

Obesity in a One Health perspective

REFERENCE: Short Term Scientific Mission, COST TD1404 NEOH

Beneficiary

Alberto Muñoz Prieto

PhD Student

University of Murcia, Veterinary Faculty, Campus de Espinardo, 30100

Spain

Host

Charlotte Reinhard Bjønvard

Professor of Companion Animal Internal Medicine

University of Copenhagen, Faculty of Health and Medical Sciences, Dyrlægevej 16, 1870

Frederiksberg C

Denmark

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1. Purpose of the visit

This STSM served to study the different possible ways to implement a One Health approach in cases of canine and human obesity. The aim was to visit and establish collaborations with researchers with an extensive experience in the field of pet obesity and also with researchers specialized in human nutrition and lifestyle.

2. Description of the work carried out

Discussions about the best way of characterization of “the obesity case” in the frame of One Health by evaluating obesity prevalence among humans and their pets, including the social, environmental and economic drivers were undertaken. This was done by meetings with my host, Charlotte Reinhard Bjønvard, and Liza Rosenbaum Nielsen of the University of Copenhagen, Section for Animal Welfare and Disease Control during STSM.

We also had a meeting with Professor Peter Sandøe, Department of Food and Resource Economics and Department of Large Animal Sciences of the University of Copenhagen. The focus of that meeting was to identify some basic points for an appropriate questionnaire design such as:

- 1) Adequate definition of the target population to aim the questions correctly and get the available information
- 2) Structuring of different steps to perform a questionnaire correctly (research questions, definition of knowledge to acquire and questionnaire design and finally write the survey)
- 3) Discussion on the methodology of previous work that could serve as a model for our project
- 4) The importance of having a good network of contacts and partners to extend and improve the questionnaire.

In addition, a review about the literature recommended by the experts during these meetings related to One Health was made in order to update my knowledge in the field.

3. Description of the main results obtained

The main result obtained was advancement in the global research idea and main points to be considered in the questionnaire that is under preparation.

Some key points raised were: the need to have a target population to which conduct the survey. In addition, the importance of an appropriate determination of body condition score (BCS) was discussed. Another point to pay attention to would be the design of the questions included (length, suggested answers, response levels, etc.) that may be critical when it comes to encouraging people to answer our questions type.

In addition the importance of a proper design of the questionnaire was stressed. Ideally it should be composed of different parts and clearly defined, such as one section for the owner information, other for pet information and other for the relationship between them.

As a result all these ideas will be incorporated at the questionnaire.

4. Future collaboration with host institution (if applicable)

It is planned to keep the collaboration with the host institution for the development of the questionnaire.

5. Projected publications resulting or anticipated to result from the STSM

This STSM could provide an example of a One Health challenge that relates to the health of humans, animals and our common environment (i.e. 'way of living') that could be included in the NEOH handbook.

It is also expected that when the questionnaire is finished, the data will be disseminated by presenting a poster/oral presentation at an international congress. In addition, it is expected to publish an article on the One Health approach to tackling the obesity epidemic in humans and pets.

6. Confirmation by the host of the successful execution of the mission

It has been a great pleasure hosting Alberto Muñoz at the University of Copenhagen. We had interesting and fruitful discussions as reflected in the scientific report. The outcome of these discussions will hopefully help in the successful development of a questionnaire that will have a One health approach to Obesity in humans and pets. Additionally, Alberto followed the activities in our clinical nutrition service and also here engaged in interesting discussions with students and colleagues while learning about both clinical obesity management and ongoing research projects in feline obesity. Hopefully the visit by Alberto will be the first step in a future common collaboration between our two institutions.

7. Financial summary

Expenses	Total expenses in EUR	% covered by NEOH grant (EUR)
Travel	320 EUR	96% (300 EUR)
Accommodation	230 EUR	86% (200 EUR)
Consumables (meals)	615 EUR	89% (550 EUR)
Total	1165 EUR	90 % (1050 EUR)

8. Other comments (if any)

I would like to thank all the experts that helped in this STSM.

Signatures

17-05-2016

Grantee

Host

17/5-2016

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