



Nutrition, Physical Activity and Prevention of Cardiovascular Diseases in Europe:

“Overweight and obesity with children – messengers of poor health and shorter lifespan of the modern generation of children in Slovenia”

EHN – EuroHeart II - Slovenian Heart Foundation - National workshop report – 26 November 2013

The National workshop in Slovenia arises from the EuroHeart II project which has received co-funding from the European Union, in the framework of the Health Programme.

WORKSHOP SUMMARY

In November 2011 the EHN released a scientific report on *Diet, Physical Activity and Cardiovascular Disease Prevention in Europe*, which reviews the evidence for action and identifies a range of potential policy options.

On 26 November 2013, the Slovenian Heart Foundation (SHF) held a national workshop that arose from the European Heart Health Strategy II project which has received co-funding from the European Union, in the framework of the Health Programme. The meeting's aim was to present the report and its recommendations to the invited audience of 120 people, including professionals in the medical field, in the field of education, from the Medical Faculty, Faculty of Sport, Faculty of Education, University Medical Centre, Ministry of Health, non-governmental organisations and others. The purpose of the meeting was to present the problem of overweight and obesity with children in Slovenia, since this represents one of the main health problems in Slovenia.

The European Heart Network (EHN) report was presented at the meeting - Nutrition, physical activity and cardiovascular diseases in Europe. The Ministry of Health presented the 2014-2023 strategy entitled "Nutrition and physical activity for health", Pediatric Clinic presented overweight and obesity with children and its impact on the health condition of a child, young person and later an adult, Faculty of Sport presented the results of aerobic fitness and obesity of children and younger persons aged 6 to 18 years in the period between 1990 and 2013, the National Institute of Public Health presented obesity with children and younger persons within the context of nutrition policy of the EU, the Slovenian Office of the World Health Organisation presented the situation in the world and in Slovenia, which shows that the modern generation may expect shorter life span than their parents. The Slovenian Heart Foundation presented some of the results of the International European research, which included presence of the risk factors, which cause overweight of the children aged 10 to 11, the National Education Institute of the Republic of Slovenia presented the importance of organised school meals from different points of view (Irena Simčič, National Education Institute). The speakers proposed possible solutions and recommendations to improve the situation in prevention of overweight and obesity with children and younger persons. Discussion with the participants summarised the conclusions on the proposed solutions and enabled the selection of the most important ones.

The participants received also an evaluation questionnaire (the content of the questionnaire was prepared from the sample of the European Heart Network questionnaire), according to which we assessed the opinion of the participants regarding the content and adequacy of the meeting and we found that the meeting was very well prepared, it was relevant and essential for Slovenia).

We have prepared a publication - report from the national meeting "**Overweight and obesity with children - messengers of poor health and shorter lifespan of the modern generation of children in Slovenia**", which summarised all of the issues discussed at the national meeting. The publication and the recommendations were presented at a press conference (10th December 2013). The national meeting and the press conference were very widely acclaimed in Slovenia, and the warnings regarding the prevalence and consequences of overweight and obesity with children triggered many shows and publications on TV, radio, press media (18 media releases). The publication was published in 400 copies and was received by the participants of the national professional meeting, some schools in Slovenia, health care centres, hospitals, non-governmental organisations. The publication was distributed also to *policy makers, public health advocates and the media*. The publication is available on the web page of SHF www.zasrce.si. The recommendations were sent to the NGO network from the field of health. The latter will send the recommendations by the end of January 2014 to the Ministry of Health, Ministry of Education, Science and Sport, Slovenian Municipalities and other competent institutions.

A copy of the programme, some of the speakers' biographies and a list of attendees are included below. Please find attached also the publication "Overweight and obesity with children – messengers of poor health and shorter lifespan of the modern generation of children in Slovenia", which was published after the meeting. Participants of the national meeting received also the publication EHN Nutrition, Physical Activity and Prevention of Cardiovascular Diseases in Europe.

Key points of the discussion:

Overweight in childhood is connected with the increased risk for diseases in adulthood, such as diabetes type 2, cancer, increased blood pressure, cardiovascular diseases, orthopedic complications, hormonal abnormality and up to 60% increase of risk for all types of mortality in adulthood.

Despite the findings that the increase of prevalence of overnutrition and obesity with preschool children in Slovenia has in the last years stabilized, the overnutrition and obesity are one of the most important public health problems in Slovenia, also due to the fact that the prevalence with the younger persons is still uncontrollably growing in particular with the boys ([Sedej K](#), [Kotnik P](#), [Avbelj Stefanija M](#), [Groselj U](#), [Sirca Campa A](#), [Lusa L](#), [Battelino T](#), [Bratina N](#)). Decreased prevalence of hypercholesterolemia and stabilization of obesity trends in 5-year-old children – possible effects of changed public health policies. [Eur J Endocrinol](#). 2013). Overnutrition and obesity with children and younger persons do not represent a health problem merely for the increased possibility that these children will be obese also when they grow up and will have early complications of obesity. These problems are present already with these children and younger persons (reduced sensitivity to insulin, which is an early phase in the development of diabetes, fatty liver, increased blood cholesterol and early atherosclerotic vascular changes) (Pediatric Clinic of the Ljubljana University Clinical Centre, Primož Kotnik)

Among 7 countries which took part in the European International ENERGY research was also Slovenia. Under the coordination of the Slovenian Heart Foundation it was established that one third of the Slovene 10 to 12 year olds is overweight or obese. This places Slovenia the second, immediately after Greece. This age group is in the transition from childhood to teenagers, which is a key age period, since the young get more independence in their actions, which influence the energy balance. The research, inter alia, finds that on average they do not take part in sports (only three

hours per week), 40% of them do not walk to school, only slightly more than half of them regularly eat breakfast (53%), on average they drink large quantities of sweet drinks daily (335 ml), they drink 340 ml of juice daily, girls spend on average 2 hours and 40 minutes, and boys 3 hours and 20 minutes in front of TV and computer, even more during weekends, girls 3 hours and 25 minutes, and boys 4 hours. (*Nataša Jan, the Heart Association of Slovenia*).

Slovenia is one of rare European countries with well organised nutrition system of children and younger persons. This system is organised on the level of the country and is also regulated by law. Well planned and organised nutrition can be the most efficient and rational way to improve inadequate nutrition of children and younger persons from different points of view: health, educational, economical, organisational, social, psychological and others. Despite of the fact that our system of organised nutrition is good, it does not mean that there is no room for improvement. In addition to other aspects it places the educational aspect to the fore, since in addition to the organised nutrition the students would have to be offered also content in the field of nutrition and healthy diet. Children are already learning about nutrition in primary school during the subject housekeeping (but only in the 5th and 6th class of primary school), while in the last three years there are no such subjects. Housekeeping is only available as an elective subject. In order for the children and younger persons to know how to decide on a healthy diet, it would be sensible to have some mandatory hours also in the last three years, since this is the only way how we could follow the aim of improving healthy eating habits and healthy life style.

In the last years the increasing trend of incidence of obesity with the Slovene younger persons has stopped, as well as the trend of the decline of aerobic fitness of children and younger persons. There has been a slight improvement of abilities in the last year, the number of physically less competent children and younger persons has more than doubled in the last twenty years, while in 2013 this trend stopped and went into stagnation, after more than ten years of decline the physical fitness of boys and girls has slightly improved in the last year, in particular with the girls.

The situation is stagnant, but it is not good. Where will the trends go? Will the condition regarding obesity and overweight with children improve or deteriorate - this depends on all of us, on individuals, supportive environment of a family, supporting environment of schools, residential community and the politics.

The Ministry of Health of the Republic of Slovenia has prepared a Strategy 2014-2023 "Nutrition and physical activity for health". Its aims are as follows: to improve eating habits of the population and increase physical activity; to stop and reverse the trend of increasing body weight of the population; to increase the share of children breast-fed until the age of 6 months; to reduce the number of malnourished patients and the elderly, to improve the supply of locally produced and processed food and supply and demand of food beneficial to health, to decrease the occurrence of diseases in connection with nutrition and diet, to reduce unjust differences in health of the population, arising as a result of wrong diet and lack of physical activity of the socially and economically disadvantaged.

The Institute of Public Health of the Republic of Slovenia (*Inštitut za varovanje zdravja RS (IVZ)*) is regularly monitoring the problem of body weight with children and younger population. Slovenia has entered the action network of the World Health Organisation called COSI (Childhood Obesity Surveillance Initiative), with the help of which the obesity problem with children can be placed in a broader European context and we can find that Slovenia belongs to the countries with higher share of overweight and obese children. According to the assessment of the situation in Slovenia experts of the Institute of Public Health use, among others, also the national data of the Faculty of Sport of the University of Ljubljana, which connect the dietary situation, physical ability and with the in-depth research also the dietary habits of children and younger persons in Slovenia. In cooperation with the Faculty they started to systematically research also the connection of sleep patterns and body weight

with children and younger persons. The Institute of Public Health is connecting professional knowledge and positions with the help of access to health in all politics with the activities of health, education, agricultural, social, and financial sectors, as well as other shareholders in Slovenia. Special attention is paid to the preparation of measures, which would not increase unjust inequality in health. Lately most of the attention was placed on the preparation of the basis to restrict marketing of unhealthy food to children, basis to tax sweet drinks, introduction and implementation of the school fruit scheme, monitoring of school meals and limitation of salt in the diet. The Institute of Public Health took part also in the preparation of the basis for the new national programme of nutrition policies in Slovenia and in the preparation of the Action plan for the control of child obesity in the EU.

The discussion established also that Slovenian Heart Foundation shall submit to the Network NGO in the field of public health 25x25 proposals for improvement of the situation or to reduce the incidence of overweight and obesity, adopted at the professional meeting. This will give them even greater power, since the members of the network (NGOs from the field of health) will support them and they will be transferred to the competent institutions by the end of January.

The following recommendations and aims to prevent the incidence of overweight in children were adopted:

Phisycal activity

- To adopt and enforce intersectionally harmonised national guidelines for phisycal activity for health for different target populations
- To provide at least three hours of mandatory, sufficietly intensive and qualitatively guided physical training at al levels of schooling
- To inceraze the share of children and younger persons, entering the school and out of school interest activity programmes, attainable to all, irrespective of their family social situation
- To keep or upgrade the system to encourage physical activity for health in the educational and working environment, by connecting all competent authorities
- To establish organised and free of charge workout for young families
- To place conditions for safe, active mobility in the spatial plans of the municipalities - for active and safe arrival of the inhabitants to work, school and elsewhere (cycling, walking
- New spatial plans of the municipalities, which are directed to the provision of free of charge recreational activities, facilities, safe areas (sportsgrounds, playgrounds...), cycling paths, etc.
- Organising free of charge recreational and physical exercise in the local community.

Diet

- To provide more content in the field of food and healthy diet within the mandatory education (last three years of primary school, as well as secondary school)
- Integrated approach to systematic measure to limit the ingestion of food with high content of sugar, salt and fats that are toxic to health: restriction of marketing of unhealthy food, reduction of availability of sweetened drinks, prohibition of sale of unhealthy food in the vending machines placed in the health care centres and hospitals
- Prohibition of marketing of unhealthy food to children
- To develop and esablish the system of regular monitoring and reporting on the adequacy of the diet in educational institutions in accordance with the professional directions
- To increase access to potable water in public places and in institutions

Measures to decrease the content of trans fatty acids in the foods

- To modernise or prepare and enforce dietary guidelines for different target populations

- Introduce areas in public places, which are friendly to breast feeding and broadening of the network of breast feeding friendly institutions by inclusion of new ones
- Limitation of marketing of mother milk substitutes (international codex)
- To increase supply and demand for qualitative locally produced and processed food
- To increase local sustainable supply of households and the number of budget users, who provide such diet

Strengthening of preventive and health activities to prevent excess weight

- Inclusion of awareness on the benefits of regular workout and healthy diet to schools for parents
- Staff and financial support to all health care providers who work with overweight and obese children and younger persons
- Financial support to all providers of preventive activities to prevent overweight and obesity.

PROGRAMME OF THE PROFESSIONAL MEETING

Overweight and obesity with children – messengers of poor health and shorter lifespan of the modern generation of children in Slovenia

26.11. 2013

Ljubljana, Krka lecture room, Dunajska 65, 1000 Ljubljana

- 09.30 – 10.00 Registration and coffee
- 10.00 – 10.20 Welcome and introduction. Presentation of the report of the European Heart Network, EHN – Nutrition, physical activity and cardiovascular diseases in Europe (Nataša Jan and Matija Cevc, Slovenian Heart Foundation)
- 10.20 - 10.40 10.10: Strategy 2014-2023 "Nutrition and physical activity for health" (Katja Povhe Jemec, Ministry of Health)
- 10.40 – 11.10 Excess body weight and obesity with children – impact on the medical condition of a child, younger person and later an adult (Primož Kotnik, Pediatric Clinic)
- 11.10 – 11.30 Aerobic fitness and obesity of children and younger persons aged 6 to 18 in the period between 1990 and 2013 (Janko Strel, FITLAB Institute)
- 11.30. – 12.00 Coffee break
- 12.00 – 12.20 Obesity with children and younger persons in the context of the EU nutrition policy (Mojca Gabrijelčič, Institute of Public Health of the Republic of Slovenia)
- 12.20 – 12.40 Can the modern generation of children expect shorter lifespan than their parents (Marijan Ivanuša, head of the Country Office of the World Health Organisation in Slovenia)
- 12.40 – 13.00 Presence of risk factors that cause overweight and obesity with children between 10 and 11 years – some information of the ENERGY project research (Nataša Jan, Slovenian Heart Foundation)
- 13.00 – 13.20 Significance of the organised school meals from different points of view (Irena Simčič, National Education Institute of the Republic of Slovenia)
- 13.20 – 14.20 Discussion
- Summary of the speakers' proposed solutions to improve the situation in the field of preventing overweight and obesity with children and younger persons
 - Discussion on the proposed solutions and selection of the most important ones
 - End of the meeting.

SPEAKERS

Primož Kotnik

Primož Kotnik completed his studies at the Faculty of Medicine of the University of Ljubljana on 21 June 1999. During the course of his studies, he received the Prešeren Award for his research work. After the completed secondment at the Ljubljana University Medical Centre, he continued with his postgraduate studies as a research assistant at the Department of Endocrinology, Diabetes and Metabolic Diseases, Division of Paediatrics at the Ljubljana University Medical Centre, under the supervision of Prof Ciril Kržišnik. He completed part of his doctoral thesis where he examined the latest mechanisms of regulating the metabolism of body water during his time at the Institute of Anatomy, Aarhus University, Denmark, under the supervision of Prof Soeren Nielsen. He successfully defended his doctoral thesis entitled »Control of channels of expression and intracellular circulation of aquaporin 2, which are dependent or independent of antidiuretic hormone« on 27 June 2005 at the Ljubljana University Medical Centre.

On 3 October 2007, he passed his specialist exam in paediatrics. Since then, he has been employed at the Department of Endocrinology, Diabetes and Metabolic Diseases, Division of Paediatrics at the Ljubljana University Medical Centre. As a visiting researcher, he was active for a year in the research laboratory of the Division of Paediatrics of the Ulm University, Germany. Under the supervision of Prof Pamela Fischer Posovszky and Prof Martin Wabitsch, he examined the endocrine function of adipose tissue. He has been regularly involved in several research projects and the programme of ARRS (Slovenian Research Agency), within the research group of the Division of Paediatrics in Ljubljana. In the last few years, he has been focused mainly on the research in the field of identifying the causes and early consequences of obesity in children and adolescents, under the supervision of Prof Tadej Battelin. He has been regularly publishing the results of his research work in professional domestic and foreign (SCI cited) literature.

As an assistant and since 2011 assistant professor, he has been actively involved in undergraduate studies at the Faculty of Medicine in Ljubljana.

Since 2001, he has been the editor of the journal Slovenska pediatrija (Slovenian Paediatrics) and the monograph Izbrana poglavja iz pediatrije (Selected Chapters from Paediatrics).

He has been a member of several Slovenian and international associations, i.e. Slovenian Medical Association - Division of Paediatrics, ESPE (*European Society for Paediatric Endocrinology*), ISPAD (*International Society for Paediatric and Adolescent Diabetes*), MEWPE (*Middle European Workgroup for Paediatric Endocrinology*).

Janko Strel

Dr Janko Strel was a full professor at the Faculty of Sport, responsible for the subjects of the Didactics of Physical Education and Physical and Motor Development. He was the Head of the Department for Physical Education and School Sport, Head of the Laboratory for Physical and Motor Development. He was devoted primarily to research and professional work in the field of sport for children and youth and to the systemic regulation of the entire field of sports. He participated in the practical and systemic organisation of the educational system. He retired in 2012.

Secondary education: Secondary School for Physical Education, 1967 in Maribor

Undergraduate studies: Faculty of Physical Culture, 1972 in Ljubljana

Postgraduate studies: Faculty of Physical Culture, 1976 in Ljubljana - Master's degree

Doctoral studies: Faculty of Physical Culture, 1981 in Ljubljana

Employment:

- 1971 - 72, Secondary School of Nursing
- 1974 - 1994, Faculty of Physical Culture or later Faculty of Sport in Ljubljana
- 1994 - 15 September 2000, the then Ministry of Education and Sport
- 15 September 2000 - 5 October 2012, full professor at the Faculty of Sport, responsible for the subject of the Didactics of Physical Education, Head of the Department for Physical Education and School Sport
- 5 October 2012 - retirement
- 5 October 2013 - outworker of the FITLAB Institute - Head of the Centre for Physical and Motor Development of children and youth

Academic titles:

- Assistant - 1974
- Assistant Professor - 1982
- Associate Professor - 1986
- Full Professor - 1992

Scientific research activity:

- 1975 - Member and Head of a number of research groups, especially in the field of the research of motor functions of children and youth as well as of the connection of motor space with other subspaces of psychosomatic status
- 1975 - 1982 - Secretary at the Institute of Kinesiology
- 1983 - 1989 - Vice-dean for scientific research and postgraduate studies
- 1990 - Member of the Board for Development and Applied Research at the Republic Committee for Education of the Republic of Slovenia
- 1994 - Member of the research field ZDRAVJE (HEALTH) at the then Ministry of Science and Technology of the Republic of Slovenia
- 1993 - Head of the project Analysis of development trends of motor abilities and morphological characteristics and their relations with psychological and sociological dimensions of Slovenian children and youth aged 7 to 18 between 1970 - 1983 - 1993
- 1986 -1994 - Author and Head of the project Information system of monitoring physical characteristics and motor abilities of children and youth in the Republic of Slovenia
- 1990 - 1993 - Co-author of the research Psychosocial and physical state of primary school pupils from the point of view of school workload
- 2001 - 2003 - Head of the programme group Bio-psycho-social basis of kinesiology
- 2004 - 2009 - Head of the programme group Bio-psycho-social context of kinesiology
- 2004 -2012 - Head of the applied research project Analysis of development trends of motor abilities and physical characteristics and their connection with the psychosomatic status of Slovenian children and youth aged between 6 to 19 between 1970 - 1983 - 1993/94 - 2003/04
- 2010 -2013 - Head of the programme group Bio-psycho-social context of kinesiology
- 1983 - 1993 - 2003 - 2013 - Author/co-author of the research project ARTOS, Analysis of development trends of children (primary school) in the Republic of Slovenia
- 1994 - 2004 - 2014 - Author/co-author of the project ARTMS, Analysis of development trends of youth (secondary school) of the Republic of Slovenia

Professional activity:

- Author of the system for the monitoring and evaluation of physical characteristics and motor abilities of children and youth in the Republic of Slovenia - SLOFIT system

- Co-author of the system of school sports competitions, swimming courses, month of recreation, project Water for all (Voda za vse), sports departments at general upper secondary schools, specialised sports schools of national importance
- Co-author of the curriculum for primary schools of 1984
- Reviewer of all new curriculums - 1998
- Involved in the preparation of the Sports Act, a number of implementing regulations, the National Programme of Sport
- Mentor to many undergraduate, postgraduate and doctoral students

Membership in professional organisations:

- 1979 - 1986 - President of the Association of teachers of physical culture of Slovenia
- 1989 - 1991 - President of the Association of teachers of physical culture of Yugoslavia
- 1980 - 1981 - Member of the Executive Committee of Doctors Anthropologists of Yugoslavia
- Since 1977 - Member of the European Anthropological Association
- Since 1991 - Member of the International Association for Motor Functions in Sports
- Since 1988 - Member of the Association of University Teachers
- 1994 - 2012 - Slovenian representative in EUPEA and FIEP (European Physical Education Association and International Federation of Physical Education)
- 1998 - 2000 - Head of the Alpe-Jadran Working Group for Sport
- 1996 - 1999 - Member of NKS (National Curriculum Commission for the reform of the Slovenian education system)
- 1996 - 2000 - Member of the research programme Sport at the then Ministry of Education and Sport and the then Ministry of Science and Technology
- 2000 - Member of the Executive Committee of the Association of Sports Teachers of Slovenia
- 2005 - 2012 - President of the Slovene Anthropological Society

Membership in expert committees

- 1989 - 1991 - President of the committees TK and SZDLJ (Socialist Alliance of Working People of Yugoslavia)
- 1989 - 1993 - Member of the Council of Experts for Education at the National Assembly of the Republic of Slovenia
- 1987 - 1990 - Member of the Sports Committee at RKVIR of Slovenia
- More than 15 years - President of the Commission for Professional Examination in Primary and Secondary Schools
- 2002 - 2006 - Member of the Council of Experts for General Education

Other activities:

- 1975 - 1984 - Secretary at the Institute of Kinesiology
- 1979 - 1995 - Head of the project Physical education card
- 2000 - Head of the project Physical education card for primary and secondary schools
- 1984 - 1986 - Vice-dean for scientific research
- 1987 - 1991 - Dean of the Faculty of Sport
- 1994 - 2000 - State secretary for sport at the then Ministry of Education and Sport

Published works:

He has published more than 500 professional and scientific articles, discussions, papers, research works and professional books. He has 863 references in the COBISS system (Co-operative Online Bibliographic System & Services) and 721 points in the SICRIS system (Slovenian Current Research Information System). He has published 19 scientific articles in the last five years.

Marijan Ivanuša

Marijan Ivanuša was born in 1966 as the fourth child, at the edge of the Slovenske gorice hilly region in northeastern Slovenia. In 1985, he completed his education at the Maribor Secondary School of Nursing - separately located department in Ptuj. The choice of secondary education allowed him additional insight into the processes of treatment and care. In 1992, he graduated at the Faculty of Medicine, University of Ljubljana.

After his graduate studies, he was employed as an intern at the Ljubljana Health Centre (Moste-Polje). After passing the professional examination in 1993, he became an employee of the pharmaceutical company Krka, d.d., where he perfected his knowledge in the fields of pharmacotherapy, pharmacovigilance, clinical trials of medicinal products, pharmacoconomics, as well as in the fields of management and communication skills. During this period, among other things, he worked as a chief editor of the professional publication (Krka v medicini in farmaciji – Krka in Medical Science and Pharmacy) and a member of the board of Krka's awards. He left the company as the deputy director of the Farmaceutika programme (for medical issues).

Since February 2007 he has been working as the Head of the Slovenian Office of the World Health Organisation. He has participated in various fields of work (including public health, social determinants of health and health inequalities, quality management in health care, cancer, palliative care, alcohol, health promotion, etc).

Marijan Ivanuša has published a number of professional and non-technical articles as well as two novels.

Katja Povhe Jemec

1997 B.Sc.	Biotechnical Faculty, Department of Food Science and Technology
2003 Ph.D.	Doctor of biotechnological sciences, interdisciplinary studies of biotechnology
1997 – 2003	Employed as a research assistant at the Department of Food Science and Technology, Biotechnical faculty
2004	Employed as a junior expert at the Department of Food Science and Technology, Biotechnical faculty
2004	Employed at the Ministry of Health
2004 – 2010	Employed in the Sector for the Safety and Health Suitability of Food, Ministry of Health
2010	Employed in the Sector for the Control of Communicable Diseases, Food and Environment, Ministry of Health

Nataša Jan

Nataša Jan was born on 26 March 1964 in Celje, she graduated from the grammar school, finished studies of biology at the Biotechnical Faculty in Ljubljana and post-graduate studies at the Faculty of Medicine in Ljubljana. In 1992 I finished my advanced training in sanitary and human microbiology at the Institute of Public Health in Ljubljana.

First employment: at the Institute of Hop Research and Brewing in Žalec (1988-89).

Second employment: Celeia Dairy (technologist for fermented milk products) (1989 – 1997)

Third employment is with the Slovenian Heart Foundation since 1997.

BOOKS

JAN,N.,1995: The Magic Power of Yogurt. Forma 7, Ljubljana

JAN,N.,TURK,J.,POKORN,D., et al., 1998: Nutrition as a source of health, the Slovenian Heart Foundation, Ljubljana

PEER-REVIEWED ARTICLES

2000: Milk and dairy products as food having healthy effects. Mlijekarstvo no. 1 (Dairy Industry), Zagreb, Croatia (reviewed by: Irena Rogelj, Dairy Institute)

PUBLISHED PROFESSIONAL ARTICLES on nutrition and healthy lifestyle: twice monthly from 1998 to 1999 in the magazine Novi tednik, 15 articles in the journal For the Heart in the period between 1997 and 2006, an article on Promoting healthy nutrition in Slovenia.

CO-EDITOR OF POPULAR SCIENTIFIC JOURNAL

Since 1999: journal "For the Heart", the Slovenian Heart Foundation

RESEARCH ACTIVITIES

2012-2012: coordinator of the research project Energy in Slovenia

ACTIVE PARTICIPATION AT INTERNATIONAL CONGRESSES

1999, November, 2nd Slovenian Congress with international participation on Milk and dairy products, Dairy Institute: paper entitled "Milk and dairy products among protective foods"

2000, September, "Nutrition and health from the aspect of nutritional habits", Faculty of Education, University in Ljubljana: paper entitled "Promotion of Healthy Nutrition"

2002, September, Congress on nutrition - Cefood, Cankarjev dom: poster entitled "Promotion of healthy nutrition"

2004, 22 May, Days in Radenci, regular annual meeting of the Slovenian Society of Cardiology with international participation: paper entitled: "Evaluation of risk factors for the development of cardiovascular disease in people participating in different activities organized by the Slovenian Heart Foundation"

PUBLIC PROFESSIONAL MEETINGS

1998, April: "Health-Protecting Food Products", Domus, Ljubljana

2000, February: "Nutritional importance of food products carrying the label PROTECTS HEALTH", Vocational College for Catering, Maribor

2000, April: "Health-Protecting Food Products and Health", lecture room of the Maribor Insurance Company

2000, June "Food that protects health", lecture room in Krka, d.d., Ljubljana

2001 – 2013: 56 lectures on nutrition organised in Ljubljana (schools, municipal community of Ig)

ORGANISATION OF A SEMINAR WITH LECTURE

2000, May: "Health-Protecting Food Products", seminar for heads of mass catering facilities, lecture room in Krka, d.d. in Ljubljana

Matija Cevc

Current position: Physician at Univ. Clinical Centre Ljubljana, Division of Internal Medicine –Clinical Department for Vascular Diseases

President of the Slovenian Heart Foundation, 2012 - 2016

Date and place of birth: November 16, 1953 in Ljubljana, Slovenia

Citizenship: Slovene

Home adress: Zlatek 55, 1000 Ljubljana, Slovenia,

Education

1978: Graduated at Medical Faculty, University of Ljubljana

1988: Specialization of Internal Medicine in Ljubljana

1999: Promoted as Primarius by Ministry of Health

Professional experience

1979-83 General practitioner in outpatient health unit

1983 - Physician at Division of Internal Medicine, Clinical Department for Vascular Diseases

1994 – Head of outpatient clinic for lipid disorders at Clinical Department for Vascular Diseases, Univ. Clinical Centre Ljubljana

2007 – Head of unit at Clinical Department for Vascular Diseases, Univ. Clinical Centre Ljubljana.

Research activities

- primary and secondary prevention of coronary heart disease,
- diagnostics and treatment of blood lipid disorders
- * fibrinolysis in lipid disorders and in atherosclerotic diseases

International multi-center studies

- Lipobay
- Discovery Alpha (2004)
- Juvell-2 (2005)
- CVAA489A2305 (Novartis 2005)

Membership in editorial boards

- 1974 – 1978 Editor of Medicinski razgledi
- 1990 – 2002 Editor for medicine of Enciklopedija Slovenije
- 1982 – 2003 Editor of Slovenian Medical Journal
- 2003 – Responsible Editor of Slovenian Medical Journal
- 2003 – 2005 Editor of Farmakon
- 2005 – Responsible Editor of Farmakon

Membership in scientific and professional societies

- Slovene-Croatian Lipid Council
- Slovenian Medical Association (from 1994 Secretary General)
- Slovenian Society of Cardiology

ATTENDEES at the conference

Alič Blaženka	Elementary School Ketteja in Murna, Ljubljana
Avbreht Tatjana	Health Centre, Velenje
Bandalo Urška	Health Centre Velenje
Batot Blaž	Elementary School Prule
Bedenčič Mateja	
Belavič Pučnik Samo	The Institute of Public Health of Ljubljana
Benedičič Urška	Health Centre Logatec
Berce Nataša	Health Centre Bled
Berlic Maja	Kindergarten Galjevica
Bigec Martin	University Medical Centre Maribor Maribor
Bizjak Maja	Elementary School, Šempas
Bizjak Martina	Faculty of Health Sciences
Borjan Božena	Health Centre Ljutomer
Bremec Darja	Elementary School, Belokranjskega odreda Semič
Brovč Jelušič Kristina	The Institute of Public Health, Nova Gorica
Cigale Kunič Karmen	Elementary School Prežihovega Voranca
Čufer Petra	Health Centre dr. Franca Ambrožiča Postojna
Čuić Maja	The Institute of Oncology Ljubljana
Deželak Saša	Saša Deželak s. p.
Dimc Orhideja	Health Centre dr. Franca Ambrožiča Postojna
Duka Kristina	Health Centre dr. Franca Ambrožiča Postojna
Džaič Blagica	Health Centre Logatec
Đukič Branka	Health Centre Ljubljana
Fidler Mis Nataša	University Medical Centre Ljubljana, Pediatric Clinic, Ljubljana
Fujs Kozjek Liljana	Elementary School, Beltinci
Gabor Gabriela	General Hospital, Murska Sobota
Gobov Lucija	Health Centre Celje, Preschool dispensary
Gril Novak Andreja	Terme Krka
Guček Maksimiljan	Sanolabor d. d.
Guid Nuška	Health Centre Bežigrad, School Dispensary Črnuče
Hitti Tjaša	Elementary School Sostro
Hočevar Irena	General Hospital Novo mesto
Horvat Maja	Health Centre Vič
Hribar Babinski Ula	NGO Iz bube v metulja
Hribar Domen	Elementary School Frana Albrehta
Hribar Jasmina	Elementary School Dragomelj
Iaria Nevenka	Educational Welfare Institute Ilke Devetak Bignami
Iljič Brecelj Vlasta	General Hospital dr. Franca Derganca
Istenič Božena	Health Centre Tolmin
Ivanuša Meta	Elementary School Vič
Javh Dobernik Tanja	Health Centre Bežigrad
Kavaš Tadeja	Health Centre, Ljutomer

Kladnik Rifel Mateja	
Klim Janusz	Health Centre Ljubljana Šiška
Kmetič Dragi	Health Centre Hrastnik
Koch Verena	University Ljubljana, Faculty of Education
Kocjan Melanija	Health Centre Koper
Kompara Deborah	Health Centre Koper
Kontič Tanja	Health Centre Velenje
Kordiš Tea	Health centre Novo mesto
Kos Primož	Association for Sport for children and youth Slovenia
Kosmač Boštjan	Kindergarten Kolezija
Kostanjevec Stojan	University Ljubljana, Faculty of Education
Kragelj Larisa	
Krajnik Valentič	Health centre dr. Franca Ambrožiča Postojna
Krapež Tanja	Health Centre Ljubljana Vič - Rudnik
Kremenovič Gordana	Health centre Koper
Kumprej Daša	Health Centre Nova Gorica
Kunaver Tašič Maruša	Health Centre Tolmin
Lang Tomaž	Elementary SchoolŠkofja Loka - Mesto
Lavrinec Pavla	General Hospital Jesenice
Leban Tina	Health centre Idrija
Lesar Jelka	Elementary SchoolVencija Perka Domžale
Maraž Danči	Municipality of Ljubljana, Department of Health and Social Care
Marš Kogej Sabina	Health Centre Logatec
Medved Jasna	Elementary School Dragomelj
Mencigar Milena	Elementary school Radenci
Noč Ksenija	Health Centre Jesenice
Okorn Andrej	Andrej Okorn s. p.
Pajk Žontar Tanja	MIPOR
Pandel Mikuš Ruža	Faculty of Health Sciences
Pavc Mikec Ksenija	Health centre, Novo mesto
Pekle Metka	
Pernišek Vesna	Health centre, Novo mesto
Peršin Majda	Health centre Ljubljana
Pešec Simona	Elementary SchoolVič
Petek Karmen	Health Centre Velenje
Plavčak Marjan	Elementary school Prebold
Pleh Renata	General hospital, Murska Sobota
Pleteršek Karmen	Elementary SchoolVič
Potočnik Koščak Simona	Health Centre, Vič - Rudnik
Pozdrec Nataša	Elementary School Ane Gale Sevnica
Prešern Marjanca	The Institute of Public Health, Novo mesto
Pretnar Pristov Lidija	Health Centre Bled
Prinčič Tjaš	The Institute of Public Health, Nova Gorica
Prunk Franetič Breda	Youth health and holiday resort Debeli rtič
Prunk Katja	Youth health and holiday resort Debeli rtič

Pšeničnik Sabina	Health centre Ljubljana Center
Pukmeister Brigita	Health Centre Velenje
Pušnik Vrčkovnik Maja	SB - SG
Ravnik Stanka	OZG, Health Centre Bohinj
Reberšek Čokl Polonca	Health Centre Celje ZP Vojnik
Rončevič Nada	
Rudof Špelca	Association of Diabetes of Slovenia
Sadar Tatjana	Health centre Litija
Schweiger-Nemanič Janja	Health Centre Šiška
Simov Miloš	Health Centre Idrija
Sluga Barbara	Sports club GIB
Stanič Dragica	Elementary SchoolPrežihovega Voranca
Šabec Mojca	Health centre dr. Franca Ambrožiča Postojna
Šemrov Marija	Health Centre Logatec
Šerbela Borut	Elementary School Majde Vrhovnik
Šifrer Boštjan	Society Vital Body
Šifrer Karmen	Health Centre Litija
Šmigoc Maja	Health Centre Ptuj
Šolmajer Luka	ENSP Slovenia
Šturm Kranjc Mira	Health CentreTolmin
Teraš Branko	Elementary School Ane Gale Sevnica
Tomšič Vladimira	Health Centre Sevnica
Troha Majda	Health Centre Idrija
Tul Miloš	DZL F. Prešeren
Vidmar Martina	Health Centre Bežigrad
Vintar Spreitzer Mateja	
Vukašinovič Daša	Elementary School Dragomelj
Weixler Maja	Kindergarten Vodmat
Zupan Zalka	OZG, Health Centre Bohinj
Žemva Ljuba	Health Centre Bled
Žlahtič Ema	Socitey Roženica
Radič Maja	Health Centre Vič - CDZ
Tomažič Karmen	Health Centre Vič Rudnik
Kopač Maletič Danica	Disability Association of Slovenia
Safarič Seljak	Elementary School Dragomelj
Juričič Mojca	Medical Faculty, Department of Public Health