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SUSTAINABLE FOOD SYSTEMS FOR HEALTHY DIETS IN EUROPE AND CENTRAL ASIA

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REVAMPING FOOD SYSTEMS AND DIETS IN EUROPE AND CENTRAL ASIA: *IMPLICATIONS FOR NUTRITION*

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- Adequate nutrition is essential for health and well-being
- Every person on this planet has a right to food that is safe, sufficient and nutritious and to be free from hunger and malnutrition in all its forms
- Yet, **1 in 3 persons** globally suffers from at least one form of malnutrition - *undernutrition, micronutrient deficiencies, overweight and obesity*
Malnutrition is estimated to rise to 1 in 2 people if current trends continue (GLOPAN, 2016 – Foresight Report)
- Different forms of malnutrition now co-exist within the same country, community, household or individual
- Combatting malnutrition in all its forms is one of the greatest challenges that countries are facing

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Low quality diets contribute to all forms of malnutrition
The food system presents a huge opportunity to act to improve diets

While the GLOBAL FOOD SYSTEM has succeeded in feeding a growing population in terms of providing enough dietary energy...

Ensuring availability and accessibility of a variety of foods and food products that contribute to healthy diets and good nutrition remains a challenge

Food systems need to be repositioned: from feeding people to nourishing people well
GLOPAN, 2016ke

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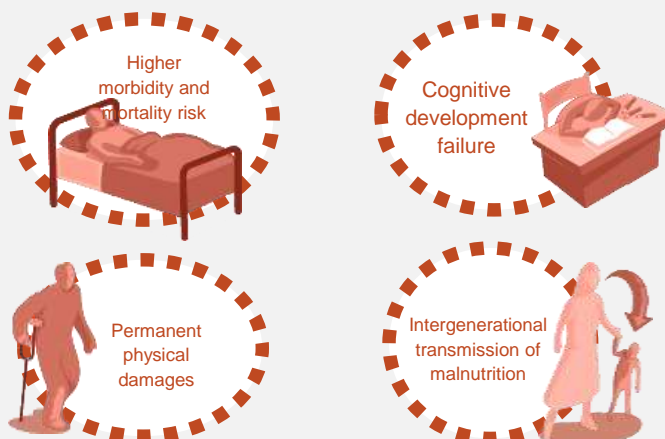
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Impact of malnutrition at the individual level



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Impact of malnutrition on society and economy



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A sustainable food system...

Is a food system that ensures food security and nutrition for all in such a way that the economic, social and environmental bases to generate food security and nutrition of future generations are not compromised.

(HLPE, 2014)

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A nutrition-sensitive food system

...ensures access to, and promotes consumption of a healthy diet while also taking into consideration other causes of malnutrition (health, access to safe water, adequate caring practices...).

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Food system intervention entry points

Consumer demand,
food preparation and
preferences

Food production

Food trade and
marketing

Food handling,
storage and
processing



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UNITED NATIONS DECADE OF **ACTION ON NUTRITION** 2016-2025

The Nutrition Decade provides an umbrella for all relevant stakeholders to voluntarily consolidate and align nutrition actions across different sectors and facilitate policy processes across the areas identified in the ICN2 outcome documents.

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Nutrition is central to the SDGs

Nutrition as a
direct objective



Nutrition as an enabler
for related goals



Nutrition as an enabler
for all goals



SDG Vision for nutrition:

End all forms of malnutrition, address the nutritional needs throughout the lifecourse, give universal access to safe and nutritious food sustainably produced and ensure universal coverage of essential nutrition actions.

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Together, the ICN2, the 2030 Agenda and the Nutrition Decade have placed nutrition firmly at the heart of the sustainable development agenda with the recognition that transformed food systems have a fundamental role to play in promoting healthy diets and fighting malnutrition in all its forms, including hidden hunger.

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A holistic approach is required...

- Working with the **entire system**
- **Multi-sectoral and inter-disciplinary approach**, with links to health systems, social protection and environment
- **Policy coherence** between food, health, trade, education, the environment etc.
- **Capacity building** at all levels

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Thank You!

Nutrition, putting
people at the
heart of our work



www.fao.org/nutrition/policies-programmes/toolkit
<http://www.fao.org/nutrition/policies-programmes/elearning/>

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