

PROFAV ESN Activities

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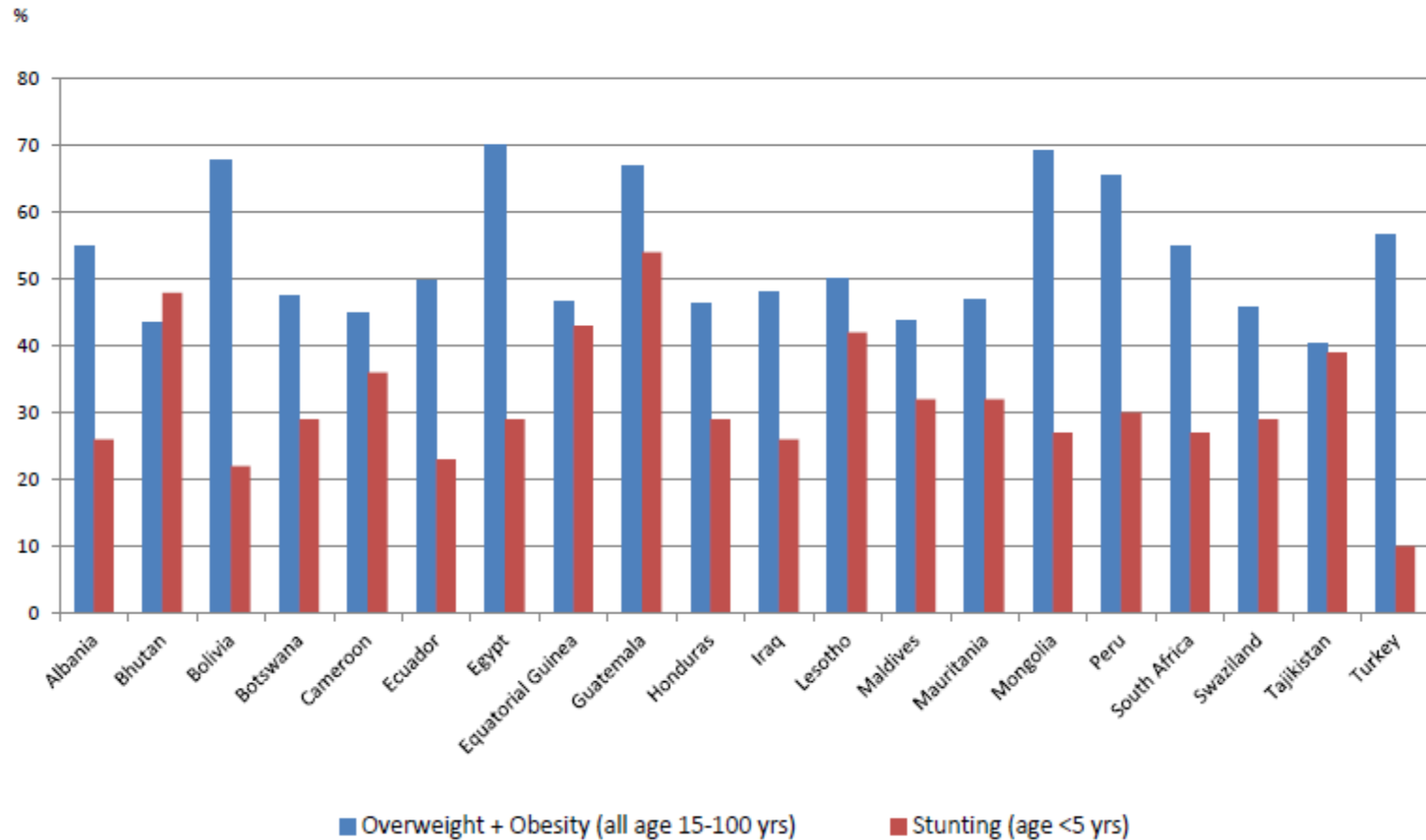




Changes in Diet in the Population

- ❑ Globalisation, urbanisation and rising incomes growth lead to dietary change. Diets include more:
 - animal food products
 - fats and oils
 - Sugars
 - ultra-processed foods
 - not enough fruit and vegetables

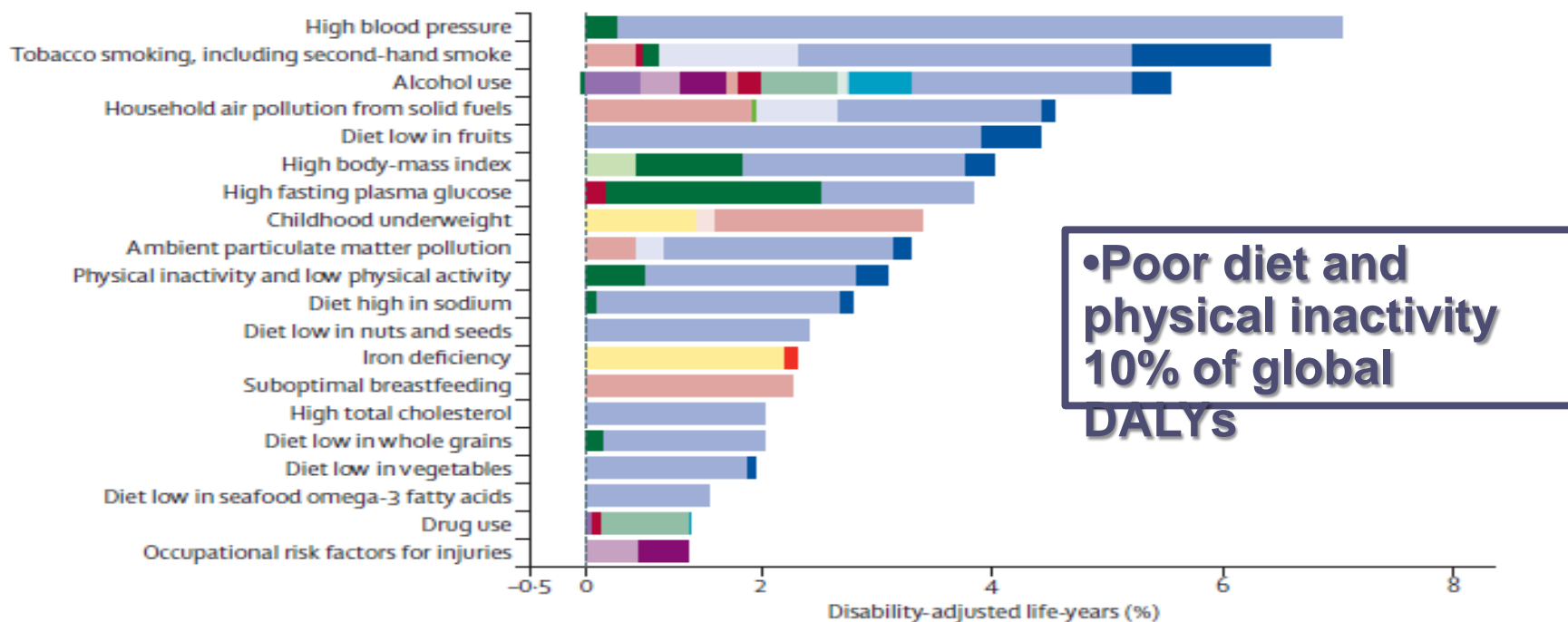
Nearly 1/3 of “high stunting-burden” countries have overweight + obesity rates >40%



Data source: WHO Global Infobase Global Obesity Comparison Tool

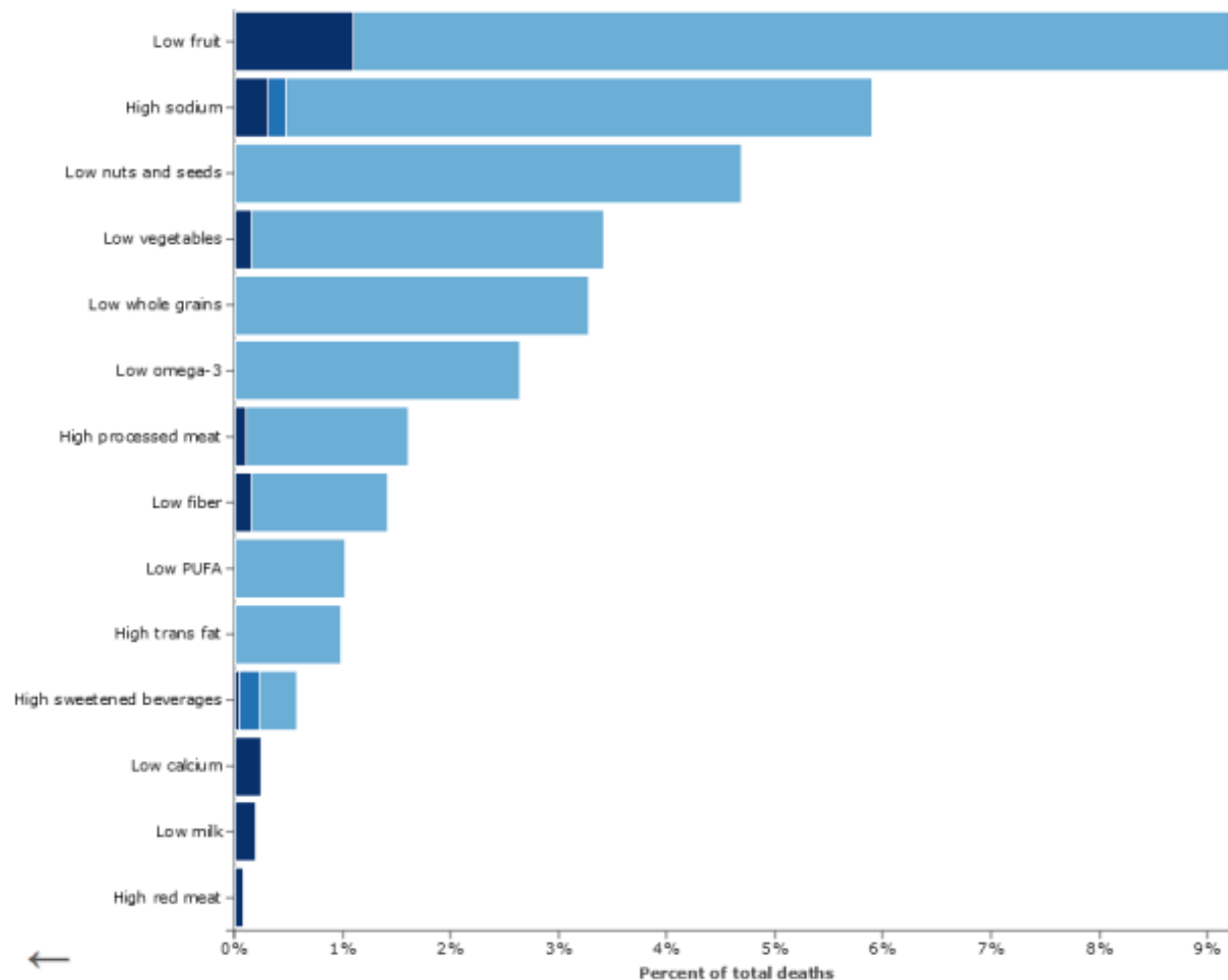
•Source: Anna Herforth

Burden of disease attributable to 20 leading risk factors in 2010, as a % of global DALYs



Global Burden of Disease Study, 2012

Top contributors to “Dietary risks” 2010



•Source: Institute for Health Metrics and Evaluation,
•University of Washington, 2013

ESN Activities

- National dietary guidelines
- Promotion of home and community gardens
- Promotion of school gardens and nutrition education
- Promotion of healthy school meals and dietary standards
- Building capacity for community-based nutrition education
- Sharing knowledge and provision of normative guidance



Food-based dietary guidelines

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- [Regions](#)
- [Resources](#)

Background



Target group and use
Food guides
Development
Implementation
Evaluation
FAO's work in dietary guidelines
Dietary guidelines and sustainability

Why do we need food-based dietary guidelines?

Diet is one of the single most important contributors to health, but also to disease. Most countries suffer from one or more problems along the nutritional spectrum of malnutrition: acute and/or chronic undernutrition, micronutrient deficiencies, obesity and diet-related diseases (including type II diabetes, cardiovascular diseases and certain types of cancer).

Globalization, urbanization, changes in lifestyle and in the food supply have resulted in a shift in dietary habits and loss of traditional food cultures.

These changes, coupled with increased availability and marketing of products of low nutritional value, highlight the need for consistent, simple and practical dietary guidance to enable populations to select healthy diets, prevent disease and to guide countries in food, health and agriculture policy development.

What are food-based dietary guidelines?

Food-based dietary guidelines (also referred to as dietary guidelines) are short, science-based, positive messages on healthy eating and lifestyles aimed at preventing all forms of malnutrition and keeping people well-nourished and healthy. They embody national nutrition recommendations and express the principles of nutrition education in terms of food.

Useful links



- Preparation and use of food-based dietary guidelines. Report of a joint FAO / WHO consultation, Cyprus, 1996
- Healthy diet fact sheet, WHO
- e-Library of evidence for nutrition actions (eLENA), WHO

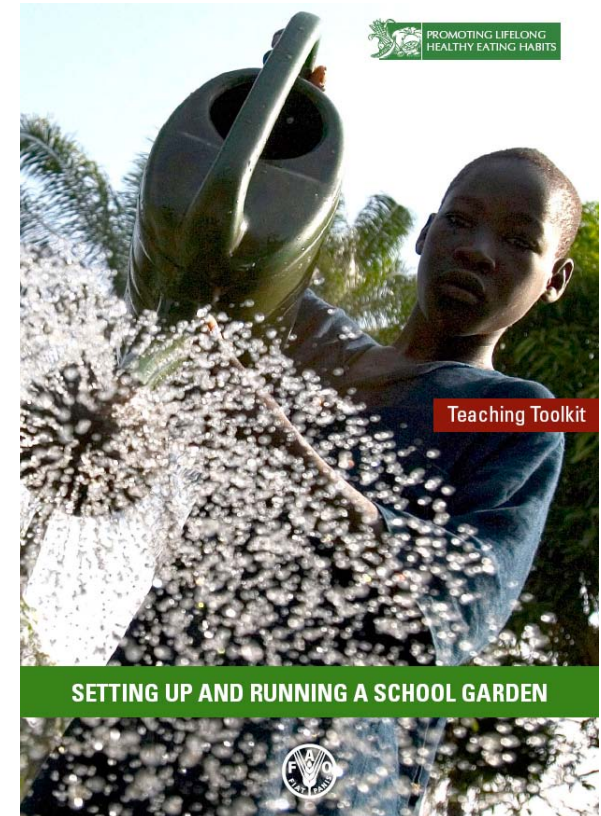
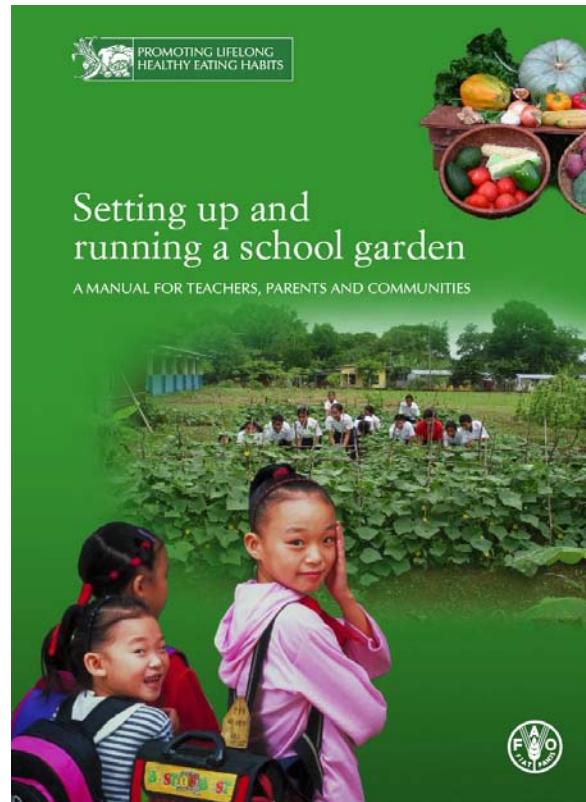
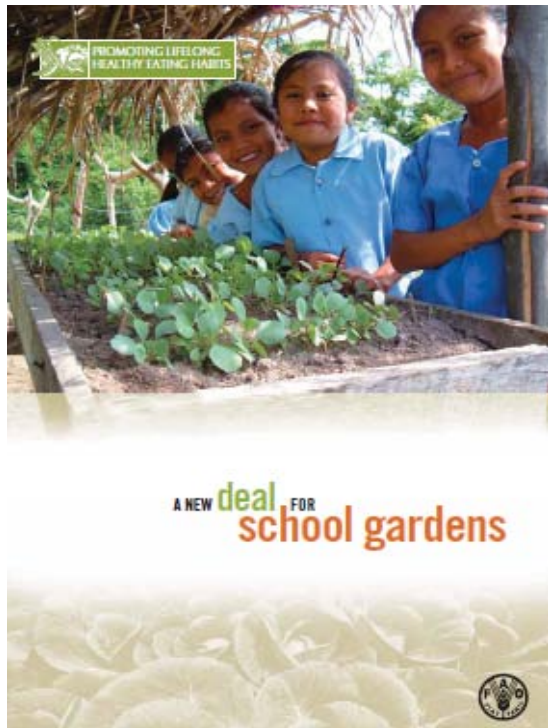
Whole School Approach

- ❑ Classroom learning
- ❑ Nutrition –friendly school environment
- ❑ Family and community participation



Setting Up and Running a School Garden

- Advocacy brochure
- Manual
- Teaching Toolkit



School gardens and nutrition education

☐ Latin America:

- Brazil, Dom. Republic, El Salvador, Panama, Belize, Barbados, Bahamas, Jamaica

☐ Africa:

- South Africa, Mozambique, Rwanda, Sierra Leone

☐ Asia:

- Sri Lanka
- Bangladesh



Diversifying school feeding with local production in Cape Verde

- ❑ Local production and procurement of vegetables, fruits, legumes, fish
- ❑ Collaboration with WFP, funds from Luxemburg
- ❑ 9000 primary school students benefited, 31 schools
- ❑ Lessons:
 - Improvements of students diet
 - Definition of quality standard for agric products
 - Assured markets for producers
 - Development of locally appropriate school meals

Papers

- ❑ *Introducing vegetables into the India Mid-Day Meal Programme (MDM) : the potential for dietary change.* [Ellen Muehlhoff ... \[et al.\]](#). (eds) Thompson and Amoroso, 2011. Combating micronutrient deficiencies: food-based approach.
- ❑ *Increasing fruit and vegetable consumption among school children: efforts in middle income countries.* [Wijesinha-Bettoni R¹](#), [Orito A](#), [Löwik M](#), [Mclean C](#), [Muehlhoff E.](#), [See comment in PubMed Commons below](#) [Food Nutr Bull.](#) 2013 Mar;34(1):75-94.