

ICN2 Second International Conference on Nutrition
better nutrition better lives



Food and Agriculture
Organization of the
United Nations



World Health
Organization

Report
FAO/WHO Regional Meeting in preparation for the
Second International Conference on Nutrition (ICN2)

Sheraton Tel Aviv Hotel & Towers
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Table of Contents

ACKNOWLEDGEMENTS	3
INTRODUCTION	4
II. OPENING SESSION	5
III. AIM AND OBJECTIVES OF THE REGIONAL MEETING.....	5
IV. TECHNICAL PRESENTATIONS AND DISCUSSIONS	6
V. COUNTRY PRESENTATIONS	155
VI. CONCLUSIONS AND RECOMMENDATIONS	22
<u>ANNEXES</u>	
ANNEX 1. LIST OF PARTICIPANTS.....	27
ANNEX 2: AGENDA	42

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INTRODUCTION

The Regional preparatory meeting for the Joint FAO/WHO Second International Conference on Nutrition (ICN2) for Europe and Central Asia was co-organized by FAO (REU and HQ) and the WHO Regional Office for Europe. The meeting was held in the Sheraton Hotel, Tel Aviv, Israel on 13 March 2013. This one day meeting was held back-to-back with the three-day WHO meeting on Nutrition National Focal Points to discuss the new Food and Nutrition Action Plan for the WHO European Region, held on 10-12 March 2013. The additional one day was organized to bring representatives of the food and agriculture sectors and Focal Points for ICN2 within Ministries of Agriculture together, to discuss preparations for ICN2 with representatives of the nutrition and health sectors.

The Ministry of Health of Israel hosted the meeting and provided all the necessary local support, including registration of participants, provision of a conference room with equipment, coffee breaks and lunches for participants. The costs for this meeting were shared between the Ministry of Health of Israel, the WHO Regional Office for Europe, REU (simultaneous translation and travel of participants) and ESN (travel of participants). FAO provided support with travel arrangements, DSA and terminals payment for seven representatives from the Ministries of Agriculture from eligible low-income and lower-income countries which responded to the invitation: Azerbaijan, Belarus, Georgia, Kyrgyzstan, Moldova, Ukraine and Tajikistan. Funding for all health sector delegates was supported by the WHO Regional Office for Europe.

The meeting brought together senior representatives from 43 countries from the European and Central Asian Region from health, agriculture¹, nutrition, food safety, planning, education, trade and other sectors, as well as the media. Simultaneous interpretation was provided in Russian and English. There were around 96 participants, including WHO and FAO Focal points on ICN2 from the Ministries of Health and from Agriculture, one representative from the EU, three observers (UNICEF Regional Office for Europe and Central Asia and two persons from the National Institute of Health, Food and Nutrition Department, Portugal), three temporary advisers from the UK, FAO and WHO staff, representatives of media, and support staff. The list of participants is attached in Annex 1.

¹ Azerbaijan, Belarus, Croatia, Denmark, Estonia, Finland, Georgia, Germany, Kyrgyzstan, Moldova, Norway, Poland, Spain, Sweden, Ukraine and Tajikistan

II. OPENING SESSION

Welcoming addresses were provided by the Government of Israel represented by Mr Joseph Ishay, Director General, Ministry of Agriculture and Rural Development and Dr Boaz Levy, Associate Director General from the Ministry of Health of Israel. Opening remarks were made by Mr Brian Thompson, FAO HQ Senior Officer, Dr. João Breda, WHO Regional Nutrition, Physical Activity and Obesity Programme Manager and Dr. Eleonora Dupouy, FAO REU Food Safety and Consumer Protection Officer. Mr. Joseph Ishay addressed a warm welcome to all participants highlighting Israel's honour at hosting the meeting and emphasized the importance of the agriculture sector for nutrition, especially in countries with conditions as arid as those in Israel.

III. AIM AND OBJECTIVES OF THE REGIONAL MEETING

- The meeting provided a forum for the exchange of experience on policies and programmes for improving nutrition and for furthering the political and policy coherence, alignment, coordination and cooperation between food, agriculture and health sectors in preparing for the ICN2. The objectives of the meeting were to: Assist countries in preparing for the ICN2 using a joint approach from the food and agriculture and health sectors;
 - Review progress made in improving nutrition since 1992 and discuss the nutrition challenges and opportunities for improving nutrition in the countries of the region as well as policy responses;
 - Contribute to the analysis of policy options for improving both under- as well as over-nutrition and identify policy measures to improve nutrition from both food, agriculture and health perspectives;
 - Share experiences, success programmes and lessons learnt in addressing nutrition issues;
 - Discuss inter-sectoral synergistic and complementary actions to improve nutrition and the roles of FAO and WHO in the European Region;
 - Discuss the approaches to the eventual preparation of consolidated national country papers on nutrition, as well as developing regional synthesis papers.
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IV. TECHNICAL PRESENTATIONS AND DISCUSSIONS

The Agenda of the meeting is presented in Annex 2. Technical presentations included: *Roadmap to the Second International Conference on Nutrition: Introducing the ICN2 and preparatory activities* (FAO); *Global nutrition situation: burden and policy response* (WHO); *The development of global diets since ICN 1992: influences of agri-food sector trends and policies* (FAO consultant Bruce Traill); *Challenges for Nutrition in the WHO European Region* (WHO Europe); *Agricultural development and sustainable food systems: entry point for improving nutrition and the role of FAO* (FAO); *Addressing malnutrition through nutrition-enhancing food and agriculture based approaches* (FAO); *Role of local and centennial diets in relationship with health, wellbeing and sustainability*; *The effect of food and agricultural policies (CAP and other regional policies) on nutrition, both within and outside the EC – pros and cons* (Leonard Mizzi, EC-DG AGRI); and *Linking agricultural policies with obesity and non-communicable diseases: a new perspective*. Country presentations from Albania, Germany, Moldova, Sweden, Slovenia and Tajikistan, were followed by a discussion and final wrap-up, endorsement of meeting conclusions and recommendations for follow-up.

The FAO presentations, made by Mr Brian Thompson, Ms Eleonora Dupouy and Ms Leslie Amoroso, focused on agriculture, food and nutrition linkages, emphasizing the necessity of implementing nutrition-enhancing food and agriculture development activities with a people focus simultaneously with direct nutrition interventions in order to tackle under-nutrition and micronutrient malnutrition more effectively. The term food and nutrition security (FNS) was advocated. Increased food and nutrition security, agricultural development and poverty reduction programmes must increase their impact on the nutrition and health of all family members, households, communities and societies, with a special care for women and those in their first 1000 days of life. Support for agricultural livelihoods, with a special emphasis on the gender dimension, has a key role to play in improving the nutritional well-being of all population groups and must be equally considered alongside joint efforts by other disciplines such as health, education, social protection, and markets.

Looking at the nutrition value chain from production to consumption (field to fork), research needs to address specific nutrition problems such as breeding crops for nutrient content, looking especially closely at local foods and varieties that are tolerant to climate change, and developing gender-sensitive technologies. Production issues identified included increasing small scale production of macro- and micronutrient-rich foods (including traditional or indigenous foods that are inexpensive and easy to multiply); small livestock; nutrition education on good practices in processing, preservation, storage and preparation to retain nutrients and reduce post-harvest losses of commonly eaten foods, and marketing including food budgeting in terms of what to consume and sell. Nutrition education and social marketing strategies focused on increasing the

consumption of macro- and micronutrient foods as well as awareness of obesity and over-nutrition. Gender considerations need to be applied throughout and gender-sensitive labour saving technologies need to be provided since the majority of farmers are women, because women are key to infant and young child nutrition, and because there is an obvious need to consider the social and cultural practices that surround women in agriculture.

The need for input indicators such as dietary diversity and consumption was highlighted. The major constraints to nutrition-enhanced food and agriculture-based approaches includes a lack of political commitment, a lack of understanding about the role agriculture in nutrition within the agricultural sector, and too few food security programmes with nutrition improvement as a specific objective. Recommendations for countries in the region included strengthening of human and technical capacities of technical structures and institutions dealing with agriculture issues, promoting advocacy activities to decision makers to ensure better visibility of nutritional aspects in projects and programmes under implementation and ensuring adequate financial resources for food and nutrition activities. The discussion emphasized the need to look not only at the quantity of food in terms of calories, but also at the quality of that food in terms of variety, diversity, nutrient content and safety and to consider both under- and over-nutrition. Presentations are summarized below.

Brian Thompson: Roadmap to the Second International Conference on Nutrition - Introducing the ICN2 and preparatory activities

Mr Brian Thompson introduced the background of the ICN2, highlighting the outcomes of the joint FAO/WHO ICN held in 1992, commenting on the current levels of hunger and various forms of malnutrition and their trends since 1992, the impact of malnutrition on development and the benefits of improved adequate nutrition. Despite the progress made over the last twenty years, the pace in reducing hunger and malnutrition has been unacceptably slow and persistent high levels of malnutrition continue to be of worldwide concern. The presenter emphasized the rationale and expectations of the ICN2 and the need to (i) revitalize the role of nutrition at international level, including political and policy coherence and coordination and international cooperation, and (ii) strengthen governance for nutrition by supporting other initiatives, such as SUN, 1000 days, REACH. Mr Thompson introduced the scope, key objectives and outcomes of the ICN2, and the elements of the preparation process, which included holding regional meetings, preparing country nutrition papers and country case studies, convening expert meetings and organizing three web-based e-discussions (social protection and nutrition; nutrition-enhancing food and agriculture systems; and the contribution of civil society organizations and private sector to improving nutrition) culminating in a Preparatory Technical Meeting in Rome, Italy on 13-15 November 2013. All of these inform and feed into the main high level ICN2 event to be held 19-21 November 2014 at FAO Headquarters, Rome.

Invitations to Ministries of Agriculture had been sent out by the REU Office to all 53 member countries along with the request to prepare a Country Paper on Nutrition from the food and agriculture perspective on policies, implemented programmes and the situation in nutrition since 1992, the year of the 1st International Conference on Nutrition at which the World Declaration and Plan of action on Nutrition was adopted. The template for the Country paper and the guide on its development were provided by FAO HQ based on a template provided by WHO for the health sector.

The participants from the agriculture and health sectors were encouraged to contribute and work jointly towards developing their Country Nutrition Papers for the ICN2, reflecting the current nutrition situation and changes since 1992 and the major policies, strategies and programmes for improving nutrition, so as to inform and guide national policies and programmes for improving nutrition over the next 5 to 10 years.

Marzella Wüstefeld and Kaia Engesveen: Global nutrition situation: Burden and Policy response

Dr Wüstefeld introduced the UN System Standing Committee on Nutrition - the interagency platform driven by FAO, UNICEF, WHO and WFP, for furthering and coordinating joint efforts and dialogue on nutrition with the broader UN System Network and its non-UN partners. The presentation highlighted the multiple burden of malnutrition – aspects of undernutrition and micronutrient deficiencies such as anaemia – as well as the new agenda related to the increasing problem of overweight, obesity and diet-related NCDs. Current trends in stunting and wasting in children under five, low birth weight and the new rising trends in overweight and obesity were presented. The shift in the leading five risk factors for poor health were discussed, indicating that in 2010 high blood pressure and tobacco smoking appeared as the top two risk factors followed by alcohol consumption, household air pollution from solid fuels and diets low in fruits.

Linkages were considered with the present food and agricultural systems that have evolved to become more complex and global, with longer supply chains. Looking particularly at diet, changes in the global dietary patterns have been induced by the evolution of the food system, in parallel with socio-economic trends, such as urbanization, and social drivers. The UNSCN Meeting on the Minds (http://www.unscn.org/en/sessions/unscn_meetings_2013/) explored the impact of food systems on nutrition. Guidance for countries on how to make food and agricultural systems more sensitive to nutrition is needed and the series of policy analysis in selected countries will contribute to it.

Ms Kaia Engesveen (WHO HQ) presented policy responses. A Global Nutrition Policy Review was conducted in 2009-2010 with the highest response rate from European Member States (44 countries/83 percent). Most countries had policies to address obesity and diet-related NCDs. However, many countries lacked policies that address both child and adult obesity. Problems related

to obesity seem to be regarded in all regions as a personal responsibility rather than an area where states have an obligation to protect their citizens and create enabling environments. This was evident from the fact that the most commonly mentioned policy implementation tools focused on information approaches - food-based dietary guidelines, nutrition counselling in primary health care, labelling of food and the promotion of healthy eating through the media. Whereas many countries mentioned promotion through media, fewer than half of countries in all regions specifically mentioned promoting increased consumption of fruit and vegetables (except the Americas Region where 70 percent of countries reported that such promotion was being implemented at national scale). An in-depth analysis of the policy context and governance in high stunting burden countries that had achieved the scaling up of more essential nutrition actions, showed that these countries often had more comprehensive relevant policies and relevant coordination mechanisms than countries which had not achieved the scaling up of as many essential nutrition actions. Data collected for the Global Nutrition Policy Review is accessible through the Global database on the Implementation of Nutrition Action (GINA) at www.who.int/nutrition/gina.

Bruce Trill: The development of global diets since ICN 1992: influences of agri-food sector trends and policies

The paper prepared with Mario Mazzocchi and Bhavani Shankar discusses dietary and nutritional changes and their causes since the International Conference on Nutrition (ICN) 1992, with particular reference to developments of international food markets and policies. See:

http://www.fao.org/fileadmin/user_upload/agn/pdf/FAO_Commodity_and_Trade_Policy_Research_Working_paper_01.pdf

The paper analysed how diets have changed since 1992, and identified the drivers of such changes and the impact of consumer, agriculture and trade policies. Per capita availability of calories and the diversity of diets have both increased globally with the share of prepared foods, fruit and vegetables, and animal-source foods in diets having risen significantly, showing that more people enjoy better diets than twenty years ago. However, at the same time, the double burden of malnutrition as shown by the presence of levels of stunting in children under five years of age at the same time as rising levels of obesity is a worldwide phenomenon.

The main drivers of this dietary change have been income growth, globalization and urbanization, as well as supply chain modernization. They are interlinked and have been facilitated by the liberalization of trade and investment. Other policy changes since ICN 1992 have had limited impact on global diets, though further action to combat poor diets is needed in the European region.

João Breda: Challenges for nutrition in the WHO European Region

The presentation of Dr Joao Breda focused on four challenges: Double burden of malnutrition; Food supply chain; Monitoring and surveillance; and Policy for nutrition in the WHO European region. He reminded delegates of the commitments made by 159 countries and the European Community at the 1992 ICN, which pledged to eliminate or substantially reduce starvation and famine; widespread chronic hunger; under-nutrition, especially among children, women and the aged; micronutrient deficiencies, especially mineral and vitamin deficiencies; diet-related communicable and non-communicable diseases; impediments to optimal breast-feeding.

Dr Breda presented the European situation using several examples as illustration. One of them was *The Health behaviour in school-aged children study: international report from the 2009/2010 survey* (accessible on the following link in both English and Russian: <http://www.euro.who.int/en/what-we-do/health-topics/Life-stages/child-and-adolescent-health/publications/2012/social-determinants-of-health-and-well-being-among-young-people.-health-behaviour-in-school-aged-children-hbsc-study>). According to this study, which reviewed health among 11, 13 and 15 year olds in 39 countries, health behaviours worsen with an increase in both overweight and obesity, there is a decrease in breakfast and fruit consuming habits among both boys and girls who are undertaking less physical activities.

Dr Breda framed the challenges for nutrition in the WHO European Region in the context of the document *Health 2020: a European policy framework supporting action across government and society for health and well-being*, which seeks to improve health for all, reducing the health divide as well as improving leadership and participatory governance for health. Furthermore, he shared that the *WHO European Ministerial Conference on Nutrition and NCD in the Context of Health 2020* would achieve a high level of political commitment in three dimensions, namely: Governance, inter-sectoral action and food and nutrition systems; Life-course, nutrition and non-communicable diseases; Inequalities in nutrition, obesity and non-communicable diseases.

An update was provided on the WHO European database on Nutrition, Obesity and Physical Activity (NOPA) - a WHO European database on nutrition, obesity and physical activity is an information and reporting system designed to deliver full spectrum information from policy to surveillance. It is intended to span the gap from policy guidelines, formulation, and conceptualization to implementation and surveillance. (<http://data.euro.who.int/nopa/>)

The presentation also highlighted findings of the report: Marketing of foods high in fat, salt and sugar to children, emphasizing that marketing opportunities have greatly increased in the last decade; new policy initiatives have been developed to restrict the marketing of food and beverages to children

across the European region, as well as that the impact on children's food choices and diets strengthens the evidence to justify action.

Eleonora Dupouy: Agricultural development and sustainable food systems: Entry point for improving nutrition and the role of FAO

Ms Dupouy introduced the global trends and major challenges and concerns for the food and agriculture sector. The new dimensions of food and nutrition security derived from the concept of sustainable development (social and environmental aspects) were underlined. The current level of food losses and waste are unacceptably high, affecting food and nutrition security and have high environmental costs. Transition to more sustainable food systems necessitates reducing food losses and waste, and implies changes in the governance of food and agriculture, increasing support to smallholders and family farming, involvement of civil society and private sector in partnerships and decision making process. The presenter highlighted the FAO initiatives for ecosystem solutions to food and nutrition security, good practices along the food chain and consumer information.

Leslie Amoroso: Addressing malnutrition through nutrition-sensitive food and agriculture based approaches

Ms Amoroso stressed the inter-sectoral nature of nutrition, and the role of UN agencies in improving nutrition through food and agriculture, health, education and food assistance perspectives, highlighting the role and comparative advantage of FAO in improving nutrition. Ms Amoroso introduced the concept and guiding principles of nutrition-enhancing agriculture the objective of which is to ensure food and nutrition security, meaning year round access to and availability of nutritionally adequate amounts and varieties of quality and safe food, dietary diversity along with necessary calories, thus addressing both under- and over-nutrition. FAO advocates nutrition-enhancing food and agriculture-based approaches as the sustainable strategy for improving the nutritional status of population. These approaches present effective opportunities to address the UN Secretary General's Zero Hunger Challenge. These approaches were tested by FAO in some 24 projects across the world, funded by the MDG Fund (former Spain-UN) within the programme area "Children, food security and nutrition". All projects involve more than one UN agency and several local ministries. Stakeholders faced many challenges in truly working across sectors in order to improve food and nutrition security. One challenge was the limited awareness of the practical linkages between agriculture-nutrition and the need to identify and address the structural causes of malnutrition. The value addition to these projects through technical input from FAO included the introduction of sustainable food-based solutions for reducing malnutrition at the level of food

production, crop diversification, nutrition education, the broadened multi-causal analysis of malnutrition to include other sectors (education, gender, food security, livelihoods) and enhanced the human rights approach through community empowerment. Ms Amoroso presented the investment options for improving dietary diversity, such as selecting crops based on nutritional content in addition to yields and market value, R&D programmes to breed plants and livestock with enhanced nutritional features, diversification of production of micro-nutrient-rich varieties of fruit and vegetables, protecting biodiversity for nutrition, nutrition and cooking education, food preservation to translate food security into nutrition security in households, etc. FAO policy and operational responses for improving food and nutrition security were presented.

Antonia Trichopoulou: Role of local and centennial diets in relationship with health, wellbeing and sustainability

The presentation of Ms. Trichopoulou highlighted the importance and benefits of traditional food, as well as its compliance with EU legislation on nutrition and health claims. Traditional food is a food of a specific feature or features, which distinguish it clearly from other similar products of the same category, in terms of the use of “traditional ingredients” (raw materials or primary products), or “traditional composition”, or “traditional type of production and/or processing method”. The traditional Mediterranean diet is the heritage of millennia of exchanges of people, cultures and foods of all countries around the Mediterranean basin. It has been the basis of food habits during the twentieth century in all of the countries in the region, originally based on Mediterranean agricultural and rural models. The investigation of traditional foods in Greece started in 1992. Local products are used for the production of traditional foods. The cultivation of local products contributes to a sustainable environment and employment of local people, thus promoting the balance between the territory and the people.

Ms. Trichopoulou argued that by studying traditional foods with a particular focus on seasonal foods, traditional options, alternative dishes and local products, the expression of culture, history and lifestyle, as well as potential health benefits can be achieved, along with the promotion and better realization of local biodiversity and the development and economic sustainability of rural areas.

Leonard Mizzi: The effect of food and agricultural policies on nutrition: A European perspective

“We believe that food and nutrition security and fight against poverty will crucially depend upon their own capacity to improve productivity in a sustainable manner.”

Mr Mizzi pointed out that food security is one of the three overarching objectives of the Common Agricultural Policy (CAP) reform, as proposed by the European Commission for the period 2014-2020 together with environmental sustainability and balanced territorial development. This reform is another step towards a modern CAP: it presents a vision of agriculture-based approach on sustainability considering economic, social and environmental aspects. It is also based on the recognition of the importance of all types of agriculture; not least the small farms for production and delivery of public goods. It aims to help the people of the territory with an emphasis on research and innovation – which are key priorities for the period up to 2020 – under Horizon 2020.

Apart from direct payments, other types of support are foreseen under the Rural Development Policy. Support is given for investments, environmental measures, innovation, training, knowledge sharing, improving the quality of the products and both taking stock of changing consumer behaviour and adding value to agricultural production in the food chain, facilitating cooperation, not only between farmers, but also with other actors of the food chain, considering the advantages of short supply chains and facilitating the uptake of risk management mechanisms.

There are a number of initiatives at EU level that impact nutrition policies in the EU-27. For example: *The Strategy for Europe on Nutrition, Overweight and Obesity-related health issues* sets out an integrated EU approach to contribute to reducing ill health due to poor nutrition, overweight and obesity; *Policy for food safety and consumer protection* that covers labelling which is an important part of the many actions needed towards sustainability of food and a healthy diet; Programmes such as the *School Milk Scheme*, encouraging pupils to consume milk and milk products – and the *School Fruit Scheme* which does not only provide fruits and vegetables to school children, but promotes and forms its consumption and eating habits; *Research projects* under the auspices of the Commission that address various issues underlying food security, as well as exploring the future of food and nutrition security (FOODSECURE) and the possible role of future EU policies (Foresight study on Global Food Security); and last but not least, the *Communication on sustainable food by 2014*.

Mr Mizzi stressed that in any agricultural policy redesign stage, policy makers should become more sensitive to consumer concerns concerning dietary patterns linked to non-communicable diseases. Dialogues between the farming community, public health authorities and the educational sector need to be enhanced. There is clearly massive potential for enhancing consumer food education. This could be an area to reflect upon post Rio (post MDG/SDGs) and in the run up to Expo 2015 in Milan.

The EU will continue – through the CAP – to support agriculture and rural development, a decision which has the support of all the Member States and European consumers and taxpayers and the Commission stands ready to support partner countries' commitment to this agenda in prioritizing agriculture and food and nutrition security in their development planning.

There is a need for a strong international institutional framework to coordinate private and public initiatives, ensure coherence and synergies where FAO and WHO should have a central role.

Corinna Hawkes: Linking agricultural policies with obesity and non-communicable diseases: a new perspective.

The presentation questioned the food policies and approaches currently used to address unhealthy diets, obesity and NCDs. Policies to intervene directly in agricultural production to promote healthy eating can be used to influence the nutritional quality of foods available in the market place, but may not be effective or efficient if they do not take into account transformations through the food supply chain. The presenter suggested a sequence of actions: (1) to develop supply-side policies that take into account the potential for substitution and transformations, that target policies for foods aimed for direct consumption, invest in short food supply chains, as well as invest in alternative solutions; (2) develop demand-side policies which assess potential for substitution and transformation in the food supply chain; (3) identify and undertake action on significant “incoherence” between policies in different sectors – get talking and agree on joint objectives, targets and indicators; and (4) prepare research to identify the degree of importance of different incentives faced by the food consuming industries when making choices about inputs and outputs, and the source of those incentives.

The point is that while food prices may not affect consumer choices in developed countries so much, they can have an important influence on what ingredients food manufacturers use, which prefer to use cheaper products (like palm oil for example). It is a fair point that if there are functionally close substitutes between which consumers are either not aware or do not perceive a potential health risk, manufacturers will be strongly influenced by relative prices. There may also be other practical nutritionally significant examples, such as the oils and fats that are removed from some products becoming so cheap that they are used in the processing industry.

DISCUSSION

In the discussion that followed the presentations, it was recognized that people are now living longer and are healthier than at any time before as a result of improvements in water, sanitation and improved hygiene, increased availability of food supplies both in quantity in terms of calories and in quality in terms of variety, nutrient content and safety leading to better diets, and improved health care. The meeting considered that recent evidence on the role of certain foods as cause agents for obesity (fat, sugar and salt) provided grounds for rethinking some common beliefs. For example, France dietary guidelines for fat intakes recommend significantly higher levels of fat intakes than do WHO current guidelines. Furthermore, in reducing salt to reduce blood pressure, there is only a weak relationship between sodium intake/excretion and blood pressure in the general population. Reducing dietary salt achieves, for much of the population, minimal reductions in blood pressure, with no relationship between the magnitude of reduction in sodium intake/excretion and its effect on blood pressure, and little or no evidence of an effect of sodium reduction on death or cardiovascular events. However some individuals are “salt sensitive” in that they show large blood pressure changes in response to acute or chronic salt

depletion or repletion. Salt sensitivity in both normotensive and hypertensive persons has been associated with increased cardiovascular disease events and reduced survival. Increased attention to strategies that reduce salt sensitivity, i.e. improvement in diet quality and weight loss, particularly in high risk persons, is urgently needed. Perhaps a focus on those who are salt sensitive rather than on the population as a whole would be prudent.

As populations age, so the risk of developing NCDs increases. With declines in communicable diseases resulting from improvements in medical care, NCDs are bound to rise. Increases in NCDs are linked to increases in obesity, but the extrapolation of today's current trends in obesity rates to project further similar increases in future appears not to be borne out by the evidence as data from the US appears to suggest that obesity rates are slowing and remain at around one third of the population. It may be useful to find out why one third of the population becomes obese while two thirds of the population do not. To assist in this analysis it would be useful if the data could be classified into overweight (>25-30 BMI) and (>30 BMI) separately.

The idea that only bad unbalanced diets cause obesity needs to be reconsidered as it is clear that excessive consumption of a balanced diet can also lead to excessive weight gain. Overeating a healthy diet is not healthy either.

Other emerging evidence includes the necessity to consider risk–benefit analysis from consuming different foods, considering the implications of the level of various food contaminants. The importance of science-based nutrition policies and food safety and nutritional risk assessment, associated with risk and benefits analysis as basis for food policies, was stressed. The specialized standards setting bodies in food safety and nutrition, such as Codex Alimentarius Commission and its relevant subsidiary bodies, including FAO/WHO Joint Expert Meeting on Nutrition, have to be involved in the assessment process.

V. COUNTRY PRESENTATIONS

Dr Pellumb Pipero: Albania – The process to a comprehensive Food and Nutrition Action Plan 2013-2020

Dr. Pellumb introduced Albania's current food and nutrition security status, the short term counteracting measures taken on reducing malnutrition, initiatives and implemented activities during 2010-2013, and the New Albanian Food and Nutrition Action Plan 2013-2020.

Albania is characterized by a steady increase in agricultural and agro-industrial production by an annual average of over 4 percent in the last five years. Cereals, dairy products, potatoes, beans,

vegetables and fruits are the main products of the Albanian diet. The country is about 50 percent self-sufficient in wheat, 90 percent in corn and other cereals, and more than 90 percent in dairy products. Supply from domestic production exceeds 100 percent of current vegetable consumption and meets 86 percent of fruit consumption needs. A 300 million USD economical gain may be reached, if integrated programmes are implemented over 10 years for 79 million USD.

The *New Albanian Food and Nutrition Action Plan 2013-2020 (AFNAP)* has been developed within the UN Joint Programme on Nutrition implemented by the Ministry of Health and the Ministry of Agriculture, Food and Consumer Protection with technical support from WHO, UNICEF and FAO and with funds from the Spanish Millennium Development Goals Achievement Fund. By focusing on the areas of nutrition, food safety and food security, the project aimed at achieving population health benefits by increasing the number of individuals with a balanced diet, the number of individuals who maintain a healthy body weight and increasing the number of individuals with access to adequate, safe and nutritious food. Albania's key objectives for 2020 were presented.

Ms Bettina Lüdtke Germany – IN FORM, the National Action Plan in Germany

The presentation introduced the German National Action Plan for the prevention of poor dietary habits, lack of physical activity, overweight and related disease "IN FORM". The IN FORM initiative is to promote healthy diets and physical activity and acts as a platform for the dialogue of policy-makers, industry, the scientific community and civil society with regard to questions concerning a healthy lifestyle. The presentation also introduced the principles of the National Sustainability Strategy and related programs.

The National Sustainability Strategy adopted by the German Federal Government in April 2002, is a strategy for modernization with enormous potential for innovation in the economy, the environment, and society. The strategy aims to define what sustainable political and social action involves and takes its orientation from the following four coordinates: intergenerational equity; quality of life; social cohesion and international responsibility. Within the frame of this strategy, there are two nutrition-sensitive programs, the Federal Program for organic farming and other forms of sustainable agriculture and the Strategy for increased cultivation of native protein crops.

The National Action Plan IN FORM to promote healthy diets and physical activity was implemented by the Federal Ministry of Food and Agriculture (BMEL) and the Federal Ministry of Health (BMG) in 2008 in order to sustainably improve the dietary habits and patterns of physical activity in Germany. The main goals of the National plan is to ensure that adults live healthier lives, children grow up more healthily and enjoy a better quality of life and improved performance in education, professional and private life as well as to markedly reduce the number of diseases caused by an unhealthy lifestyle, a one-sided diet and a sedentary lifestyle. These goals are achieved by the involvement of public authorities, ongoing dissemination of information on diet, physical activity and health, promotion of

physical activity in daily life, the improvement of the quality of away-from-home catering and adoption of fresh impetus for researches.

Under the responsibility of the two lead ministries, the Federal Ministry of Food and Agriculture (BMEL) and the Federal Ministry of Health (BMG), the implementation of the national action plan was assigned to the Federal Office of Agriculture and Food (BLE). To that end, the IN FORM-Form Secretariat, the Networking Unit as well as the Project Implementation Unit were established at the BLE in 2008.

The BLE also supervises the national action plan IN-FORM on behalf of the Federal Ministry of Food, Agriculture and Consumer Protection (BMELV).

Yael Kachel: Country Presentation – Israel

The Agricultural policies and programs in Israel are aimed at improving different aspects of nutrition, which are: Food Security - Supply of sufficient fresh food for local consumption at good quality and at reasonable prices; Food safety regulation and Consumer education.

Israeli food legislation is intended to ensure that the food marketed to the public is safe, healthy, of good quality and in full compliance with appropriate labelling standards. New rules and regulations were introduced in the field of Plant food safety – where the Plant Production & Marketing Inspection Bill was presented in 2011, with the goal of setting fresh produce quality standards for the local market and reduction of pesticide residues as well as using a new generation of pesticides, targeted at minimizing damage to humans and to the environment.

The ongoing work regarding Animal food safety includes the prevention, control and elimination of animal diseases and zoonotic disease (transmitted to human beings), Animal health control; the Import and export inspection of animals and their products; Checking sanitizers, pesticides and vaccines for animals - registration, and monitoring their use; Licensing and supervision of slaughterhouses; and Licensing processing of animal products.

A new Bill regulating the supply of fodder was submitted in 2010. Fodder is a major input in the intensive production process of animals and their products, and might have a direct linkage to the spreading of animal diseases and the safety of animal products. The purpose of the Fodder bill is to create an overall legal framework that will ensure the quality of the food given to animals, both in terms of safety and nutritional aspects.

Production and Marketing Boards raise awareness about health aspects and actively promote a healthy diet. The *Egg & Poultry Board* targets the younger market segment via the internet and aims to increase public awareness regarding the unsafe consumption of uninspected eggs; *The Israeli Dairy Board* is increasing public awareness by organizing dairy marketing activities such as the *Milk festival*

and long term educational programs as well as collaboration with health institutions and organizations; last but not least, *The Plants Production & Marketing Board* releases books and publications addressing both professionals and consumers, and promotes the consumption of fresh fruit and vegetables. A pilot for a *School Fruit and Vegetable Project* was organized in 2013 in collaboration with the Ministries of Agriculture & Rural Development, Education, Health, The Plants Production & Marketing Board and Local Authorities.

Galina Obreja: Nutrition in the Republic of Moldova

“Right to nutritious and safe food for health and wellbeing is one of the main human rights”

Ms Obreja stresses that nutrition is one of the four most important risk factors for NCDs and is a great burden not only for the health care system but for economic and social development in the Republic of Moldova. Cooperation within the health system and other sectors at governmental level and with the private sector and civil society at regional and international levels is essential for efficiently addressing malnutrition and its impact on health.

The Republic of Moldova faces a double burden in terms of nutrition, because both over-nutrition (overweight and obesity) - and under-nutrition (stunting and micronutrient deficiencies) are present in the country. Statistics show, that more than a third of the population are iodine deficient, and anaemia is a serious risk factor for both children and women, especially in rural areas.

In order the fight against the above mentioned issues, the following actions have been undertaken:

- 1) Three consecutive National Programs on iodine deficit deficiency reduction and elimination have been implemented since 1998 (salt iodization), resulting a 70 percent decrease in the use of adequately iodized salt in households;
- 2) In 2012, a National Programme was introduced on reducing iron and folic acid deficiencies;
- 3) Three consecutive National Programs on the elimination of iodine deficiency disorders have been implemented since 1998 (salt iodization), resulting an increasing up to 60 percent of households using adequately iodized salt, and more than 80 percent of bakery enterprises use iodised salt;
- 4) In 2012, a National Programme was approved on the reduction of iron and folic acid deficiencies with the main strategy - flour fortification;
- 5) Since 2004, all pregnant women have been provided with iron and folic acid supplements free of charge through the National Medical Assurance System;
- 6) A National Strategy was adopted in 2012 on the prevention and control of non-communicable diseases;
- 7) The National Nutritional Surveillance System was introduced in January 2013 through Primary Health Care;

- 8) A Food Law was adopted in 2012, which prohibits the trade of food high in fat, sugar and salt, as well as soft drinks in schools and an area of 100 metres surrounding them.
- 9) Nutrition is part of curricula in the masters level education programme in public health;
- 10) The Nutrition National Action Plan on addressing public health issues is in the process of development

Ms Obreja pointed out, that there are still many challenges which call for further action to be taken, since nutrition is not yet part of secondary school curricula, and sometimes not even part of college and medical university education. The enforcement of new adopted legislation is sometimes delayed, and although selling unhealthy foods in schools is prohibited, it is still an usual practice. Finally, taxes and subsidies are not part of national policies related to nutrition.

Mojca Gabrijelčič Blenkuš (Slovenia): Could agriculture and health sector work together? Step by step - learning and doing health in all policies in the last decade

Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. (Ottawa charter, 1986).

The presentation of Mr Gabrijelčič inquires whether agriculture and health sector could work together using the School Fruit Scheme as an entry point to improve inter-sectoral collaboration at both national and EU level.

One of the central issues faced by “Health in all policies” approach (HiAP) is the placement of health on the agendas of policy makers in different sectors. There are currently two approaches, where cooperation is not in conflict with public health goals: The first approach is to get other sectors to contribute to improving health: could be called a *health strategy* where health is maintained as a main objective; and the second approach is to achieve mutual gains or outcomes for all actors involved in the process, according to their competences: a mutual gains strategy or *win-win strategy*.

The Health impact assessment of food and agriculture policies for Slovenia, 2003 (http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/javno_zdravje_09/Ocena_vplivov_prehranske_in_kmetijske_politike_ang.pdf), has shown that experts from both sides – health and agriculture – were biased by their own perceptions of the problem. For instance, the evaluation has shown that medical perception was based on a relatively narrow medical concept and included broader socio-economic determinants of health. In light of this, it became clear that there is a lack of multidisciplinary competence and more cooperation and discussion is needed. The First Food and Nutrition Action Plan 2005 – 2010 built on these findings and was prepared multi-sectorally. One of the results, including agriculture, education and health sectors was the pilot project “*Apple in School*”. With the win-win approach there is an increased consumption of apples, more understanding of the importance of local production, broader knowledge on sustainable development and inclusion, a 6.2

percent increase in vegetable intake and a slight increase in fruit consumption. Moreover, contact between suppliers and schools has been established.

The Crossing Bridges - Cross-Sectoral Collaboration in the School Fruit Scheme is a European Union (EU) funded project promoting the implementation of a Health in All Policies (HiAP) approach in EU Member States in order to improve health equity within and between states. The project aims to explore the factors that ensure a successful HiAP approach through the analysis of case studies from across Europe. The results of the Crossing Bridges questionnaire, evaluating the policy implementation process of the EU School Fruit Scheme (http://www.equitychannel.net/uploads/Crossing_Bridges_SFS.pdf) show that there is a better understanding of the necessity of cross-sectoral cooperation, higher readiness to collaborate with other sectors, more resources – skills and knowledge available for cross-sectoral collaboration, higher political willingness to work on a cross-sectoral initiative, and finally, the level of trust for cross-sectoral collaboration went from good/average to excellent after the implementation of the Scheme among agriculture, education and health sectors.

Catharina Rosqvist and Katarina Wahlgren: Country Report Sweden

The country report presentation of Sweden provided a brief overview of Basic Facts, Health and Nutrition, Health Related Initiatives and Climate Change.

The results of the National Dietary Studies were introduced, which showed positive changes in food intake – more fruits and vegetables are consumed, although salt intake increased; older people (+64) ate more wholesomely; young adults (18–30 years) have the worst food habits; Swedish children get almost a quarter of their energy intake from energy-dense, low-nutrient foods; and the consumption of energy-dense and low-nutrient foodstuffs and soft drinks has increased. With these results it was concluded that the proportion of overweight or obesity has increased and the portion and package sizes of retailed food have grown. People with low levels of education or low incomes have a shorter average of life expectancy and worse health than the rest of the population; also, there is more cardiovascular disease and type 2 diabetes in rural municipalities than in urban communities.

There are a number of health related initiatives in Sweden, such as The National Skills Centre for Public Meals, the new education act on school meals, the Committee for Encouraging Breastfeeding, and the Keyhole symbol.

The National Skills Centre for Public Meals operates within the framework of the National Food Agency with the goal of coordinating and developing the strengths and knowledge of actors. The new education act – launched in 2011 provides free nutritious school meals and also acts as a pedagogic tool for increasing knowledge about diet and health. Sweden has a national breastfeeding committee that works with individual organizations and various professionals within the healthcare system. The

keyhole symbol is a label that helps consumers to identify healthier food products within a product group.

Regarding climate change, it was underlined that warmer climate may even be beneficial for Sweden, since it would result in longer growing seasons, higher yields and new crops, whereas the changing precipitation patterns may require new farming methods and increased irrigation. It was also pointed out that changes will be needed due to distribution patterns of plant pests and in weed flora. The warmer climate may alter the spread of parasites and contagious diseases.

About a quarter of the greenhouse gas emissions derived from Swedish consumption; that is, from the emissions related to food on its way from field to fork. The Swedish National Food Agency informed consumers about the effect of different foods on the environment and provided concrete advice on how to minimize the food waste (<http://www.slv.se/en-gb/>).

Khadicha Boymatova: Nutrition and food safety strategy for Tajikistan 2013-2020

Deaths caused by under-nutrition in Tajikistan constitute 34.9 percent of the total number of child mortality. Stunting, both severe and moderate, is the major type of malnutrition causing child deaths and is responsible for more than half of the child mortality rate. The second and third major causes of malnutrition-attributed deaths in Tajikistan are low birth weight and wasting - both at 19.7 percent (WB/UNICEF, 2010).

In Tajikistan, the Ministry of Health issued Order № 598 from 24.10.2011, and set up an Intersectoral Working Group for the development of the *Nutrition and Food Safety Strategy* for Republic of Tajikistan with an action plan for the period of 2013-2020. The project strives to integrate policies and initiatives in the area of nutrition, food safety and food security, as well as to maximize public health outcomes by simultaneously addressing all the hazards associated with food intake in line with the most recent WHO strategies, policies, guidelines and documents concerning nutrition and food safety, as well as other relevant UN frameworks.

For the “Nutrition and Food Safety Strategy” of the Republic of Tajikistan the following priority actions have been identified:

- 1) Strengthening capacity of public health sector
- 2) Improving infant and young child feeding
- 3) Ensuring hygienic farming practices
- 4) Strengthen monitoring and health surveillance systems
- 5) Strengthen inter-sectoral collaboration
- 6) Develop a National school nutrition programme
- 7) Develop a set of initiatives to address diet-related NCDs

- 8) Develop an evidence-based risk communication and consumer education dietary and food safety guidelines
- 9) Establish a national Codex Alimentarius Intersectoral Working Group
- 10) Develop a sound communication and information plan
- 11) Conduct assessment/evaluation to ensure integration of gender issues
- 12) Establish an inter-sectoral government committee to supervise the implementation of Strategy

At the end of the presentation, the guiding principles for the Nutrition and food safety strategy (focus on equity, health in all policies, a life course approach, strengthening health systems, focus on windows of opportunity, global initiatives, standards and international requirements, as well as focus on multisectoral approach to development) and the coordination mechanism of the Government of Tajikistan on Food Security Council were introduced.

VI. CONCLUSIONS AND RECOMMENDATIONS

The meeting acknowledged the significant progress that have been made in improving nutrition in the region since the ICN 1992 and discussed remaining and new challenges and possible policy responses. Information was shared by countries on best practices related to scaling up effective actions for improving nutrition within broader development processes. FAO and WHO outlined concepts and approaches, and participants expressed the common understanding that adequate and balanced nutrition, healthy diets and optimal health can be achieved by concerted actions of sectors, including agriculture, health, education, social assistance. The main conclusions of the meeting are summarised below:

-
- Three malnutrition problems affect the population in the region in various proportions - undernutrition, micronutrient deficiencies (especially iron, vitamin D, iodine, vitamin A) and over-nutrition. The highest prevalence of undernutrition is in Central Asia and Caucasus countries. Stunting among children under five years of age is high in Tajikistan (39 percent), Azerbaijan (25 percent), Turkmenistan, Uzbekistan, Armenia and Albania (about 19 percent), Kyrgyzstan (18 percent) and Kazakhstan (17 percent)². Eastern European countries, South-East Balkan and Kazakhstan suffer from the triple burden of malnutrition. Over-nutrition is an emerging serious public health concern across the region and more rapid changes in obesity prevalence are observed in Eastern European countries. Childhood obesity is also particularly prevalent in Southern European countries.
 - Unhealthy diets and excess body weight are leading risk factors for NCDs. Priority concerns include an overall excess consumption of energy, including excessive consumption of

² State of Food and Agriculture in the Region, Including Future Prospects and Emerging Issues (FAO, ERC14/2)

saturated fat, trans-fats, sugar and salt and insufficient consumption of fruits and vegetables. Out of the six WHO regions, the European Region is the most severely affected by NCDs: cardiovascular disease, diabetes, cancer and respiratory diseases together account for 77 percent of the disease burden and almost 86 percent of premature mortality.

- There is a strong social gradient observed within countries in overweight, obesity and NCDs, with low socio-economic groups most affected. Efforts to improve nutrition need to recognize that food and agriculture provides not only food but also income, employment and livelihoods. There is need to better understand how nutrition-sensitive agriculture and sustainable food systems can be promoted, while effectively and explicitly incorporating nutrition objectives, concerns and considerations into their design and management in order to improve diets and raise levels of food and nutrition security for all;

- Policies that have been applied in the region to address such supply side factors including restriction of marketing of foods high in energy in school settings, provision of free or subsidized School Fruit and Vegetable schemes, promotion of public awareness about diets and physical activity have had variable impact. Reformulation of the composition of certain food products by the food processing industry is among the recent policies aimed to have beneficial effects on food intakes and on nutrition. Although there has been significant progress across Member States in introducing key policies, some concerns were mentioned in relation to the following aspects:
 - Implementation of adopted policies is sub-optimal.
 - Action has tended to be taken in the area of providing information rather than making changes to day-to-day environments (e.g. nutrition labelling; price of food; marketing to children).
 - Guidance is needed to Member States on the types of policy options available. This is informed by the rapidly expanding evidence base to inform policy development.
 - Improving nutrition is a multidimensional task requiring solutions from a variety of sectors. Public health interventions such as breastfeeding, supplements and fortified foods make an important contribution to improving nutrition but these alone are not enough. The overall approach needs to be a comprehensive one, with a core package of specific sectoral policies likely to be most effective.

- There is need for advocacy to help create the policy, institutional, social and physical environments that are conducive to ensuring access by all people to nutritionally adequate diets.

Follow-up

Draft Country Papers on Nutrition have been received by the FAO Regional Office for Europe and Central Asia from 20 countries (Albania, Armenia, Austria, Azerbaijan, Bosnia & Herzegovina, Belarus, Croatia, Denmark, Germany, Hungary, France, Ireland, Kyrgyzstan, Latvia, Lithuania, Poland, Norway, Spain, Sweden and Ukraine). Those countries that have not yet submitted their paper were invited to develop them in collaboration with the agriculture and health sectors.

FAO and WHO are to jointly assist countries in further developing their consolidated country nutrition papers with inputs from the agriculture and health sectors. FAO REU is to assist in following-up with countries both officially with MoA and informally by contacting the participants of the Tel Aviv meeting and providing necessary support for developing their country nutrition paper.

Practical guidance will be provided by FAO on how nutrition can best be supported by the agriculture and food sector and on how nutrition objectives and nutrition-enhancing agriculture and food systems can be mainstreamed into policies and programmes. At the policy level, existing policy briefs on food and nutrition security and on how food-based nutrition-sensitive agriculture can provide a sustainable solution to hunger and malnutrition have been shared with governments through country representations with FAO. At the field level, specific practical examples are being provided on what actions and best practices constitute food-based nutrition-enhancing agriculture that provide practical field-oriented guidelines to show how nutrition objectives, concerns and considerations can be incorporated into regional and country policies and programmes.

Closing

FAO Closing remarks were addressed by Brian Thompson (FAO) and Joao Breda (WHO).

Brian Thompson thanked the WHO Regional Office for Europe for the excellent collaboration in organizing this regional meeting that has brought together representatives from the health and agriculture sectors to discuss the preparations for the ICN2 and enhancement of intersectoral collaboration for improving nutrition in the region. Particular thanks were addressed to the Ministries of Health and Agriculture of Israel for their financial and logistical support and to participants from countries in the region who have richly contributed to the discussions. Mr Thompson stressed the importance of this meeting for providing a good overview of the nutrition situation in the region and individual countries and for documenting the ways in which countries are addressing the need to improve the nutritional status of their citizens through scaling up effective and proven actions for

improving nutrition while simultaneously promoting longer-term development processes. On the agricultural side, FAO highlighted how to better link agriculture, nutrition and health and ensure that agriculture has as one of its explicit objectives the improvement of livelihoods and nutrition for all, particularly of vulnerable population groups, and women and children.

Mr Thompson stressed that concepts are essential and powerful for boosting good policy elaboration and implementing targeted actions. In this sense the term “food and nutrition security” was preferred as it best reflects the need to explicitly integrate nutrition objectives into agriculture and food security policies and programmes. In so doing, the term highlights the importance of nutrition-sensitive agriculture and food-based approaches for ensuring that the food and agriculture sector plays its part in improving diets and raising levels of nutrition. This includes “narrowing the nutrition gap”; i.e. the gap between what foods are available and what foods are needed for a healthy and active life. Agriculture needs to ensure that nutrition and gender objectives are incorporated into all aspects of the food supply value chain from farm to fork from production, processing, storage, access to and consumption by the consumer. Improving dietary diversity by increasing the availability, access to and consumption of foods necessary for healthy diets facilitates the greater involvement and participation of the poor and marginalized in the development process.

Mr Thompson underlined that it is most appropriate that participants maintain dialogue with relevant stakeholders and counterparts in other sectors, and both FAO and WHO will be providing assistance to countries in preparing their joint nutrition country papers, which are expected to feed into the preparatory process for the ICN2. In this regard FAO will be contacting the country representatives from the food and agricultural sector to follow up with focal points on this matter. FAO stands together with WHO in efforts to improve nutrition at global, regional and national levels. By FAO placing emphasis on improving food and nutrition security and WHO’s expertise for improving public health, we are working jointly to assist the efforts at country level to achieve the nutrition-related goals of the MDGs.

In the closing remarks *Joao Breda (WHO)* highlighted the call of the meeting for a renewed emphasis on early nutrition, before, during and after pregnancy. Strong emphasis needs to be placed on the protection and promotion of exclusive breastfeeding up to six months, including through full implementation of the International Code on the Marketing of Breast Milk Substitutes. Appropriate complementary feeding (from six months onwards) is also a priority for encouraging healthy diets from a young age. Dr Breda underlined that WHO is working on gestational weight, which is also an important concern across the region. Momentum for a vision of a “trans-fat free Europe” seems to exist, whereby all countries introduce policies that have the effect of eliminating trans fatty acids from the food supply chain and six countries in the region already have bans in place. It was important that countries discussed a more concerted approach to reducing the impact of food marketing to children, the need to introduce tighter restrictions on marketing of foods high in energy, saturated fat, trans fat, sugar or salt. WHO will support countries in this regard by proposing a common approach to categorizing foods that may/may not be marketed. Finally, taking a food systems

approach to improving nutrition and looking at options of transforming the food supply chain through policies to ensure the availability and affordability of healthy diets, Dr Breda stressed the importance of notably considering the potential benefits of using economic tools, including supply chain incentives, targeted subsidies and taxes.

ANNEX 1. LIST OF PARTICIPANTS



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ORGANIZATION
OF THE UNITED NATIONS**

**FAO/WHO Joint Regional Meeting in preparation for the
Second International Conference on Nutrition (ICN2)**

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ANNEX 2: AGENDA



FOOD AND AGRICULTURE
ORGANIZATION
OF THE UNITED NATIONS

FAO/WHO Joint Regional Meeting in preparation for the Second International Conference on Nutrition (ICN2) Tel Aviv, Israel, 13 March 2013

The aim of the Meeting is to offer a forum for the exchange of experience on policies and programmes in improving nutrition and to further the political and policy coherence, alignment, coordination and cooperation between food, agriculture and health sectors in preparing for the ICN2 (www.fao.org/ICN21)

Objectives of the Meeting:

- Assist countries in preparing for the ICN2 using a joint approach from food and agriculture and the health sectors
- Review progress that has been made in improving nutrition since 1992, discuss the nutrition challenges and opportunities for improving nutrition in the countries of the region as well as policy responses;
- Contribute to the analysis the policy options for improving both under as well as over nutrition and identify policy measures to improve nutrition from both food, agriculture and health perspectives;
- Share experiences, success programmes and lessons learnt in addressing nutrition issues;
- Discuss inter-sectoral synergistic and complementary actions to improve nutrition and the roles of FAO and WHO in the European Region;
- To discuss the approaches to eventually prepare consolidated national country papers on nutrition, as well as developing regional synthesis papers.

Participants: WHO Nutrition Focal Points and FAO Focal points on ICN2 at Ministries of Agriculture

PROGRAMME

08:00-09:00	Registration of participants	
Opening and morning session		
Chairs: <i>Dr. Eleonora Dupouy (FAO) and Dr. Joao Breda (WHO)</i>		
09:00-09:30	<p>Welcome addresses:</p> <ul style="list-style-type: none"> - Mr. Joseph Ishay, Director General of the Ministry of Agriculture and Rural Development of Israel - Dr. Boaz Lev, Associate Director General, MOH, Israel <p>Opening address:</p> <ul style="list-style-type: none"> - Dr Joao Breda, WHO - Dr Brian Thompson, FAO <p>Objectives of the meeting Introduction of participants</p>	
09:30-09:50	Roadmap to the Second International Conference on Nutrition: Introducing the ICN2 and preparation actions	<i>Brian Thompson, ICN2 Secretariat, FAO HQ Rome</i>
09:50-10:10	Global nutrition situation: burden and policy response	<i>Marzella Wustefeld (SCN) and Kaia Engesveen WHO HQ</i>
10:10-10:30	Coffee break	
10:30-10:50	The development of global diets since ICN 1992: influences of agri-food sector trends and policies	<i>W. Bruce Traill Professor of Food Economics, School of Agriculture, Policy and Development University of Reading, UK</i>
10:50-11:10	Challenges for Nutrition in the WHO European Region of Europe	<i>João Breda Programme Manager Nutrition, Physical Activity and Obesity Programme WHO/Europe</i>
11:10-11:30	Agricultural development and sustainable food systems: entry point for improving nutrition and the role of FAO	<i>Eleonora Dupouy, Food Safety and Consumer Protection Officer, FAO REU</i>
11:30-11:50	Addressing malnutrition through nutrition sensitive food and agriculture based approaches	<i>Leslie Amoroso, FAO HQ</i>
11:50-12:10	Role of local and centennial diets in relationship with health, wellbeing and sustainability	<i>Antonia Trichopoulou – Greece</i>

12:10-12:40	The effect of food and agricultural policies (CAP and other regional policies) on nutrition, both within and outside the EC – <i>pros and cons!</i>	<i>Leonard Mizzi European Commission Directorate-General for Agriculture & Rural Development</i>
12:40-13.00	Linking agricultural policies with obesity and noncommunicable diseases: a new perspective	<i>Corinna Hawkes Centre for Food Policy, City University London, UK</i>
13:00-14:00	Lunch	
Afternoon session Chair: Prof. Phillip James		
14:00-14:20	<i>Discussion</i>	
14:20-15:40	Country presentations Albania – Prof Pellumb Pipero and Dr Gazmend Bejtja, Ministry of Health of Albania Germany – Ms Bettina Lüdtkke, Dipl.-Ing. Agr., Federal Office for Agriculture and Food, MoA Israel - Dr. Yael Kachel Head of Research , Research, Economy and Strategy Division, Ministry of Agriculture and Rural Development , Israel Moldova – Dr Galina Obreja, National Center for Public Health, MoH	Albania, Germany, Israel, Moldova,
15:40-16:00	Coffee break	
16:00-16:40	Country presentations (continuation) Slovenia – Dr Mojca Gabrijelcic Blenkus, Institute of Public Health of Slovenia Sweden – Ms Catharina Rosqvist and Ms Katarina Wahlgren, Animal and Food Division, Ministry for Rural Affairs Tajikistan – Dr Khadicha Boymatova	Slovenia, Sweden, Tajikistan
16:40-17:00	Discussion	
17:00-17:30	Wrap-up, endorsement of meeting conclusions and recommendations for follow-up	

