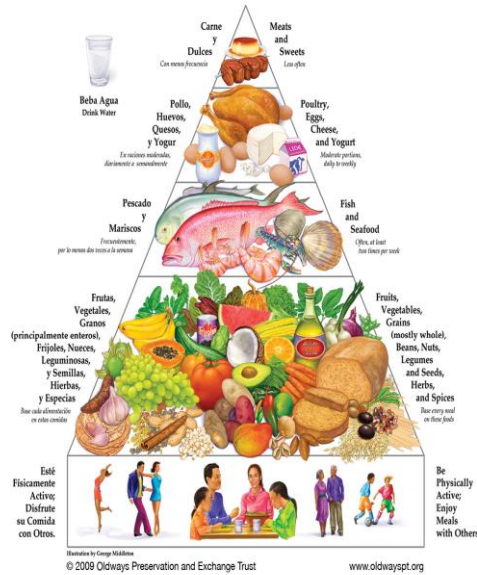
available in the different areas of the world

with the nutritional properties and health benefits of MedDiet

Asian Diet Pyramid



Latin American Diet Pyramid La Pirámide de La Dieta Latinoamericana

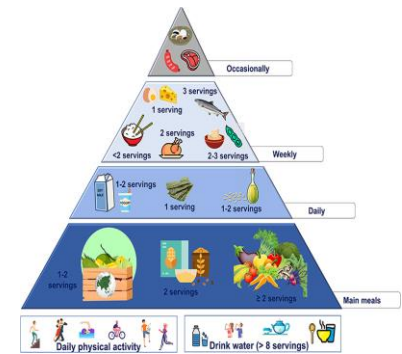
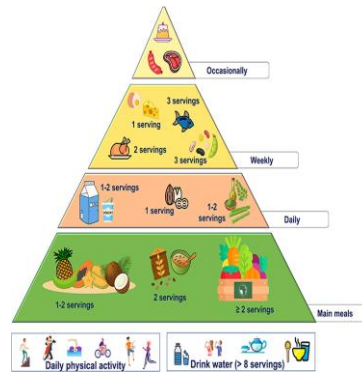
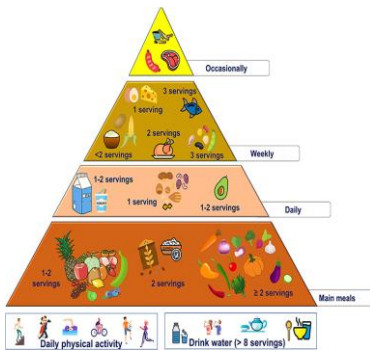


AFRICAN HERITAGE DIET PYRAMID CLAIMING YOUR HEALTH BY CLAIMING YOUR HISTORY



ENJOY A HEALTHY LIFESTYLE
BE PHYSICALLY ACTIVE AND ENJOY MEALS WITH OTHERS

<https://oldwayspt.org/>



LATIN AMERICA

Quinoa

Plátanos (*Musa sp.* also known as “green bananas”)

Açaí berries

Avocado

AFRICA

Native grains like **teff**

Use **Moringa oil** as daily fat source

Native fruits

Traditional plant dishes

ASIA

- 2 servings/day of starchy foods with low glycemic index (**barley and wholegrain**)
- no more than 2 servings/week of **starchy foods** with high glycemic index (rice, and noodles)
- use **sesame oil** as the main daily fat and use sesame seeds to enrich soups
- increase the intake of **vegetables and fruits**.
- 2 servings/week of plant protein sources (**soy-derived foods**)
- 1 serving/day of seaweeds (in particular, **spirulina** and **wakame**)