



Hello Zero Hidden Hunger EU Community!

Dear Reader,

Welcome to the first edition of the Zero Hidden Hunger EU newsletter!

Through this platform we'll bring you closer to our mission of quantifying the real prevalence of micronutrient deficiencies in Europe and developing context-specific, food-focused strategies to ensure adequate intake of vitamins and minerals.

Enjoy the read!



Meet the project!

Zero Hidden Hunger EU (2024-2028) is a four-year project that brings together 19 partners from 12 European countries, including 14 universities and research centres, 3 non-profit organizations, 2 small and medium-sized enterprises (SMEs).

Our shared mission? Tackling the hidden hunger caused by micronutrient deficiencies.

Using priority biomarker data and insights into micronutrient consumption across Europe, the project focuses on high-risk groups, including children, adolescents, women of reproductive age, older adults, immigrant and ethnic minority groups, and those affected by social inequality. By addressing these challenges, we aim to create healthier futures for Europe's most vulnerable populations.

What we have done



Where it all began

The project kicked off his activities with a meeting in Brussels during which partners introduced their team and described the roadmap for the upcoming years.

[Read more](#)



Meet the coordinators

Discover Zero Hidden Hunger EU through two videos featuring our coordinators, Mairead Kiely and Kevin Cashman, from University College Cork (Ireland).

Watch the videos



2024 in numbers

In its first year, the Zero Hidden Hunger EU website attracted 2,271 visits, generating a total of 5,666 pageviews. We shared 30 posts on LinkedIn and X reaching a combined total of 12,254 views and achieving 718 reactions.

Visit the website

Costs of Micronutrient Deficiencies in the European Union



Economic Costs

The economic implications of micronutrient deficiencies in the EU are substantial. Read the analysis written by Brendan McElroy and Lee-Ann Burke from University College Cork, and Siân Astley from EuroFIR.

[Read more](#)

Micronutrient Deficiencies in Older Adults: Causes, Challenges, and Solutions



Micronutrient Deficiencies in Older Adults

Discover an analysis on the challenges and solutions for addressing micronutrient deficiencies in older adults by Siân Astley (EuroFIR).

[Read more](#)



World Food Day 2024

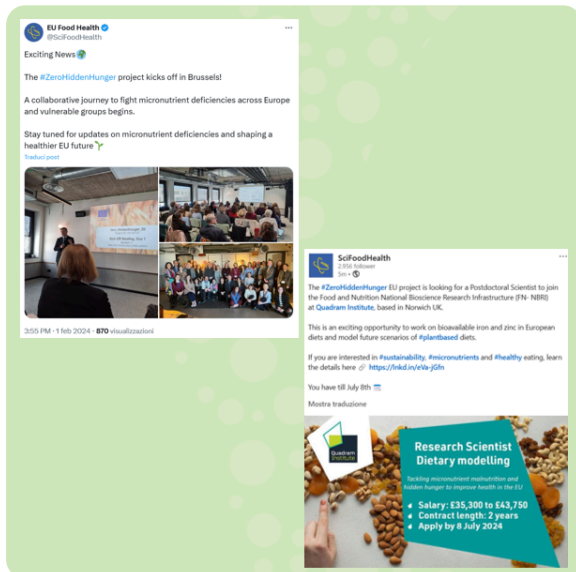
In October, Zero Hidden Hunger EU partners celebrated the World Food Day 2024 through a series of posts on LinkedIn and X, along with a co-branded joint social media campaign with EUFIC. Use the hashtag #ZeroHiddenHungerEU to read the posts.



Dissemination

Our partners have been sharing Zero Hidden Hunger EU at various events across Europe. Stay updated on past and upcoming events.

[Visit the website](#)



Social media

Follow the hashtag [#ZeroHiddenHungerEU](#) to stay in the loop with project activities, campaigns, and discussions.

LinkedIn

X

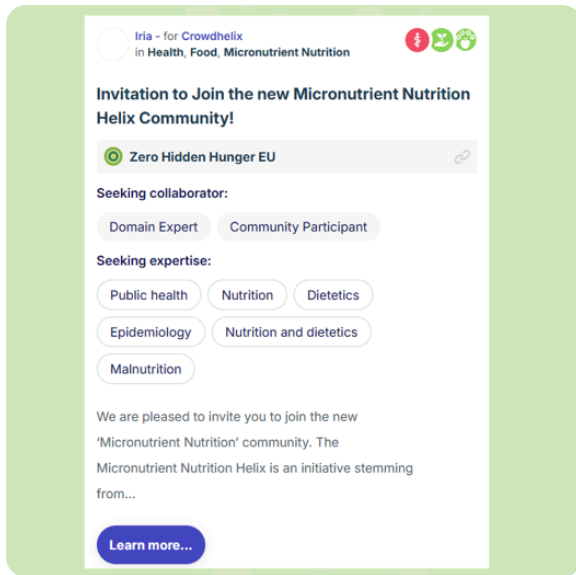


Policy Lab

During this year, EPHA has set up the stage for the upcoming policy lab: key stakeholders have been identified, the script has been drafted, and the protocol is online on Zenodo.

Visit the website





Helix

As part of the project, the “Micronutrient Nutrition Helix” is now live. Join the community by registering on Crowdfunder.

[Discover more](#)



CONTACT

info@zerohiddenhunger.eu

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