THE PARTNERS OF THE SWITCHTOHEALTHY PROJECT MEET AT THE UPC OF BAIX LLOBREGAT

- **The meeting brought together representatives of EURECAT, Bursa Uludağ University and CREDA to discuss the priorities of WP4 tasks**

- **SWITCHtoHEALTHY aims to promote a dietary change that encourages the consumption of the Mediterranean diet and helps families acquire healthier habits**

Barcelona, april 28, 2023

The SWITCHtoHEALTHY project brought together participating partners from the Technological Centre of Catalonia (EURECAT), the Bursa Uludağ University and the Centre in Agri-food Economics and Development (CREDA) on 27 April. The meeting, held at the Baix Llobregat Campus of the Polytechnic University of Catalonia (UPC), has allowed to discuss the priorities of WP4, including: the study protocol, the recruitment strategy and the complementary documentation that will be sent for ethical approval.



SWITCHtoHEALTHY was born with the aim of encouraging a shift in dietary models toward a healthier pattern that aligns with the Mediterranean diet. It follows a dietary pattern based on a high consumption of fresh fruits and vegetables, cereals and legumes. The project aims that this change occurs in families with children of school age, from primary to secondary.

With regard to WP4, the objectives are to design a multicenter and multisocial nutritional family-based intervention and to apply it in 360 families spread across Spain, Morocco and Turkey. This intervention will combine healthy, plant-based snacks along with mobile apps and educational materials.

FOLLOW-UP OF THE MEETING

Initially, the meeting focused on the design of the intervention, led by EURECAT, which dealt with different aspects such as the study protocol, the standardization of methodologies between

countries, the documentation for ethical committees, the harmonization and anonymization of data, family recruitment strategies, and the study protocol. deadlines and deliverables.



Afterwards, a lunch was held that followed the values of the SWITCHtoHEALTHY project and was based on a Mediterranean picnic in the sun. After the pause, the attendees resumed the meeting dealing with the topic of data collection, in this case led by CREDA. As representative of the center, Djamel Rahmani presented the methodological approaches to analyze the impact of greater adherence to the Mediterranean diet from a healthy, environmental and economic perspective. He also showed the final draft of the questionnaire to be administered to study participants.

To conclude the meeting, the project partners exchanged their opinions, thus facilitating the realization of the tasks planned for the meeting, and laying the groundwork for defining the next steps.

SWITCHtoHEALTHY, which aims to end in March 2025, is scheduled to meet in Thessaloniki, (Greece), in May.