

Estonian statement to the high level nutrition conference in Rome  
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Estonia fully aligns itself with the statement of the EU. Estonia very much supports the main idea of the conference to highlight nutrition security next to food security. The Rome declaration and framework for action will remain clear reference points for future activities. Besides global processes, it is of utmost importance to tackle the problems also on regional and local level. We are witnessing a global trend of huge amounts of wasted food whereas both undernourishment and obesity emerge as new worldwide problems that will make the fight against hunger even more difficult. The FAO respective studies predict that for instance in Eastern Europe obesity will reach one third of population by 2050. Malnutrition, the central concept of discussion, is not always undernourishment but increasingly insufficiently balanced nutrition.

In the northern part of the European region where the so called rye belt lies, rye bread has been the traditional main food that has been an essential part of nutritious and balanced diet containing the necessary energy but also fibres, vitamins and minerals. Together with FAO, Estonia has brought rye in focus and called for more attention to rye. Although the great tradition of rye production has been in decline for some time, we strongly believe that especially for the European region but also for North America, China and other parts of the globe, rye could be a crop with substantial nutritional advantages. At EXPO 2015 in Milan under the mottoes "Feed the world! Energy for Life!", nutrition is a key issue to be addressed. Therefore, Estonia invites everyone to our rye bar (not to be mixed with sky bar) where different novel and traditional products made from rye will be offered.

To discuss the central issues of food and energy sustainability, Estonia also organizes a regional Forum "AgroForum Mare Balticum", where policy makers, representatives of producers' organizations and researchers from the Baltic Sea Region meet colleagues from the Eastern Partnership and Eurasian Customs Union countries. In April 2015, the third annual Forum will take place where sustainability of overreliance on food safety and trade sustainability are among the aspects to be discussed.

Nutrition has also been in focus for research. There is an ambitious 3-year study on food consumption ongoing in Estonia comprising 9 thousand citizens within the age group of 4 months to 74 years. The study pays special attention to the connection between nutrition, obesity and overweight – a problematic triangle for our country. Another process to update Estonian nutrition and food recommendations is going on in Estonia. This process will end in 2015.

A specific website has been established to provide people with updated information and recommendations on nutrition. The website contains important nutritional recommendations and provides an opportunity to monitor and assess one's dietary habits with the help of a specialised interactive computer programme. In 2013, a broad discussion on Estonian nutrition policy was launched in Estonia. It will be formulated in Estonian Green Book of Nutrition and adopted by the Government of Estonia.