



Food and Agriculture
Organization of the
United Nations



Preparation and use of Food Based Dietary Guidelines
and Nutrition Education for
Promoting Healthy Diets

2015 - 2016



Technical Consultation on the preparation of
**National Food Based Dietary Guidelines
and Nutrition Education for
Promotion of Healthy Diets**

9 – 12 May 2016 – Gauteng, South Africa

PROGRAMME



Day 1: Monday 9 May 2016

8:30-9:00 **Completion of registration of participants and speakers**
Coffee / Tea

Opening Session

9:00-10:00 **Welcome and Opening Session**
Chair: Dr Ana Islas and Co-chair Prof Ali Dhansay

- Opening address by Dr Tobias Takavarasha, Representative, FAO South Africa (10 minutes)
- Message from Dr Anna Larrey, Director, ESN, FAO HQ (10 minutes)
- Message from Prof Ali Dhansay, President, NSSA (10 minutes)
- Meeting objectives, programme and introduction of participants by Ms Carol Browne, FAO (15 minutes)
- Group photo (15 minutes)

10:00-10:20 **Coffee / Tea Break**

Session One

10:20-12:20 **The Need for Food Based Dietary Guidelines (FBDGs) in Sub-Saharan Africa**
Chair: Dr Yenory Hernández Garbanzo (25 minutes per presentation)

- Diet related public health issues in Sub-Saharan Africa - Prof Ali Dhansay, NSSA
- Dietary patterns, health outcomes and food systems: making the link for preparing FBDGs - Dr Celeste Naude, NSSA
- FBDGs: A public health measure to promote healthy diet and guide healthier food supplies to address the double burden of malnutrition - Dr Hana Bekele, WHO
- FBDGs: Global patterns, opportunities and challenges - Dr Mercy Chikoko, FAO SFS and Dr Ana Islas, FAO HQ
- Discussion

12:20-13:30 **Lunch**



Session two

13:30-15:00 FBDGs Processes and Countries' Experiences

Chair: Dr Hana Bekele (20 minutes per presentation)

- FAO/WHO approach for the development of FBDGs - Ms Carol Browne
- Case study South Africa: Experiences developing FBDGs - Ms Maude de Hoop
- FBDGs in Latin America and the Caribbean: Experiences and lessons learned - Ms Verónica Molina
- Case study Sierra Leone: Experiences developing FBDGs - Ms Aminata Koroma
- Discussion

15:00-15:40 National FBDGs: Panel Discussion

15:40-16:00 Coffee / Tea Break

16:00-17:15 Group Work Task 1

- Identify challenges and opportunities at national and/or regional levels for developing and implementing national FBDGs
- Feedback and discussion

17:15-17:30 Closing Summary - Zimbabwe

Day 2: Tuesday 10 May 2016

7:30-8:00 Coffee / Tea

8:00-8:15 Opening - Kenya

Session Three

8:15-10:10 Information Needs for Preparing FBDGs

Chair: Ms Angela Kimani (30 minutes per presentation)

- Science based health and nutrition information needed for preparing FBDGs - Prof Esté Vorster
- Food and dietary data needed for preparing FBDGs - Prof Edelweiss Wentzel-Viljoen
- Case study Thailand- The Thai experience on using food and dietary data for FBDGs-Dr Kitti Sranacharoenpong
- Discussion



10:10-10:40 Group work Task 2

- Mapping and identifying gaps in terms of information and resources needed for the development and implementation of national FBDGs
- Feedback and discussion

10:40-11:00 Coffee / Tea Break

Session Four

11:00-12:30 Developing the FBDGs, Food Guides and Messages

Chair: Dr Mercy Chikoko (30 - 40 minutes per presentation)

- Key principles & effective characteristics of national FBDGs and food guides - Dr Yenory Hernández-Garbanzo and Ms Verónica Molina
- The role of consumer research for translating FBDGs recommendations into effective consumer messages - Ms Chantell Witten and Ms Carol Browne
- Discussion

12:30-13:00 Team up on the FBDGs quiz

- Discussions of quiz answers and agree on a list of typical FBDG characteristics / criteria.

13:00-14:00 Lunch

14:00-16:00 Group Work Task 3

- In light of the outcomes of Task 1 and Task 2, identify and propose strategies for ensuring the effective development and implementation of national FBDGs

16:00-16:20 Coffee / Tea Break

16:20-17:15 Feedback of Group Work

17:15-17:30 Closing Summary- Malawi

19:00 Group Dinner



Day 3: Wednesday 11 May 2016

7:30-8:00 **Coffee / tea**

8:00-8:15 **Opening – Cameroon**

Session Five

Multi-sectorial Implementation of FBDGs and Nutrition Education

Chair: Prof Edelweiss Wentzel-Viljoen, NSSA

8:15-10:30 Case Study USA-Experiences with Implementing FBDGs

- Multi-sectorial actions to implement FBDGs- Ms Angela Tagtow, Center for Nutrition Policy and Promotion (CNPP), U.S. Department of Agriculture.
- Opportunities for synergy: home grown school feeding and FBDGs- Ms Josephine Kiamba and Ms Kefilwe Moalosi, NEPAD.
- Discussion

10:30-11:00 Coffee / Tea Break and Poster Viewing

11:00-13:00 Linking Nutrition Education and Communication with FBDGs (25 - 30 minutes per presentation)

- Nutrition education: basic concepts and strategies - Dr Ana Islas
- Embracing FBDGs as an instrument for nutrition education - Dr Yenory Hernández-Garbanzo
- Capacity development for effective nutrition education - Ms Esi Colecraft
- Discussion

13:00-14:00 Lunch

14:00-15:00 Group Work- Identification of entry points for implementing FBDGs, Recommendations on institutional arrangements & capacity development

15:00-16:00 Feedback of Group Work

16:00-16:20 Coffee / Tea Break



Session Six

16:20-17:10 Monitoring and Evaluation of FBDGs

Chair: Ms Delilah Takawira (20 minutes per presentation)

- FBDGs: monitoring and evaluation mechanisms - Prof Esté Vorster
- Evaluating the USA MyPlate Communication Initiative - Ms Angela Tagtow
- Discussion

17:10-17:15 Distribution of Technical Consultation Evaluation Forms

17:15-17:30 Closing Summary-Tanzania

Day 4: Thursday 12 May 2016

7:30-8:00 Coffee / tea

8:00-8:15 Collection of Evaluation Forms

Opening-Ghana

Session Seven

Definition of Next Steps and Follow-up Mechanisms

Chair: Dr Ana Islas, FAO

8:15-8:30 Presentation and discussion: follow-up on the preparation of national FBDGs and nutrition education in the participating countries - Ms Carol Browne

8:30-9:30 Group work (by country and /or region) – Draft consolidated country roadmaps building on the week's insights and discussions: priorities, action plans and next steps for the development and implementation of FBDGs
Tea / coffee served during group work

9:30-11:00 Country feedback (*5 minutes per country*)

11:00-11:15 Meeting evaluation feedback - Ms Chantell Witten

Closing Session

11:15-11:45 Closing remarks - FAO and NSSA