

Food 4 Growth



AALBORG UNIVERSITET
KØBENHAVN



Preface

The Food4Growth (F4G) network has linked research groups from Aalborg University Copenhagen (AAU-CPH), Center for Nutrition and Bowel Diseases (CET) from Aalborg University Hospital, JAMK University of Applied Sciences, University of Tromsø, Shanghai Fudan University and the Huadong Fudan University Hospital, as well as the Zhongshan Fudan Hospital. The activities in the network have evolved around network meetings hosted by the Food4Growth partners.

The management team has consisted of Professor Henrik Højgaard Rasmussen, Aalborg University Hospital; Professor Jianqin Sun, Fudan University; Professor Gengsheng He, Fudan University; Dr. Enni Mertanen, JAMK University of Applied Sciences; Professor Øivind Irtun, the Arctic University of Norway and Professor Bent Egberg Mikkelsen, Aalborg University (chair).

The first part of the project was led by Dr. Chen He (Aalborg University) while Professor Tom Baranowski, Dr. Janice Baranowski, Baylor College of Medicine, Professor Mingui Sun, Pittsburgh University, Asst. Professor Wenyan Jia, Pittsburg University conducted the last part. Clinical dietician Tina Beerman, Aalborg University Hospital, research director Mette Holst, Aalborg University Hospital, Dr. Armando Perez Cueto-Eulert and Karoliina Väisänen from Jyveskyla University have participated in one or more of the meetings of the network. Nini Winther has helped with the accounting and financial part. Students in Integrated Food Studies at Aalborg University Karina D. Pawlowski and Søren Walther Andersen assisted respectively in the arrangement of the Copenhagen event and the preparation of the final report. The network is also most thankful for the excellent support received from the staff at the Nordic Centre. IFS student Sandrine Legal assisted in the final steps of the preparation of this report.

This report gives an account of the Food4Growth network and its activities until completion in December 2015. The Food4Growth team wishes to acknowledge the support from the Nordic Council of Ministers. The network is grateful for the additional funding it has received from the Nordic Centre at Fudan, the S.C. Van foundation as well as from the Obel foundation.

Bent Egberg Mikkelsen
Project coordinator
AAU
February 2016

Contents

Preface	2
Part I	4
Part II	6
1. Results obtained throughout the project period	6
2. Dissemination activities	7
<i>Workshops</i>	7
<i>Training courses</i>	8
<i>Seminars/Conferences</i>	8
3. Added value created by means of the project	9
<i>How did we create value?</i>	9
<i>How did we address societal challenges?</i>	9
<i>What activities were most useful?</i>	10
4. The Expectations for the Future of Your Project Network	11
<i>What are the prospects for the network?</i>	11
<i>What is the impression of the Chinese scholars' participation?</i>	11
<i>What are the decisions concerning further research?</i>	11
Overview of dissemination activities	12
References	14
Appendix 1. Participants Copenhagen 2015 Training course	15
Appendix 2. Participants. 2015 Open conference Copenhagen	16
Appendix 3. Participants 2015 Fudan Training course	18
Appendix 4. Key Performance Indicators	19

Part I

The overall purpose of Food4Growth was to establish a network to connect researchers from the Nordic countries – specifically, Denmark, Norway, Finland – as well as from China in order to advance research and education within the area of both public health nutrition and clinical nutrition. The Food4Growth team members from the different universities have provided insights from their respective research portfolios and the Food4Growth management team has coordinated the work and decision-making in order to support knowledge transfer between partners.

The team was chaired by the Project Coordinator and met once at each of the different campuses of the network members. These meetings served internal network purposes and for the three last meetings an open conference for external participants and the press were part of the activity; in two occurrences training courses were part of the activity. The project has run from 2013 to 2015, but the network will continue after this period with initiatives that have been started up in the project period. These activities include the publication of a position paper and continuation of the training and conference activities that has been initiated.

The network has contributed to the development of new evidence-based interventions and innovations in the area of public hospital food service provision through the establishment of important research network infrastructure. Moreover the network has facilitated important agenda-setting in relation to hospital food and New Public Health through its dissemination activities, training courses and conference activities that have been carried out in both the Shanghai region and in the Nordic countries. As such the network has served an important purpose in terms of underlining the potentials of hospital food and nutrition service to create value in terms of healthy and sustainable food production and consumption.

For the period from 1.8 2015 to 31.12.2015 the main activity has been the Food & Devices week that took place last week of August in Copenhagen and Oslo. The event that consisted of advanced training course, open conference, excursions and internal meetings has been thoroughly covered in the press as can be seen from the Food4Growth website.

The Food4Growth network teamed successfully up with the dVices4food network activity that will be the extension of the F4G network. It has been adding a Brazilian and American dimension by involving additionally the universities of Rio de Janeiro and Baylor Medical College, Houston and Pittsburgh University. Adding this has allowed AAU researchers in addition to mobility in Shanghai to include mobility involving the new partners. The activity in the period has been giving visibility for clinical and public health nutrition in

both Denmark and Norway and created important network relations that will be used in the future. In addition to the Food & Devices week an important activity has been the F4G training course held in November 2015 in Fudan, Shanghai.

The most important outputs from the F4G action has been the 2 training courses, the 4 open conferences and the F4G chapter in the Nordic publication.

Part II

1. Results obtained throughout the project period

The network set out to contribute to the development of new evidence-based interventions with focus on Denmark, Finland, Norway and the Shanghai region of China. The network partners have benefitted from new insights in traditional Chinese approaches to mediating health through food, social capital and cultural values; the Chinese partners have benefitted from new insights in the Nordic welfare model approach to providing care through meal and nutritional services.

The main activities in Food4Growth evolved around a knowledge hub, providing opportunities for knowledge brokering among practitioners and researchers from the participating institutions. The knowledge brokering was staged in four multilateral workshops.

The network has developed concepts around the idea of New Public Health. The idea is that food and nutritional care services at hospital, as an integral part must involve activities of prevention and health promotion in the adjacent communities that the hospital is a part of. This part of the activities was presented at the Health Services In Transition International conference on Chinese and Nordic developments that was held on October 20th and 21st, 2014 at the Nordic Fudan Centre, Shanghai. The paper on New public health and the role of food and nutritional care hospitals – case insights from Denmark and China (Mikkelsen et al., 2015) was presented on the subtheme on Empowering the patient.

The Food4Growth network activities have led to a number of different activities, all related to improving the quality of food and nutritional care services in hospital. One of the important activities is related to the exploitation of new technology to be used for assisting the nutritional care process. One of the achievements of the network has been that the Dietary Intake Monitoring System (DIMS) has been tested, demonstrated and evaluated. The DIMS is an ICT-assisted method to monitor patient intake and convert it into an estimate of nutrient levels. The DIMS technology is a combined hardware and software solution that facilitates and simplifies the nutritional care process. The application has been developed in cooperation between research, enterprise and education – three important components of the knowledge triangle. The Dietary Intake Monitoring System (DIMS) has been reported in several papers on assessment of food intake and plate waste (Ofei et al., 2014; Ofei et al., 2015).

The technology has also been presented at the Food4Growth meetings and open conferences in both Jyväskylä in 2014 and Copenhagen in 2015.

The innovation and research activities that led to the development of the DIMS have been reported on the Nordic seminar held at the European Innovation Summit in Brussels December 2014. The presentations can be found [here](#).

2. Dissemination activities

Workshops

Kick-off meeting 2013

The first network workshop was held in Copenhagen, Denmark from October the 28th to November the 1st. As part of the preparation of the Food4Growth took part in the planning of a meeting on food & hospitals in June 2013 in Aalborg. At the fall workshop partners assessed strengths and weaknesses as well as opportunities and threats. The idea was to identify the partners' expectations and capture untapped potentials in the planned cooperation. Discussions on development of protocols for joint research projects were started and planned for visibility, communication and dissemination.

Workshop, Spring 2014, Shanghai

The second workshop was held at Shanghai Fudan University, China. The program can be found [here](#). The workshop included visits to hospitals to get an understanding of the Chinese healthcare system and the way that food and nutritional care are dealt with. The planned papers from the project were discussed and agreements and division of responsibilities was made. Part of the program was on methods for dietary assessment and the potentials of using intelligent devices such as the Dietary Intake Monitoring System – DIMS (Ofei et al., 2014). Discussions were held and agreements were made regarding the F4G contribution to "Health Services in Transition". The planning of the summer school 2015 was initiated and a detailed plan for speakers and content was agreed upon.

Workshop, Autumn 2014, Jyväskylä

The third workshop was set to autumn 2014 (September 28th – October 3th). This workshop was held at JAMK University of Applied Sciences, Finland. This workshop would pick up on the results/conclusions from the previous workshop and the work that was carried out since the Shanghai meeting. The meeting would deal with the progress of fundraising, the status of the F4G papers and the continued planning of the summer school. Moreover researcher mobility was discussed and the meeting included an open seminar for the clinical and public health nutrition profession. Impressions from the meeting can be found on the [website](#).

Workshop, Summer 2015, Copenhagen & Oslo

The fourth workshop was held in the Food & Devices week August 24th – 28th in Copenhagen and Oslo and was co-arranged between the Food4Growth and

dVices4Food network projects in cooperation with Tromsø University and with the assistance of Oslo University Hospital. The Food & Devices week included internal joint network meetings and two excursions. The internal joint network meetings took place during the seminar cruise from Copenhagen to Oslo and was open to Food4Growth and dVices4Food network senior members. The seminar cruise to Oslo consisted, besides the internal on-ship joint meetings, in an excursion and a mini workshop at the State Hospital in Oslo with lectures on the hospital nutrition work and guided tour to the catering unit and ward.

Training courses

The network has carried out two training courses during the three years of operation.

Training course 1

The first training course was an International Hands-on Training Course on Novel Methods in Behavioral & Clinical Nutrition as part of the Food & Devices week (August 24th – 27th). The participant list counted 18 students and practitioners from eight countries.

Training course 2

The second training course was a three-day [PhD and graduate training](#) course entitled “ICT Assisted Methods for Measuring Behavior & Architectures in Complex Foodscapes – A Global Approach at Fudan University, November 9-11, 2015. The course was at doctoral level and attracted 15 students. For the lecturing level Denmark and Finland provided three lecturers each. Two students from Denmark participated along 12 from the Shanghai regions. Altogether 20 individuals participated. The course was supported by an additional grant from Nordic Centre at Fudan.

Seminars/Conferences

All together the network has held four open conferences. One was held as part of the kick-off events in Denmark and was an open conference on ICT assisting dietary data collection in health care. The [open seminar](#) on these potentials was held in Aalborg featuring leading intelligent device scientist Professor Mingui Sun from Pittsburgh University.

The activities in Jyveskyla included an [open conference](#) as did the events at Fudan University. A one-day open conference was held August 28th as part of the Food & Devices week. The open conference attracted 47 participants. The conference was covered well by the press as can be seen in the overview of the dissemination activities in the back of the report. The announcement can be seen [here](#). Altogether approximately 150 external participants have been involved in these activities.

3. Added value created by means of the project

How did we create value?

The network has opened up a number of new networking opportunities across continents. In general a good relationship has been established between the Nordic partners and Fudan, with the two University Hospitals and with the Nordic Centre at Fudan. By working together it has been possible to create value and to contribute to set an agenda for a Nordic-Chinese dialogue. Important discussions on the directions of the welfare system in relation to better food, healthier eating and nutritional care has taken place at the numerous workshops and open conferences of the program and by being active in dissemination through website, conferences, courses and workshops we have been able to create visibility for the network. The food4growth website demonstrates these dissemination efforts. The network has used a New Public Health approach. The network has created new value by contributing to the work in New Public Health by having developed a paper for the Health Services in transition. The network has initiated discussions on what dimensions of empowerment that could be applied at the individual as well as on the collective level in relation to food and nutritional care at the hospital and in the surrounding community. Through these discussions both similarities as well as differences between China and Nordic countries has been identified. The network has developed new insight in interventions and innovations in the area of public hospital food service and it has facilitated research cooperation and mobility between Denmark, Finland, Norway and China in particular through the 2 international training course held in Copenhagen and Shanghai. The network has finally created value by being visible in the on going scientific debate about topics such as eHealth, wearables, lifestyle logging and through the use of the case of DIMS (Dietary Intake Monitoring System) the network has created attention on the perspectives and barrier relate to using a knowledge triangle approach when it comes to innovation in the field of eHealth and eNutrition. The network has created visibility of its activities through its participation in the Nordic Theme at the European Union Innovation Summit in Brussels.

How did we address societal challenges?

The network has addressed the significant societal challenge posed by growing aged populations that is an issue in both China and the Nordic area. Important discussions and contributions in this field have been initiated and produced at the events of the network. Similarly efforts have been made to address the challenges of malnutrition at hospital.

What impact did we have on future relationships?

The network has created a solid foundation for maintaining and developing future relationships with partners in and around Fudan. We have created

relationships with the Nordic centre with partners at Fudan and the two university hospitals. These relations will be used to plan and execute the post-project conferences in November 2016.

What activities were most useful?

The “technology track” of the network has been particularly useful. The network was invited to give a lecture about the technology and innovation work taking place in Food4Growth at the Nordic Seminar on “Methods of Knowledge Transfer towards Innovation” held in Brussels in the fall of 2014. The Nordic Council of Ministers as part of the European Innovation Summit had arranged this seminar. The full program of the summit, the program of the Nordic Seminar and the presentation by Bent Egberg Mikkelsen can be found [here](#).

4. The Expectations for the Future of Your Project Network

What are the prospects for the network?

The network has applied and received funding for a continued cooperation - the *dVices4Food* network from the Danish Agency for Science Technology and Innovation and the Nordic Council of Ministers. Details regarding this activity that includes some of the F4G partners can be found [here](#). The network will continue to use these contacts and relations and plans for post F4G conferences are already sketched. In addition the network has led to a number of spin-off activities and will continue its efforts to seek funding for two conferences on Nutrition in ageing societies to be held in cooperation between AAU, University of Eastern Finland, Fudan and Via University College in Aarhus. It is scheduled for late November and is to be held in Beijing and Shanghai. The conference will address the above-mentioned challenge and present different approaches from China and the Nordic countries. It will build on the cooperation between the two regions within food and nutritional care. It will describe the size and the nature of the challenge and its present different solutions that can address the challenge.

What is the impression of the Chinese scholars' participation?

The network was invited to give a talk at the anniversary of the Nordic Fudan Centre in October. Due to other commitments this was not possible. Instead the network was invited to present a poster. This was done by the Chinese partners. The network also contributed with a chapter entitled "Applying the knowledge triangle to food and nutritional care at hospital – case-insights from the Sino Nordic Food4Growth network program" in the book *Methods of Modernizing the Nordic Knowledge Triangle – Design, Culture, Welfare, Energy and Entrepreneurship*, in the section on *case studies from participants*, sub-chapter *Sino-Nordic Networks*. Details can be found [here](#). To the best of our knowledge the Chinese partners have received valuable insight about the Nordic conditions both in the research and in the health care sector. The Chinese partners have participated during all events in the entire project period and a considerable number of Chinese PhD and graduate students have benefitted from the training courses.

What are the decisions concerning further research?

The network will continue its work on publishing its position paper on New Public Health. It is based on the contribution to Health Services in Transition and will be submitted to *Perspectives in Public Health* in 2016. The position paper uses a three-layer model as its conceptual foundation: the patient sphere, the hospital sphere and the community sphere.

Overview of dissemination activities

(28.05.2013)

- Nordic-Chinese Network will work for Better Food and Health in Hospitals
Aalborg University establishes an international research network with support from the Nordic ministry council. [See more here](#)

(14.05.2014)

- Food4growth Visits Fudan in Shanghai (In Danish)
With a Head-of-state and several ministers as a competitor Food4Growth finds itself in the shadows of the official Danish state visit in China during the upcoming week. That being a fact, the people behind the project are satisfied. [See more here](#)

(31.05.2014)

- Food4growth Will Be Presented In Workshop Of Future Food For Many - Nutrition, Regionality & Technology (In Danish)
Can 'Den Nordjyske Model' be imported? Asks the North-Chinese network for food in hospitals. [Read more here](#)

(18.11.2014)

- Nordic Chinese Innovation Networks Presented at European Innovation Summit in Brussels
The innovation work taking place in Food4Growth was one topics presented at the Nordic Seminar on "Methods of Knowledge Transfer towards Innovation". [Read more here](#)

(21.06.2015)

- Final Meeting To Be Co-Arranged Between Denmark And Norway
University of Tromsø and University of Aalborg in Copenhagen are arranging the "devices" and "food" week in late august. [Read more here](#)

(17.08.2015)

- Top Researchers From Denmark, China and the US Meet for Food&Devices Summit
The Food4Growth / dVices4Food International Food&Devices Week organized by the Food4Growth team. [Read more here](#)

(17.08.2015)

- Jyveskyla Meeting Captured on Camera
Impressions from the fall Food4Growth meeting in Jyveskyla meeting was captured. [Read more here](#)

(08.09.2015)

- Doctoral Students From Aalborgs International Training Course Perform Test at Herlev Hospital
Is it possible to support food & nutritional care services at hospital with modern information communication technology? [Read more here](#)
(08.09.2015)
- Measuring And Monitoring Dietary Intake - The Intelligent Way
Top researchers, doctoral students and practitioners meet for Food & Devices Summit at Aalborg University in Copenhagen. [Read more here](#)
(29.09.2015)
- New Book Chapter: Applying the Knowledge Triangle To Food And Nutritional Care At Hospitals
Case Insights from the Sino Nordic Food4Growth Network Program, by Egberg Mikkelsen, Aalborg University. [Read more here](#)
(28.11.2015)
- Fudan University Hosted The Graduate & Phd Course: Measuring Dietary Behaviour the Intelligent Way
The course featured the Dietary Intake Monitoring System, the eButton and other intelligent devices for ICT assisted collection of dietary data. [Read more here](#)
(28.11.2015)
- The Graduate & Phd Course: Measuring Dietary Behaviour, the Intelligent Way Successfully Completed
Want to learn more about the Dietary Intake Monitoring System, the eButton and other intelligent devices for ICT assisted dietary data collection? [Read more here](#)
(21.12.2015)
- Training Course At Fudan University Completed
Fully booked training on "Measuring dietary behaviour the intelligent way" was held in November 2015. [Read more here](#)
(23.12.2015)
- Read More (In Danish) in the No. 138 Issue, December 2015 Of 'Dietisten'
Bent Egberg Mikkelsen reports on the progress of the Food & Devices week. [Read more here](#)
(19.09.2015)
- The Food4Growth Network Meets for an Intensive working week concerning the Dims-Technology
Malnutrition is a considerable problem in the health care sector. Thus a network of international scientists has unified to develop intelligent DIMS' to assess a protein- and energy intake in e.g. citizens in nursery homes and patients in hospitals. [Read more here](#)

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Appendix 1. Participants Copenhagen 2015 Training course

Participants. *Training & Research Course ICT Assisted Methods for Measuring Diet & Behaviour in Complex Foodscapes* Aalborg University, Copenhagen, August 24 to 27

Janet van den Boer.....
Billy Langlet.....
Xi Jin.....
Joke van Eden.....
Marianne Køhler.....
Natalie Rangelov.....
Ulla Bach.....
Yan Wang.....
Yvonne Booij.....
Kuang Zhichao.....
Lise Justesen.....
Milou Vrijhof.....
Karina Dorph Pawlowski.....
Marie Nerup Mortensen.....
Diana Barbosa Cunha.....
Xiuqin Ma.....

Appendix 2. Participants. 2015 Open conference Copenhagen

1. Alessandra Periera, UniRio
2. Anette Søgaard, Udviklingssygeplejersje, Hospitalsenheden Horsens
3. Anja Bilot Jensen, fødevareinstitutter senior, DTU
4. Anne Lykkeskov, projektleder, det etiske råds sekretariat
5. Bent Egberg Mikkelsen, Professor, Aalborg University
6. Carina Pallazo, University of Santa Caterina
7. Carsten Køster, CEO, Anova Data
8. Cicilie Elstrøm Dam, Head of Reception, AAU.
9. Christine Antorini, MP
10. Christina søndergaard, Ernæringfaglig leder, Akaciegården
11. Diana Cunha, State University of Rio de Janeiro
12. Enni Mertanen, JAMK
13. Esmee Doets, Consumer Science & Health, FFC, AFSG
14. Eva Leedo, Projectmedarbejder, Frederiksberg Kommune
15. Eva Warensjo, Nutritionist PHD, National Food Agency Sweden
16. Faustina Hwang, Assoc. Professor, University of Reading
17. Frantisek Sudzina, Aalborg University
18. Gengsheng He, Fudan
19. Gitte kjeldsen, Project Manager, MTIC
20. Helle Herlin, Herlin Consulting Ejer
21. Janice Baranowski, Baylor College, Houston
22. Janne Svendsen, Dankost consultant
23. Jianqin Sun. Professor Fudan University Hospital
24. Jon Hemmingsen, Tachita.
25. Jos Van Den Puttelaar, UR Researcher, LEI Wageningen
26. Karina Pawlowski, Aalborg University
27. Kuang Zhichao, Fudan
28. Karen Hamann, IFAU
29. Kwabena Ofei. PhD, Aalborg University
30. Line Ekdahl, AAU
31. Manfred Eggersdorfer, Professor, Nutrition Science & Advocacy
32. Michal Dobroczynski, CEO, Syscore.
33. Natalie Rangelov, Università della Svizzera Italiana
34. Olga Kutnohorska
35. Øivind Irtun, Professor Tromsø University Hospital
36. Ravin Kaji Shrestha, Aalborg University
37. Sagar Koirala, Aalborg University
38. Silvia Kolossa, PHD Student, Technische Universität München Germany
39. Sonya Chuhovska, Aalborg University

- 40. Søren Riber, R&D Manager, Danish Crown
- 41. Tina Beck Hansen, Fødevareinstituttet Seniorforsker, DTU
- 42. Tina Munk, Hellerup Hospital
- 43. Thomas Bjørner, Medialogy Associate Professor, AAU
- 44. Thomas Dyrmann, PHD Student AAU
- 45. Tom Baranowski, Professor, Baylor College, Houston
- 46. Wenyan Jia, Research professor, Pittsburgh University.
- 47. Wang Yan, Fudan

Appendix 3. Participants 2015 Fudan Training course

Last name	First name	Country
Pan	Zhi	Fudan University, Shanghai, China
Dorph Pawlowski	Karina	Aalborg University, Copenhagen, Denmark
Wang	Yan	China, Shanghai Huadong Hospital
Zhang	Meiru	Fudan University, Shanghai, China
Yuan	Yaqun	Fudan University, Shanghai, China
Liang	Qianqian	Fudan University, Shanghai, China
Dong	Ruihua	Fudan University, Shanghai, China
Jin	Wei	Fudan University, Shanghai, China
Chen	JingSi	Fudan University, Shanghai, China
Kuan	Zhichao	Fudan University, Shanghai, China
Zheng	Jianheng	Fudan University, Shanghai, China
Li	Fan	Fudan University, Shanghai, China
Lindum	Jakob	Aalborg University, Copenhagen, Denmark
Yu	Miau	Tongji University, Shanghai, China

Appendix 4. Key Performance Indicators

Project reference number:	
Project title:	Sino nordic network project for nutrition, diets & healthy lifestyle
Coordinator:	University of Aalborg (DK)
Participants:	Aalborg University (DK), Arctic University (NO), University of Applied Sciences/JAMK (FI), Fudan University
Dissemination activities in the period January 2013 to December 2015	
-please list the number of activities in terms of:	
Workshops:	4
Seminars/conferences:	5
PhD courses:	2
Summer schools:	
Publications:	1
Conference papers:	2
Journal papers:	1
Conference presentations:	23
Total	38