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International Atomic Energy Agency

Agence Internationale de l'énergie atomique

Международное агентство по атомной энергии

Organismo Internacional de Energía Atómica

National Liaison Officer

Vienna International Centre, PO Box 100, 1400 Vienna, Austria

Phone: (+43 1) 2600 • Fax: (+43 1) 26007

Email: Official.Mail@iaea.org • Internet: <http://www.iaea.org>

In reply please refer to: C7-RER/6/034/002

Dial directly to extension: (+431) 22419

2016-12-16

Subject: Invitation to a Regional Training Course on Assessment of Physical Activity using Accelerometers and Questionnaires, Podgorica, Montenegro, 22–26 May 2017

Dear National Liaison Officer,

I am pleased to invite you to send nominations of suitable candidates to participate in the above-mentioned training course under the framework of TC Project RER/6/034 – Applying Nuclear Techniques to Design and Evaluate Interventions to Prevent and Control Obesity in Adolescents in South-Eastern Europe. The purpose of the training course and related information are outlined in the attached Prospectus.

For candidates who are selected by the IAEA, the IAEA will cover the cost of return international travel from the home country to Podgorica, Montenegro and provide a stipend for the duration of the training course in line with IAEA rules and procedures.

Please submit nominations to the IAEA online through the Technical Cooperation Department's InTouch system (<http://intouch.iaea.org>). Only if this is not possible, nominations may be submitted on the Nomination Form for Training Course available on the IAEA website: <http://www.iaea.org/technicalcooperation/How-to-take-part/train-course/index.html>. Completed forms should be endorsed by relevant national authorities and sent to the Programme Management Officer for this project, Ms Ludmila Wiszczor (IAEA Official Fax: +43-1-26007 or E-Mail Official.Mail@iaea.org), through the official channels, i.e. the designated National Liaison Office for IAEA matters, not later than 9 March 2017.

Yours sincerely,

Martin Krause

Director

Division for Europe

Department of Technical Cooperation

Enclosures: Prospectus

International Atomic Energy Agency

Regional Training Course on Assessment of Physical Activity Using Accelerometers and Questionnaires

PROSPECTUS

- Project Number & Title:** C7-RER/6/034 – Applying Nuclear Techniques to Design and Evaluate Interventions to Prevent and Control Obesity in Adolescents in South-Eastern Europe
- Place (City, Country):** Podgorica, Montenegro
- Dates:** 22–26 May 2017
- Deadline for Nominations:** 9 March 2017
- Organizers:** The International Atomic Energy Agency (IAEA) in collaboration with the Government of Montenegro through the Institute of Public Health
- Host Country Organizer:** Mr Borko Bajic
Course Director
Institute of Public Health
Dzon Dzekson
PO BOX 200000
8100 Podgorica
MONTENEGRO
Tel.: 38220412888
EMail: borko.bajic@ijzcg.me
- Language:** English
- Purpose:** To train participants on assessment of physical activity using accelerometers and questionnaires.
- Expected Output(s):** Participants trained on procedures for assessment of physical activity using accelerometers and questionnaires.

Protocol for assessment of physical activity in children using accelerometers and questionnaires developed.

Scope and Nature:

This will be second regional training course to enable field workers to assess the level of physical activity in children using both Actigraph accelerometers and questionnaires. The training will be for 5 days. The training will be in the form of lectures and practical classes.

Background Information:

Overweight and obesity represent a great public health problem in Europe. Rapid changes in dietary habits, lifestyle, and lack of physical activity have led to rising rates of obesity, diabetes, hypertension, blood lipid disorders and cardiovascular diseases in European countries. Non-communicable diseases (NCDs), particularly cardiovascular diseases are the leading cause of mortality throughout Europe. These negative health trends are not only attributable to high-income European countries, but represent a major burden also for developing European countries, including the middle-income countries of Eastern and South-Eastern Europe.

Younger population in these countries is also affected by unhealthy trends. According to the Health-Behaviour in School Aged Children Survey from 2009/2010, 33% boys and 20% of girls aged 11 were overweight and similar trends are expected in other countries. Obesity at younger age is a serious public health challenge as overweight and obese adolescents are likely to stay obese into adulthood and more likely to develop NCDs, thus putting a huge burden on the already overstretched health systems of these countries. In summary, there is an urgent need for the development of strategies to prevent and restrain the growing problem of obesity and related health risks in South-Eastern Europe, as well as to evaluate existing strategies. Stable isotope techniques can be effectively used to provide accurate information on overweight and obesity. This project intends to guide the design of interventions to prevent and control obesity in these countries, where obesity represents a major public health problem and to evaluate existing programmes to contribute to the improvement of strategies.

The project is directly linked to regional WHO strategies on childhood obesity and on prevention of non-communicable diseases and aligns well with sustainable development goal 3.4 to reduce mortality related to NCDs

The IAEA has fostered the widespread use of stable isotope techniques in Member States to support their efforts to develop effective, evidence-based nutrition interventions. The unique characteristics of stable isotope techniques make these methods highly suitable for development and evaluation of interventions to address the urgent need to improve nutrition throughout the life cycle. For this project, stable isotope techniques will add value by increasing the sensitivity of measurements in assessing nutritional status (body fat and lean body tissue) in school children thereby providing much needed evidence-base to design interventions to prevent and control obesity and NCDs in participating Member States.

The training course will facilitate transfer of the needed technical skills to implement the project.

Participation: The training course is open to 46 participants from Albania, Belarus, Bosnia and Herzegovina, Greece, Hungary, Latvia, Lithuania, Macedonia, Montenegro, Moldova, Portugal, Russia, Serbia, Slovakia, Ukraine and Uzbekistan.

Participants' Qualifications: The participants should be specialists in Human Nutrition with demonstrated experience in work on prevention and management of overweight and obesity.

Each country is invited to nominate two people as follows:

- 1. The designated national project coordinator who should be familiar with programmes on the prevention and control of obesity and non-communicable diseases.*
- 2. A technical person/technician familiar with laboratory procedures and who will be in charge of day to day sampling and sample analysis. The counterpart will be responsible for nominating this person through the NLO.*

Nomination Procedure: Please submit nominations to the IAEA online through the Technical Cooperation Department's InTouch system (<http://intouch.iaea.org>). Only if this is not possible, nominations may be submitted on the Nomination Form for Training Course available on the IAEA website: <http://www.iaea.org/technicalcooperation/How-to-take-part/train-course/index.html>. Completed forms should be endorsed by relevant national authorities and sent to the Programme Management Officer for this project, Ms Ludmila Wiszczor (IAEA Official Fax: +43-1-26007 or E-Mail Official.Mail@iaea.org), through the official channels, i.e. the designated National Liaison Office for IAEA matters, not later than **9 March 2017**.

Administrative and Financial Arrangements: Nominating Governments will be informed in due course of the names of the candidates who have been selected and will, at that time, be given full details of the procedures to be followed with regard to administrative and financial matters.

Selected participants from countries eligible to receive technical assistance will be provided with a round trip economy class air ticket from their home countries to Podgorica, Montenegro, and a stipend sufficient to cover the cost of their accommodation, food, and minor incidentals. Shipment of accumulated training course materials to the participants' home countries is not the responsibility of the IAEA.

The organizers of the training course do not accept liability for the payment of any cost or compensation that may arise from damage to or loss of personal property, or from illness, injury, disability or death of a participant while he/she is travelling to and from or attending the training course, and it is clearly understood that each Government, in nominating participants, undertakes responsibility for such coverage. Governments would be well advised to take out insurance against these risks.