

METROPOLITAN
UNIVERSITY COLLEGE

METROPOL

Research & Development at Metropolitan University College, Copenhagen

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Mobilizing Universities of Applied Sciences for Horizon 2020
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Metropolitan University College, Copenhagen

Metropolitan University College is a university of applied sciences with campuses in Copenhagen, the capital of Denmark

Metropolitan conducts applied research and development activities in welfare-sector, health, rehabilitation, welfare technology, management, education and social work

Metropolitan offers

- Bachelor's Degree programmes
- Academy Profession Degree programmes
- Postgraduate studies

Two Faculties

- Faculty of Health and Technology
- Faculty of Social Science and Pedagogy



Facts

- Approximately 10,000 students
- Approximately 1,000 employees
- A budget of approximately 100 million EUR

Research areas of interest

Topics, a few of our projects

- Person centred health care including role of relatives – *Institute of Nursing*
- Inequality in health – *Institute of Nursing*
- Vulnerable patients/citizens – *Institute of Nursing*
- Transitions - intra and inter-institutional – *Institute of Nursing*
- Empowerment and self-efficacy during the entire life cycle – *Institute of Nursing*
- ICT in health (e-health and m-health) – *Institute of Nursing*
- Qualitative Methods, Quantitative Methods - and Mixed Methods (Rod Taylor UK, Michael Feters US and Vicky Dickson US)
- Interventions in pregnancy and childbirth - patterns, explanations, and consequences of the rise over 15 years – *the Midwifery Department “Technology and medicalization in pregnancy and childbirth”*
- Math Recovery for Marginalized Groups (RCT identifying evidence for a teaching model improving math skills for primary school children) – *Institute of School and Education*

For further information about our R&D projects, please visit our website:
www.phmetropol.dk/English

Healthy Food

Poor diet and obesity, a larger burden of non-communicable diseases (NCDs) than tobacco, alcohol and physical inactivity combined¹



Healthy food policies in EU Member States: potentially halve the current burden of disability and premature death²

Dietary policy interventions³:

- guarantee sufficient nutrient provision
- reduce premature NCD-associated mortality rapidly
- help to foster environmental sustainability (pesticide reduction, monoculture minimization)
- prevent climate change (minimize green house gas emissions)
- reduce by making healthy diets affordable.

Excellent example for challenges that demand collaborative, inter-sectorial, international research programmes (Horizon 2020) spanning academia, public health, governments, agriculture, industry and the third sector.

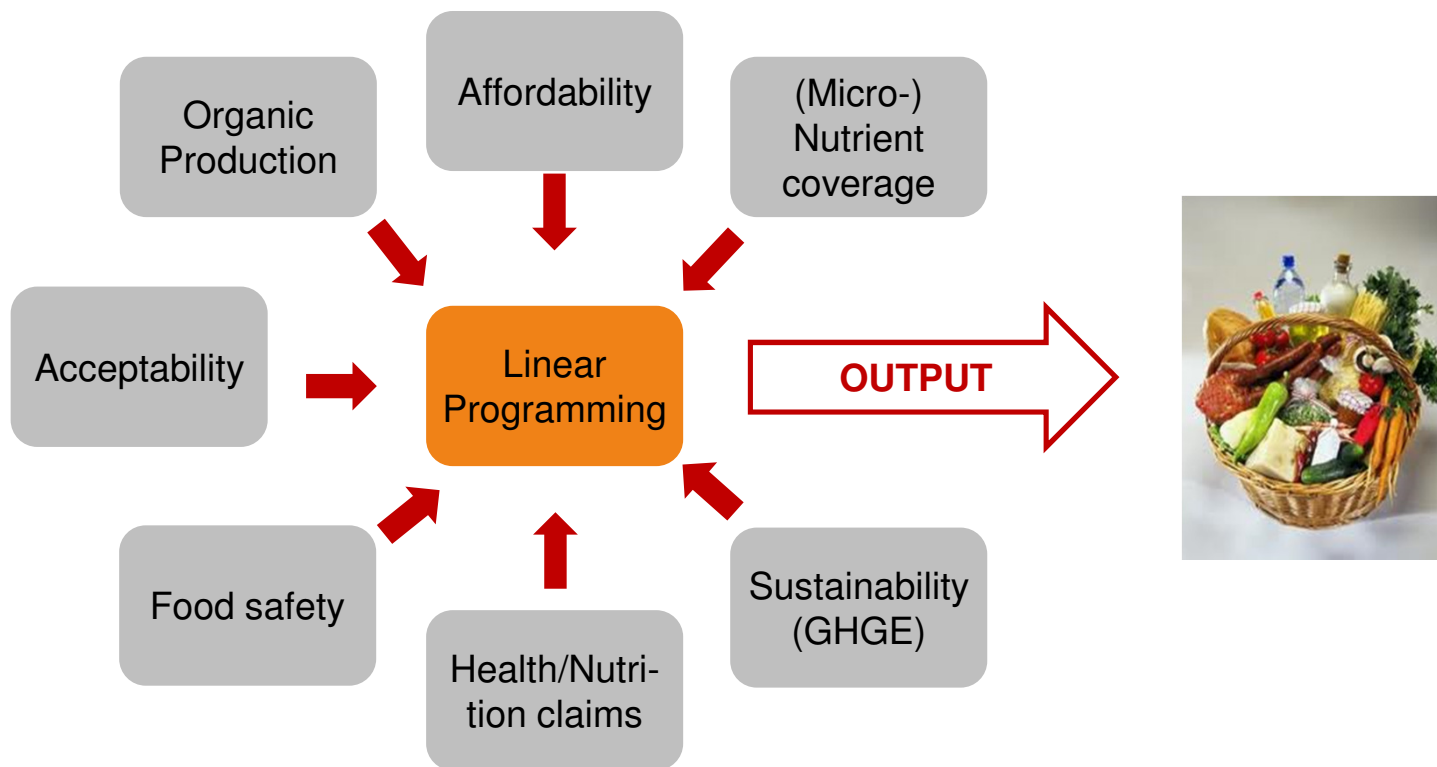
¹GBD. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors. Lancet 2012; 380: 2224–60;

²D Mozaffarian & S Capewell. UN dietary policies to prevent CVD. Modest diet changes could halve the global burden. BMJ 2011; 343: d5747

³R Bonita et al. Country actions to meet UN commitments on NCDs: a stepwise approach. Lancet 2013; 381; 9866: 575-584.

Linear Programming (LP)

An Integrative Tool to Develop Health-Promoting Affordable, Environmentally National Food Baskets (HNFB)



Alexandr Parlesak, PhD & Aileen Robertson, PhD Metropolitan UC, Copenhagen, Global Nutrition and Health in Collaboration with Jørgen Dejgaard Jensen, PhD & Sinne Smed, PhD Copenhagen University and João Breda, PhD, Nutrition Programme, Physical Activity & Obesity Division of Non-communicable Diseases & Life-course - WHO Regional Office for Europe, Copenhagen

Food Baskets for Europe

Nutritionally Complete, Health-Promoting, Affordable, and Environment-Friendly Food Baskets for Europe

- Could be used as tools by national authorities to guarantee environment-friendly and sustainable food production
- Identify critical nutrients in local diets, so initiating a change in diet or practices
- Identify (novel) foods that can close nutrient gaps
- Improve cost-efficacy in families striving for a healthy diet
- Used in nutrition education programmes (WHO etc.)
- Examine the effect of supplements or fortified foods
- Help to fix minimum wages for families
- Help to minimize changes in food prices (e.g. under food crises conditions)
- Contribute to optimized homestead food production



Parlesak A, Geelhoed D, Robertson A. Toward the prevention of childhood undernutrition: Diet diversity strategies using locally produced food can overcome gaps in nutrient supply. Food and nutrition bulletin. 2014;35(2):191-9.

Existing networks



UNIVERSITY OF HELSINKI



Project Partners

Projects in healthcare

Artic Appetites

Food Security in Greenland and Climate Changes

Healthy Food Basket

To maximize affordability of national diets that are fully nutritious, health-promoting, sustainable, and acceptable

Promoting Food Security

Promoting food security of low-income women in central Uganda

Nordic Network for Education in Public Health Nutrition

Scaling up public health nutritionists

Partners

- **Iisimatusarfik (University of Greenland)**
- **University of Helsinki**
- **Canadian Circumpolar Institute (University of Alberta, Canada)**
- **University of Copenhagen**
Practical partner: Health Services of Greenland
- **University of Copenhagen**
- **Oxford University**
- **Aix-Marseille University**
- **Makerere University, Uganda**
Practical partner: CHAIN (Community Health and Information Network)
- **Oslo and Akerhus University College of Applied Sciences**
- **University of Helsinki, Finland**
- **Orebro University**
- **University of Iceland**
Practical partner: World Public Health Nutrition Organization

Potential partnerships

Institute of Nursing

- Established a European partnership in relation to Horizon 2020 application with partners in Finland, Denmark and Spain
- Explored contact with Hochschule für Technik und Wirtschaft Berlin HTW Berlin - University of Applied Sciences (Professor Mathias Knaut)
- Interested in partnerships for Interreg, Horizon calls and Marie Curie research projects and network & exchange (Distinguished Visiting Professors)

Midwifery Department

- Collaboration could unify national analyses and enable proper international comparisons for discussions of net-effects of interventions within this field

Department of Physiotherapy and Occupational Therapy

- Inspiratory Muscle Training: University of Leuven, Belgium



Information about R&D projects in other departments:
www.phmetropol.dk/English

Research & Development Contacts



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