

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

# Brazilian Commitments to the UN Decade of Action on Nutrition

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Brazil



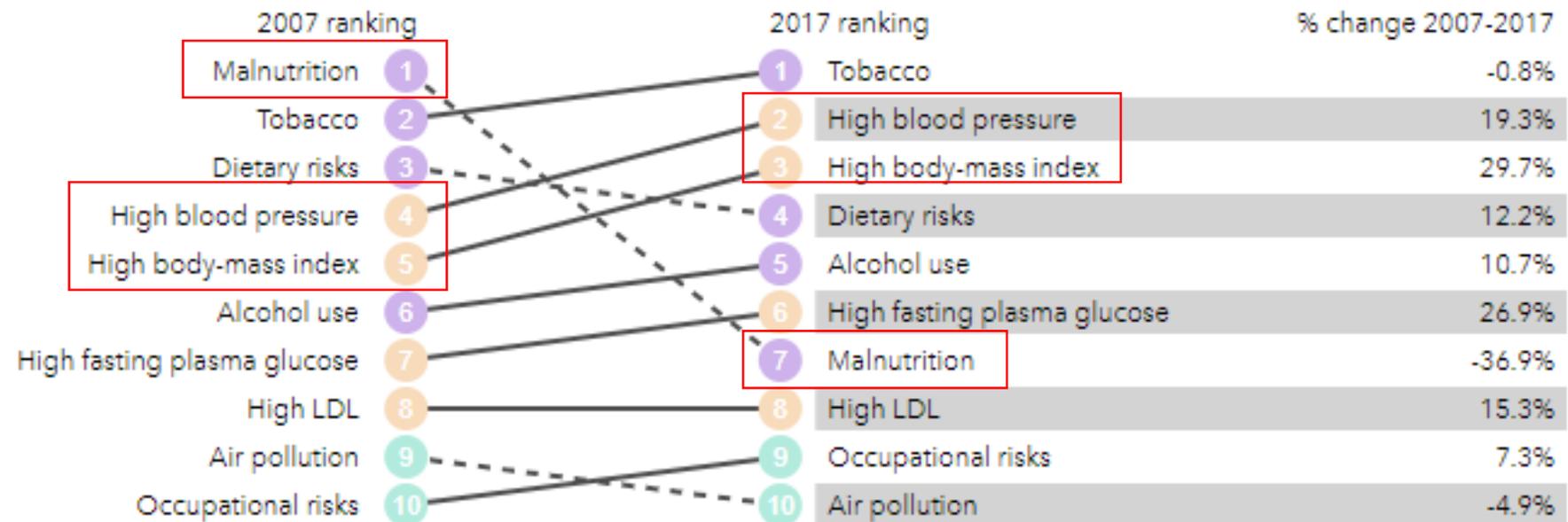
# OUTLINE

- Overview of the advances and challenges in the double burden of malnutrition in Brazil
  - Stunting and wasting
  - Obesity and NCDs
- Brazilian participation in the Decade of Action on Nutrition
  - Commitments
  - Protagonism

# BRAZIL – Trends in health risk factors in the last decade

## What risk factors drive the most death and disability combined?

- Metabolic risks
- Environmental/occupational risks
- Behavioral risks



Sources: Global Burden of Disease

# BRAZIL – demographic, health and nutritional transition

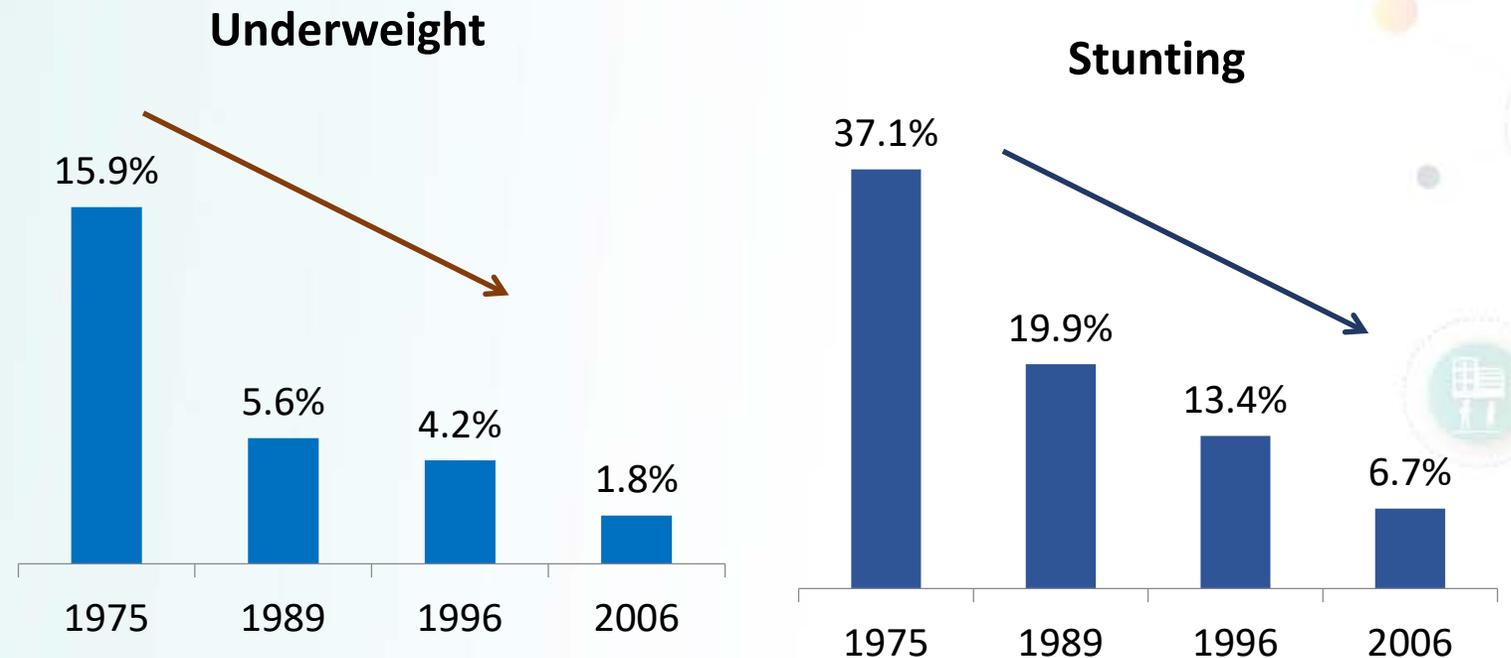
## Decline in childhood undernutrition

↑ Urbanization

↑ Aging

↓ Infectious diseases

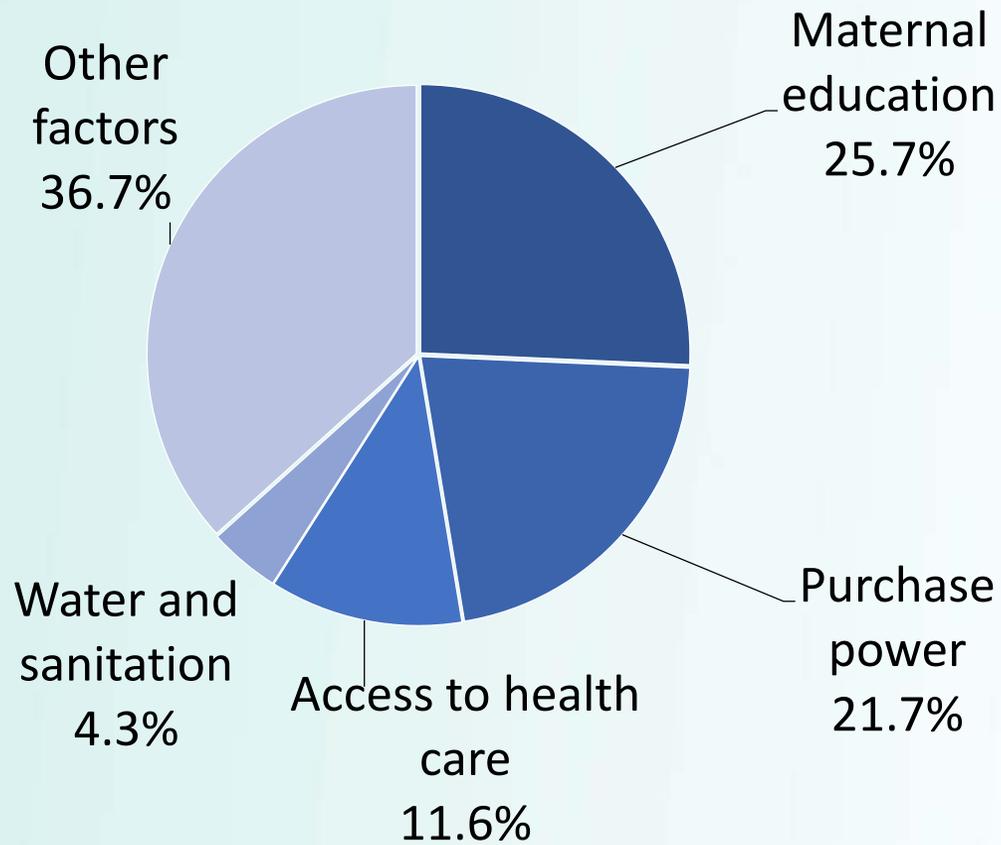
↑ Obesity and NCDs



Sources: National population surveys (ENDEF, PNSN and PNDS)

# Causes of the decline in undernutrition

## NATIONAL SURVEYS – 1996-2006



**The impact of Bolsa Familia on the nutritional status of children – cohort of 362 thousand children continuously followed from 2008 to 2012**

The longer the children belonging to Bolsa Familia are followed by primary health services, the lesser are the risks of stunting (*up to 50% less*) and even overweight (*almost 10% less*).

Source: Monteiro et al, 2009. Causes for the decline in child undernutrition in Brazil, 1996-2007.

# Rapid increase in NCDs in the last 10 years

**Overweight has increased 26.3%**  
(42.6% in 2006 to 53.8% in 2016)

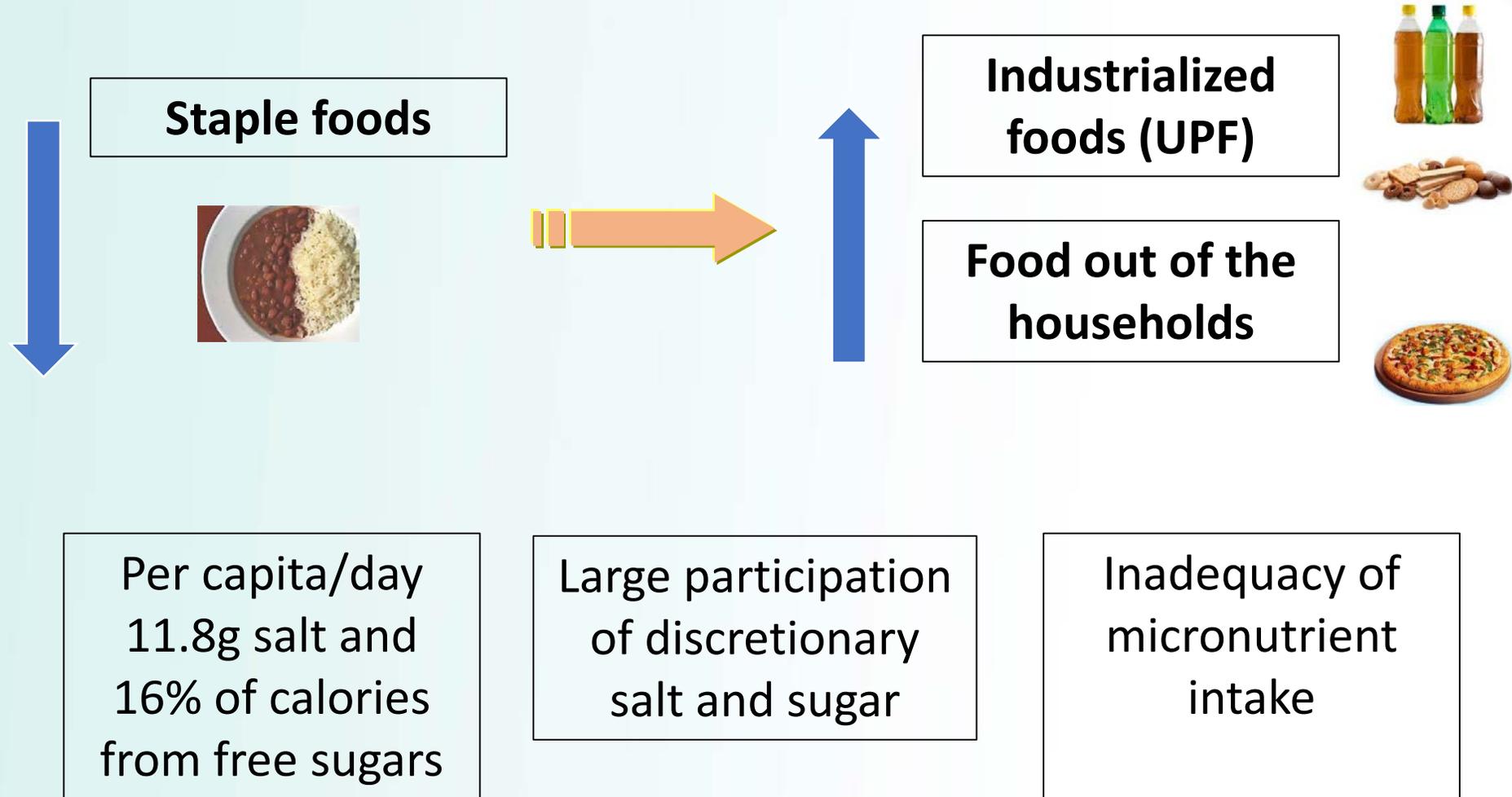
**Obesity has increased 60%.**  
(11.8% in 2006 to 18.9% in 2016)

**Hypertension has increased 14.2%.**  
(22.5% in 2006 to 25.7% in 2016)

**Diabetes has increased 61.8%.**  
(5.5% in 2006 to 8.9% in 2016)

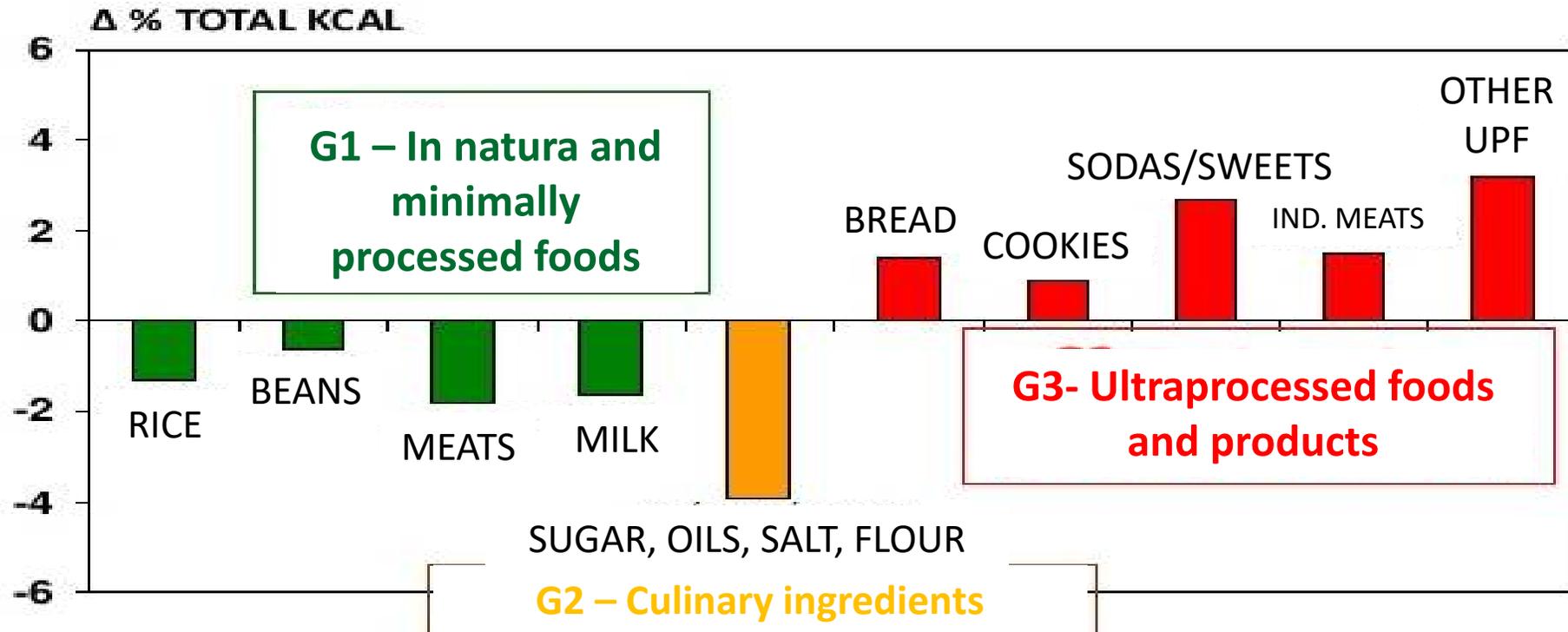


# Changes in food consumption



# Changes in food consumption

Variation of the household availability of foods according to the NOVA classification (2002 – 2009)



Fonte: NUPENS/USP. Updated from Monteiro et al 2011 Public Health Nut 14(1): 5-13

# UN Decade of Action on Nutrition (2016-2025)

## Brazilian commitments (MoH)



**Stop the growth in the adult obesity rate (which currently stands at 20.8%), through intersectoral health and food and nutrition security policies.**



**Reduce by at least 30% consumption of sugar-sweetened beverages among adults**



**Increase by at least 17.8% the proportion of adults who regularly eat fruits and vegetables**



# UN Decade of Action on Nutrition (2016-2025)

Brazilian commitments (Caisan – Interministerial Chamber of Food and Nutrition)



**Pilar 1** – Sustainable and healthy diet promoting food systems

**Pilar 2** – Universal coverage of nutrition actions in the health systems

**Pilar 3** – Social protection and nutritional education

**Pilar 4** – Commerce and investments for improved nutrition

**Pilar 5** – Safe and nutrition supporting environments for all ages

**Pilar 6** – Revision, strengthening and promotion of the governance in nutrition and accountability

# UN Decade of Action on Nutrition (2016-2025)

## Action Networks in the Americas



The networks are ways to share commitments and also to strengthen national and regional policies, to foster cooperation and to exchange good practices



**Network on Food-Based Dietary Guidelines, based on the processing of foods**



**Network on Reducing CVD through Dietary Salt Reduction in the Americas and Caribbean**

Also: REALISA – Chile (healthy food environments), school meal programs, food procurement policies and food and nutrition security governance.

# Network on Food-Based Dietary Guidelines, based on the processing of foods



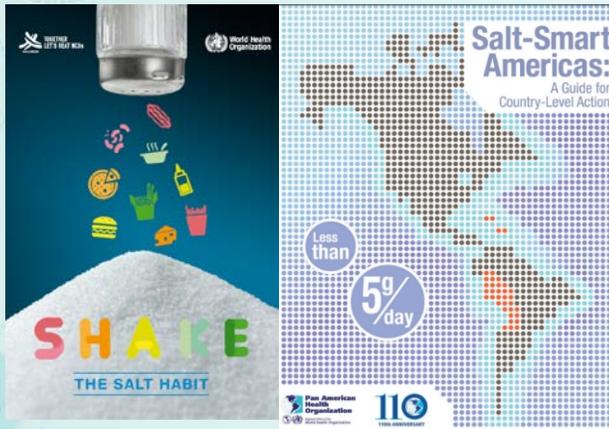
**Exchange of experiences and cooperation between countries**

- Development of scientific evidence on the impact of the level of food processing on health and on the risk of developing NCDs and obesity
- Participatory methodologies for elaborating dietary guidelines
- Strategies for the dissemination and implementation of dietary guidelines
- Dietary guidelines as tools for inducing sectoral and intersectoral policies.



# Network on Reducing CVD through Dietary Salt Reduction in the Americas and Caribbean

Exchange of experiences and cooperation between countries



- Setting and strengthening commitments, exchanging experiences and supporting existing initiatives (as the PAHO TAG for Sodium Reduction in the Americas);
- Parallely expanding the reach of the multi-country IDRC Project on Sodium Reduction Policies (already involving Argentina, Brazil, Costa Rica, Paraguay and Peru);
- Lines of action: nutritional education, healthy environments, food reformulation (mandatory and voluntary), food labeling, foods out of the household.
- Monitoring and evaluation: determination of sodium intake, dietary sources, food composition, monitoring and impact of policies (implementation, deaths, costs, cost-effectiveness).

# Conclusion

- Tackling the double burden of malnutrition:
  - The Decade of Action on Nutrition provides an important setting for commitments and policy action.
  - Social determination: requires multistakeholder and intersectoral approach.
  - Regional and global commit: requires country and inter-agency cooperation.

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**THANK YOU!**

