



Agenda Item 8

CX/EURO 12/28/8-Add.1

JOINT FAO/WHO FOOD STANDARDS PROGRAMME FAO/WHO COORDINATING COMMITTEE FOR EUROPE

Twenty-eighth Session
Batumi, Georgia, 25-28 September 2012

NUTRITION ISSUES WITHIN THE REGION (REPLIES TO CL 2012/17-EURO) (Bulgaria, Lithuania)

BULGARIA

Under the Health Law, Ministry of Health fulfills the following activities on achieving positive changes in national nutrition pattern, reducing risk of nutritional deficiencies and chronic diseases related to nutrition:

- Development of national guidelines for healthy nutrition as a basis for positive changes in food behavior of the population:
 - National guidelines for healthy nutrition of the population in Bulgaria (18 - 65 years of age);
 - National guidelines for healthy nutrition for children 3 to 6 years of age;
 - National dietary guidelines for children 7 to 19 years of age;
 - Guidelines for healthy nutrition before and during the pregnancy and lactation;
 - Guidelines for healthy nutrition of infants.
- Improving public awareness and competence of health care professionals to successfully start, operation and increased duration of breastfeeding.
- Improvement of nutrition and physical activity of children and adolescents in kindergartens and schools.
- Establishment of system for acquiring knowledge and skills for healthy nutrition for children and adolescents by:
 - Promoting the "European Day of Healthy Food and Cooking with Children" organized by the European Commission and the "Euro Toques" - Bulgaria (European Association of Chefs), held annually since 2007, as an initiative to simultaneously cook healthy food for children in all member states of the European Union;
 - Participation of Bulgaria in the European initiative to reduce the energy content, sugar and fat in foods.
- Specifically targeted actions to reduce overweight and obesity in the population by conducting annual National Week of fighting obesity.
- Monitoring of diet and nutritional status of the population over 1 year of age, which includes:
 - monitoring of breastfeeding, nutrition and nutritional status of children under 5 years of age;
 - monitoring of anemia in women of childbearing age;
 - monitoring of obesity in children 6 to 9 years of age through participation in initiatives of the European Office of WHO.

LITHUANIA

Currently the Ministry of Health works on the implementation of the Second WHO European Action Plan for Food and Nutrition Policy 2007–2012 and EU Strategy for Europe on Nutrition, Overweight and Obesity related health issues.

Ministry of Health every 5 years carries out the National public nutrition monitoring and elaborates recommendations for improvement of nutrition.

Special attention is given to pupils nutrition. In 2010 a procedure of establishing of healthy nutrition in schools was designed. The aim of this procedure - to improve children nutrition by reduction of fat, simple carbohydrates, carbonated drinks and other energy dense and nutritionally poor foodstuffs consumption, to provide fresh and healthy food and establish an appropriate internal and external control of compliance the legal provisions. From the 2012 this approach has been extended to all children collectives with the age of pupils from 1 to 18 years.

National research programmes 'Chronic Non-infectious Diseases' (2010-2014), 'Healthy and Safe Food' (2011-2015), other scientific programmes which contain elements to improve nutritional quality of foods are being implemented in Lithuania.

National Food and Veterinary Risk Assessment Institute has a broad spectrum of activities related to nutrition education of the consumers via mass media.

Additionally, training of the food inspectors on the healthy nutrition, particularly related to nutrition of the schoolchildren, was performed at the regional level in 2012.