



KNOW WHAT PEOPLE EAT

BETTER DATA
BETTER POLICIES
BETTER DIETS



TAILORED ANSWERS
FOR DIFFERENT NEEDS

GLOBAL INDIVIDUAL FOOD CONSUMPTION DATA TOOL (FAO/WHO GIFT)
PROVIDING TAILORED ANSWERS FOR HEALTH, NUTRITION AND AGRICULTURE POLICY



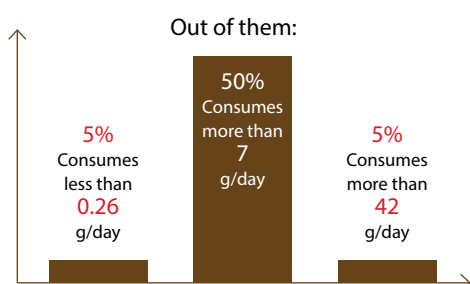
I am a food safety
officer in Asia

An alert has been disseminated through the International Food Safety Authorities Network (INFOSAN) for an unexpectedly high level of aflatoxin in tree nuts and peanuts consumed in the country. I have to assess the risk related to this contamination for different population groups, particularly in children.

I need to know the level of tree nuts and peanuts consumption among high consumers in different population groups to calculate potential exposure and estimate the health threat.



10% of the population consumed **NUTS AND SEEDS AND PRODUCTS BASED ON THEM** during the survey days.

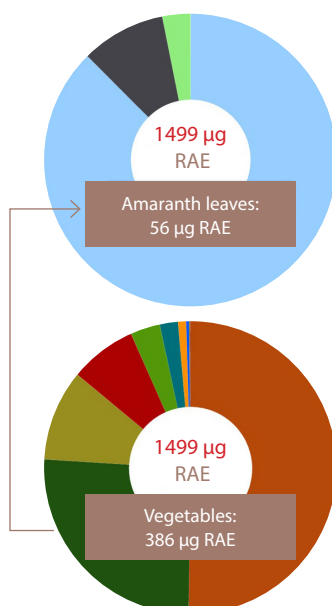


I am a nutrition
officer in Africa

New data show an unexpectedly high level of vitamin A deficiency among women in one area of the country. The Ministry of Health wants to increase vitamin A intake through local foods.

I need to know the main food sources of Vitamin A in women's usual diet in that area.

SOURCE OF VITAMIN A IN THE DIET

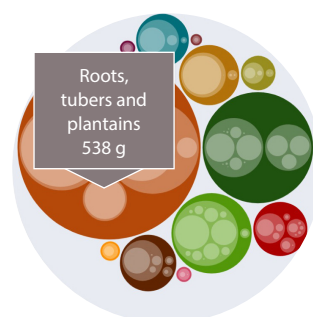


I am an agriculture-
related policy maker
in Latin America

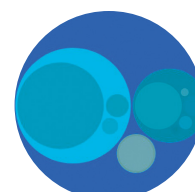
The Ministry of Agriculture wants to promote a biofortified variety of a staple crop which proved to be particularly productive in smallholder settings. I need to know the current level of consumption of the conventional varieties of this crop in the different age and sex groups.

I need age- and sex- disaggregated data on food consumption of staple crops.

FOODS



BEVERAGES



WHY THE WORLD NEEDS FAO/WHO GIFT

“ The Sustainable Development Goal 2 (SDG2) calls on countries to “end hunger, achieve food security and improved nutrition and promote sustainable agriculture” by 2030. Improved nutrition starts with a healthy diet. To assess diet as healthy we need to know what people are eating. The SGD2 indicators of stunting, wasting and Body Mass Index, measure the end stage of the problem. We need indicators that would prevent the problem. Through FAO/WHO GIFT, we are determined to change this by providing the data the world needs to understand what people eat and to develop policies on healthy diets for all. ”

Anna Lartey, Director, Nutrition and Food Systems Division, FAO

The FAO/WHO GIFT platform is being developed in a participatory manner, regularly consulting potential end users on their needs, and asking for their feedback on its outputs. A series of webinars with stakeholders from 4 pilot countries and international experts in food safety and nutrition has provided feedback on the platform.

Altogether, 175 stakeholders participated in 26 webinars. They found the platform to be a useful tool, which will serve the purpose it has been designed and developed for. However, it was underlined by several participants that the platform needs to be rapidly filled with data from countries worldwide.





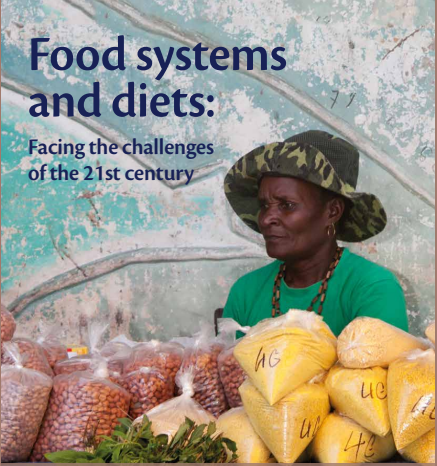
A new global research agenda for food

Lawrence Haddad, Corinna Hawkes and colleagues propose ten ways to shift the focus from feeding people to nourishing them.

One of the 10 priorities:

“ Make more data on diets widely available. It is currently difficult to compare diets across cultures, geographies and time. This has hampered a global consensus on what constitutes a healthy diet. A pilot project — the FAO/WHO Global Individual Food consumption data Tool (FAO/WHO GIFT; see go.nature.com/faogift) — aims to answer some elements, but has too few resources to be truly effective. The project needs a larger team to collate many more national surveys and develop guidelines for future surveys. ”

Haddad, L. et al. 2016 . Nature 540, 30–32.



Food systems and diets: Facing the challenges of the 21st century

“ Effort is urgently needed to substantially improve the quantity and quality of dietary data. [...] Recent efforts to gather data such as the Global Dietary Database (GDD) and FAO/WHO GIFT (FAO/WHO Global Individual Food Consumption data Tool), [...], should be built upon. ”

Global Panel on Agriculture and Food Systems for Nutrition. 2016. Food systems and diets: Facing the challenges of the 21st century. London, UK.

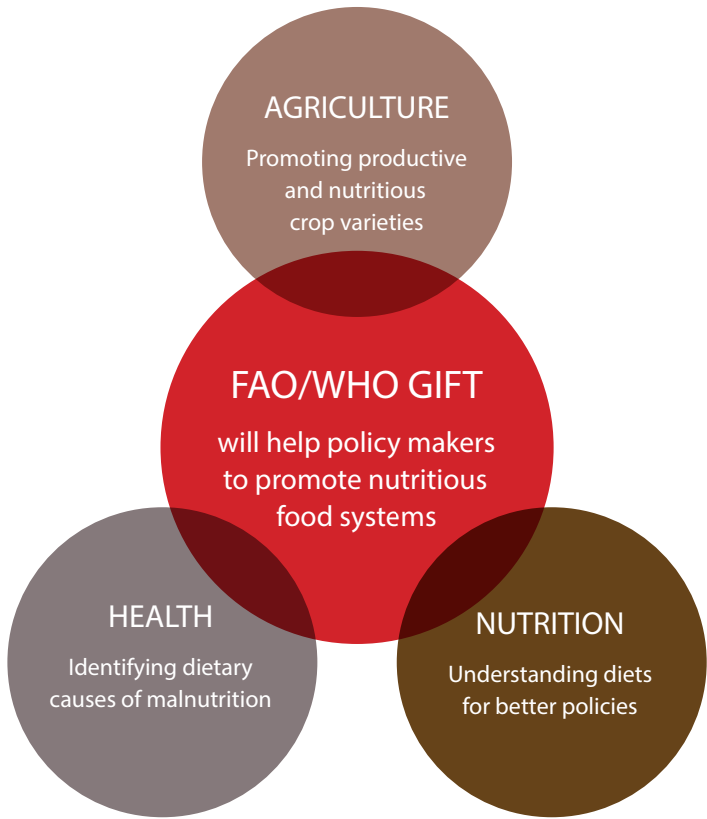
FAO/WHO GIFT WILL IMPROVE DATA SYSTEMS FOR BETTER AGRICULTURE AND FOOD POLICIES THROUGH COLLATION OF EXISTING DATA

Many policy makers and programme managers rely on data related to the availability of food at national level (i.e. balance sheet data) or at household level (i.e. household survey data). While important, these data are not sufficient to assess the nutritional adequacy of the diet of different population groups, such as adolescent girls, pregnant and lactating women, small children, adult men, etc.

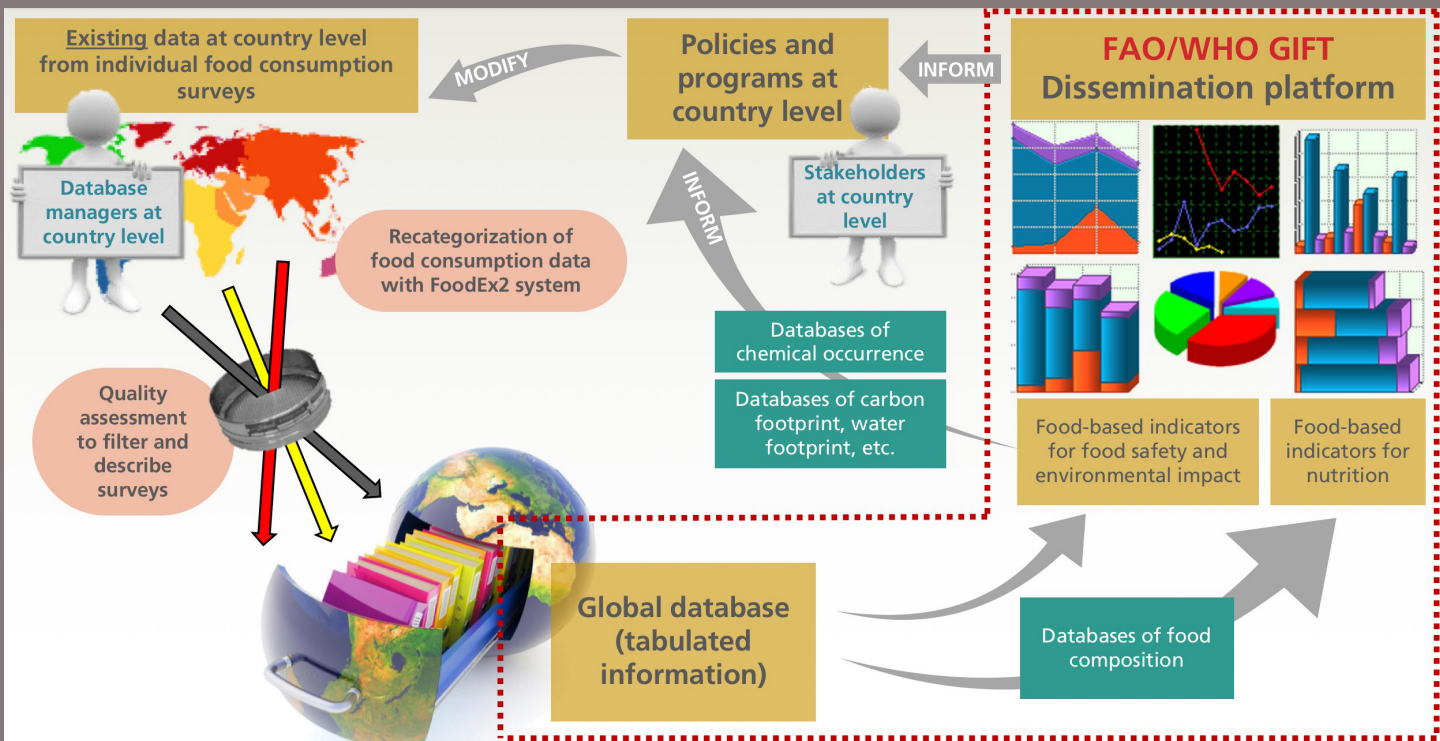
Food is not equally distributed among members of households and even less among households across countries.

FAO/WHO GIFT is an interactive, simple to use online platform providing:

- » information about existing data on individual food consumption;
- » data in a form of infographics for users with low scientific literacy;
- » free download of microdata for further analysis.



FLOW OF INFORMATION BETWEEN COUNTRIES AND THE FAO/WHO GIFT WEB DISSEMINATION PLATFORM



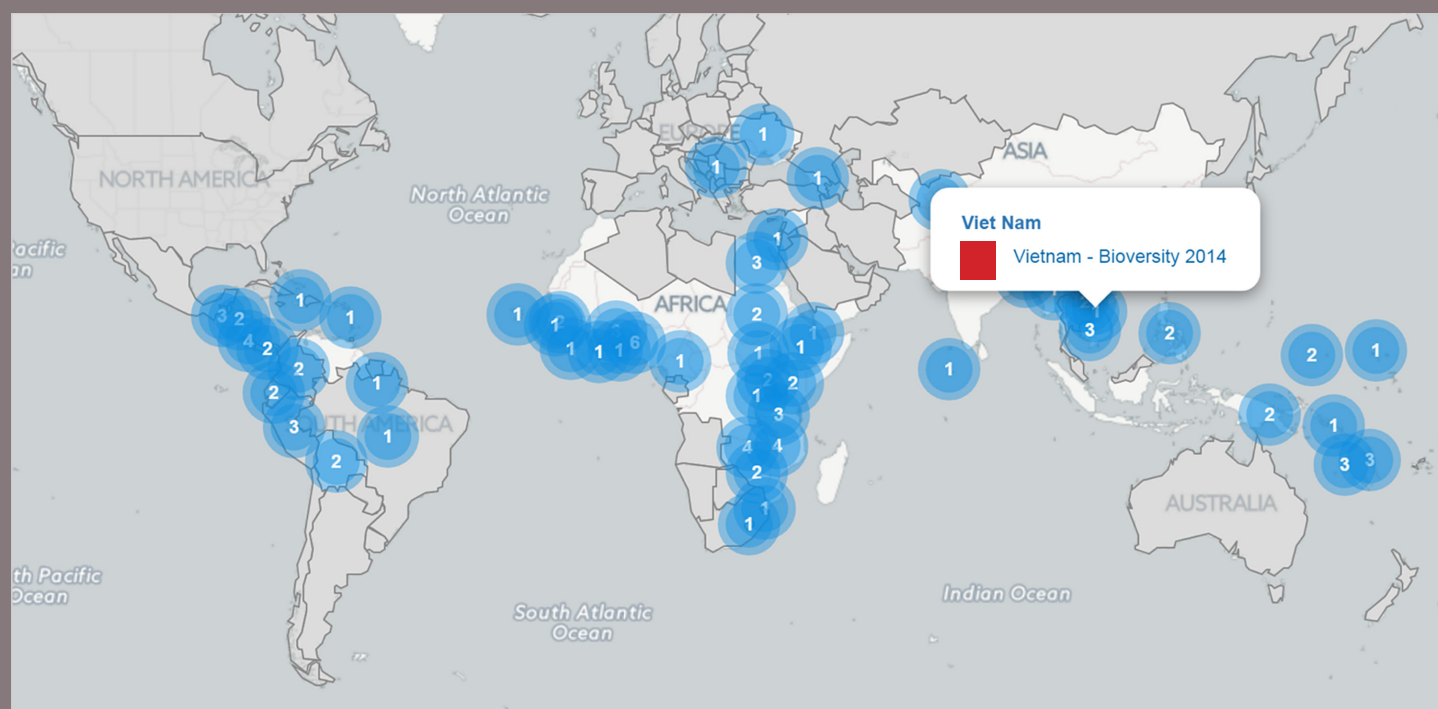
The theory of change is that dietary data from FAO/WHO GIFT will inform decision making at country level so that the food consumption patterns are modified towards a healthier diet.

WE MAKE INDIVIDUAL FOOD CONSUMPTION DATA AVAILABLE

for better policies that lead to more nutritious and healthy diets everywhere, every day

The FAO/WHO GIFT web dissemination platform is conceptualized to be truly global and continuously expands: The platform provides detailed information on potentially suitable surveys from low- and middle-income countries that meet

requirements to be inserted in the database. Many are small scale surveys, but data exist. So far, **125 individual quantitative food consumption surveys** were found in **64 countries**.



Source: Snapshot from the FAO/WHO GIFT platform

TECHNICAL AND RESOURCE PARTNERS OF FAO/WHO GIFT:

- » The European Food Safety Authority (EFSA) - sharing their experience from collation of existing data from European countries and supporting data harmonization processes.
- » The Codex Trust Fund from EU for ASEAN countries.
- » Centres and initiatives under the CGIAR Research Program on Agriculture for Nutrition and Health (Bioversity and HarvestPlus) - supporting the data inventory and acquisition of data.
- » The Global nutrition surveillance initiative (GloboDiet), International Agency for Research on Cancer (IARC-WHO).
- » The International Dietary Data Expansion (INDDEX) Project (2015-2018), implemented by Tufts University's Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, with funding from the Bill & Melinda Gates Foundation.
- » The Global Dietary Database (GDD), at Tufts University, developed by the Global Nutrition and Policy Consortium (<http://www.globaldietarydatabase.org>), informing the Global Burden of Diseases Study, and funded by the Bill & Melinda Gates Foundation.

To sign up as a partner or for more information, please visit:
www.fao.org/nutrition/assessment/food-consumption-database
 or contact us at: fao-who-gift@fao.org