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To: dietandhealth@who.int

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Subject: WHO/FAO report

In relation to the recent report from WHO on diet, nutrition and prevention of chronic diseases, we are please to send these comments:

- 1- it is important to realize that recent discussions in our area have point out that nutrition concept should consider as the (net) the balance between diet and physical activity. In that sense, it is important to review even the document title, with two suggestions: a- replace nutrition by physical activity (Diet and Physical Activity...) or b- keeping nutrition and then taking off diet (Nutrition and Prevention). Considering the recent evidences of the role of sedentarism, it is preferable to keep "Physical Activity and Diet...)
- 2- considering the impact of industrialization, high technology, and indices of urban violence leading to a increase level of sedentariness in the society, labeled "transition shift" (nicely reviewed in a recent supplement of Public Health Nutrition, edited by Dr. Barry Popkin), the role of physical activity promotion is in general under-emphazied in the document.
- 3- in that sense (promotion of physical activity), it is important to remind that, for a public health message it is not enough to just mention the role of physical activity. In our perspective the document will be more sound if including recommendations in how to promote it in the general population. Examples of good practices in this matter would be instrumental.

In general we agree with Dr. Blair comments. His and his colleagues data offer a good scientific support in developing a more modern consistent report in regard to the role of physical activity(inactivity) in the chronic diseases prevention.

Best regards,

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