



FAO/WHO REGIONAL TECHNICAL CONSULTATION ON FOOD-BASED DIETARY GUIDELINES



**6-9 DECEMBER 2004,
CAIRO, EGYPT**

Info Note

The Food and Agriculture Organization Regional of the United Nations, Regional Office of the Near East (FAORNE) in collaboration with the World Health Organization Regional Office for the Eastern Mediterranean (WHO/EMRO) are organizing a Regional Technical Consultation on Food Based Dietary Guidelines (FBDG), which will be held at the WHO Eastern Mediterranean Regional Office in Cairo from 6 to 9 December 2004.

Background

Following the International Conference of Nutrition in 1992, the World Health Organization (WHO) and the Food and Agricultural Organization (FAO) recommended that all regions of the world "provide advice to the public...through...qualitative and/or quantitative dietary guidelines relevant for different age groups and lifestyles appropriate for the population." Such guidelines are expected to advise the formulation of national nutrition policies, nutrition education and other public health interventions and encourage collaboration between the different stakeholders at a national level.

To facilitate this process, FAO and WHO held an expert consultation on the preparation and use of Food-Based Dietary Guidelines (FBDG) in 1995. This was followed by a series of regional workshops that took place in different regions of the world to promote the development of FBDG. Two of these workshops were held in this Region; one in 1997 and another in 1998.

More recently, FAO has organized a number of regional workshops to follow up on the progress that countries have achieved in developing their FBDG. In addition, the World Health Assembly, while endorsing the Global Strategy on Diet, Physical Activity and Health, urged its Member States to undertake a number of important activities which included the development of national dietary guidelines.

In view of the important role that Food-Based Dietary Guidelines play in the improving national eating practices and in order to assess the present status of the national FBDG in the Region, WHO/EMRO and FAO/RNE are convening this consultation.

Objectives

The main objectives of this Consultation are to review the status of the Food Based Dietary Guidelines in countries of the Region, to identify gaps and resources involved in setting up the national food based dietary guidelines and to formulate a frame work to

assist countries of the Region in developing and implementing their food based dietary guidelines.

Location	WHO/EMRO, Nasr City
Participating Countries	Bahrain, Egypt, Islamic Republic of Iran, Jordan, Kuwait, Lebanon, Pakistan , Saudi Arabia, Syria.
Language	English
Cooperating Organizations	WHO
Responsible FAO Officers:	Mrs. Fatima Hachem, Food and Nutrition Officer, FAO Regional Office for the Near East, Cairo Email: Fatima.Hachem@Fao.org Mrs. Ellen Muehlhoff, Senior Nutrition Officer, FAO Headquarter, Rome Email: Ellen.Muehlhoff@Fao.org

Provisional Programme

Monday, 6 December 2004

08.30 – 09.00 hours	Registration
0900 – 1000 hours	Inauguration Message from Regional Director, WHO-EMRO Message from ADG/Regional Representative, FAO/RNE Introduction of participants Election of Chairperson & Rapporteur

1000 – 1030 hours **Coffee Break**

Session I

1030 – 1040 hours	Objectives & mechanics of the technical consultation Dr Kunal Bagchi, WHO-EMRO
1040 – 1050 hours	Historical overview of Food-Based Dietary Guidelines Dr Kraissid Tontisirin, FAO-HQ
1050- 1100 hours	Policy implementation of Food-Based Dietary Guidelines Dr Chizuru Nishida, WHO-HQ
1100– 1115 hours	Regional overview of diet-related health problems.

Dr Kunal Bagchi, WHO-EMRO

1115 – 1130 hours Regional overview of food consumption patterns.
Dr Fatima Hachem, FAO-RNE

1130 - 1200 hours Discussion

1200 - 1300 hours Lunch

Session II

1300 – 1600 hours National Food-based Dietary Guidelines

1300 – 1315 hours Egypt
1315 – 1330 hours Bahrain
1330 – 1345 hours Islamic Republic of Iran
1345 – 1400 hours Kuwait

1400 – 1415 hours Coffee Break

1415 – 1430 hours Jordan
1430 – 1445 hours Pakistan
1445 – 1500 hours Saudi Arabia
1500 – 1515 hours Lebanon

1515 – 1600 hours Discussion

Tuesday, 7 December 2004

0845 – 0900 hours Administrative issues

Session III

0900 – 0920 hours Summary of diet, nutrition and chronic diseases -Technical report 916 and the global debate
Dr Chizuru Nishida, WHO-HQ

0920 – 0940 hours Overview of the global strategy on diet, physical activity & health and its regional implications.
Dr Denise Coitinho, WHO-HQ

0940 – 1010 hours Discussion

1010 – 1030 hours Coffee Break

Session IV

1030 – 1240 hours **Steps for the preparation of food-based dietary guidelines**

1030 – 1050 hours Process & steps in developing FBDG.
Dr Antonia Trichopoulos

1050 – 1110 hours Food and dietary data needed for the preparation of FBDG.
Dr Antonia Trichopoulos

1110 – 1130 hours Health & nutrition information needed for the preparation of
FBDG.
Dr Kraissid Tontisirin, FAO-HQ

1130 – 1240 hours Discussion

1240 – 1340 hours **Lunch**

Session V

1340 – 1540hours **Group Session 1:**
A. Identify constraints and gaps, including the availability
of appropriate data and information, in the preparation of
FBDG in the participating countries.
B. Identify factors that can facilitate / promote the process
including the necessary technical skills and resources.

1540 – 1550 hours Coffee Break

1550 – 1620 hours Presentation of Group Work 1.

Wednesday, 8 December 2004

Session VI

0900 – 0920 hours Developing food-based dietary guidelines – experiences from
Thailand.
Dr Prapaisri Sirichakwal

0920 - 0940 hours Developing food-based dietary guidelines – experiences from
India.
Professor Seema Puri

0940 – 1030 hours Discussion

1030 – 1045 hours **Coffee Break**

Session VII

1045 – 1100 hours	Linking FBDGs and nutrition education Ms Ellen Muelhoff, FAO-HQ.
1100– 1115 hours	Developing multisectoral nutrition communication plans – regional experiences. Ms Lilas Tomeh, WHO-EMRO
1115 – 1200 hours	Discussion
1200 – 1300 hours	Lunch

Session VIII

1300 – 1515 hours	<u>Group Session 2:</u> A. Identify the roles and responsibilities of different sectors and partners. B. Define the outline of a national FBDG.
1515 – 1530 hours	Coffee Break
1530 – 1600 hours	Presentation of group work 2

Thursday, 9 December 2004

Session IX

0900 – 1200 hours	<u>Group Session 3:</u> A. Develop national plans of action B. Develop follow-up procedures.
1200 – 1230 hours	Presentation of group work 3
1230 – 1330 hours	Lunch
1330 – 1430 hours	Conclusions & recommendations