Worldwide, one person in three is malnourished today and one in two could be malnourished by 2030 if nothing is done. While hunger remains a critical concern, overweight and obesity are rapidly increasing all over the world, including in low-income countries. Therefore, malnutrition in all its forms – undernutrition, micronutrient deficiencies, overweight and obesity – now affects all countries.

Economic growth alone will not be enough to end hunger and malnutrition. Nutrition has to be set as an explicit objective in coherent and cross-sectoral strategies, policies and programmes. In this context, this report analyses how food systems influence people’s food choices and nutritional status. It calls for radical transformations and presents effective policies and programmes that have the potential to shape more sustainable food systems, contributing to the progressive realization of the right to adequate food.

**Reference**

http://www.fao.org/3/a-i7846e.pdf

For more information and to download all HLPE publications, please visit the HLPE website at: [www.fao.org/cfs/cfs-hlpe](http://www.fao.org/cfs/cfs-hlpe)
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MS Swaminathan, 1st HLPE Chairperson

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