



Promoting Fruits and Vegetables for Health: Some Policy Considerations

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Overall Messages: Pathways to Nutrition

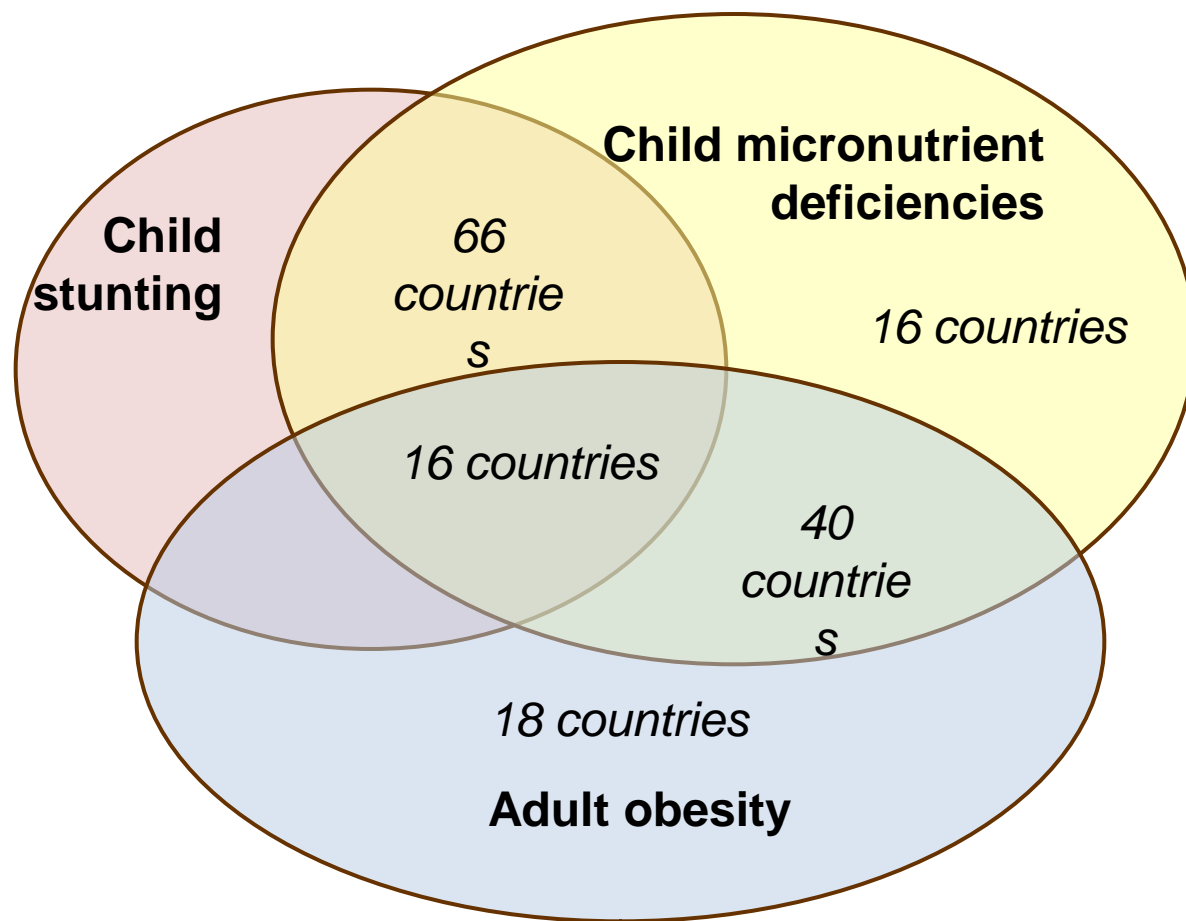
OLD: Assumptions about nutrition impact have been challenged

- Increasing production of calories
- Increasing overall household incomes as a singular priority
- Agriculture as an engine of overall economic growth; trickle-down effect on nutrition minimal

NEW: These need more attention if we are going to reach nutrition

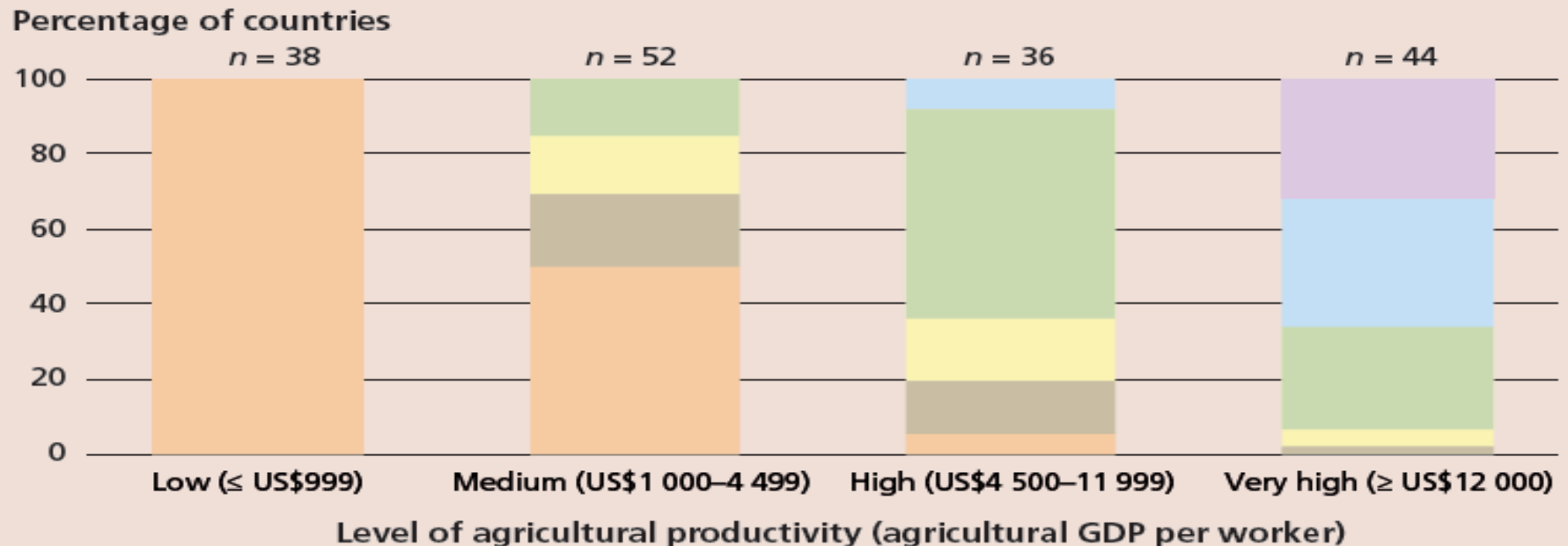
- Increasing production of diverse, nutrient dense foods
- Increasing women's incomes
 - And avoiding harm due to additional time demands or energy expenditure of women
- Incorporating nutrition behavior change communication for enhanced nutrition impact from food production and income

Overlapping burdens of malnutrition



No significant malnutrition problems: 15 countries

The nutrition transition: the pattern of malnutrition changes with diets and lifestyles



Malnutrition category:

Stunting and micronutrient deficiencies (AB)

Micronutrient deficiencies (B)

Micronutrient deficiencies and obesity (BC)

Stunting, micronutrient deficiencies and obesity (ABC)

Obesity (C)

No malnutrition problem (D)

PREAMBLE TO THE CONSTITUTION OF FAO

THE NATIONS ACCEPTING THIS CONSTITUTION,
BEING DETERMINED TO PROMOTE THE COMMON
WELFARE BY FURTHERING SEPARATE AND
COLLECTIVE ACTION ON THEIR PART FOR THE
PURPOSES OF :

RAISING LEVELS OF NUTRITION AND STANDARDS
OF LIVING OF THE PEOPLES UNDER THEIR
RESPECTIVE JURISDICTIONS,

SECURING IMPROVEMENTS IN THE EFFICIENCY
OF THE PRODUCTION AND DISTRIBUTION OF ALL
FOOD AND AGRICULTURAL PRODUCTS,

FAO's Vision for Nutrition

A world free of hunger and malnutrition, where food and agriculture contributes to raising levels of nutrition, improving diets, and increasing the living standards of all, especially the poorest and most nutritionally vulnerable, in economically, socially, and environmentally sustainable and gender-sensitive ways

■ FAO's Role in Nutrition

Work with others in global, regional, and national arenas to increase the effectiveness of food and agricultural systems in improving nutrition.

Nutrition: central to all FAO Strategic objectives

FAO NUTRITION STRATEGY



Help eliminate hunger, food insecurity and malnutrition



Make agriculture, forestry and fisheries more productive and sustainable



Reduce rural poverty



Enable inclusive and efficient agricultural and food systems



Increase the resilience of livelihoods to threats and crises

Sustainable food systems for healthy people

Nutrition Strategy objectives

1. Generate, share, and use knowledge
2. Improve the enabling environment and governance of nutrition (commitments, effective policies, programs, and investments)
3. Reinforce national and regional capacities
4. Improve the internal environment of FAO to support these Objectives

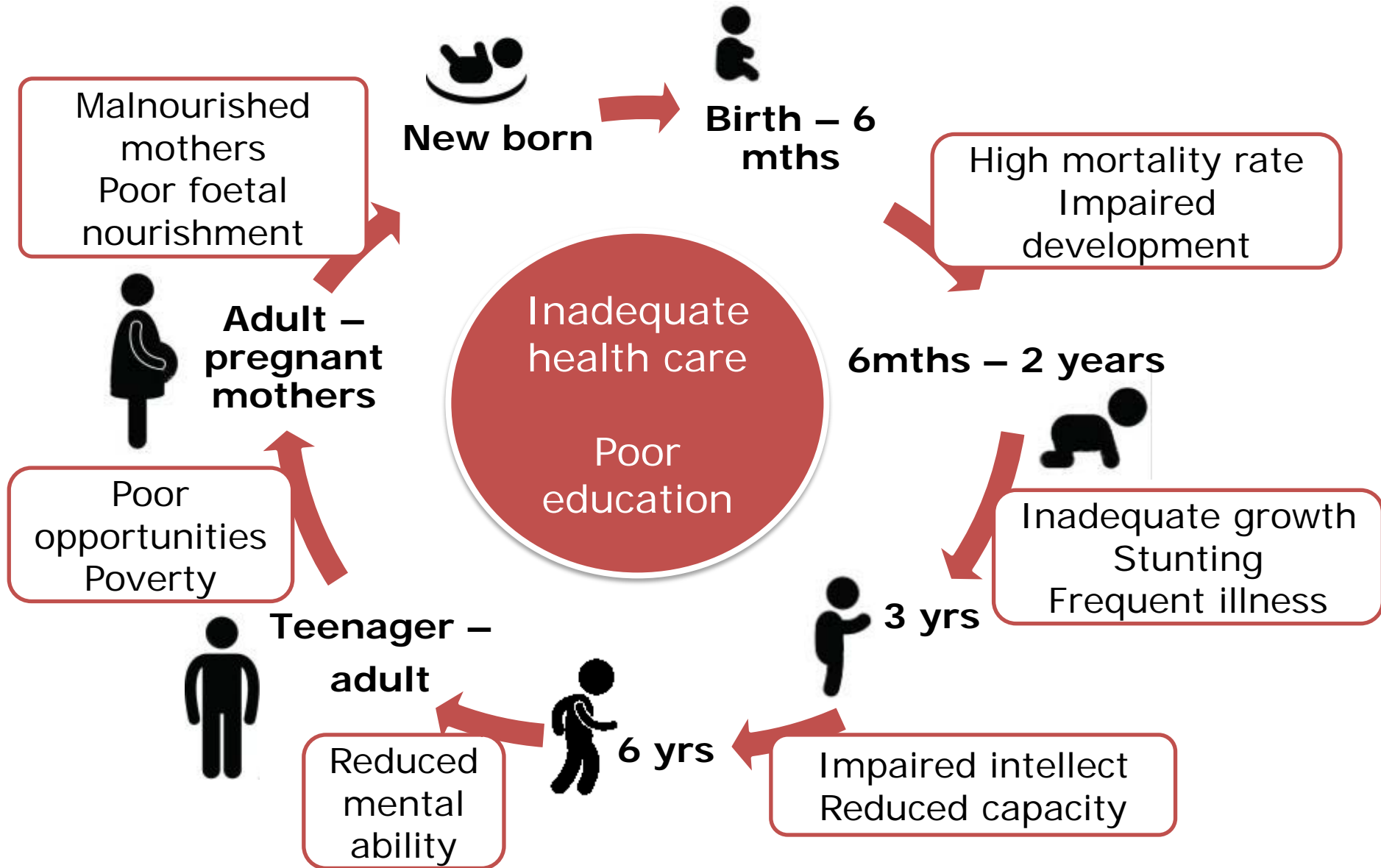


To increase the effectiveness of the food and agricultural system in improving nutritional outcomes

SO1: Improving governance for food security and nutrition

- **Enhancing the nutritional impact of food and agriculture policies and programmes:**
 - Support mainstreaming of nutrition in food and agriculture policies, programmes and investment plans at all levels (e.g. CAADP, forestry)
 - Build capacity for multi-sectoral planning for food security and nutrition at all levels
 - Food-Based Dietary Guidelines to inform policies and programmes
 - Nutrition education for policy-makers and consumers
 - Promotion of integrated school-based approaches

The under-nutrition trap through the life cycle

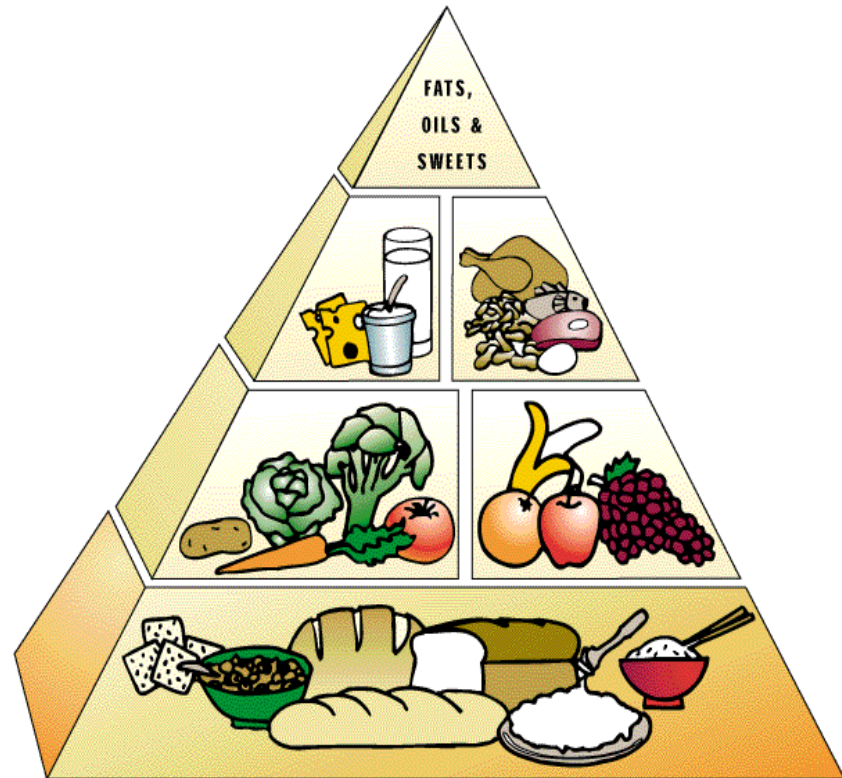
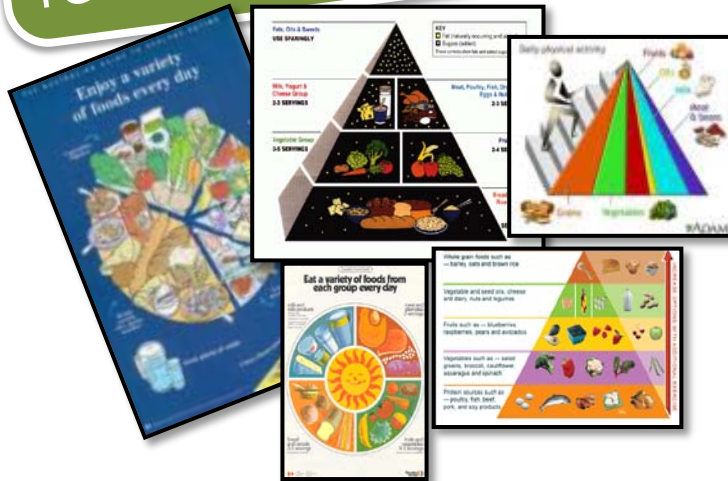


Nutrition basics

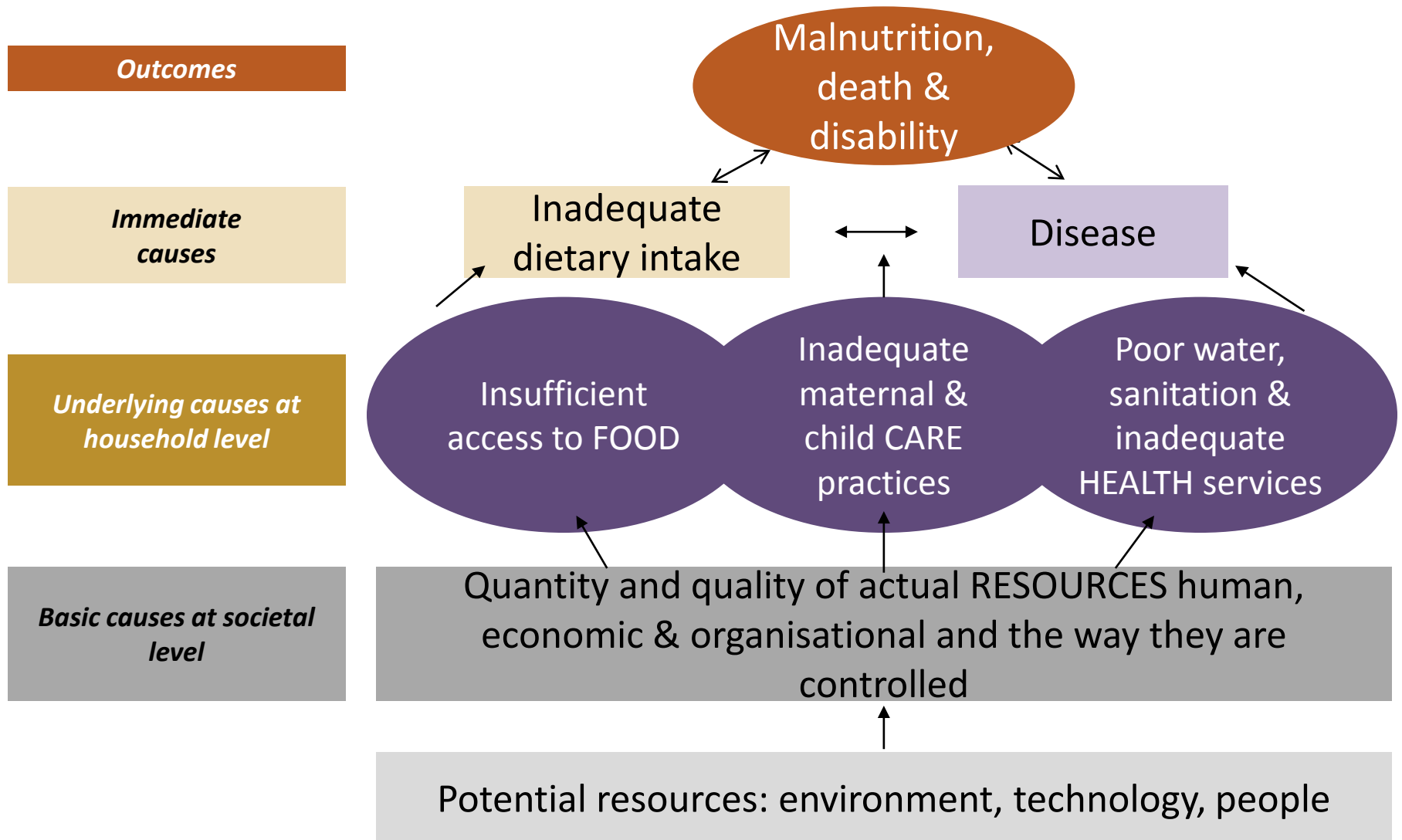
a healthy,
balanced diet:

adequate amount of nutrients, supplied by foods from all the food groups to maintain all bodily processes

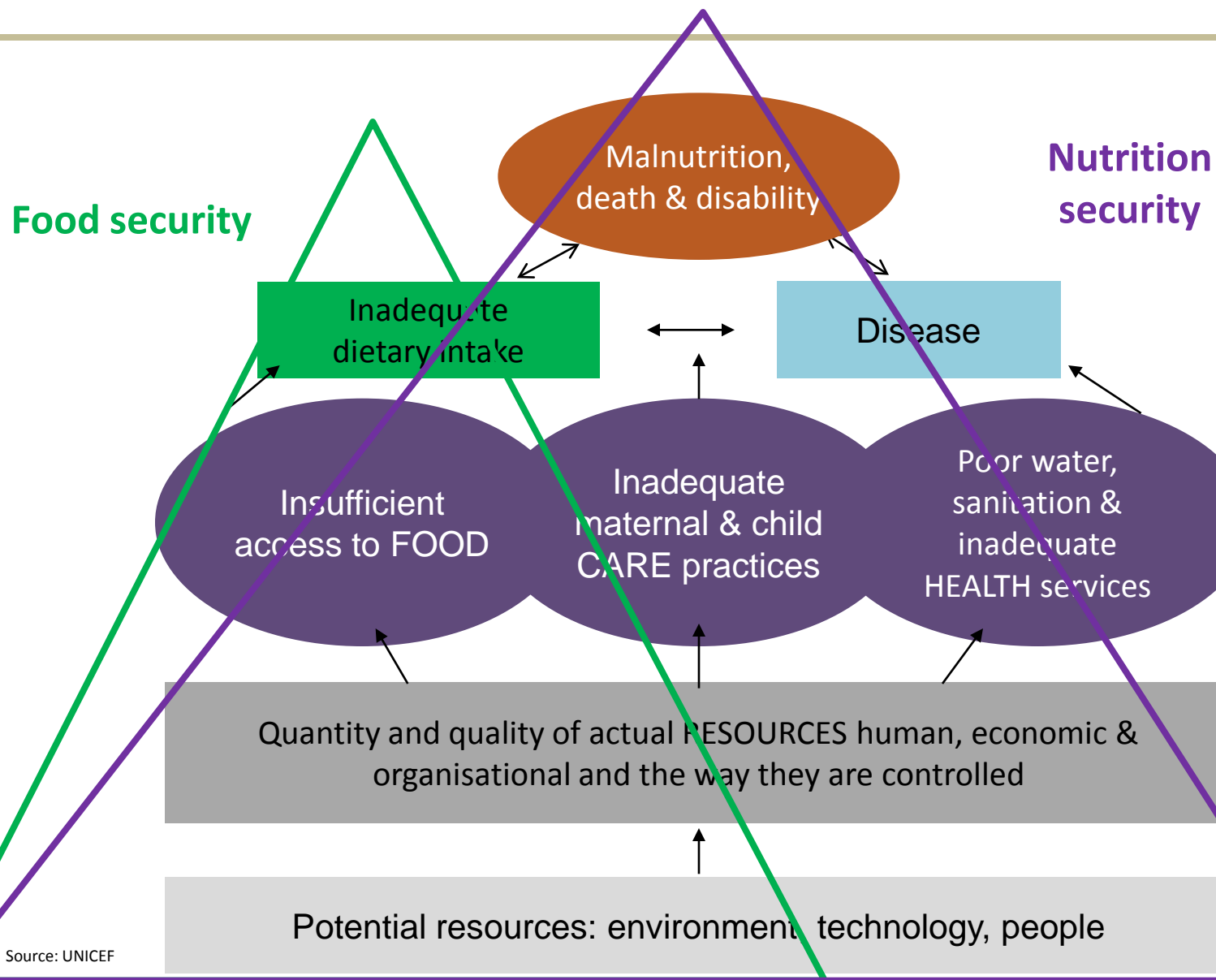
food based
programs
recommendations



Nutrition: a common development goal



From *food security* to *food and nutrition security*



Food and agriculture policies can have a greater impact on nutrition if they...

- 1. Increase incentives (and decrease disincentives) for sustainable production, distribution, and consumption of diverse, nutritious and safe foods.**
 - Focus on horticulture, legumes, and small-scale livestock and fish – foods which are relatively unavailable and expensive, but nutrient-rich.
- 2. Monitor dietary consumption and access to diverse, nutritious, and safe foods.**
 - Food prices of diverse foods, dietary consumption indicators
- 3. Build capacity in human resources and institutions** to improve nutrition through the food and agriculture sector, supported with adequate financing.
- 4. Support multi-sectoral strategies to improve nutrition** within national, regional, and local government structures.
- 5. Include measures that protect and empower the poor and women.**

Dietary diversity

- Current developments in agriculture - helped to feed more people, but not with all the necessary nutrients
- An adequate food supply, often interpreted as adequate supply of staples - maize, rice, wheat –(50% of world food requirement is met by these 3 staples). --NOT GOOD ENOUGH FOR NUTRITION!
- African diets lack the essential vitamins and minerals.

Need to promote the production and consumption of a variety of foods;

- **Horticulture- fruits and vegetables**
- i.e. Legumes, sorghum, millet, roots and tubers
- Fisheries
- Livestock- especially small stock

ICN2

Second International Conference on Nutrition

better nutrition better lives

19-21 November 2014

ICN2 Secretariat

ICN2 Website: www.fao.org/ICN2

Current nutrition situation

- **805 m people undernourished** in 2012-14 *SOFI, 2014*
- **161 m children stunted** due to chronic malnutrition *WHO, 2014*
- **99 m children underweight** *WHO, 2011*
- **51 m children wasted** due to acute malnutrition *WHO, 2013*
- **About 45% of 6.9 m child deaths** linked to malnutrition *WHO, 2011*
- **Over 2 b people affected** by micronutrient deficiencies *SOFA, 2013*
- **500 m adults obese** *SOFA, 2013*

Outcomes

- **Political Declaration (Rome Declaration on Nutrition)** – a commitment for more effective and coordinated action to improve nutrition
- **Framework for Action** – a voluntary technical guide for implementation of Political Declaration

Rome Declaration on Nutrition

A common vision for global action to end all forms of malnutrition

10 Commitments to action

- a) **Eradicate hunger and prevent all forms of malnutrition**
- b) **Increase investments for effective interventions and actions to improve diets and nutrition**

- c) **Enhance sustainable food systems by developing coherent public policies**
- d) **Raise the profile of nutrition and align national resources accordingly**
- e) **Improve nutrition by strengthening human and institutional capacities**

Rome Declaration on Nutrition

- f) Strengthen and facilitate contributions and action by all stakeholders and promote collaboration within and across countries
- g) Ensuring healthy diets throughout the life course
- h) Empower people and create an enabling environment for making informed choices about food products for healthy dietary practices
- i) Implement the commitments of the Rome Declaration on Nutrition through the Framework for Action
- j) Integrating the Rome Declaration on Nutrition into the post-2015 development agenda process

Framework for Action

- **60 policy and strategy recommendations to achieve better nutrition for all**

 - Thematic areas for action:**

 - Enabling environment for – with multi-sector engagement
 - Sustainable food systems for healthy diets
 - nutrition-enhancing investment and trade
 - Nutrition education and information
 - Social protection
 - Strong and resilient health systems, including actions on:
 - o breastfeeding, wasting , stunting , childhood overweight and obesity
 - o anaemia in women of reproductive age and health services to improve nutrition
 - Water sanitation and hygiene
 - Food safety
 - Accountability for ICN2 follow-up through enhanced monitoring mechanisms

- **Governments primary responsibility to take action, in dialogue with a wide range of stakeholders**

That's all folks!