



**JOINT FAO/WHO FOOD STANDARDS PROGRAMME
CODEX COMMITTEE ON NUTRITION AND FOODS FOR SPECIAL DIETARY USES**

Thirty-eighth Session

**Hamburg, Germany
5-9 December 2016**

Matters of Interest Arising from FAO and WHO

UN Decade of Action on Nutrition and the proposed work programme

1. Proclaiming the years 2016 to 2025 as the United Nations (UN) Decade of Action on Nutrition, the UN General Assembly in April 2016 committed Member States to ten years of sustained and coherent nutrition action. The primary objective of the Decade is to increase nutrition investments and implement policies and programmes to improve food security and nutrition within the framework agreed at the Second International Conference on Nutrition (ICN2) held in November 2014. While proclaiming the Decade, the General Assembly endorsed the two outcome documents of the ICN2: the Rome Declaration on Nutrition and its Framework for Action. These documents provide the core elements and the guidance from which national policies and programmes can be constituted. The UN General Assembly also reaffirmed its commitment under the 2030 Agenda for Sustainable Development to “end malnutrition in all its forms”.

2. The Decade is a global collective effort driven by UN Members States and co-convened by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO), in collaboration with the World Food Programme (WFP), the International Fund for Agriculture Development (IFAD) and the United Nations Children’s Fund (UNICEF). FAO and WHO have been called upon to facilitate the implementation of the Decade. The UN Decade of Action was formally launched on 19 July 2016 at High Level Political Forum event in New York hosted by Uganda and Germany. A follow-up event on 20 September at the UN General Assembly co-hosted by five Member States (Ecuador, Italy, Japan, the Russian Federation and the United Kingdom) generated more support for the Decade. At the 43rd Annual Session of the Committee on World Food Security, many member states expressed support for the Decade. FAO and WHO are preparing a template of the Decade’s Work Programme for which all stakeholders will be invited to provide their input. The work programme of the Decade will be a global programme but with action at the country level. For more information: <http://www.fao.org/3/a-i6137e.pdf> and <http://www.who.int/nutrition/decade-of-action/en/>.

New workstream on Nutrition in the Committee on World Food Security

3. At its 43rd Annual Session, the Committee on World Food Security (CFS) endorsed a new workstream for CFS engagement in advancing nutrition. CFS is in a position to make a significant contribution to on-going efforts to fight malnutrition in all its forms, taking into account its mandate and comparative advantages. These efforts include contributing to the implementation of the commitments and recommendations adopted by the Second International Conference on Nutrition (ICN2), the 2030 Agenda for Sustainable Development and the Decade for Action on Nutrition. The proposal has been developed over the past year by an Open Ended Working Group with the support of a Technical Task Team. WHO has been partnering with FAO and the CFS in the development phase as ad hoc participant of the CFS Advisory Group.

International Symposium on Sustainable Food Systems for Healthy Diets and Improved Nutrition, 1-2 December, Rome, Italy

4. The International Nutrition Symposium on sustainable food systems for healthy diets and improved nutrition will be held in Rome on 1st and 2nd December 2016. At the ICN2 Member States committed, among others, to enhance sustainable food systems by developing coherent public policies from production to consumption across relevant sectors to provide year-round access to food that meets people’s nutrition needs and promote safe and diversified healthy diet. The UN Decade of Action on Nutrition reinforces the call for a comprehensive transformation towards sustainable food systems. Therefore, FAO and WHO are co-organizing the International Symposium where practical solutions and successful country experiences in implementing sustainable food systems will be shared. The Symposium will explore policy and programme options for shaping the food systems in ways that deliver foods for a healthy diet, focusing on concrete country experiences and challenges. The target audience includes country technical officers in Nutrition, Agriculture, Health and other relevant sectors, as well non-state actors from civil society, private sector and research/academic institutions and parliamentarians.

5. The symposium takes a systems approach and will concentrate on three main sub-themes:
- Supply side policies and measures for increasing access to healthy diets.
 - Demand side policies and measures for increasing access and empowering consumers to choose healthy diets.
 - Measures to strengthen accountability, resilience, and equity within the food system.
6. For more information, please refer to: <http://www.fao.org/about/meetings/sustainable-food-systems-nutrition-symposium/en/> and <http://www.who.int/nutrition/events/2016-sustainable-food-systems-symposium-dec2016-rome/en/>.

The State of Food Security and Nutrition in the World 2017: No food security without peace, no peace without food security (SOFI 2017)

7. FAO and WHO have entered into a new partnership in order to monitoring food security and nutrition in support of the 2030 Agenda for sustainable development. The annual State of Food Insecurity in the World (SOFI) report will be reshaped into a new “State of Food Security and Nutrition in the World” report, “fit for purpose” to monitor the food security and nutrition targets of SDG2. Future reports on the State of Food Security and Nutrition in the World will contribute to the integrated monitoring of progress towards ending hunger and eradicating all forms of malnutrition (SDG Targets 2.1 and 2.2) by assessing the synergies and trade-offs with efforts in achieving the other targets under SDG 2 and progress made on other SDGs. This will be done mostly at the global level through regional and country comparisons and through country case studies. Each successive report will address a sub-set of the relevant linkages.

WHO/FAO technical consultation: Staple crops biofortified with vitamins and minerals: considerations for a public health strategy

8. WHO, in collaboration with FAO, convened the technical meeting on “Staple crops biofortified with vitamins and minerals: considerations for a public health strategy” at the Sackler Institute for Nutrition Science in New York, USA on 6 - 8 April 2016

(http://www.who.int/nutrition/events/2016_consultation_staplecrops_biofortified_vitminerals_5to8april/en/)

9. Participants reviewed the definition of biofortification of staple crops, patterns of crops production, processing, consumption, seed varieties, micronutrients stability and bioavailability as well as farmer’s adoption and acceptability of the modified crops. The experts also discussed economic, environmental, safety and equity aspects of biofortified crops as well as legal, policy, regulatory and ethical issues for the implementation of this strategy in agriculture and nutrition. The conclusions were summarized in four broad areas: i) programme cycle, ii) legal frameworks and policy coherence, iii) food safety, and iv) environmental safety. A synthesis of technical considerations from the participants of the consultation are being published in a special issue of Annals of New York Academy of Sciences that will be available Open Access by the end of 2016. Some of the individual articles are already available as early view. The citations are presented below:

1. Garcia-Casal MN, Peña-Rosas JP, Giyose B. Staple crops biofortified with increased vitamins and minerals: considerations for a public health strategy (submitted).
2. De Steur H, Wesana J, Blancquaert D, Van Der Straeten D, Gellynck X. (2016), The socioeconomics of genetically modified biofortified crops: a systematic review and meta-analysis. Ann. N.Y. Acad. Sci. doi:10.1111/nyas.13199.
3. Mejia LA, Dary O, Boukerdenna H. (2016), Global regulatory framework for production and marketing of crops biofortified with vitamins and minerals. Ann. N.Y. Acad. Sci.. doi:10.1111/nyas.13275.
4. Blancquaert D, De Steur H, Gellynck X, Van Der Straeten D. (2016), Metabolic engineering of micronutrients in crop plants. Ann. N.Y. Acad. Sci.. doi:10.1111/nyas.13274.
5. De Steur H, Wesana J, Blancquaert D, Van Der Straeten D, Gellynck X. (2016), Methods matter: a meta-regression on the determinants of willingness-to-pay studies on biofortified foods. Ann. N.Y. Acad. Sci.. doi:10.1111/nyas.13277.
6. Tanumihardjo S, Ball AM, Kaliwile C, Pixley K. The research and implementation continuum of biofortified sweet potato and maize in Africa (submitted).
7. Saltzman A, Birol E, Oparinde A, Andersson MS, Asare-Marfo D, Diressie MT, Gonzalez C, Lividini K, Moursi M, Zeller M. Availability, production and consumption of biofortified crops: current evidence and future potential. (submitted).
8. Bechoff A, Dhuique-Mayer C. Factors influencing micronutrient bioavailability in biofortified crops (submitted).

10. Additionally, a Cochrane systematic review* is being finalized. The protocol has already been published in the Cochrane Database of Systematic Reviews. This review aims to assess the benefits and harms of biofortification of staple crops on vitamin and mineral status, health and cognitive function in the general population. The full review will be submitted in early January 2017.

(* Garcia-Casal MN, Peña-Rosas JP, Pachón H, De-Regil LM, Centeno Tablante E, Flores-Urrutia MC. Staple crops biofortified with increased micronutrient content: effects on vitamin and mineral status, as well as health and cognitive function in the general population (Protocol). Cochrane Database of Systematic Reviews 2016, Issue 8. Art. No.: CD012311. DOI: 10.1002/14651858.CD012311).

FAO background paper on biofortification: a food-based approach for improving micronutrient intake

11. FAO has developed a background paper on “Biofortification: A Food Based Approach for Improving Micronutrient Intake” as part of a broader portfolio of food-based approaches to prevent micronutrient deficiencies. The paper aims to inform policy makers on the biofortification process, outlining development and implementation issues and providing considerations to inform further discussions on the topic. The paper is expected to be published by the end of 2016.

FAO’s New Division of Nutrition and Food Systems

12. Following the conclusion of the Second International Conference on Nutrition (ICN2), jointly convened by FAO and WHO in November 2014, the FAO 155th Council (December 2015), approved the designation of Nutrition as a cross-cutting theme within FAO’s reviewed Strategic Framework, with an aim to improve support to member countries. FAO’s nutrition work now incorporates food systems, value chains and food loss and waste. The Division has now been renamed “Nutrition and Food Systems Division”.

FAO Handbook on Food Labelling

13. At the Second International Conference on Nutrition (ICN2), governments affirmed that the “empowerment of consumers is necessary through improved and evidence-based health and nutrition information and education to make informed choices regarding consumption of food products for healthy dietary practices” (FAO/WHO 2014). Food labelling was included among the recommendations in the ICN2 Framework for Action (FAO/WHO, 2014). To this end, FAO has developed a handbook on food labelling for building the capacity in countries to implement food labelling policies and programmes.

14. The book provides a brief introduction to labelling as part of an ongoing effort to assist regulators and others working in the area of food system who are responsible for formulating and implementing food labelling policies. The book explains the reasons for food labelling and general principles and best practices that apply to all labels. Brief explanations about specific types of label information are provided, such as ingredient lists (including allergen and food additive information), date marking, nutrition labels (back of pack panels and front of pack systems) as well as nutrient and health claims. Legal and trade considerations are highlighted as well. Relevant sections of the book follow the guidance given by the Codex Alimentarius Commission on food labelling in particular the Codex General Standard for the Labelling of Prepackaged Foods (CODEX STAN 1-1985). The book is expected to be available by the end of 2016.

Minimum Dietary Diversity-Women (MDD-W) – A global standardized food-based indicator for monitoring dietary diversity and micronutrient adequacy of women’s diets

15. The Food and Agriculture Organization of the United Nations (FAO), with funding from the European Union, and the USAID-funded Food and Nutrition Technical Assistance III Project (FANTA) recently published a guide for measuring women’s dietary diversity titled, “Minimum Dietary Diversity for Women (MDD_W): A Guide to Measurement”. This guide intends to provide users of the indicator detailed guidance on its use and application along with information on common-pitfalls.

Card URLs: <http://www.fao.org/documents/card/en/c/57157ba0-91a7-4087-ab59-d922d7020cc2/>

16. MDD-W is a dichotomous indicator of whether or not women at 15-49 years of age have consumed at least five out of ten defined food groups the previous day or night. The proportion of women at 15–49 years of age who reach this minimum in a population can be used as a proxy indicator for higher micronutrient adequacy, one important dimension of diet quality.

17. A two-day workshop (5-6 September 2016), jointly organised by FAO and the European Commission, convened 50 participants from different sectors for an in-depth discussion on the dissemination and promotion of the Minimum Dietary Diversity-Women (MDD-W) indicator. Details of the workshop can be found at: <http://www.fao.org/nutrition/assessment/tools/minimum-dietary-diversity-women/mdd-w-workshop-sep-2016/en/> .

Article on Evaluating the Protein Quality of Human Foods Proposed by an FAO Expert Working Group

18. A scientific article was published in April 2016, with an aim to stimulate the interests of protein scientists to conduct more research, on evaluating protein quality of human foods. The research methodologies approached proposed are based on outcomes of an FAO Expert Working Group that was held in 2014. The article can be found at: <http://jn.nutrition.org/content/early/2016/04/05/jn.115.222109.abstract>.

Global Food Consumption Databases

19. Reliable information on food consumption collected at individual level is needed to estimate nutrient intake and to identify key sources of nutrients in the diet. To address the issue of insufficient access to such data, FAO and WHO are developing the pilot version of a tool called FAO/WHO GIFT (FAO/WHO Global Individual Food consumption data Tool). This comprehensive database will collate micro data for the production of indicators in the field of nutrition, dietary exposure and environmental impact. The pilot version is under development based on four datasets from low income countries. The food categorization system used has been developed by the European Food Safety Authority (EFSA) which was implemented for use at global level. More information is available at <http://www.fao.org/food/nutrition-assessment/foodconsumptiondatabase/en/>.

FAO's Role on Strengthening Capacities of Universities in Nutrition Education - Education for Effective Nutrition in Action (ENACT)

20. In line with the ICN2 Framework for Action recommendation to "Build nutrition skills and capacity to undertake nutrition education activities, particularly for front line workers, social workers, agricultural extension personnel, teachers and health professionals." (Recommendation 20), FAO's Nutrition and Food Systems Division (ESN) has developed a nutrition education course for university students to learn how to effectively design, implement and evaluate nutrition education interventions. The ENACT course, which will be available in the FAO e-learning platform, aims at promoting long-term improvements in diet through an active approach based on identified needs, with attention to social and environmental contexts, all relevant sectors and the whole food cycle (production, processing, marketing, consumption).

Materials for students are available at: <http://www.fao.org/3/a-i4952e/index.html>

Materials for tutors are available at: <http://www.fao.org/3/a-i4930e/index.html>

FAO's Role in supporting countries to develop and implement Food-Based Dietary Guidelines (FBDGs)

21. The FAO website on Food-Based Dietary Guidelines (FBDGs) was launched in November 2014, and serves as a repository and platform for information exchange on dietary guidelines from across the world. The website currently features national food based dietary guidelines from 86 countries, and will be continuously updated as guidelines are created and revised.

- To access the FAO website on FBDGs: <http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/>.

22. Direct technical assistance was recently provided to the Governments of Afghanistan and Sierra Leone to develop national FBDGs. Technical assistance for the revision of FBDGs was also provided to Colombia, Uruguay and Guyana, along with support on a national education strategy.

23. Following a global review carried out, FAO and the Food Climate Research Network (FCRN) at the University of Oxford published "Plates, pyramids, planet. Developments in Healthy and Sustainable Eating and Dietary Guidelines and Related Policies: a State of Play Assessment" in 2016. <http://www.fao.org/3/a-i5640e.pdf>.

24. FAO, together with the Nutrition Society of South Africa (NSSA), organized a "Technical Consultation on the Preparation of Food-Based Dietary Guidelines and Nutrition Education for Promoting Healthy Diets" in May 2016 in South Africa. A similar capacity-building workshop titled "Atelier de renforcement des capacités à développer et mettre en œuvre des recommandations alimentaires nationales pour la promotion de régimes et systèmes alimentaires sains et durables" was conducted in Togo in November 2016 for Francophone Africa, which was attended by 12 countries.

FAO's role in school food and nutrition education

25. FAO recognizes schoolchildren as a priority for nutrition interventions and views the school as an ideal setting for teaching basic skills in food, nutrition and health. In this regard, FAO promotes a "whole school" approach to food and nutrition education, in which classroom learning is linked with practical activities, reinforced by a nutrition and health friendly school environment and involves the participation of all school personnel, families and the community. Recent FAO work in this area includes: providing capacity development and technical backstopping for the design of the Human Ecology/Nutrition Education subject area in the Malawi Teacher's Curriculum; providing capacity development and technical backstopping for mainstreaming behavioral-based food and nutrition education in the national curriculum of review for Kenya,

and providing guidance during the Inception Workshop for the Assessment of Good Practices for Mainstreaming School Feeding and Nutrition Education in Ethiopia, Kenya, Rwanda and Uganda. Other activities in this area involve a global mapping of school meal standards and guidelines from low and middle-income countries, and the development of promotional materials on learning activities and school gardens.

More information on FAO's role in schools is available at: <http://www.fao.org/school-food/en/>.

FAO's role in integrating nutrition into agriculture extension

26. FAO's Regional Office for Africa (FAO-RAF) has conducted a review titled "Review of Nutrition Integration and Linkages with Agriculture Extension and Advisory Services in Africa – a desk review of country case studies and analysis of training materials and curricula from selected universities"..

27. FAO, in collaboration with INGENAES (Integrating Gender and Nutrition within Agricultural Extension Services) (Ag-EAS), was instrumental in setting up a GFRAS (Global Forum for Rural Advisory Services) working group on nutrition. The objectives of the working group include: working to bring global attention to the opportunities and challenges to leveraging Ag-EAS for improved nutrition; to generate and disseminate research on integrating nutrition within Ag-EAS; and to harmonize the development of training materials for Ag-EAS providers.

FAO's Role on Food and Nutrition Information, Communication and Education in Latin America and the Caribbean

28. The Red ICEAN is a network that facilitates the exchange of knowledge and best practices in nutrition education amongst nutritionists, communicators, policy-makers, government officers and professionals from different disciplines, mainly health and agriculture, working in Latin America and the Caribbean, through a web-based platform. It was launched in 2014 by the FAO's Nutrition Education and Consumer Awareness Group and the Hunger-Free Latin America and the Caribbean Initiative (IALCSH). The Red ICEAN has also served as a platform to deliver capacity development opportunities through discussion forums on areas related to the nutrition transition and linkages between family farming and nutrition education, and webinars on technical areas related to the development and implementation of nutrition education interventions and food-based dietary guidelines. To access the RED ICEAN website: <http://www.fao.org/red-icean/es/>.

Two new resolutions on Nutrition adopted by the World Health Assembly

29. The 69th World Health Assembly (WHA) held in May 2016 adopted two resolutions on nutrition. The first resolution (WHA69.8 – http://apps.who.int/gb/ebwha/pdf_files/WHA69/A69_R8-en.pdf), drawn up in response to the recently launched UN Decade of Action on Nutrition from 2016 to 2025, urges Member States to make concrete policy and financial commitments to improve people's diets, and report back regularly on those policies and investments. It calls on UN bodies to guide and support the implementation of national nutrition programmes and support monitoring and reporting mechanisms. It specifically requests that WHO and FAO work together to help countries develop, strengthen and implement their plans and maintain an open access database of commitments for public accountability.

30. The second resolution (WHA69.9 – http://apps.who.int/gb/ebwha/pdf_files/WHA69/A69_R9-en.pdf) welcomed WHO guidance on ending the inappropriate promotion of foods for infants and young children (http://apps.who.int/gb/ebwha/pdf_files/WHA69/A69_7Add1-en.pdf). The guidance clarifies that, in order to protect, promote and support breastfeeding, the marketing of "follow-up formula" and "growing-up milks"—targeted for consumption by infants and young children aged 6 months to 3 years—should be regulated in the same manner as infant formula for 0 to 6-month-olds is. This recommendation is in line with the International Code of Marketing of Breast-milk Substitutes adopted by the World Health Assembly in 1981. The WHO guidance also indicates that foods for infants and young children should be promoted only if they meet standards for composition, safety, quality and nutrient levels and are in line with national dietary guidelines.

Technical meeting on nutrition labelling for promoting healthy diets

31. The WHO Department of Nutrition for Health and Development, jointly with the WHO Regional Office for Europe, held a technical meeting in Lisbon, Portugal on 9 – 11 December 2015, to review the available evidence and compile various country experiences and lessons learned in order to develop guiding principles and a guidance framework for implementing "front-of-pack" labelling (http://www.who.int/nutrition/events/2015_meeting_nutrition_labelling_diet_9to11dec/en/). The main objectives of the meeting were to:

- review the types of front-of-pack labelling systems that are currently being implemented or proposed and identify their benefits and limitations
- review and assess the evidence on the effectiveness of different types of front-of-pack labelling systems

- review case studies of countries with experience in implementing front-of-pack labelling
- identify issues and considerations for the design and implementation of front-of-pack labelling systems in order to develop guiding principles and a guidance framework for implementing front-of-pack labelling

32. Bringing together existing information and building on various available evidence reviews, a background paper was prepared to synthesize information on the following issues and used to guide the discussion at the meeting to review the issues which need to be considered for developing guiding principles and a guidance framework for implementing front-of-pack labelling which countries would be able to use in implementing their actions. Issues included:

- the types of front-of-pack labelling systems which have been used or proposed
- their inherent benefits and limitations
- their performance or potential performance in the market place in guiding food selection and encouraging food reformulation
- considerations for the design and implementation of front-of-pack labelling systems

WHO Nutrition Guidance Expert Advisory Group (NUGAG) Subgroup on Diet and Health

33. During the course of 2016, there were two meetings of the NUGAG Subgroup on Diet and Health, i.e. the 9th meeting held in Geneva in March 2016 and the 10th meeting held in Lisbon in November 2016. At the 9th meeting, the NUGAG Subgroup on Diet and Health reviewed the status and progress of the systematic reviews on carbohydrates (CHO), and reviewed and developed the scope, PICO questions, priority health outcomes and other issues related to: 1) the consumption of non-sugar sweeteners, 2) the consumption of polyunsaturated fatty acids (PUFA), and 3) different dietary patterns, following the processes established in the WHO Handbook for Guideline Development (2014). A public consultation was then held from 18 October to 8 November 2016 on the scoping of the reviews, PICO questions and priority health outcomes to be considered for developing the recommendations on CHO, non-sugar sweeteners and PUFA. The outcomes of the comments received from public consultation were reviewed and presented to the NUGAG Subgroup at its 10th meeting, for review and consideration.

34. At the 10th meeting, the NUGAG Subgroup reviewed and discussed preliminary results of the systematic reviews of the evidence related to the intake of CHO (in particular, fibre and starch), non-sugar sweeteners and PUFA (including EPA and DHA) and started to work on draft evidence-informed recommendations as well as detailed criteria to be considered when moving from evidence to recommendations (i.e. the balance of evidence on benefits and harms, values and preferences, resource implications, priority of the problems, equity and human rights, acceptability and feasibility). The NUGAG Subgroup also identified and agreed on further actions and required subgroup analyses for each of the topics which will be taken into consideration when finalizing respective systematic reviews by April 2017. Regarding dietary patterns, the NUGAG Subgroup reviewed the further scoping undertaken, taking into consideration the definition and characteristics determined at the 9th meeting of the NUGAG Subgroup on Diet on Health and reviewed key PICO questions in order to guide the systematic reviews.

Development of Nutrient Profile Models for Regulating Marketing of food and non-alcoholic beverages to children

35. Nutrient profile models are tools that can be used to implement public health strategies and interventions to promote healthy diets, such as marketing of food and non-alcoholic beverages to children, procurement of foods in public institutions (e.g. schools), nutrition labelling (i.e. front-of-package labelling), health claims and fiscal policies (i.e. taxation, subsidies). Ad hoc development of various nutrient profile models and their applications by different stakeholders resulted in inconsistencies and created confusion for target audiences and consumers with respect to various public health measures. Therefore, WHO was requested by a number of Member States to take the lead in formulating a coordinated approach for developing/adapting nutrient profile models which could be used for different public health interventions in order to facilitate the implementation of coherent public health strategies.

36. As the first step, WHO developed a Guiding Principles and Framework Manual, following a similar manual developed by WHO which provided step by step process for developing FBDGs. This manual was then field-tested in 6 countries (i.e. Canada, Norway, Slovenia, South Africa, Thailand and United Arab Emirates) during 2011 - 2013. Simultaneously, several WHO Regional Offices have taken actions to develop regional nutrient profile models for regulating the marketing of foods and non-alcoholic beverages to children – European Region (2013-2015), Eastern Mediterranean Region (2014 – 2015), American Region (2015 – 2016), Western Pacific Region (2015 – 2016) and South-East Asia Region (2016). Bringing together the principles and evidence base used to develop regional models, WHO is now in a process of developing an unified global

nutrient profile model for regulating marketing. It is also planned to assess possibility and feasibility of adapting the marketing model for other applications, such as regulating the promotion and sale of foods and beverages in and around schools, implementing fiscal policies, in particular taxation of food and beverages high in sugars, fat and sodium, as well as for front-of-pack labelling.

5 Keys to a Healthy Diet

37. Applying the same concept used to develop the Five Keys to Safer Food, WHO had developed the 5 Keys to a Healthy Diet as an advocacy tool to promote healthy diet and nutrition. It contains dietary and food-based messages and why the actions contained within are recommended, in simpler language. The scientific-base used in developing the 5 Keys to a Healthy Diet is nutrient requirements and dietary goals which WHO has developed and has been updating. The messages included have been reviewed by the six WHO Regional Offices to ensure the applicability and relevance of the messages and language used. The 5 Keys to a Healthy Diet brochure and banner can be downloaded from http://www.who.int/nutrition/topics/5keys_healthydiet/en/.

Side event at the Second Global Conference on Health and Climate

38. A special event on "Sustainable food systems, biodiversity and health" was co-organized by WHO, the International Union of Nutritional Sciences (IUNS), the Convention of Biological Diversity (CBD) and the United Nations Environment Programme (UNEP) in Paris on 7 – 8 July 2016. The event was moderated by the Director of the WHO Department of Public Health, Environmental Health and Social Determinants of Health. This event provided a forum to explore the co-benefits to environment, biodiversity and health of the promotion of sustainable and healthy food systems, and to showcase national and community strategies to promote sustainable food systems and diverse and healthy dietary patterns while protecting biodiversity. At the event, panellists examined possible pathways for collaboration and identification of convening platforms and accountability mechanisms under the Intended Nationally Determined Contributions (INDCs) and the Decade of Action on Nutrition to bring governments, academia, NGOs and other actors together to contribute to the transition towards sustainable and healthy food systems within the 2030 Development agenda. Discussions were focused on identifying pragmatic, scalable and interdisciplinary policy solutions fostering biodiversity, health and food and nutrition security, in line with the findings of the WHO-CBD State of Knowledge Review. Concrete examples were provided as to how sustainable and healthy food systems and diets, and biodiversity protection can contribute to the reduction of emissions and improved public health and nutritional outcomes. It was argued that enhancing sustainable, lower carbon and health promoting food systems can be achieved by developing coherent public policies from production to consumption across sectors that contribute to climate mitigation, adaptation and biodiversity conservation.

WHO report on fiscal policies for diet and prevention of noncommunicable diseases

39. To address the increasing number of requests from Member States for guidance on how to design fiscal policies on diet, WHO convened a technical meeting of experts in fiscal policies in Geneva on 5–6 May 2015. The main objectives of the meeting were to review evidence and existing guidance, discuss country case studies and provide considerations with regards to the scope, design and implementation of effective fiscal policies on diet.

40. The meeting concluded that there is reasonable and increasing evidence that appropriately designed taxes on sugar-sweetened beverages would result in proportional reductions in consumption, especially if aimed at raising the retail price by 20% or more. There is similar strong evidence that subsidies for fresh fruits and vegetables that reduce prices by 10–30% are effective in increasing fruit and vegetable consumption. The report of the meeting (<http://www.who.int/dietphysicalactivity/publications/fiscal-policies-diet-prevention/en/>) was launched at the occasion of the World Obesity Day on 11 October 2016.

Removal of sugary drinks from sales and services in WHO headquarters

41. Also starting on 11 October 2016, sugary drinks are no longer sold, nor provided by WHO at official functions, in WHO headquarters in Geneva. This was to demonstrate WHO's leadership as part of the "Walk the Talk" initiative through implementing its policies and guidelines.

42. In April 2015, WHO issued the updated *Guideline on sugars intake for adults and children*. The guideline recommends reduced free sugars intake by both adults and children throughout the life course. Specifically, it recommends reducing the intake of free sugars to less than 10% of total energy intake, approximately 12 teaspoons of sugars per day. Furthermore, the guideline suggested a further reduction to below 5% of total energy intake, or about 6 daily teaspoons, would provide additional health benefits.

43. The guideline helped numerous Member States that were facing public health challenges to take policy measures aimed at reducing sugars consumption, in order to promote healthy diets, and prevent and control of obesity and noncommunicable diseases (NCDs) among their populations. Such measures taken by governments included removal of sugary drinks from public institutions (i.e. schools, hospitals, government offices), taxation of sugary drinks, regulating marketing of food and non-alcoholic beverages high in fats,

sugars and salt, revision of national dietary guidelines and implementation of nutrition labelling, among other actions.

44. In the same vein, WHO had decided, following an extensive discussions involving its staff, the Staff Association, building management, technical units and vendors to take similar actions at the Organization's headquarters compound to support the development of a healthier food environment in the workplace by removing sugary drinks from sale and service. By doing this, WHO is demonstrating its leadership by implementing policy actions set out in its own strategies and guidelines. These include the WHO Global Action Plan for the Prevention and Control of NCDs (2013-2020) (<http://www.who.int/nmh/publications/ncd-action-plan/en/>), the WHO Guideline on Sugars intake for adults and children (http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/) and the report of the WHO Commission on Ending Childhood Obesity (http://apps.who.int/iris/bitstream/10665/204176/1/9789241510066_eng.pdf?ua=1).

Capacity-building workshops to develop and implement evidence-informed nutrition policies and strategies in countries in Africa

45. The objective of the workshops was to help strengthen the capacity of countries to refine and further develop evidence-informed nutrition policies and strategies to address all forms of malnutrition throughout the life course through the use of existing WHO policy planning and implementation tools. In April 2016, a sub-regional workshop was held in Zimbabwe, including Ministry of Health or nutrition council representatives and WHO nutrition focal persons at the WHO Country Offices from 14 countries (Comoros, Ethiopia, Eritrea, Kenya, Lesotho, Madagascar, Malawi, Namibia, South Sudan, Swaziland, Uganda, United Republic of Tanzania, Zambia and Zimbabwe) in various stages of operationalizing their national nutrition policies and strategies. Then in September 2016, a follow-up national capacity building workshop was held in Zambia, including nutrition programme managers from multiple sectors, WHO nutrition focal persons and development partners at the national level. Furthermore, another workshop was held in Kenya in October 2016, including nutrition programme managers from multiple sectors, WHO nutrition focal persons and development partners at the national level and nutrition programme managers at the county level.

46. The workshops provided an overview of the evidence-informed policy planning process and training on relevant WHO policy-planning tools, including the Nutrition Landscape Information System (NLIS), Landscape Analysis Country Assessment, the WHO e-Library of Evidence for Nutrition Actions (eLENA), the WHO Global database on the Implementation of Nutrition Action (GINA), the OneHealth Tool, the System of Health Accounts (SHA) 2011 and the Global Targets Tracking Tool. Didactic sessions were accompanied by extensive hands-on training for many of the tools.

UNICEF/WHO/World Bank Group: Joint Child Malnutrition Estimates (2016 edition)

47. In September 2016, the inter-agency team released new joint estimates of child stunting, overweight, underweight, wasting and severe wasting (<http://www.who.int/nutgrowthdb/estimates2015/en/>). The same methodology as in previous years was applied. The new estimates supersede former analyses results published by UNICEF, WHO and the World Bank Group. Given that country data are, at maximum, available from surveys (789 national surveys) conducted in the year previous to when the modelling exercise takes place, in 2016 the joint estimates were derived up to 2015 with extrapolation for stunting until 2025.

48. The 2016 joint estimates indicates that malnutrition rates remain alarming, i.e. stunting is declining too slowly while overweight continues to rise. In 2015, more than half of all stunted children under 5 years of age lived in Asia (56%) and more than one third (37%) lived in Africa while almost half of all overweight children under 5 years of age (48%) lived in Asia and one quarter (25%) lived in Africa. Furthermore, more than two thirds of all wasted children under 5 years of age (68%) lived in Asia and more than one quarter (28%) lived in Africa.

Baby-friendly hospital initiative (BFHI) congress

49. The Baby-Friendly Hospital Initiative (BFHI) was launched in 1991 by WHO and UNICEF, providing a framework to protect, promote and support breastfeeding in hospital and maternity facilities. The initiative follows the Ten Steps for Successful Breastfeeding and ensures adherence to the Code of Marketing of Breast-milk Substitutes. Since 1991, more than 20,000 facilities worldwide have been designated as Baby-friendly; however, a great challenge exists in ensuring that every maternity facility provides an environment of protection, promotion and support to breastfeeding. Sustainability has therefore proven difficult in many cases as the infrastructure for Baby-friendly designation typically sits outside of normal hospital accreditation processes. Mechanisms to recertify hospitals are often weak or non-existent, so hospitals that were once designated as Baby-friendly may no longer adhere to the criteria.

50. Currently WHO and UNICEF are working together to develop new guidance on the Ten Steps to Successful Breastfeeding, particularly focusing on sustainability and quality standards of care. Evidence for

the Steps themselves is being re-examined and new guidelines will be developed following the WHO's guideline development process.

51. At the occasion of the 25th anniversary of the Initiative, WHO and UNICEF hosted the BFHI Congress at the WHO headquarters in Geneva on 24 - 26 October 2017 to celebrate achievements, examine current status, discuss new guidance, form regional networks to improve country programmes and commit to follow-up and implementation of policies and standards of care that protect, promote and support breastfeeding at maternity facility and country level.