

INTERNATIONAL SYMPOSIUM ON
**Understanding the Double Burden of
Malnutrition for Effective Interventions**

**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

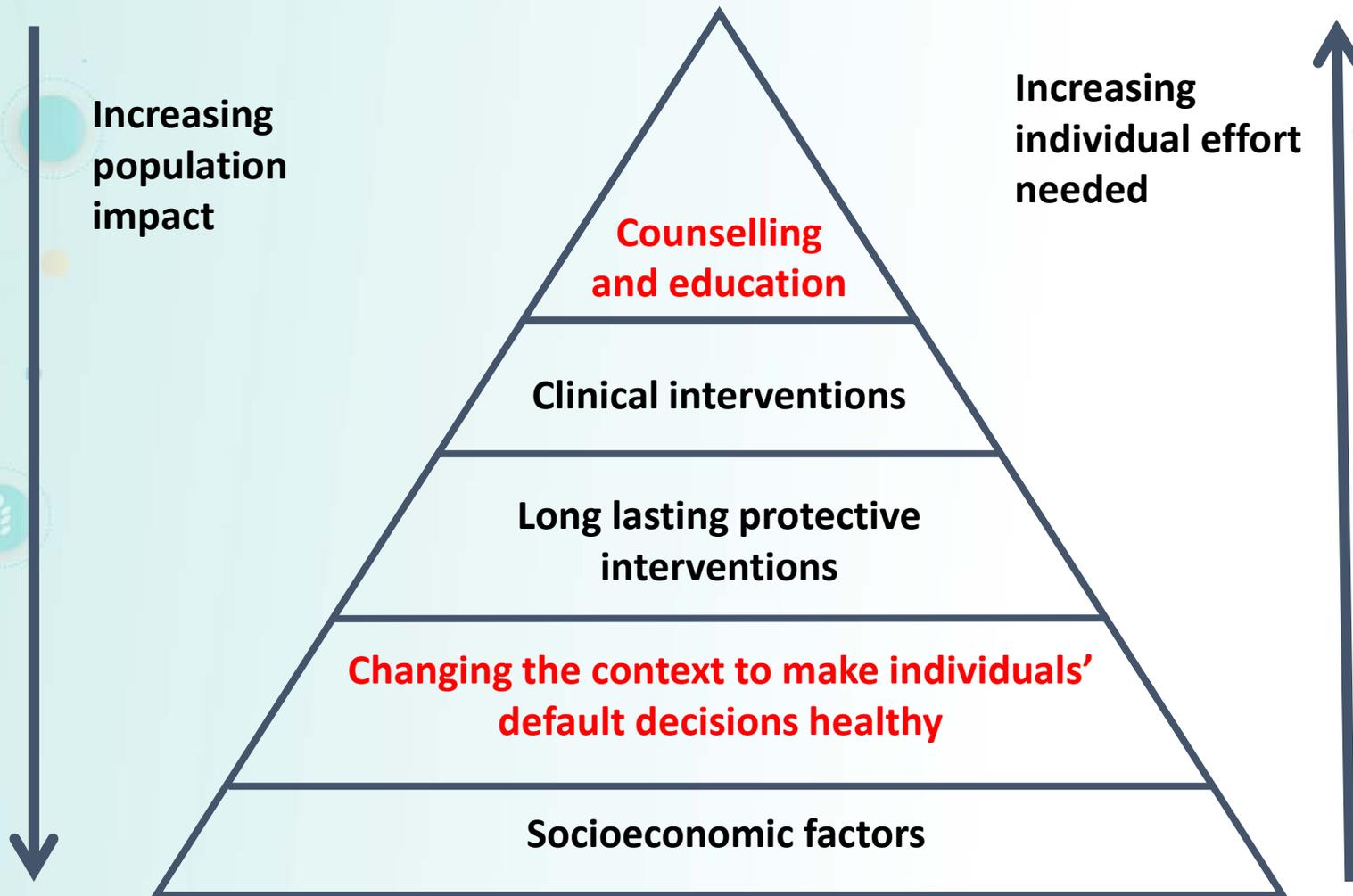
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Health Impact Pyramid



Frieden TR. A framework for public health action: The health impact pyramid. *American Journal of Public Health*, 100 (4), 590–595 (2010).

Population-based approaches to childhood obesity prevention

Structures to support policies & interventions

- Leadership
- 'Health-in-all' policies
- Dedicated funding for health promotion
- NCD monitoring systems
- Workforce capacity
- Networks and partnerships
- Standards and guidelines

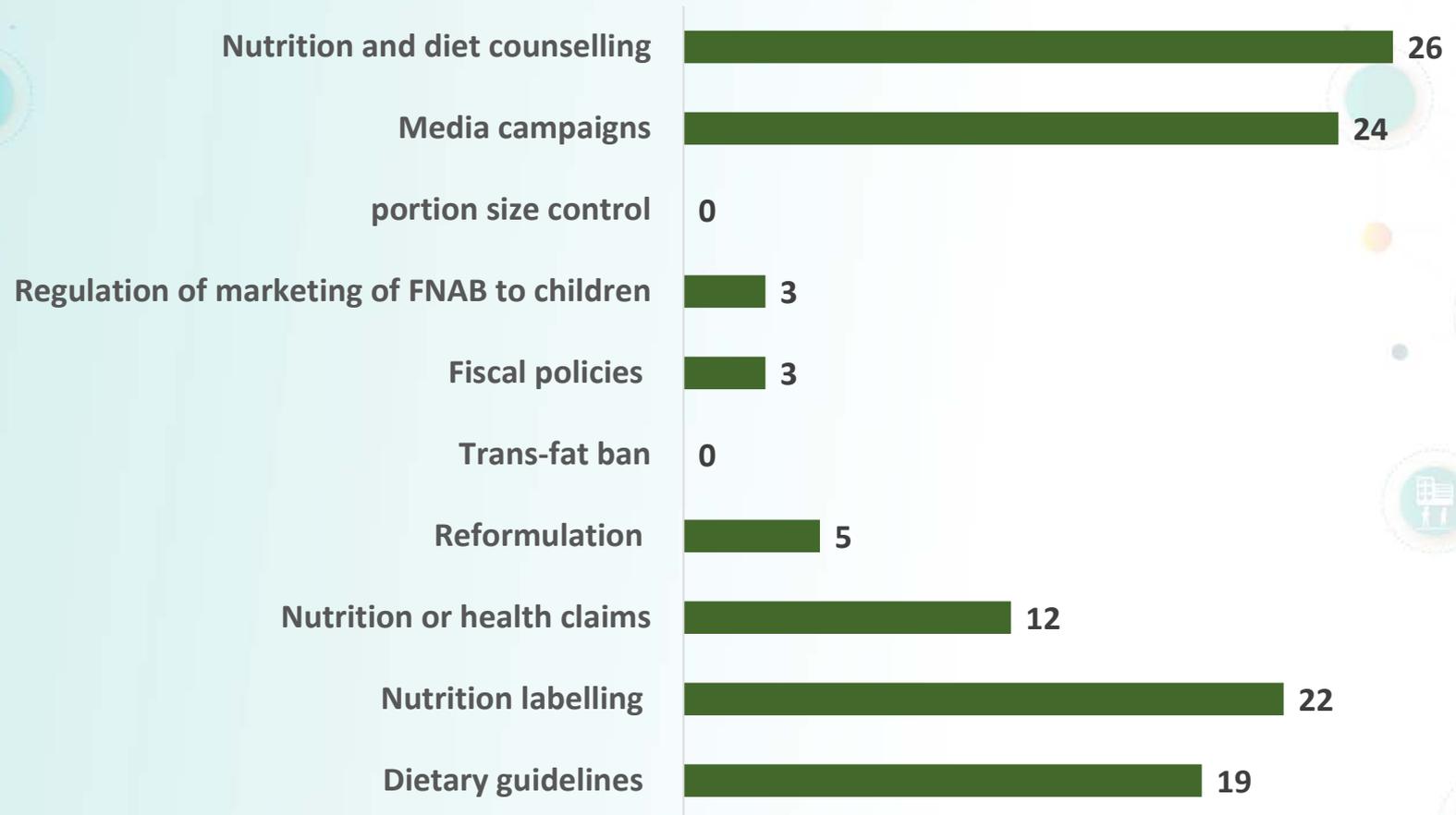
Population-wide policies and initiatives

- Marketing of unhealthy foods and beverages to children
- Nutrition labelling
- Food taxes and subsidies
- Fruit and vegetable initiatives
- Physical activity policies
- Social marketing campaigns

Community-based interventions

- Multi-component community-based interventions
- Early childcare settings
- Primary and secondary schools
- Other community settings

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



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



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THANK YOU!

