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Opportunities and challenges for nutrition societies to redress malnutrition through food-based approaches

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INTRODUCTION



- Even the substantial efforts have been made toward achieving the MDG (Goal of halving % of hungry people between 1990 and 2015), the progress to meet that target is too slow.
- The hunger touches a billion people and takes worrying proportions in about 30 countries, according to a report of International Institute of Research on the Food Policies (IFPRI), (Monday October 11, 2010).
- The hunger reaches alarming levels in 25/122 developing countries studied.
- All the countries (Except Haiti and Yemen) that reached alarming level are in **Sub-Saharan Africa and South Asia.**
- The burden of malnutrition, both over-nutrition and under-nutrition, as well as the infection related malnutrition (HIV/TB), are still reported or growing.

MALNUTRITIO



Undernourishment: N

- 1990-1992: 816.3 million (or 20%) of the population
- 1997-1999 → (or 17%) of the population (777.2 million) (FAO)
→ Global food crisis & worldwide recession
- 2009 → >1 billion
- 2010 → 925 million

(FAO)

In AFRICA

Number of stunted children (millions)

Over 45 million children in Africa have stunted growth

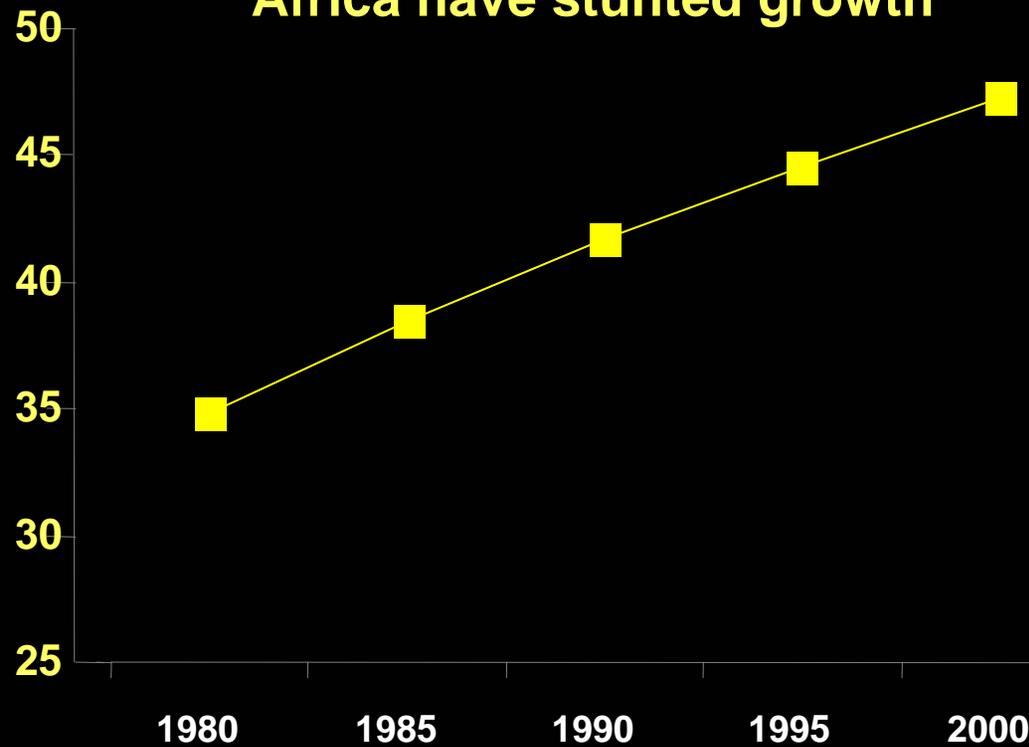


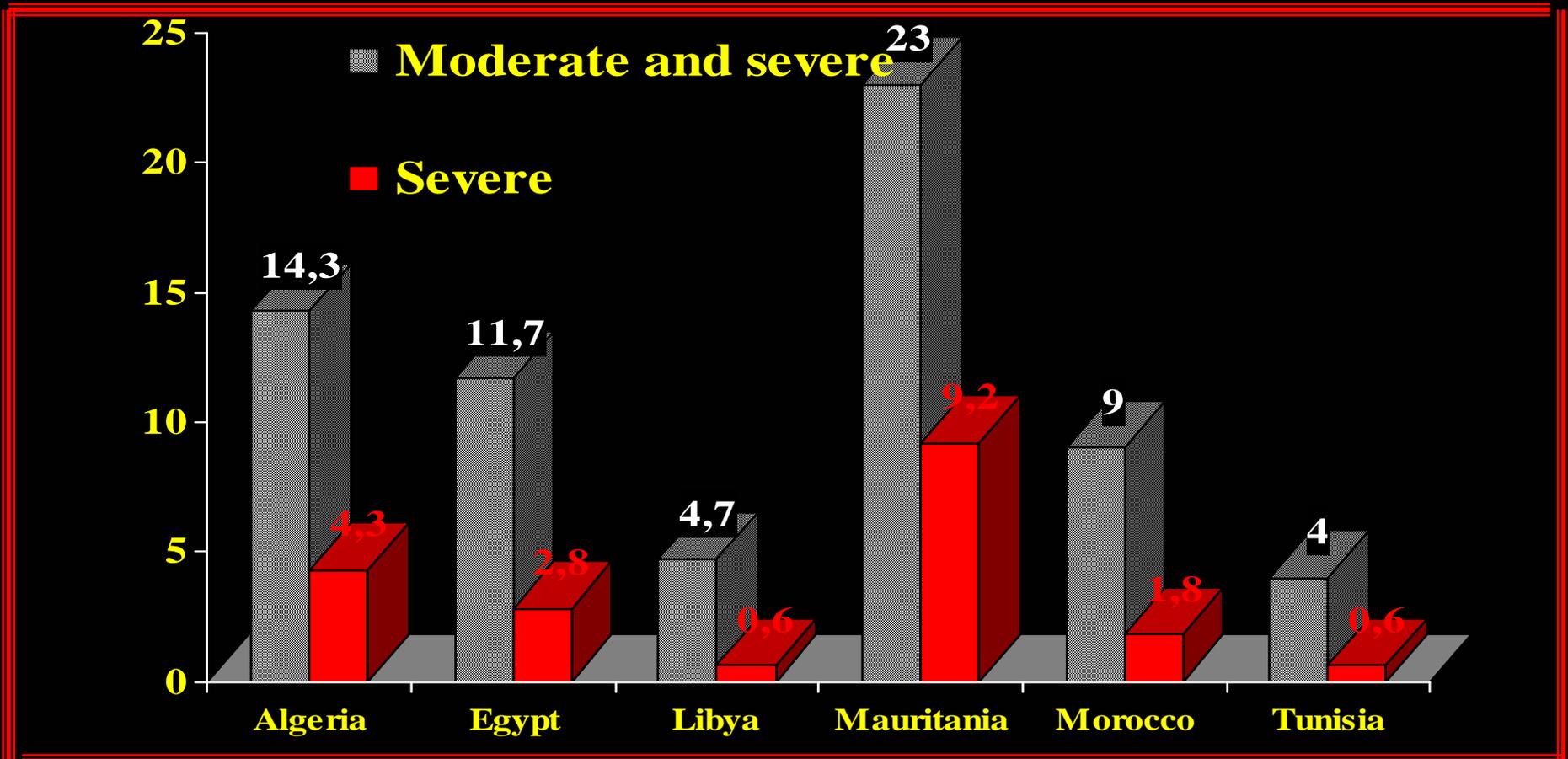
Figure: William A. Masters

Photo: Keith West

Source: M. de Onis et al. (2000), "Is Malnutrition Declining?" *Bulletin of the World Health Organization* 78(10): 1222-33.

CHILD MALNUTRITION

UNDERWEIGHT (%) IN UNDER FIVES



UNDERNUTRITION

- Wasting / Stunting / Underweight
&
- Micronutrient deficiencies are still being reported from many countries : iron, iodine, zinc, calcium, folic acid and vitamins A and D.
- The highest proportion of individuals affected are among children and women on childbearing age

The current vitamin A deficiency estimates between 1995 and 2005

vitamin A deficiency	45 and 122 countries	
Globally, night blindness	5.2 million preschool-age children	9.8 million pregnant women.
Low serum retinol concentration (<0.70 $\mu\text{mol/l}$)	190 million preschool-age children	19.1 million pregnant women
The WHO Regions: Africa and South-East Asia were found to be the most affected by vitamin A deficiency for both population groups		

Iron deficiency

Anemia	1.62 billion people (24.8% of the population)		
	The highest prevalence is in preschool-age children (47.4%)	Greatest number of individuals affected is non-pregnant women (468.4 million).	lowest prevalence is in men (12.7%)
	WHO Regions more affected: Africa (47.5–67.6%) and South-East Asia (315 million individuals)		

Iodine deficiency

Iodine deficiency	<ul style="list-style-type: none">• <i>Progress to optimal iodine status in 12 countries & IDD 5% decrease risk in school children</i>• <i>However iodine intake is adequate or even excessive in 34 countries (27 more than in 2003)</i>
	<i>IDD still a public health problem in 47 countries</i>
<i>insufficient iodine intake</i>	<i>2 billion people (general population) 266 million of school-age children (31.5%)</i>

Overweight/Obesity (CVD risk factors)

	1980	After 1980	WHO's projection 2005	2015
Overweight			1.6 billion adults	2.3 billion adults
			At least 20 million children under the age of 5 years	
Obesity	globally <10 %	X2 or X3 in many countries	At least 400 million adults	more than 700 million
<p>≥50 % the population are overweight → in almost 1/2 OCDE* countries</p> <ul style="list-style-type: none"> - Before: overweight and obesity → in high-income countries - Now: increasing in low- and middle-income countries (more in urban area even in Mediterranean countries) 				

*Organisation for Economic Co-operation and Development

Possible Causes

- * Globalization, industrial agriculture, poverty, urbanization , economic crisis, climate changes
 - Have changed food production and consumption
 - Access to and availability of food worsened: Food insecurity (major cause of undernutrition)
 - affect human diets
- * Inadequate nutrition governance

Approches to redress Malnutrition

For achieving nutrition objectives and MDGs

For the short term: Fortification and supplementation could be considered

For the long term: more sustainable approaches should be implemented.

→→ Need of high impact interventions and multi-sectoral approach for sustainable diets

Biodiversity is an **Opportunity** for sustainable diet, human nutrition and poverty alleviation.

The **Challenge** is to promote it.

Opportunities & Challenges for Nutrition Societies

Identify :

- partnership with different actors and institutions involved in the field,

- area of collaboration and

- harmonized action to be undertaken in the aim to raise the challenge particularly in areas of : research, communication, education, policy, public awareness, funding

IUNS Task Forces approved for a term of four years (2009 – 2013)

- **1. Diet, Nutrition and long-term health, Chair–TBD**
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- **4. Prevention and control of malnutrition, Chair- Ashwood/Allan Jackson**
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Thank You