

Invitation to participate in the European Food Environment Delphi study

Dear European nutrition professional,

My name is Jet van de Geest, researcher at Amsterdam UMC, working with Jeroen Lakerveld and colleagues within the EU project OBCT (Obesity: Biological, socioCultural, and environmental risk Trajectories). As part of this initiative, we have mapped all food outlets across Europe in order to develop a European Food Environment Healthiness Index (FEHI), building on our earlier Dutch version (see publication for more details on the Dutch FEHI).

To ensure that this index reflects expert consensus across Europe, we are conducting a Delphi study and are seeking contributions from nutrition (and dietetics) experts. **Via an online questionnaire, experts will rate how healthy a food outlet is on a scale from -5.00 (least healthy) to +5.00 (most healthy).**

About the study:

- Participants rate the healthiness of 20 food outlet types (via an online questionnaire; estimated timing: Q2 2026)
- Two to three online rounds (+/- 25 minutes each, spread over approximately two months) to reach consensus* on healthiness of each food outlet
*determined by a SD <1.5 of the mean score or an IQR of <2.0 of the median score
- Participants will receive the intermediate results including descriptive statistics on healthiness scores of each food outlet and qualitative arguments from fellow participants before the next round starts
- All participants will be acknowledged in the final publication

Note: To be included in the study it is required to have at least a Bachelor's degree level knowledge in a nutrition-related field.

If you are interested in participating, please fill in your name and email address [here](#) and we will get in touch with you shortly. We aim to gather input from experts across all corners of Europe, so feel free to share this invitation within your professional network. For more information, please contact me at j.d.s.vandegeest@amsterdamumc.nl.

With kind regards, on behalf of Jeroen Lakerveld and the rest of the team,

Jet van de Geest

PhD Candidate at Amsterdam UMC

