Session 12: Policies and Measures to Address the Double Burden of Malnutrition and Diet-related NCDs in the African Region

December 10–13, 2018, at the Vienna International Centre

JEAN-BAPTISTE Juddy
Nutritionist, Ministry of Health
Republic of Seychelles
### Population-based approaches to childhood obesity prevention

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Policies and measures to promote healthy diets and prevent overweight/obesity in the African Region

- **Nutrition and diet counselling**: 26
- **Media campaigns**: 24
- **Portion size control**: 0
- **Regulation of marketing of FNAB to children**: 3
- **Fiscal policies**: 3
- **Trans-fat ban**: 0
- **Reformulation**: 5
- **Nutrition or health claims**: 12
- **Nutrition labelling**: 22
- **Dietary guidelines**: 19

**Source:** Second Global Nutrition Policy Review, WHO 2018
Programmatic and Policy Interventions

• Programs for reducing the DBM need to consider both preventive and curative approaches across the life course

• Protection of fetal and early childhood growth should be seen as primary preventive interventions

• Schools should be targeted as the setting for inculcating good nutrition principles to establish lifelong habits.

• Schools should be made a national focal point for obesity prevention

• There should be more workplace nutrition awareness opportunities
Multisectoral direct and indirect interventions to reduce DBM

**Direct interventions**

- Micronutrient supplements
- Reduction of cigarette smoking
- Promotion of exclusive breast feeding
- Appropriate complementary feeding
- Providing healthy school meals
- Promotion and provision of facilities for physical exercise
- Counselling on healthy diets
- Providing healthy eating environments in workplaces
- Having healthy aging programs
- Salt iodization,
- Flour and oil fortification

**Indirect interventions**

- Prevention of child marriage and teenage pregnancies
- Code of marketing breast feeding substitute
- Restriction of vending machines and sales of foods in schools
- Ban of marketing of unhealthy foods to children
- Enforcement of food labelling nutrition signposting
- Control nutrition and health claims
- Public information campaigns on healthy eating
- Fiscal food policies – such as sugar tax/levies, food subsidies,
- Urban planning such as bike lanes, parks, pedestrian areas
- Improve fruits and vegetables farmers’ access to urban markets
INTERNATIONAL SYMPOSIUM ON
Understanding the Double Burden of Malnutrition for Effective Interventions

THANK YOU!