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# Healthy Diets Monitoring Initiative

Chika Hayashi, on behalf of HDMI

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Food and Agriculture Organization  
of the United Nations



for every child



World Health  
Organization

# HDMI Core Group



Food and Agriculture Organization  
of the United Nations

unicef  | for every child



World Health  
Organization

**Jennifer Coates, Tufts University**

**Edward Frongillo, Univ. South Carolina**

**Lynnette Neufeld, FAO**

Bridget Holmes, FAO

Giles Hanley-Cook, FAO

Juan Pablo Parraguez, FAO

**Victor Aguayo, UNICEF**

Chika Hayashi, UNICEF

Vrinda Mehra, UNICEF

Karoline Hassfurter, UNICEF

**Francesco Branca, WHO**

Elaine Borghi, WHO

Kuntal Saha, WHO

Isabela Fleury Sattamini, WHO





# The Global Challenge

Unhealthy diets have a widespread impact on people living in low-, middle-, and high-income countries. Many continue to be undernourished, at the same time more people are becoming overweight or obese.

*“Food is the single strongest lever to optimise human health and environmental sustainability on Earth”*

- Lancet 2019

## Problems

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- While progress has been made in **national quantitative dietary data**, there remain **noticeable gaps**.
- Existing data often offers only a snapshot, **lacking crucial trend information**.
- **Consensus** on the definition of healthy diets and standardized measurement methods **remains elusive**.



# Our Objectives

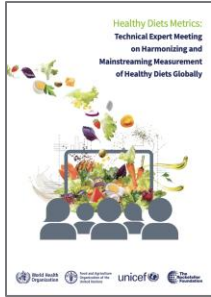
- **Build consensus** on sub-constructs, methods, measures, and indicators best suited for diverse purposes, including both global and national monitoring efforts.
- **Empower and support countries** to integrate and utilize these refined measures and indicators within their national data systems.
- **Advocate for the global adoption** of these standardized metrics, aligning with Sustainable Development Goals and other international commitments, ensuring a unified approach toward achieving healthy diets for people and the planet.





# Evolution of the Healthy Diets Monitoring Initiative

Establishment of FAO-UNICEF-WHO  
Healthy Diets Monitoring Initiative



Technical  
Consultation on  
Measuring Healthy  
Diets

2022

2023



Healthy Diet Metrics: a suitability  
assessment of indicators for global  
and national monitoring purposes



Healthy Diet Metrics: Monitoring of  
healthy diets globally: A call to action

Guidance for monitoring healthy  
diets globally: Version 1

2024

Country Engagement Strategy with  
**4 regional level consultations to co-create  
with countries:** national statistics offices as  
well as data experts from ministries of  
health and agriculture

2025

Expert stakeholder  
consultation

**Guidance for monitoring  
healthy diets globally:  
Version 2**

Dissemination and communication for  
supporting uptake of guidance

# Our Call to Action

Enable national and global decision-makers and stakeholders to monitor and achieve healthy diets for people and the planet.

- 1 Raise awareness and advocate for the cause
- 2 Share needs, expertise and experience
- 3 Institutionalize structures and processes for monitoring diets
- 4 Foster research to fill gaps in monitoring healthy diets
- 5 Sustain commitment, collaboration and investment



# Proposing a diet indicator for the SDGs



**Rationale:** Healthy diets are critical for achieving global nutrition targets and the Sustainable Development Goals, especially Goal 2 – **ending malnutrition in all its forms**. The omission of healthy diet metrics from global monitoring is highly consequential.

**Indicator proposal:** Minimum dietary diversity with disaggregates for children and women of reproductive age.

## Timeline:

**April 30<sup>th</sup>, 2024**  
Submission of proposal

*Proposals open for public comment between April and fall 2024.*

**Fall 2024**  
IAEG-SDG meetings to discuss all submitted proposals

**March 2025**  
Final decision on proposing diets for SDGs



# Thank you.



<https://bit.ly/HDMIform>

By registering your interest, you will be **included in our mailing list** and **notified of upcoming events, research findings, and partnership opportunities** related to the Healthy Diets Monitoring Initiative. We look forward to working together with countries, researchers, multilateral institutions, and other stakeholders in advancing the cause of healthy diets.

