Nutrition: an input and foundation for health

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The double burden
The burden of undernutrition

- 1 out of 6 infants born in developing countries are low birth weight
- 1 out of 4 preschool children is undernourished, which can severely affect their development
- 1 out of 3 people in the world suffer from micronutrient deficiency
- The 40 million people living with HIV/AIDS are exposed to an increased risk of malnutrition
- In countries facing emergencies, malnutrition affects nearly 40 million people and is one of the major causes of death and disease.
The burden of undernutrition

Over 10 million children die every year before the age of 5
1 out of 2 deaths is due to undernutrition

Deaths associated with malnutrition 54%

- Others 28%
- Perinatal 23%
- ARI 19%
- Diarrhoea 13%
- Malaria 9%
- Measles 5%
- HIV 3%

Sources:
For cause-specific mortality: EIP/WHO
But this is just one side of the problem
The burden of overnutrition

35 million people died of chronic diseases in 2005

80% of chronic disease deaths occur in low & middle income countries
The burden of overnutrition

- Chronic diseases – heart disease, stroke, cancer, diabetes and others - cause 60% of global deaths. They are expected to rise.

- The majority are diet-related.

- 80% of chronic disease deaths occur in low and middle income countries.

- Some 1 billion adults and 20 million children under the age of 5 are estimated to be overweight.

- Both under and over nutrition problems occur in the same communities, even in the same families and together account for hundreds of millions of dollar of public expenditure.
Risk factors for Chronic Diseases

- Low fruit and vegetable intake
- High salt (NaCl) intake
- Saturated fat and trans fatty acid intake
- High blood pressure
- High cholesterol
- Physical inactivity
- Overweight and obesity

Inadequate foetal development
Lack of breastfeeding
Inappropriate complementary feeding
Child undernutrition

Integrated Food and Nutrition Action
The Global Agenda: WHO's plan of action
Fostering national nutrition policies and programmes

1. Building national capacity to develop intersectoral food and nutrition policies

2. Providing diagnostic reviews and country nutrition profiles

3. Providing knowledge-based nutrition advisory services through practice communities
10-step Rapid Action Plan

Achieving MDG Target 2: Halve, between 2000 and 2015 the proportion of people who suffer from hunger

- 4. Promoting optimal fetal growth and development
- 5. Improving infant and young child feeding practices and care of severely malnourished children
- 6. Recommending vitamin and mineral requirements for children up to three years
- 7. Implementing guidelines on food fortification
10-step Rapid Action Plan

Promoting healthy diets through the life course and reducing obesity

8. Developing scientific evidence and assessment of obesity and nutrition in transition
9. Establishing nutrition friendly schools
10. Integrating nutrition into essential case, treatment and support package for people living with HIV/AIDS
Global Strategy on Diet and Physical Activity

- Stronger evidence for policy: synthesize existing knowledge, science and interventions on the relationship between diet, physical activity and chronic disease.
- Advocacy for policy change: inform decision-makers and stakeholders of the problem, determinants, interventions and policy needs.
- Stakeholder involvement: agree on the roles of stakeholders in implementing the global strategy.
- A strategic framework for action: propose appropriately tailored policies and interventions for countries.
Global Strategy on Diet and Physical Activity

Multisectoral action:
Expanding impact and sustainability by coordinating efforts

Ministries, experts, and researchers in health, nutrition, education, physical activity, urban planning, economics, trade & transport
And going forward…

**Nutrition and HIV/AIDS:**
Guidelines for GFATM
March 2006

Launch of Growth Standards Charts
April 27, 2006

**DPAS:** Report to WHA
May, 2006
...together
The double burden: the global agenda
One voice.

- Putting malnutrition on global agenda
- Speaking with one voice
- Working together in coordinated way