Addressing all forms of malnutrition by changing the food system

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In Finland we aim to

• Affect the structures of the society such as food systems; community-based interventions

• Target the whole population/age group - the measures are not limited to the risk groups only

• use “health in all policies” approach and work with different sectors and actors
• Improving sustainability of Finnish food system, integrating different policies
• Addressing whole food system
• Changes towards more plant-based diet
  – reducing meat consumption
  – implementing nutrition recommendations
  – communication of sustainable choices
  – traceability and responsibility systems, local foods, less food loss
Food services

- Free school meals since 1948: improving health, school attendance, learning and supporting families
- Subsidised meals for students and at work places
- Quality criteria for procurement of meals (nutrition, sustainability)
- New guidelines coming in 2017 for schools and kindergarden
Fortification: cooperation, monitoring and research

1941 Fortification of margarine with vitamins A and D
1949 Fortification of salt with iodine
1985 Selenium supplementation of all fertilizers
1992 Fortification of skimmed and low-fat milk with vitamin D
2010 Increasing levels of vitamin D in liquid milks and dietary fats
2015 Recommendation for food industry, catering services and families to use iodized salt
Reformulation of foods

- 30 years of systematic work
- Cooperation with food industry, e.g. low-fat dairy, low salt bread, mineral salts, etc.
- Labelling decrees since 1980s with warning labels for high salt foods
- Better choice symbol since 2000 (foods lower in salt, saturated/trans fat and sugar etc.)
- New tools to involve all stakeholders in 2017
Improving nutrition globally

Priorities of our new development policy emphasize rights of women and girls and include food security, better access to water and sustainability

- 50 videos of healthy choices utilizing local foods to improve complementary feeding and family diets
- Targeted at mothers, also illiterate audiences
- Effectiveness tested in Kenya, produced by University of Helsinki, available in multiple languages www.glocalnutrition.com
Let’s improve nutrition together

“Plate model” by Finnish Nutrition Council