Nutrition situation and policies to address the double burden of malnutrition in the Americas

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Outline

• Nutrition situation in Latin America and the Caribbean
• Consumption of ultra-processed foods in Latin America and the Caribbean
• Key messages
Latin America & the Caribbean: Situation

- The number of hungry people has increased from 38.5 to 39.3 million
- Food availability is more than 3,000 kcal a day per person.
- 9.6% under 5 years old children are stunted,
- 1.3% are wasted,
- 7.3% are overweight.
- 22% of women in reproductive age are anemic
- 57.5% adults over 18 years old are overweight, and 23% are obese.

Source: Panorama of Food and Nutrition Security in Latin America and the Caribbean 2018
Multiple forms of malnutrition in Latin American and Caribbean countries: National averages

**Hunger**

**Stunting**
- Obesity in adults, stunting and hunger
  - Ecuador, Guatemala y Honduras

**Anemia in women of reproductive age**
- Obesity in adults and anemia y women
  - Bahamas, Barbados, Brazil, Dominica, Grenada, Saint Vincent and the Granadines, Saint Lucia, Uruguay

**Obesity in adults and hunger**
- Nicaragua and Peru

**Obesity in adults**
- Argentina, Chile, Costa Rica, San Cristobal y las M

**Obesity, anemia, in women and hunger**
- BEL, BOL, COL, ELS, GUY, JAM, PAM, PAR, DOR, SUR, VEN
Annual per capita sales of ultra-processed foods in 13 countries of Latin America

Source: Ultra-processed foods and beverages in Latin America: Trends and effects on obesity and implication for public policy.
Plan of Action: Objectives and Lines of Action

Goal:
• To halt the rise of the rapidly growing obesity epidemic in children and adolescents.

Lines of actions (5):
  a) Family-oriented intervention in primary care.
  b) Improving nutrition and physical activity in schools.
  c) Fiscal policies and regulation of food marketing and labelling;
  d) Other multisectoral actions;
  e) Surveillance, research and evaluation.

Primary health care and promotion of breastfeeding and healthy eating
Improvement of school nutrition and physical activity environments

2.1.1 - School feeding programmes that satisfy nutritional needs.

2.1.2 - Norms that promote the sale of healthy foods and limit the availability of ultra processed foods that are high in calories and nutrient poor.

2.1.3 - Schools that have access to a source of clean drinking water

2.2.1 - Physical activity in school.
Fiscal policies and regulation of food marketing and labelling

3.1.1 - Tax on sugar-sweetened beverages and other calorie high products.

3.2.1 - Regulations to protect children and adolescents from the impact of marketing of sugar-sweetened beverages, energy-dense nutrient-poor products, and fast foods.

3.3.1 - Norms regarding front-of-package labelling in ultra processed foods and sugar sweetened beverages.
Other multisectoral actions

4.1.1 - Multisectoral implementation of a plan of action to tackle obesity.

4.2.1 - Open streets and physical activity.

4.3.1 - Family farming programs.

4.3.2 - Measures to better relative prices and access to healthy foods.
Surveillance, research and evaluation

5.1.1 - Overweight and obesity prevalence surveillance in pregnant women, adolescents, and children.
Plan of Action: Regional Results.

Key Messages

• Government multisectoral regulatory policies should focus on transforming obesogenic environment into healthy ones.

• The Region’s strongest achievements are regarding school feeding programs and initiatives creating family farming program.

• More work is needed on the monitoring of the code, certification of baby friendly maternities, access to drinking potable water, physical activities in schools, taxes on SSBs, marketing regulation, FOP labelling, open streets programs and surveillance systems.

• Political commitment is needed to scale up policies to address the double burden of malnutrition in the Americas.