

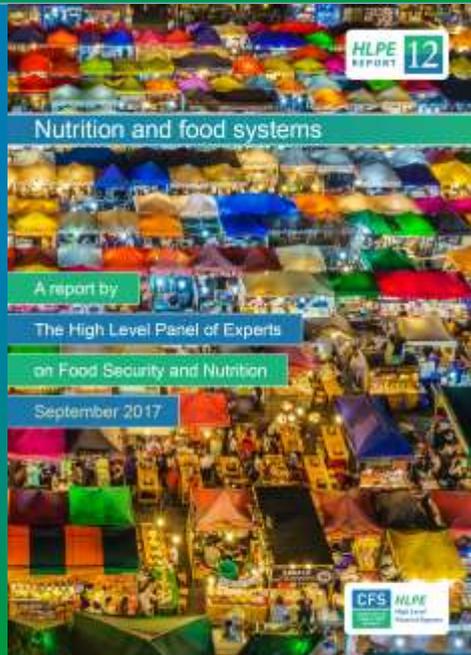
## Nutrition and Food systems

*A report by the  
High Level Panel of Experts on  
Food Security and Nutrition*

FAO/WHO Regional Symposium  
on Sustainable Food Systems  
for Healthy Diets in Europe  
and Central Asia

*4-5 December 2017*

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## Outline of the report

- 1) Setting the scene: approach and conceptual framework
  - 2) The multiple burdens of malnutrition
  - 3) Diets in transition
  - 4) Drivers of food system changes
  - 5) Positive directions for food systems, diets and nutrition
  - 6) Translating evidence into action
- Recommendations**



Credit: Jess Fanzo

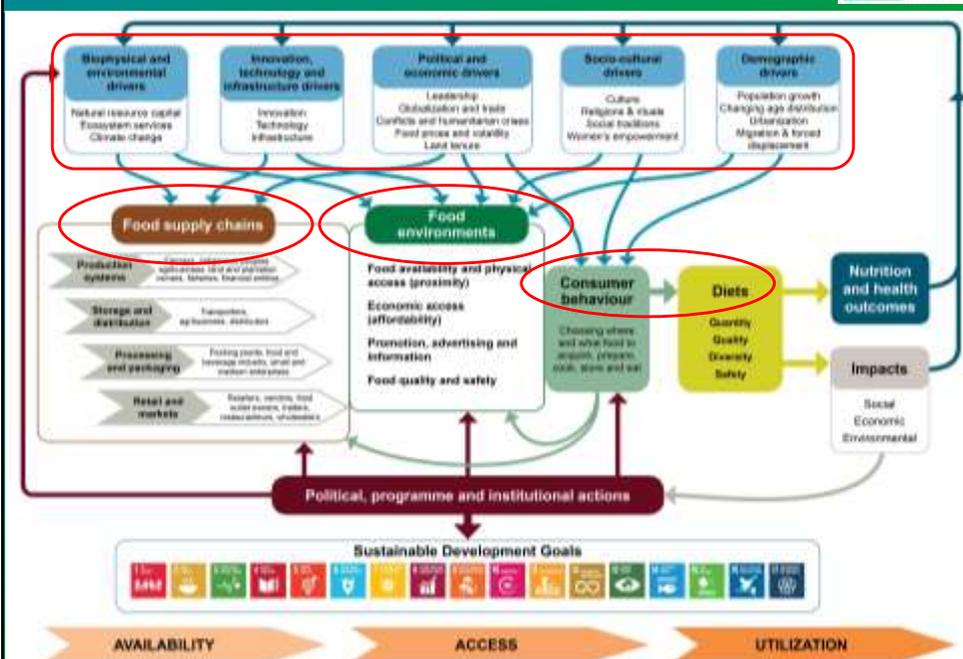
## Why this report, and why now?

- **One in three** people worldwide suffers from malnutrition.
- Malnutrition, in all its forms, affects **all** countries.
- Overweight and obesity is **growing rapidly**, while undernutrition is **declining too slowly**.
- Diets and food systems **are changing**: significant health, environment and social equity costs.

*This report calls for radical transformations and presents effective policies and programmes that have the potential to shape more sustainable food systems, contributing to the progressive realization of the right to adequate food.*

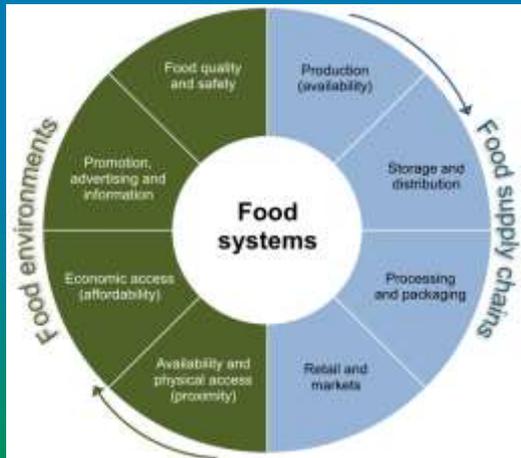
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## Food Systems: A Conceptual Framework



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## Elements of Food Systems



Traditional food systems

Mixed food systems

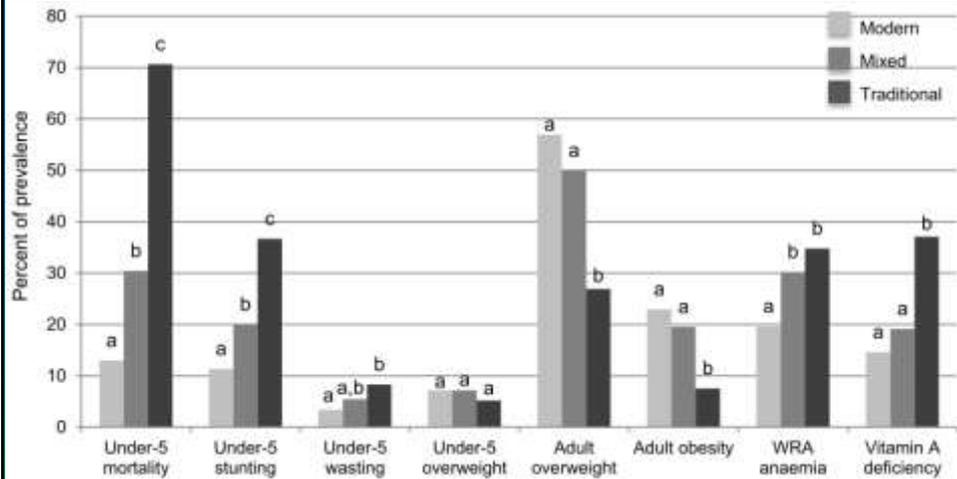
Modern food systems

## Multiple Burdens of Malnutrition

- 815 million undernourished
- 155 million children under five stunted
- 52 million children under five wasted
- Around 2 billion adults overweight or obese
- More than 2 billion people with micronutrient deficiencies

Who is vulnerable?

## Malnutrition Burdens Across Food Systems



The a/b/c classifications refer to statistically significant differences between the food systems per malnutrition burden

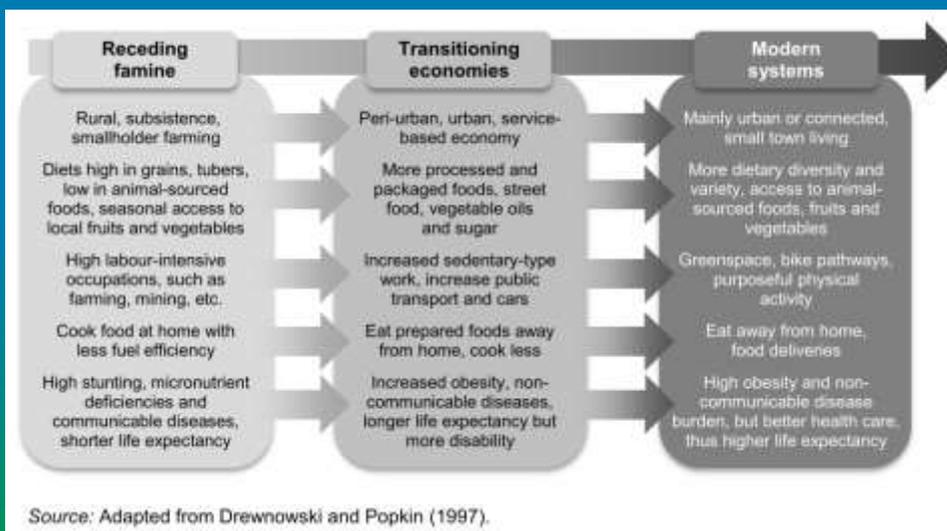
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## Diets: Major Risk Factor of Disability

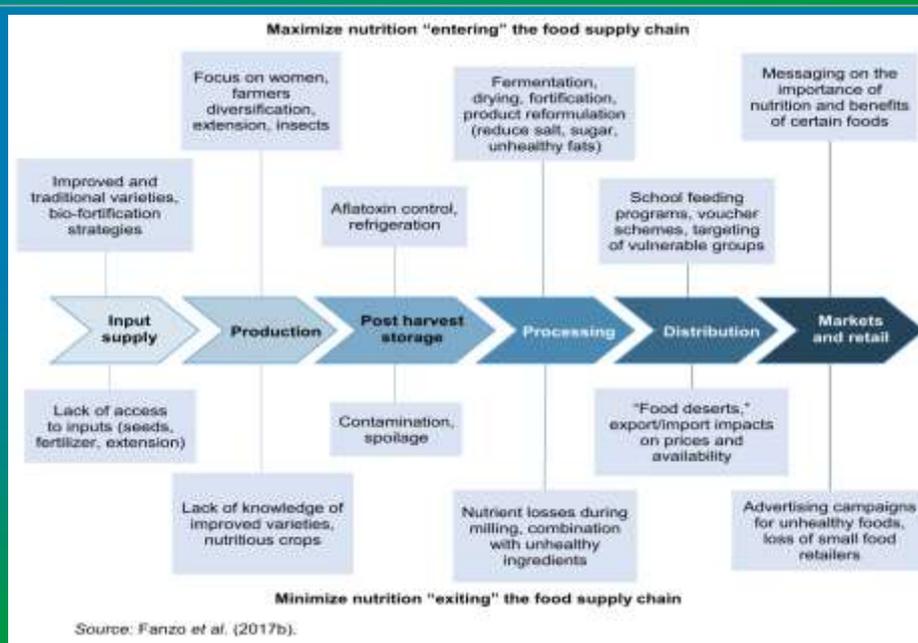
- Global dietary patterns have been changing rapidly in recent decades with globalization, urbanization and income growth.
- More and more, people are exposed to new food environments, expanding their food choices and diversifying their dietary pattern in both positive and negative ways.
- Unhealthy diets are now the number one risk factor globally for deaths and disability.
- Our dietary choices have an impact on the health of the planet – our natural resources and ecosystems.

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# Nutrition Transitions



# Priorities for action in food supply chains



## Priorities for action across food environments



- **Physical access:** food deserts and food swamps, & public procurement systems
- **Economic access:** discriminatory trade policies, taxes and subsidies, price promotions & remittances
- **Promotion and advertising:** placement and branding, regulations for advertising and marketing, & transparency of information on labels; “nudges”
- **Quality and safety:** certify food safety and quality through traceability, guidelines & information

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## Orienting consumer behaviour towards healthier diets

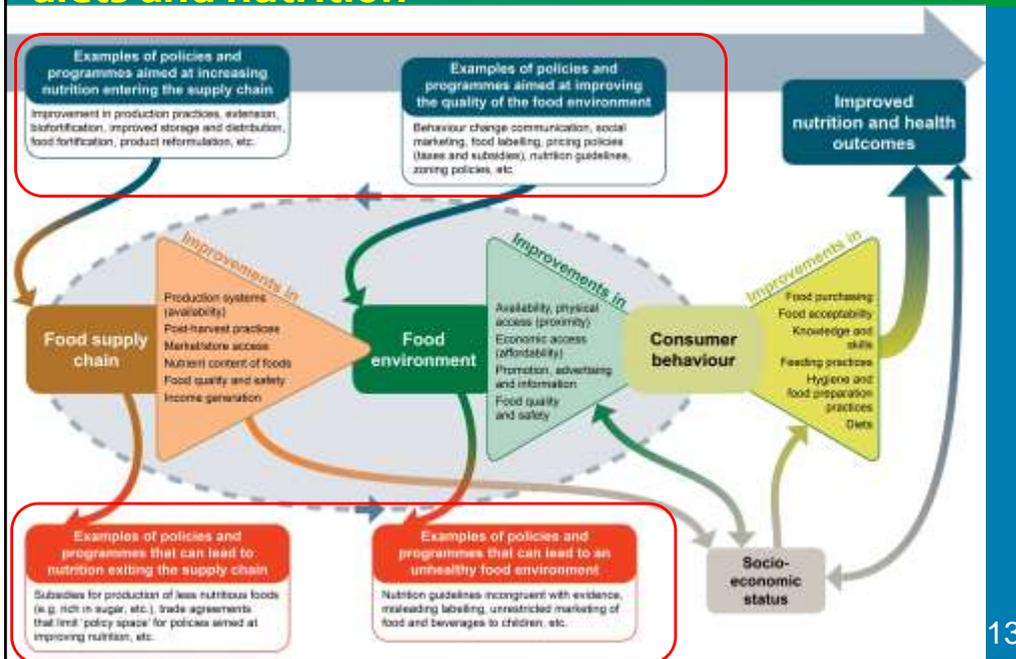


- **Nutrition education:** mass media campaigns, social and behaviour change communication, social protection programmes & food based dietary guidelines
- **Food acceptability:** ethical advertising, better packaging and promotion for desirability, & food waste campaigns
- **Social norms and traditions:** traditional food cultures, food preparation and curation & cooking skills

Reinventing nutrition literacy

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# Improved food systems for better diets and nutrition



# The Motivation to Act

- The **scale** of the burden raises alarms
- The societal **costs** are considerable
- **Diets** need to be improved
- Behaviours and preferences are malleable
- **Solutions** and evidence to act are available
- There is a dedicated **decade** for nutrition
- Address malnutrition needs better policy coherence across sectors

## Creating an enabling environment



- Build a supportive political environment
- Invest in nutrition & food systems
- Develop human capacity across nutrition & food systems
- Harness movements, coalitions & networks
- Develop innovative partnerships  
(cf. forthcoming HLPE report 2018)



Credit: Jess Fanzo

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## Barriers and obstacles that prevent action



- Failure to recognize the right to adequate food
- Imbalance of power across food systems
- Inability to mitigate conflicts of interest



Credit: Jess Fanzo

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## Overarching recommendations



1. Strengthen the integration of nutrition within national policies, programmes and budgets.
2. Strengthen global cooperation to end hunger and malnutrition.
3. Address the impacts of trade and investment agreements on food environments and diets.
4. Address the nutritional vulnerabilities of particular groups.
5. Improve nutritional outcomes by enhancing women's rights and empowerment.
6. Recognize and address conflicts of interest.
7. Improve data collection and knowledge sharing on food systems and nutrition.

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## Recommendations Across Food Systems



8. Enhance opportunities to improve diet and nutrition outcomes along **food supply chains**.
9. Improve the quality of **food environments**.
10. Create **consumer demand** for nutritious food.



Credit: Jess Fanzo

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## Conclusion



- Food systems are complex and rapidly changing. They face enormous challenges as well as opportunities.
- We need **disruptive change** and **action cannot wait**. If current trends continue, the costs generated by the current collective mismanagement of the world's natural resources and food systems will rise.
- Food Systems impacts diets and nutrition both positively and negatively by creating *entry and exit points for nutrition*
- Policies and programs can influence the food environment and value chains to improve diets and nutrition outcomes along three main pathways: (i) by increasing consumption of nutritious foods; (ii) by decreasing consumption of less nutritious foods; and (iii) by generating income, which enables consumers to purchase healthier foods

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## Thank you



Credit: Jess Fanzo

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