**FOOD and NUTRITION EDUCATION for Healthy Diets**

**WHY IS FOOD AND NUTRITION EDUCATION NEEDED?**

Food and Nutrition Education consists of a variety of educational strategies that can be implemented at different levels, aimed at helping people to achieve long-lasting improvements in their diets and eating behaviors.

Some results of successful food and nutrition education initiatives:

- **NATIONAL**
  - Health care system
  - Food assistance programs
  - Food industry
  - Food & agricultural systems
  - Policy
  - Political & social structures
  - Media
  - Social & cultural norms

- **COMMUNITY / INSTITUTIONAL**
  - Rules, informal structures
  - Child care organizations
  - Workplaces, schools
  - Neighborhoods, shops, restaurants
  - Community organizations
  - Information available
  - Recreational facilities, parks

- **FAMILY / GROUP**
  - Cultural & social practices
  - Social support
  - Networks
  - Peer influence

- **INDIVIDUAL**
  - Food preferences & enjoyment
  - Beliefs, attitudes, values, perceptions
  - Knowledge, skills
  - Empowerment

Food and Nutrition Education works at all these levels.

**DIETS AND EATING BEHAVIORS** are influenced by many factors, including all relevant sectors and strengthening their capacities.

**MALNUTRITION** is a global problem.

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Food and Nutrition Education is not only about giving people information. IT IS ABOUT:

- **Empowering** people to take charge of their own diets and health
- **Influencing** decision makers to implement policies which promote healthy diets
- **Advocating** for improvements in the food environment to enable healthy food choices
- **Carrying out** realistic and participatory educational activities
- **Aiming** at small, appealing, do-able improvements in what people perceive and do
- **Building on** people’s desires to be healthy, know more about diets, and eat good food
- **Understanding** people’s needs and what influences their diets
- **Engaging** people in activities that make food more nutritious and safe
- **Understanding** people’s desire to be healthy

Some results of successful food and nutrition education initiatives:

- **CONSUMERS**
  - Unhealthy diets are one of the leading causes of global mortality
  - Food and Nutrition Education consists of a variety of educational strategies that can be implemented at different levels, aimed at helping people to achieve long-lasting improvements in their diets and eating behaviors.
  - **MALNUTRITION** is a global problem.

- **FAMILIES**
  - Unhealthy diets are one of the leading causes of global mortality
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- **PARENTS**
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- **SCHOOLS**
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- **FOOD PRODUCERS**
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- **GOVERNMENTS**
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- **PEOPLE**
  - Unhealthy diets are one of the leading causes of global mortality
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- **COMMUNITIES**
  - Unhealthy diets are one of the leading causes of global mortality
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- **CONTACT INFO:**
  - 1.9 BILLION adults are overweight or obese
  - 2 BILLION people suffer from undernourishment
  - 161 MILLION people are too short for their age
  - 795 MILLION people do not get the food they need to live a healthy life

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