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

- Poor diet and physical inactivity: 10% 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

Background

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.
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
