



The Sabri Ülker Food Research Foundation was established in 2009 with the objective of enhancing nutrition science and knowledge, with a special focus on the Turkish population and regional neighbours.

Foundation aims to provide the public with accurate and reliable information on foods and nutrition based on science, legislation and applications at national and international levels interacting with key institutes, universities, governmental and non-governmental organizations to encourage best practice, to achieve scientific consensus and to support educational and other communication initiatives.



BACKGROUND

The development of novel technologies to assess dietary intake will facilitate the public in measuring their individual dietary intake, eating habits and nutritional status. Advances in this field will also aid researchers and policy makers to better elucidate how diet influences public health and well-being. As a novel tool, Self Check is a scientifically based online programme which has developed by the Institut für Ernährung und Prävention and Hohenheim University to assess nutritional status. The Self-Check program is a questionnaire which provides insight into the individual's eating habits based on the frequency of certain foods and beverages consumption and their lifestyle. The program calculates a point according to eating habits and the point determines which tips are offered to a person's unique requirements. The programme aims to help people determine their eating habits based on their food preferences and physical activity status. Anyone who uses this program will be able to easily follow the changes in their eating behavior and also have the chance to consume more often the foods better suited to their health.

OBJECTIVE

Self Check Program was adapted to fit Turkey's cuisine and nutrition habits with the collaboration of Hohenheim University Department of Nutrition and Bio-chemistry and the Science Committee of the Sabri Ülker Foundation. The aim of this study is to assess nutrition status of participants who accessed Sabri Ülker Foundation website and completed the Self Check online test between January 2015 and December 2016. Body mass index (BMI), smoking habits, consumption frequency of foods groups, drinks and physical activity status of participants were analyzed by Self Check. Total nutrition score of participants according to Self Check test were calculated.

METHODS

The program's score assessment is based on the interventional results of many epidemiological studies (such as the INTERHEART Study and the Framingham Study), current score systems (such as the PROCAM Score) and the studies of national and international professional bodies. In this scale a score of 100 reflects the best possible outcome, whereas a score of 0 reflects the worst. The score shows to what extent you prevent yourself from maintaining your health. Condition: Score ≥ 80 «very good», condition: Score $60 < 80$ «relatively good», condition: Score $40 < 60$ «average», condition: Score $20 < 40$ «not good», condition: Score < 20 «low». If the consumer uses the program he can easily figure out whether a change in nutrition behavior or in specific food patterns might help to improve the status. Furthermore the consumer gets information regarding food and health relationship. The Self Check Program was adapted to fit Turkey's cuisine and nutrition habits with the collaboration of Hohenheim University Department of Nutrition and Bio-chemistry and the Science Committee of the Sabri Ülker Foundation. The aim of this study is to assess nutrition status of participants who accessed Sabri Ülker Foundation website and completed the Self Check online test between January 2015 and December 2016.

RESULTS

A total of 1241 adults completed Self Check. Nutrition scores showed that 54% of adults diet was average, 39.2% was relatively good and only 2.1% was very good (Figure1). According to self-check 30 % of adults consume fresh fruits and only 10% drink milk regularly. Most adults 66% did not adhere to recommended intake of fish as 2 times per week (Figure2). Adults who consume whole grains at least one time per day frequency was 17 percent and 54% of adults have physical activity less than 1 hour per week.

Pillars and Projects of Sabri Ülker Foundation

To encourage healthy living by promoting healthy eating and a balanced diet

To support and encourage new research, education and other initiatives in the field of food and nutrition

To present the public with useful information derived from a variety of reliable sources, both nationally and internationally



CONCLUSION

The Self Check aims to help people determine their eating habits based on their food preferences. Anyone who uses this program will be able to easily follow the changes in their eating behavior and also have the chance to consume more often the foods better suited to their health. The "Self Check" program aids consumer awareness between eating and health. These results support that this program is quite important in terms of providing an insight to consumer eating habits and how to develop it. In line with the results of this study, the Turkish version of Self Check programme has been updated with the aim of increasing the number of individuals that can improve their nutrition status. Foundation encourages healthy living by promoting healthy eating and a balanced diet. In accordance with this purpose, foundation have pillars and projects in addition to Self Check programme, as Balanced Nutrition Education Project, iGrow mobil application, advertorials, social media communication and web sites, balanced nutrition cuisine, Sabri Ülker science award and H2020 initiatives, Nutrition and Healthy Lifestyle summit, having role in ILSI task forces, membership of society of nutrition and food science. Foundation has reached 1.5 million children and teachers via Balanced Nutrition Education programme and 225 thousand individuals via website and 20 thousand interactions with mothers and health professionals via iGrow. Foundation has continued to provide the public with accurate and reliable scientific information on healthy living and nutrition, forging ahead with its goal of becoming an exemplary organization.