



Agenda Item 2a

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## JOINT FAO/WHO FOOD STANDARDS PROGRAMME

### CODEX COMMITTEE ON NUTRITION AND FOODS FOR SPECIAL DIETARY USES

Thirty-fourth Session

Bad Soden am Taunus, Germany

3 – 7 December 2012

#### MATTERS OF INTEREST ARISING FROM FAO AND WHO

##### Comprehensive global monitoring framework for the prevention and control of noncommunicable diseases

The Formal Meeting of Member States to conclude the work on the comprehensive global monitoring framework was held in Geneva from 5 to 7 November 2012. The meeting was attended by representatives of 119 Member States and one regional economic integration organization, one intergovernmental and 17 nongovernmental organizations as observers. The meeting reviewed the revised WHO discussion paper (version dated 25 July 2012) on a comprehensive global monitoring framework, including indicators, and a set of voluntary global targets for the prevention and control of noncommunicable diseases, as well as a report summarizing the results of the discussions in each of the regional committees. The global monitoring framework, including indicators (Annex 1) and a set of voluntary global targets for the prevention and control of noncommunicable diseases (Annex 2) were agreed by consensus. The report of the meeting ([http://apps.who.int/gb/ncds/pdf/A\\_NCD\\_2-en.pdf](http://apps.who.int/gb/ncds/pdf/A_NCD_2-en.pdf)) together with the global monitoring framework, including indicators, and a set of voluntary global targets for the prevention and control of noncommunicable diseases will be submitted to the 132<sup>nd</sup> session of the Executive Board and to the 66<sup>th</sup> World Health Assembly for its consideration and adoption.

The global monitoring framework, including indicators, and a set of voluntary global targets for the prevention and control of noncommunicable diseases will also be integrated into work under way to develop a draft WHO global action plan for the prevention and control of noncommunicable diseases covering the period 2013–2020 for submission to the 66<sup>th</sup> World Health Assembly, through the Executive Board.

##### Comprehensive Implementation Plan on maternal, infant and young child nutrition

The Comprehensive Implementation Plan on maternal, infant and young child nutrition was endorsed by the 65<sup>th</sup> World Health Assembly in May 2012 (WHA65.6). The plan includes six global targets to address the double burden of malnutrition in children, starting from the earliest stages of development: 1) reduce childhood stunting, 2) reduce anemia in women of reproductive age, 3) reduce low birth weight, 4) reduce childhood overweight, 5) increase exclusive breastfeeding rates in the first 6 months, and 6) reduce childhood wasting. The plan proposes five actions: 1) creating a supportive environment for the implementation of comprehensive food and nutrition policies; 2) adopting efficient strategies and include all required effective health interventions with an impact on nutrition in plans for scaling up; 3) stimulating the implementation of no- health interventions with an impact on nutrition; 4) providing adequate human and financial resources for the implementation of health interventions with an impact on nutrition; 5) monitoring and evaluating the implementation of policies and programmes.

##### WHO Nutrition Guidance Expert Advisory Group (NUGAG)

The 4<sup>th</sup> meeting of the **NUGAG Subgroup on Diet and Health** took place in Geneva, Switzerland from 27 to 30 March 2012, following its 3<sup>rd</sup> meeting held in Seoul, Republic of Korea from 29 November to 2 December 2011. The NUGAG Subgroup on Diet and Health finalized the recommendations on sodium intake for adults and children, potassium intake for adults and children, total fat intake in relation to weight

gain and sugars intake in relation to weight gain as well as to dental caries. The guidelines on sodium and potassium have now been officially cleared by the Guideline Review Committee and will be published before the end of 2012. The guidelines on total fat and sugars will soon be posted for public consultation before they will be submitted to the Guideline Review Committee in early 2013.

The background systematic reviews on total fat intake in relation to weight gain as well as on sugars intake in relation to weight gain have been accepted by the British Medical Journal (BMJ) and will be published soon. The summary systematic reviews on sodium and potassium have also been submitted to BMJ while the 6 full systematic reviews (3 on sodium and 3 on potassium) have been finalized for publication as WHO documents which will be released as soon as the summary papers are published. The systematic review on sugars and dental caries is also being submitted to a scientific journal at present.

At the 4<sup>th</sup> meeting held in March 2012, the NUGAG Subgroup on Diet and Health reviewed the draft scoping questions, and priority outcomes for recommendations on saturated-fatty acids (SFA) and trans- fatty acids (TFA) for the prevention of NCDs. Required systematic reviews on SFA and TFA are currently being carried out and will be reviewed at the next meeting scheduled to be held in March 2013.

### **Nutrient Profiling**

After the completion of the country field-testing in six countries (i.e. in South Africa in April 2011, Canada and Thailand in June 2011, Norway in December 2011, Slovenia in April 2012, and United Arab Emirates in May 2012), the 1<sup>st</sup> edition of the Guiding Principles and Framework Manual is currently being reviewed for required revisions taking into consideration the lessons learned. Revision of the catalogue of nutrient profile models are also being undertaken at present in order to provide an updated resource information that summarises key characteristics of existing nutrient profile models which are identified through a systematic search and meet specific inclusion and exclusion criteria.

### **Technical note on supplementary foods for the management of moderate acute malnutrition in infants and children 6 – 59 months of age**

Currently there are no evidence-informed recommendations for the composition of supplementary foods specially designed for the management of children with moderate acute malnutrition, which affects approximately 40 million children worldwide contributing to increased morbidity and mortality, impaired intellectual development, suboptimal adult work capacity and even increased risk of disease in adulthood. This technical note summarizes the available evidence and presents some principles underlying the dietary management of children with moderate acute malnutrition with a proposed nutrient composition profile for supplementary foods relevant to situations in which their use may be warranted. WHO recognizes the need for more research on the composition, acceptability and use of supplementary foods for the management of moderate acute malnutrition to further validate the efficacy and effectiveness of the proposed composition.

### **Joint FAO/WHO Expert Meetings on Nutrition (JEMNU)**

FAO and WHO have been working together to elaborate the modalities and process which JEMNU will follow, applying a similar process and work to the NUGAG. JEMNU is established to provide scientific information and advice to the committees of the Joint FAO/WHO Food Standards Programme (i.e. Codex) or to Member Countries. There will not be a permanent secretariat or expert body; JEMNU will be convened when there is a specific request from a Codex body or from Member Countries. FAO and WHO will provide a joint JEMNU secretariat to identify the relevant experts through a call for experts, undertake the necessary evidence reviews and convene JEMNU meetings to evaluate the evidence and provide an objective assessment of the quality of the evidence. The JEMNU secretariat will provide the final report which may be used for the work of the Codex body. FAO and WHO may establish an agreement to produce a separate report. JEMNU will be disbanded when the work that was requested by the Codex body or Member Countries is completed. JEMNU meetings and evidence reviews will be funded through extra budgetary funds. The Codex body and Member Countries which are requesting scientific advice shall collaborate with FAO/WHO in identifying sources of funds. Funds may be obtained from the Global Initiative for Food-related Scientific Advice (GIFSA) or other sources.

### **FAO's strategy for nutrition**

FAO's Programme Committee endorsed a new "Strategy and vision for FAO's work in nutrition" on 6 November 2012. The strategy identifies the provision of scientific advice on nutrition to Codex and Member Nations as one of the fundamental global public goods of the Organization. Currently, FAO meets global

knowledge demands for decision-making by creating, sharing and promoting the use of critical, high-quality databases on food and nutrition, developing methods, analyses, tools, guidelines and curricula for nutritional assessment, food composition, nutrition education, and policy analysis. The strategy is available at: <http://www.fao.org/docrep/meeting/026/me902e.pdf>

### **Nutrient Requirements**

*Dietary Protein Quality Evaluation in Human Nutrition: Report of an FAO Expert Consultation, FAO Food and Nutrition Paper*

In 1989 the joint FAO/WHO Expert Consultation on Protein Quality Evaluation recommended the use of the Protein Digestibility Corrected Amino Acid Score (PDCAAS) method for evaluating protein quality. The PDCAAS method has proved to be of considerable value in practice. Nevertheless, limitations of PDCAAS have been recognised and debated, and new research findings have accumulated. This led to a review of the adequacy of PDCAAS and its application vis-à-vis other methods of estimating dietary protein quality. It was in this context that an FAO Expert Consultation on Protein Quality Evaluation in Human Nutrition was held in Auckland, New Zealand, from March 31 to April 2, 2011. This report will be available on the FAO website <http://www.fao.org/ag/humannutrition/nutrition/63158/en/> and in print by the end of 2012.

### **International Conference on Nutrition (ICN+21)**

FAO and WHO are jointly organizing the International Conference on Nutrition (ICN+21) to be held in Rome, Italy from 13-15 November, 2013. The conference will review progress on the World Declaration and Plan of Action was adopted by delegates from 159 countries and the European Community who pledged to eliminate or reduce substantially starvation and famine; widespread chronic hunger; undernutrition, especially among children, women and the aged; micronutrient deficiencies, especially iron, iodine and vitamin A deficiencies; diet related communicable and non-communicable diseases; impediments to optimal breast-feeding; and inadequate sanitation, poor hygiene and unsafe drinking water.

Prior to holding the ICN+21, expert meetings will be held to discuss:

- The development of global diets since ICN 1992: Influences of Agri-Food sector trends and policies;
- Sustainable Nutrition Security: Restoring the bridge between agriculture and health. The ICN+21 website can be reached at [www.fao.org/icn21](http://www.fao.org/icn21)

### **Milk and Dairy Products in Human Nutrition**

*Milk and Dairy Products in Human Nutrition*, a new FAO publication will be released in early 2013.

Billions of people around the world consume milk and dairy products every day. Not only are milk and dairy products a vital source of nutrition for these people, they also present livelihoods opportunities for farmers, processors, shopkeepers and other stakeholders in the dairy value chain. But to achieve this, consumers, industry and governments need up-to-date information on how milk and dairy products can contribute to human nutrition and how dairying and dairy-industry development can best contribute to increasing food security and alleviating poverty. This publication is unique in drawing together this information on nutrition, dairying and dairy-industry development from a wide range of sources and exploring the linkages among them. In producing this publication our aims were to: provide an in-depth look at selected topics of concern regarding dairy and nutrition, from milk production to consumption; provide a balanced and unbiased scientific overview of the impact of milk and dairy consumption on human nutrition and health in developed and developing countries; and give insights on dairy's potential to improve the diets of poor and undernourished people and implications for future actions by diverse stakeholders.

### **Measuring household and individual dietary diversity**

*Guidelines for measuring household and individual dietary diversity*

Fighting hunger and malnutrition requires effective programmes and projects that are based on a sound understanding of people's nutrition situations. Valid and timely nutrition assessment also require standardized indicators for making cross-country comparisons and estimating trends. The FAO Nutrition and Consumer Protection Division promotes the use of simple assessment indicators for measuring dietary consumption and food security. As part of a recommended package of food and nutrition security indicators, FAO has developed "Guidelines for measuring dietary diversity". The dietary diversity assessment tool is particularly useful for ensuring that agricultural development, food security and nutrition education

programmes effectively lead to healthier and more nutritious diets. Being quick and simple to use, it can be integrated easily into impact evaluation protocols.

The *Guidelines for measuring household and individual dietary diversity* are now available in French and Spanish.

View and download the guidelines here: <http://www.fao.org/docrep/014/i1983e/i1983e00.htm>

French version : <http://www.fao.org/docrep/016/i1983f/i1983f00.htm>

Spanish version <http://www.fao.org/docrep/016/i1983s/i1983s00.htm>

### **Spanish version of the report on fats and fatty acids in human nutrition**

The Spanish version of the report of the expert consultation on fats and fatty acids, held in 10 - 14 November 2008, has been published by FAO and FINUT (Fundación Iberoamericana de Nutrición (FINUT)). The report is available on the FAO website and in print.

Nutrient requirement website: <http://www.fao.org/ag/humannutrition/nutrition/es/>

FAO Library: <http://www.fao.org/docrep/017/i1953s/i1953s.pdf>

### **Food composition data**

*FAO/INFOODS Food composition database on Biodiversity - BioFoodComp2.0*

The Biodiversity Database is a global repository of analytical data on food biodiversity of acceptable data quality. It is hoped that in the future, more and better data will be available in order to further develop the Biodiversity Database and provide this essential tool for the investigation and promotion of the sustainable use of food biodiversity and for mainstreaming food biodiversity into nutrition projects, programmes and interventions. <http://www.fao.org/infoods/infoods/tables-and-databases/en/>

FAO/INFOODS Guidelines for checking food composition data prior to publication of a user table/database (2012)

The objective of this document is to outline comprehensively the internal checks to be carried out on the food composition data and documentation prior their publication in the user table/DB. <http://www.fao.org/infoods/infoods/standards-guidelines/en/>

### **Dietary assessment methods conference**

**The 8th International Conference on Diet and Activity Methods (ICDAM) was held at FAO Headquarters 14-17th May 2012.** Diet and physical activity are lifestyle and behavioral factors that play an important role in health and the etiology, prevention, and treatment of many nutrition related health problems. With the increased global attention surrounding nutrition and physical activity, there is an urgent need to provide evidence that can inform policy decisions. FAO was pleased to host ICDAM8, which addressed topics that were highly relevant to the Organization's mandate: to collect, analyze, interpret, and disseminate information relating to nutrition and to promote scientific, technological, social, and economic research relating to nutrition and food. During the ICDAM8 conference some of the most prominent researchers in the fields of assessment of diet and physical activity gathered to exchange knowledge and to present new research to improve the measurement of the two critical dimensions of health. Delegates from more than 50 countries attended the conference. There were 24 separate sessions with 100 oral presentations and 350 posters presentations. ICDAM8 provided a rich source of ideas, innovations and information that will contribute to the quality of evidence and ultimately improve health worldwide. For information about ICDAM8 see: <http://www.fao.org/food/human-nutrition/icdam8/en/>

### **WHO electronic Library of Evidence for Nutrition Actions (eLENA)**

One year after its official launching as a new web-based tool designed to assist Member States and partners in making informed decisions on the appropriate actions to improve the health and nutrition of populations globally, eLENA includes 48 nutrition intervention titles, along with biological and behavioural rationales, invited commentaries on recent systematic reviews prepared by public health experts, and additional resources produced by Member States and global partners. On average, the site is accessed by over **9,000** users per month, with total visits reaching **113,471** over the past year.

The eLENA is now available also in Arabic (<http://www.who.int/elena/ar/index.html>), Chinese (<http://www.who.int/elena/zh/index.html>), French ([www.who.int/elena/fr](http://www.who.int/elena/fr)), Russian ([www.who.int/elena/ru](http://www.who.int/elena/ru))

and Spanish ([www.who.int/elena/es](http://www.who.int/elena/es)). A short video on eLENA has also been released on the website of the WHO Department of Nutrition for Health and Development: [www.who.int/nutrition](http://www.who.int/nutrition). The English edition of eLENA currently contains nutrition action titles ranging from infant feeding behavioural interventions to recommendations on supplementation and fortification with micronutrients across the various stages of the life. By the beginning of 2013, the number of titles is expected to reach 70. The preparations for including guidelines and recommendations on dietary goals for the prevention of obesity and nutrition-related noncommunicable diseases has also started and it is expected to start uploading those titles in 2013.

### **WHO Global Database on the Implementation of Nutrition Action (GINA)**

The Global Database on the Implementation of Nutrition Action (GINA) (<http://www.who.int/nutrition/ginal>) was launched on 28 November 2012. GINA provides an interactive platform for sharing information on nutrition policies and action being undertaken in countries in standardized manner. It links the information on policies and action in countries to data on national nutrition situation in the Nutrition Landscape Information System ([www.who.int/nutrition/nlis](http://www.who.int/nutrition/nlis)) or other indicator databases through interactive maps. It also links to the WHO guidelines in the electronic Library of Evidence for Nutrition Actions ([www.who.int/elena](http://www.who.int/elena)) .

GINA aims to serve as a tool for countries and stakeholders to monitor coherence and effective translation of policies through the implementation of evidence-based nutrition intervention programmes in respective countries. GINA currently contains approximately 1 000 policy information and more than 2 000 action data from 175 countries.

### **Accelerating Nutrition Improvements in Sub-Saharan Africa**

Three year project entitled Accelerating Nutrition Improvements in Sub-Saharan Africa (ANI project) is being initiated by WHO with the support of the Canadian International Development Agency (CIDA). Strengthening of nutrition surveillance will be carried out in ten countries (i.e. Burkina Faso, Ethiopia, Mozambique, Rwanda, Senegal, Sierra Leone, Tanzania, Uganda, Zambia and Zimbabwe) while five of those countries (i.e. Burkina Faso, Rwanda, Sierra Leone, Zambia and Zimbabwe) will also undertake of nutrition surveys. In addition, support will also be provided to Ethiopia, Tanzania and Uganda for implementing the scaling- up of their priority nutrition interventions to address stunting, maternal anaemia, etc. WHO is also strengthening its nutrition capacities and support for countries as part of the ANI project through creating new posts in the Regional, Sub-regional and Country Offices in Africa.

### **Complementary foods project in Malawi**

*Improving the dietary intakes and nutritional status of infants and young children through improved food security and complementary feeding counselling (IMCF)* is a three year research project funded by Germany and led in collaboration with the Justus-Liebig-University Giessen and the University of Malawi. This research project documents 1) the effectiveness of Trials of Improved Practices (TIPS) formative research for generating sustainable feeding recommendations and recipes that result in better dietary intakes and nutritional status; 2) the extent to which locally available and affordable foods can meet the nutritional requirements of children aged 6-23 months; 3) the impact of combining behaviour change communication with crop and dietary diversification; 4) the extent to which improved complementary feeding practices are sustainable, replicable and up-scalable. The IMCF research partners with the project “Improving Food Security, Nutrition Policies and Programme Outreach” covering Kasungu and Mzimba districts.

**Project achievements to date:** Nutrition education materials for use with women’s groups have been developed and community-based complementary feeding interventions have been implemented in both districts, based on facilitated discussion groups with mothers of young children, and on cooking sessions demonstrating how to improve the diets of young children using locally available ingredients. A video documenting the intervention will soon be available on <http://www.youtube.com/playlist?list=PL8A8F9F986F79F673> .