
Fruits and vegetables importance for public health



UN High Level meeting on Non-communicable Diseases

United Nations

A/66/L.1



General Assembly

Distr.: Limited
16 September 2011

Original: English

Sixty-sixth session

Agenda item 117

Follow-up to the outcome of the Millennium Summit

Draft resolution submitted by the President of the General Assembly

Political declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases

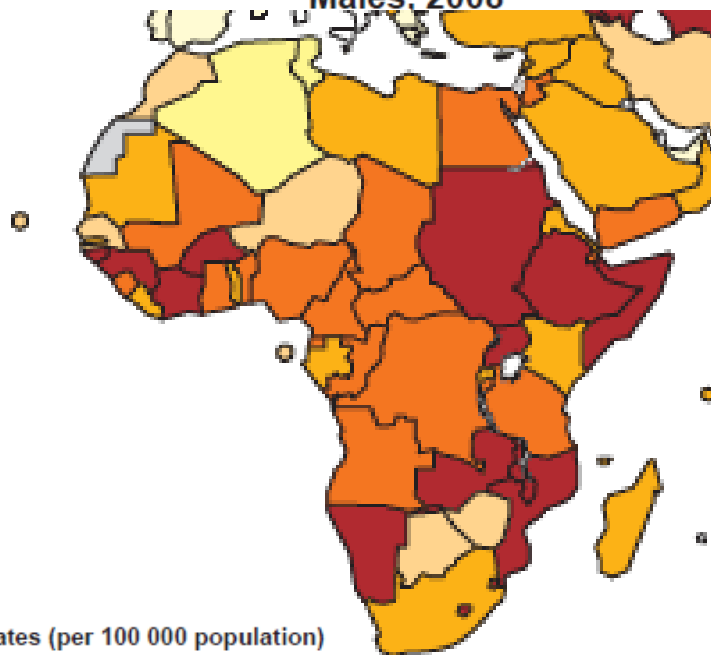
The General Assembly,

Adopts the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases annexed to the present resolution.

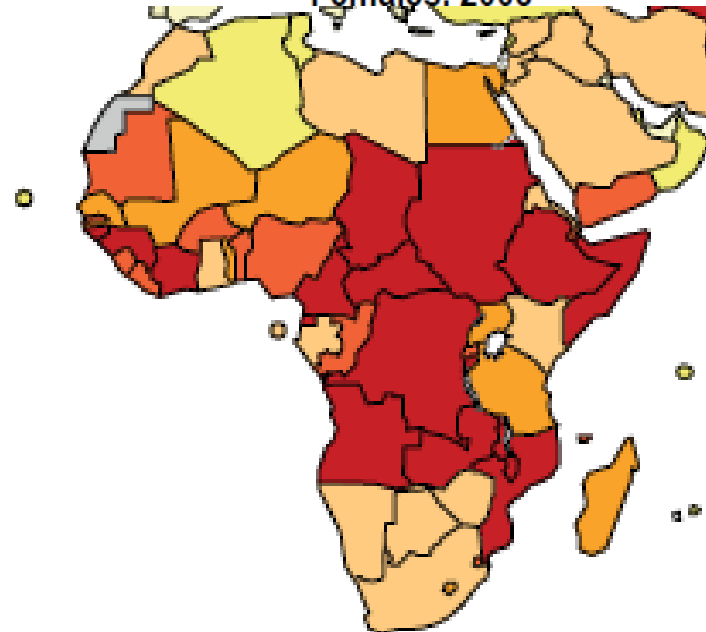


Non Communicable Diseases related mortality

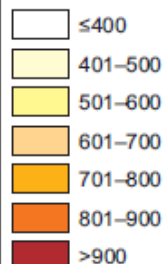
Total NCD death rates*, age standardized
Males, 2008



Total NCD death rates*, age standardized
Females, 2008



NCD death rates (per 100 000 population)

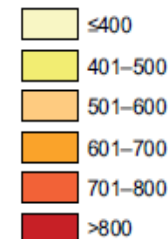


Data not available
Not applicable

* deaths due to noncommunicable diseases

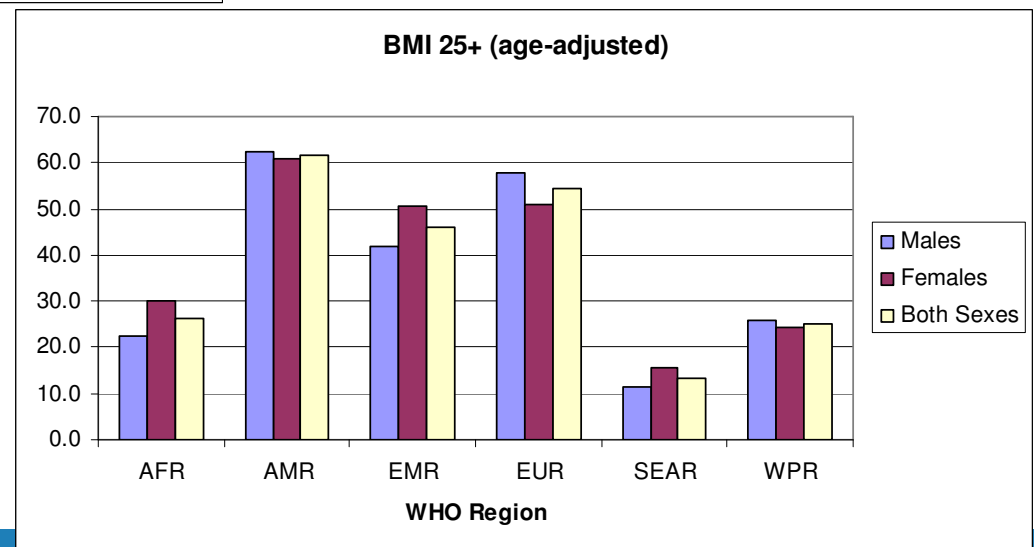
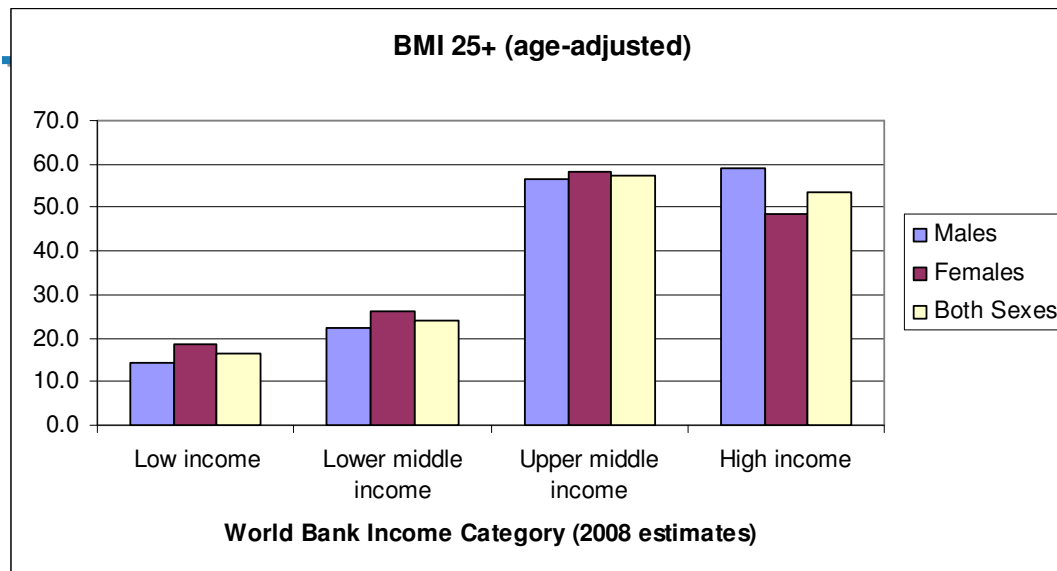
Data Source: World Health Organization
Map Production: Public Health Information
and Geographic Information Systems (GIS)
World Health Organization
© WHO 2011. All rights reserved.

NCD death rates (per 100 000 population)



Data not available
Not applicable

Obesity affects all of us

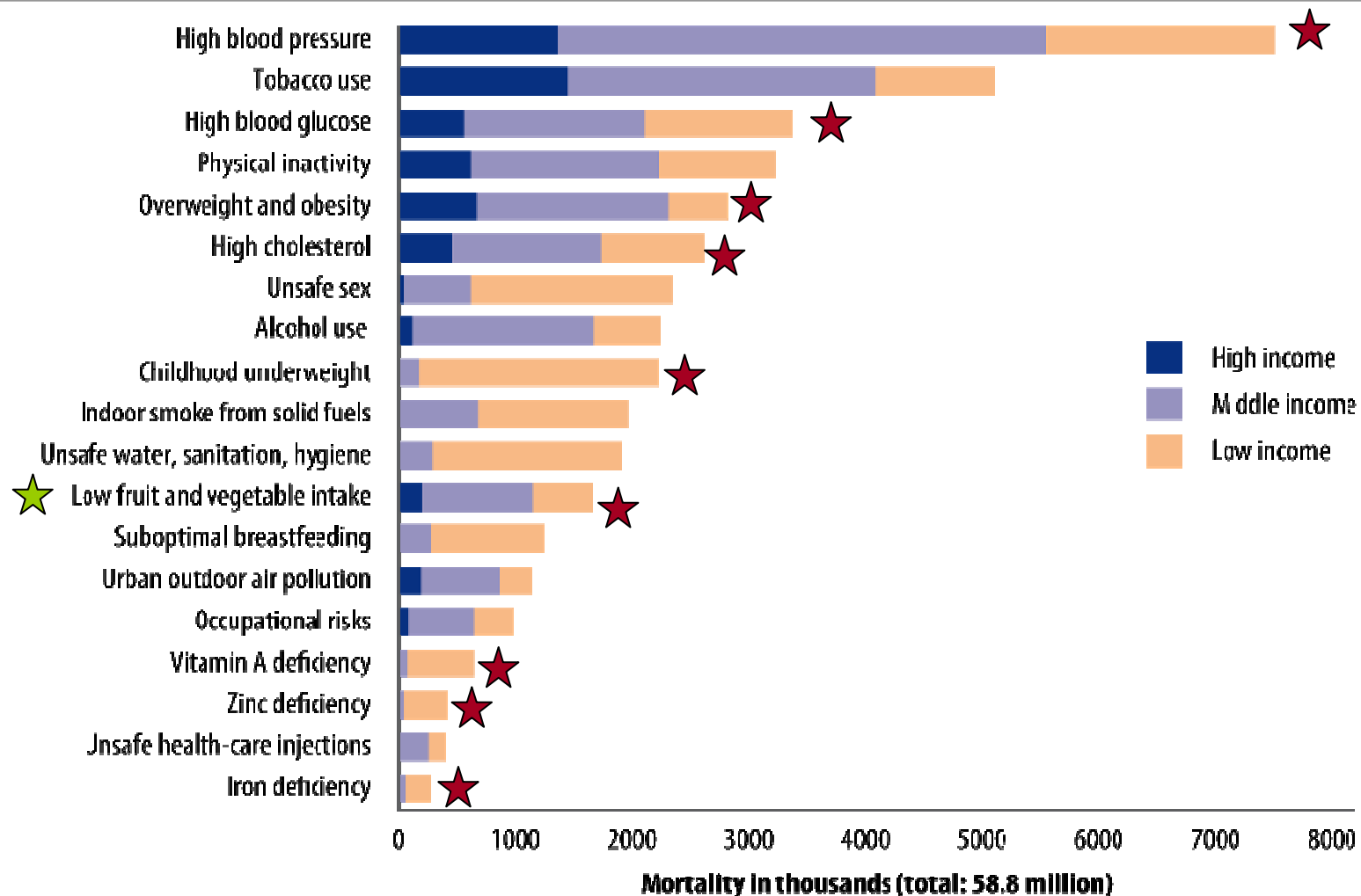


Promoting fruit and vegetable consumption around the world

- Approximately 1.7 million (2.8%) of deaths worldwide are attributable to low fruit and vegetable consumption.
- Low fruit and vegetable intake is among the top 10 selected risk factors for global mortality.
- Worldwide, insufficient intake of fruit and vegetables is estimated to cause around;
 - 14% of gastrointestinal cancer deaths,
 - 11% of ischaemic heart disease deaths and
 - 9% of stroke deaths.



Leading risk factors for global mortality



Source: WHO's report on "Global health risks"

60% of global deaths due to NCDs

Promoting fruit and vegetable consumption around the world

- The 2003 Report of the joint WHO/FAO expert consultation on diet, nutrition and prevention of chronic diseases, sets population nutrient goals and recommends intake of a minimum of 400 g of fruits and vegetables per day for the prevention of chronic diseases such as heart diseases, cancer, diabetes and obesity.
- The report states that there is convincing evidence that fruits and vegetables decrease the risk for obesity, and evidence that they probably decrease the risk of diabetes. Further, there is convincing evidence that fruit and vegetables lower the risk for CVD.

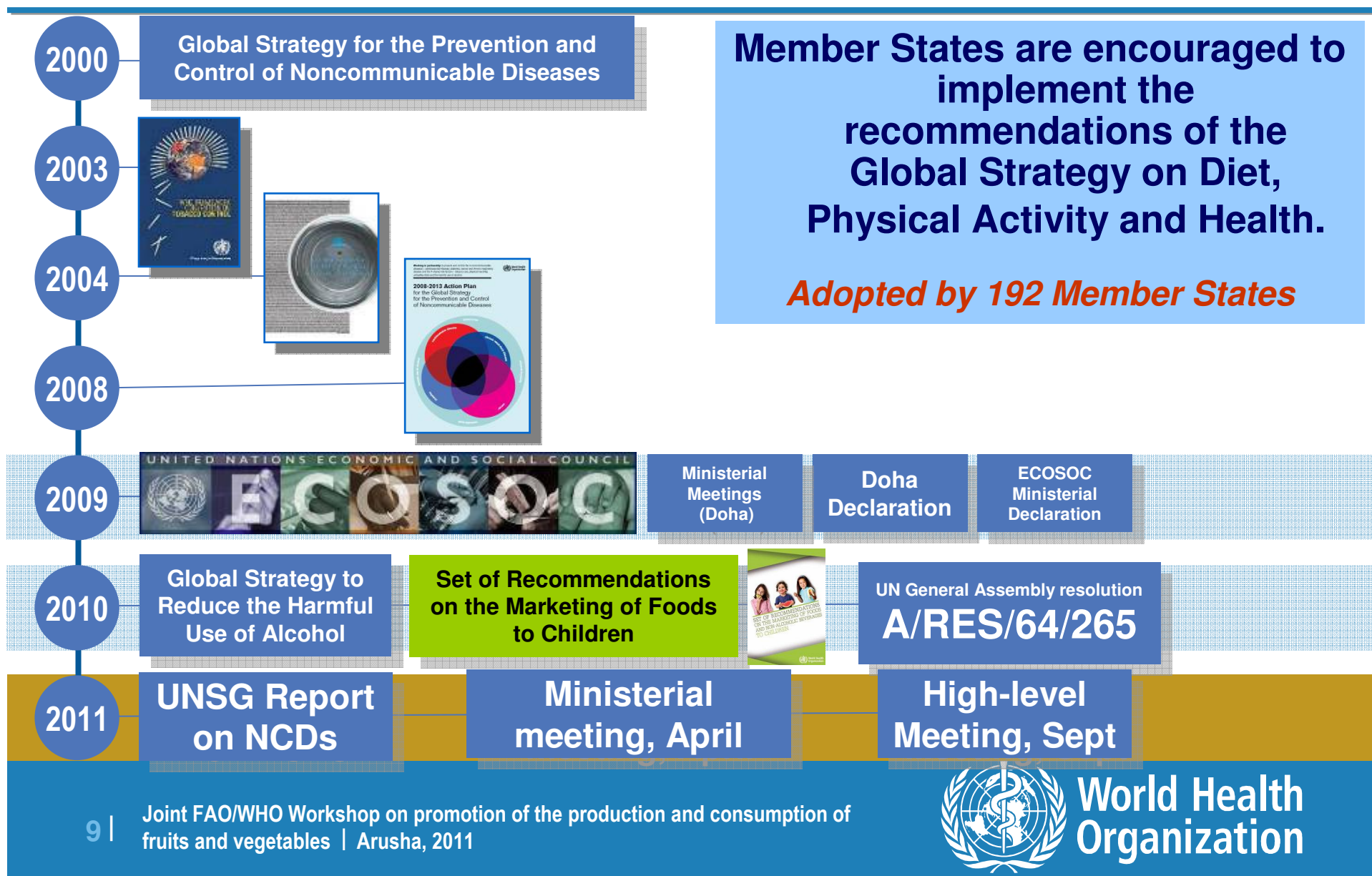


WHO's mandate

- WHO's mandate is to improve public health around the world with particular emphasis on decreasing inequalities in health.
- In May 2002, WHO was requested by the Member States to develop a Global Strategy on Diet, Physical Activity and Health in the context of the rising burden of chronic diseases.
- During a series of regional consultations to develop the strategy, Member States stressed to WHO the importance of working proactively with them to assist in increasing the consumption of fruit and vegetables.
- WHO aims to actively promote an increase in fruit and vegetable intake worldwide, especially in developing countries.
- Incorporation of fruit and vegetable consumption as part of national noncommunicable disease (NCD) prevention and school health programmes is a central aim.



Global response to the NCD epidemic

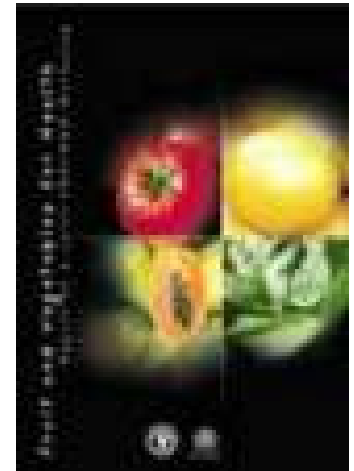


Member States are encouraged to implement the recommendations of the Global Strategy on Diet, Physical Activity and Health.

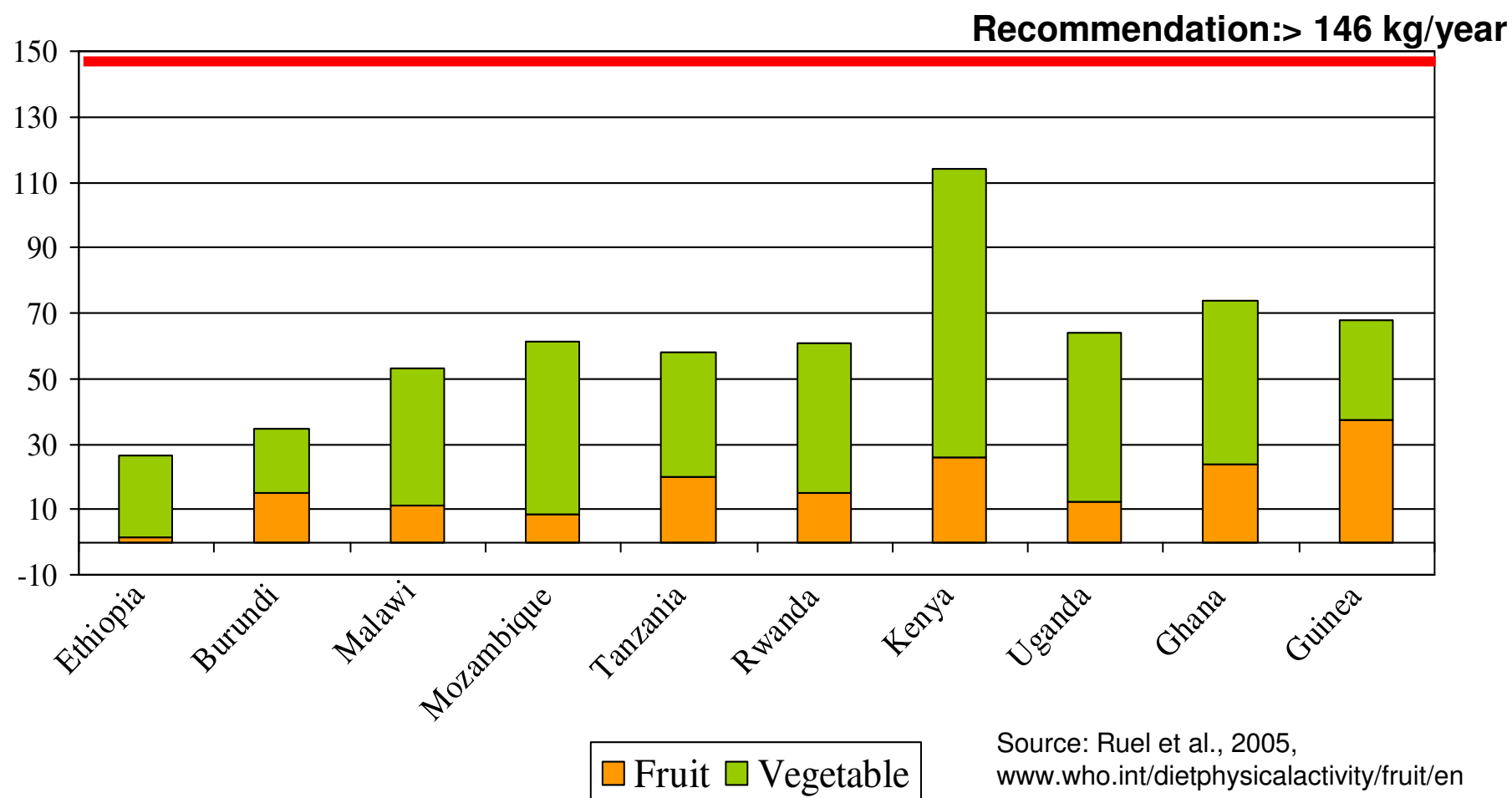
Adopted by 192 Member States

Joint WHO/FAO Workshop on Fruit and Vegetables for Health (Kobe, 2004)

- Making fruit and vegetables available to all: a joint FAO/WHO workshop, held at the WHO Kobe Center for Health Development in Japan, addressed the need for increased fruit and vegetable consumption.
- The workshop resulted in a framework that proposes ways to promote increased production, availability and access, and adequate consumption of fruit and vegetables.

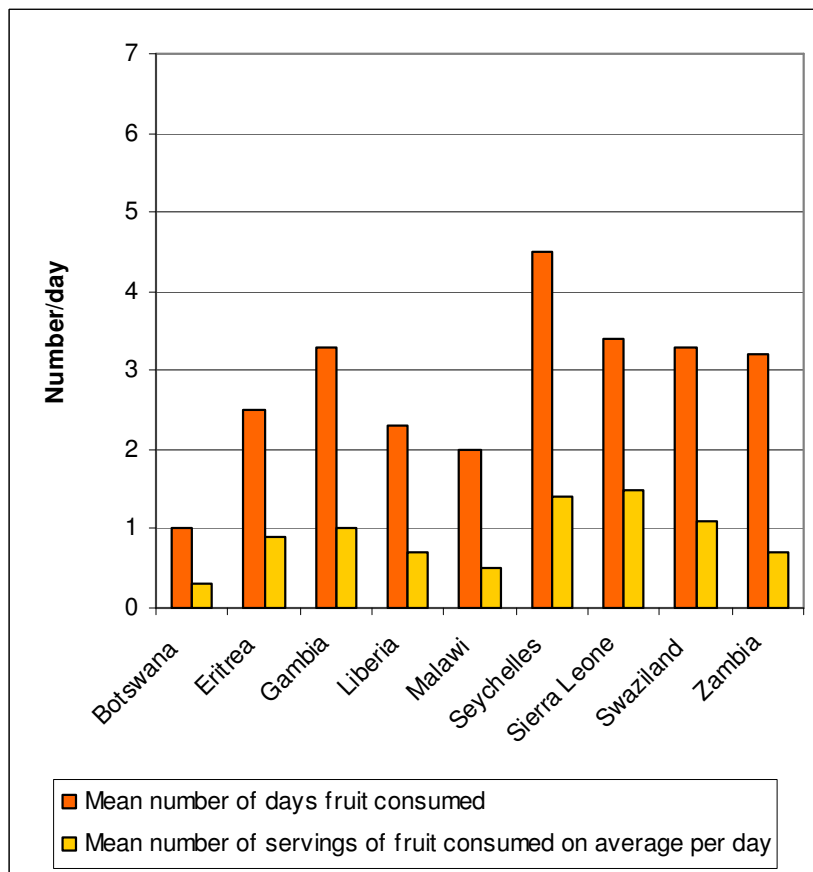


Per capita consumption of Fruits and Vegetables for selected countries in AFRO

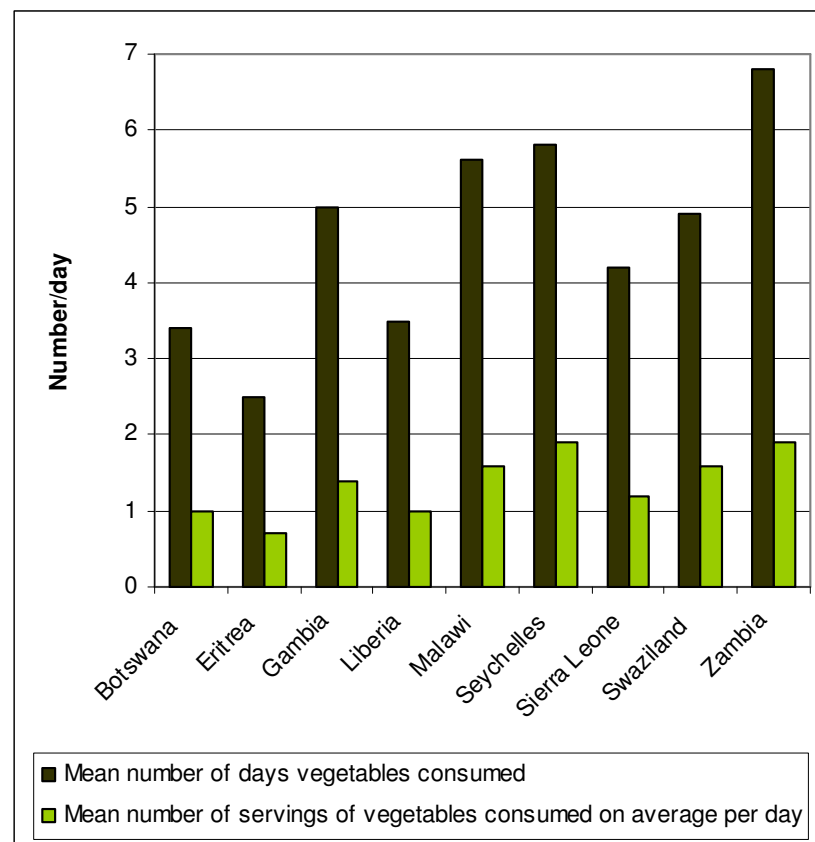


What does the data show ?

Fruit Consumption

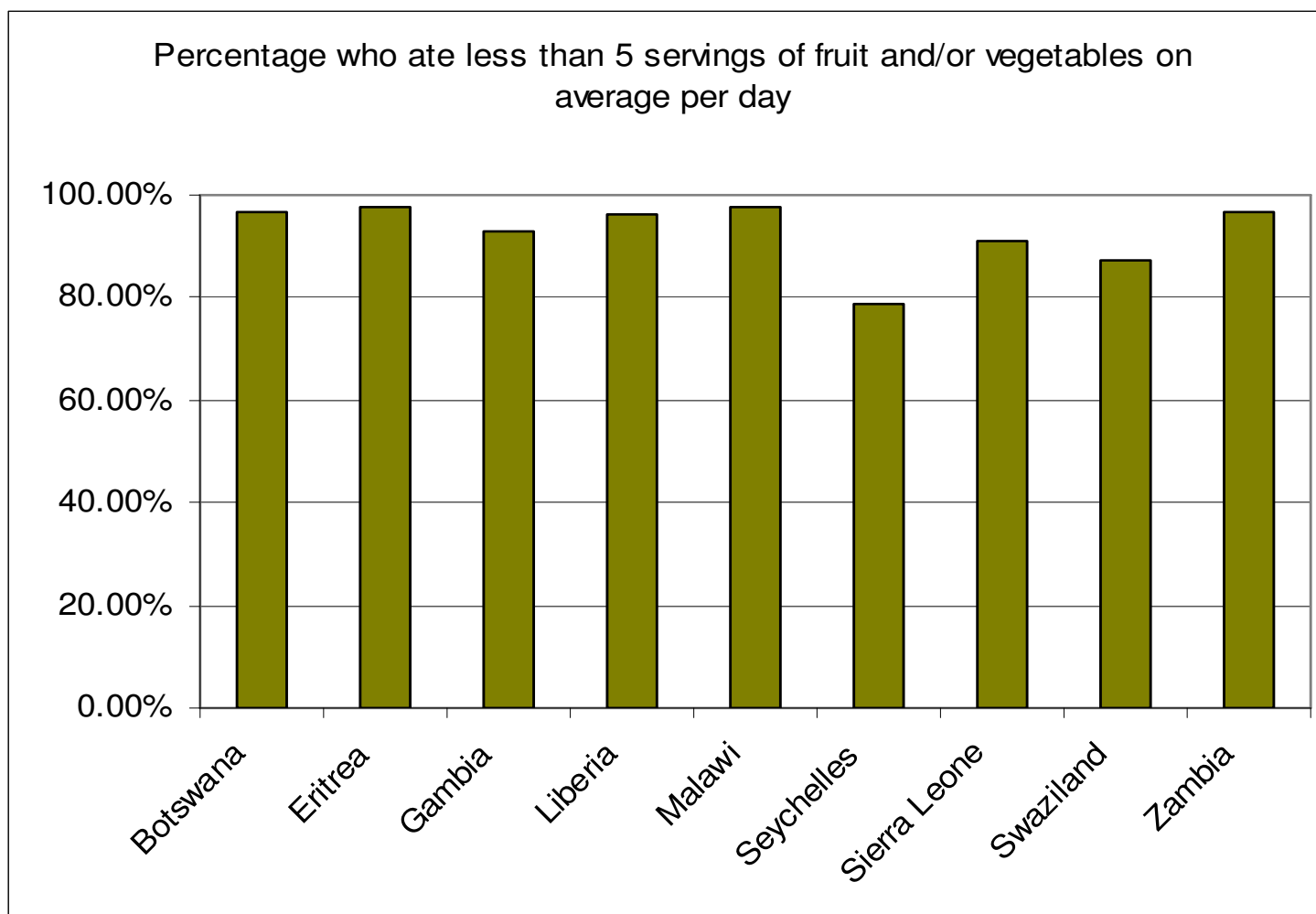


Vegetable Consumption



Source: STEPS Data

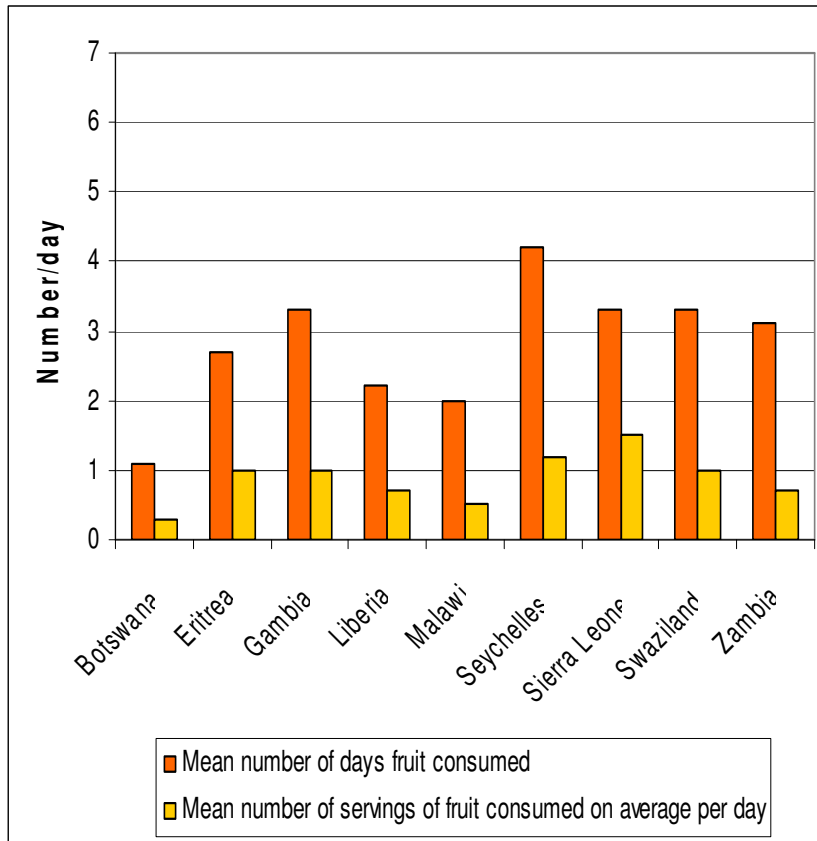
What does the data show ?



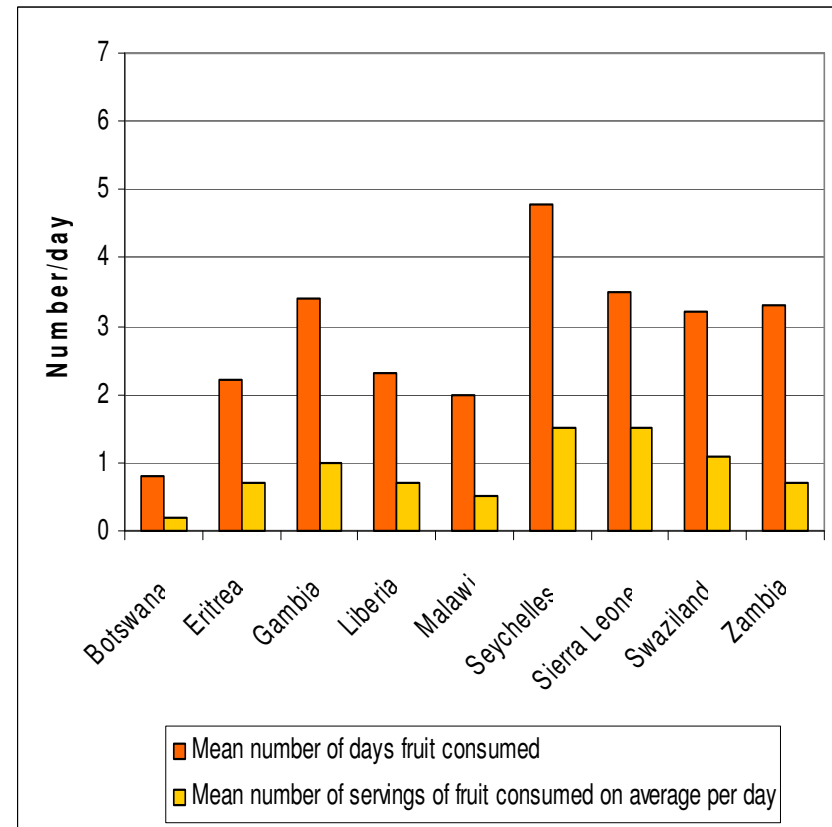
Source: STEPS Data

Fruit Consumption

Men



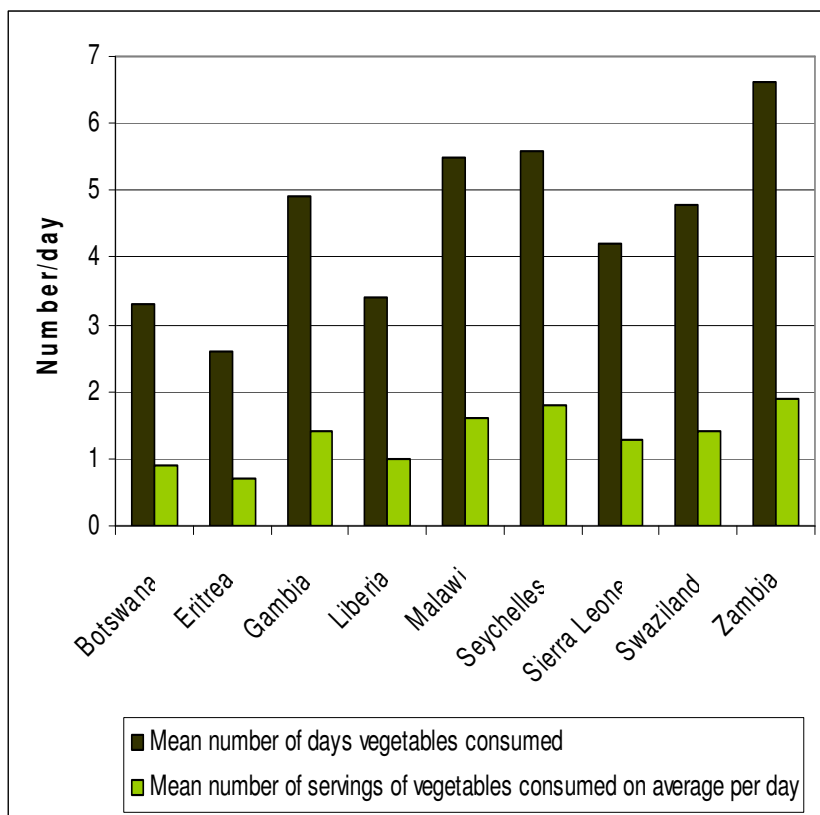
Women



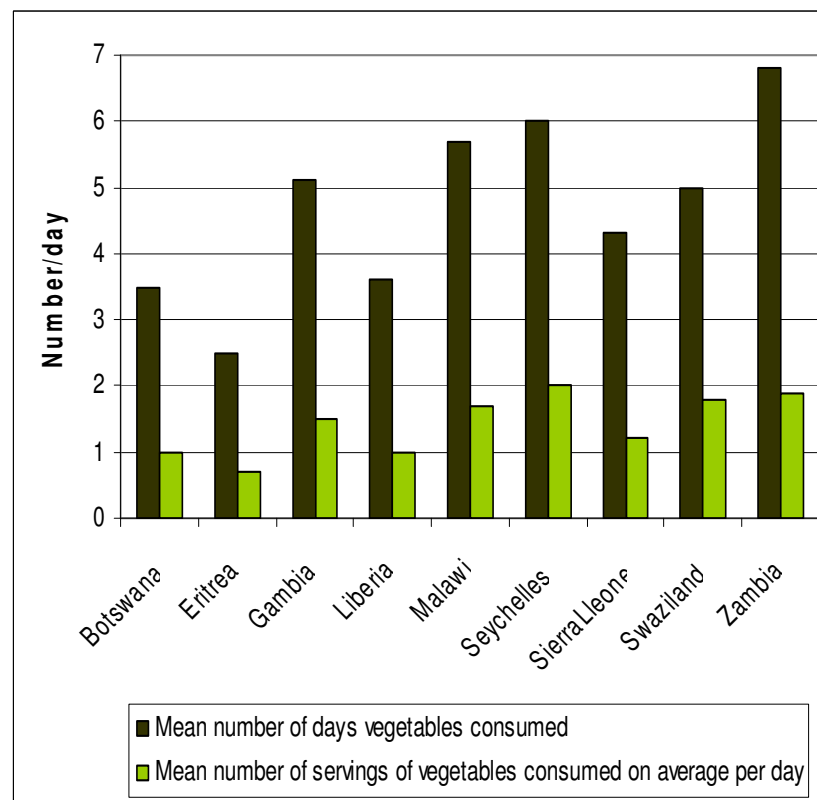
Source: STEPS Data

Vegetable Consumption

Men



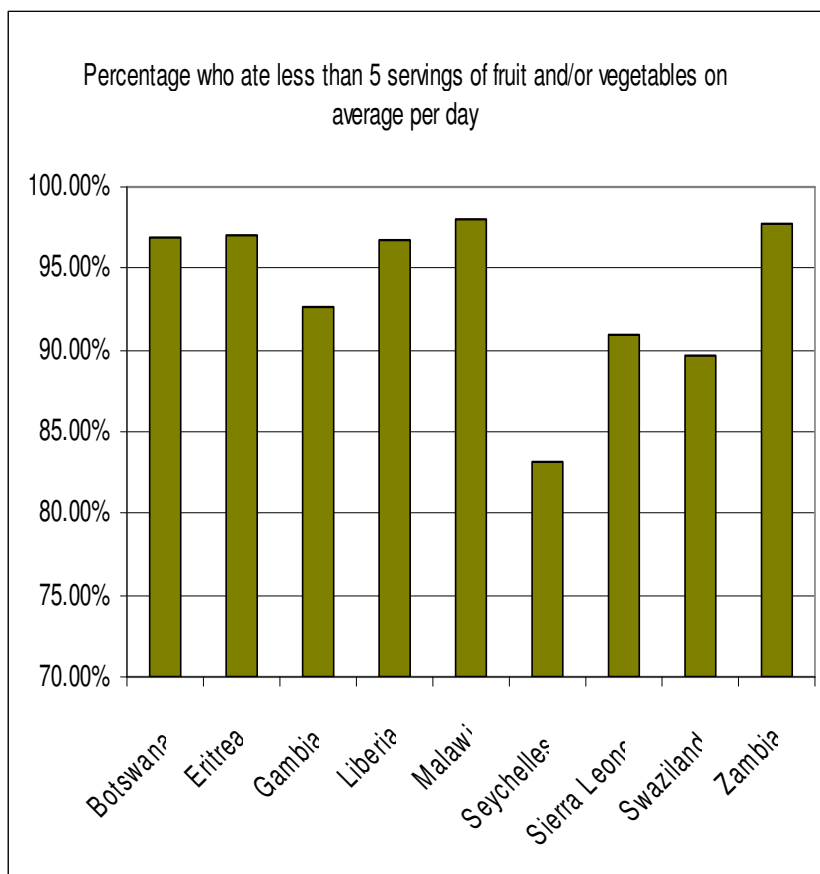
Women



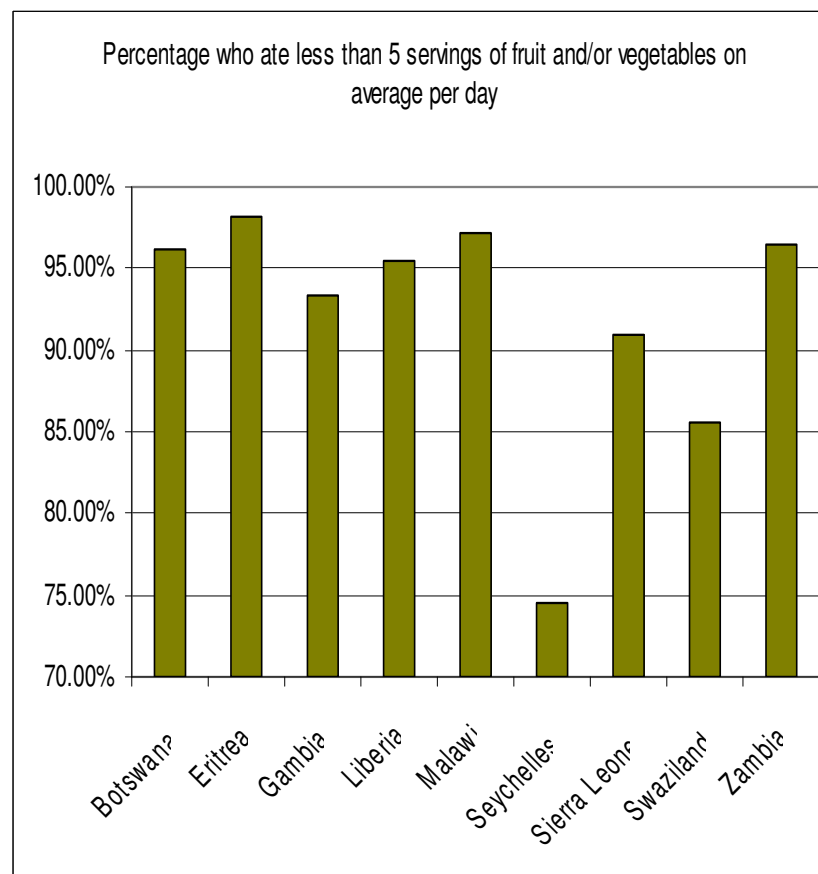
Source: STEPS Data

Percentage who ate less than 5 a Day

Men



Women



Source: STEPS Data

Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases

36. Recognize that effective non-communicable disease prevention and control require leadership and multisectoral approaches for health at the government level, including, as appropriate, health in all policies and whole-of-government approaches across such sectors as health, education, energy, agriculture, sports, transport, communication, urban planning, environment, labour, employment, industry and trade, finance and social and economic development;

43. (a) Encourage the development of multisectoral public policies that create equitable health-promoting environments that empower individuals, families and communities to make healthy choices and lead healthy lives;

(b) Develop, strengthen and implement, as appropriate, multisectoral public policies and action plans to promote health education and health literacy, including through evidence-based education and information strategies and programmes in and out of schools, and through public awareness campaigns, as important factors in furthering the prevention and control of non-communicable diseases, recognizing that a strong focus on health literacy is at an early stage in many countries;



(h) Encourage policies that support the production and manufacture of, and facilitate access to, foods that contribute to healthy diet, and provide greater opportunities for utilization of healthy local agricultural products and foods, thus contributing to efforts to cope with the challenges and take advantage of the opportunities posed by globalization and to achieve food security;



44. With a view to strengthening its contribution to non-communicable disease prevention and control, call upon the private sector, where appropriate, to:

(a) Take measures to implement the WHO set of recommendations to reduce the impact of the marketing of unhealthy foods and non-alcoholic beverages to children, while taking into account existing national legislation and policies;

➔ (b) Consider producing and promoting more food products consistent with a healthy diet, including by reformulating products to provide healthier options that are affordable and accessible and that follow relevant nutrition facts and labelling standards, including information on sugars, salt and fats and, where appropriate, trans-fat content;

(c) Promote and create an enabling environment for healthy behaviours among workers, including by establishing tobacco-free workplaces and safe and healthy working environments through occupational safety and health measures, including, where appropriate, through good corporate practices, workplace wellness programmes and health insurance plans;

(d) Work towards reducing the use of salt in the food industry in order to lower sodium consumption;

The Floor is Yours !



<http://www.who.int/dietphysicalactivity/en/>