

# 7. RECOMMENDATIONS

1. In view of the dual burden of nutritional conditions affecting countries in the Region, immediate action should be taken at the country level to follow up the development and implementation of FBDG.
2. FBDG development and implementation is an ongoing process. Countries that have already initiated work on their national FBDG should expedite the process. Countries that have not initiated development of FBDG should organize follow-up meetings and set up a steering committee.
3. Regular regional and subregional follow-up meetings should be organized by WHO and FAO to report progress, share experiences and lessons learned in the development and implementation of FBDG. To facilitate the dissemination of information and sharing of experiences on the development and implementation of FBDG in the Region, an e-mail list serve should be established among countries.
4. Countries will identify resources for the development and implementation of FBDG; assistance from international organizations may be solicited as required.
5. Intersectoral cooperation is essential for the development of successful FBDG.. Based on available information, intersectoral cooperation needs to be strengthened in most countries.
6. Physical activity recommendations should be integrated in FBDG in the Region.