Preliminary results of the 2\textsuperscript{nd} Global Nutrition Policy Review: A global perspective

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WHO's work on monitoring policies and actions to promote healthy diets and nutrition

- Regular review and monitoring of country progress through regional review meetings between 1992 - 2001
- Monitoring of development, operationalization & implementation of multisectoral national plans of action on nutrition addressing the double burden of malnutrition based on 9 strategic actions
- WHO Global Database on National Nutrition Policies and Programmes

2009-2010: 1st Global Nutrition Policy Review
- 123 countries responded
- Information on nutrition governance (incl. capacities, coordination mechanisms, surveillance)
- Assessment of policies and actions in 6 areas: 1) IYCN (incl SAM/MAM, nutrition & infectious diseases), 2) International Code of Marketing of BMS, 3) School-based programmes, 4) Vitamins and minerals, 5) Obesity and diet-related NCD, 6) Food security and agriculture policies
- Results served as background for developing CIP-MIYCN – Final report published in 2013

2016: 2nd Global Nutrition Policy Review
- 125 countries responded to date (60%) – on-going
- Information on nutrition governance (incl. capacities, coordination mechanisms, surveillance)
- Assessment of policies and actions in 6 areas: 1) MIYCN, 2) Prevention & treatment of acute malnutrition, 3) Nutrition and infectious diseases, 4) School health & nutrition programmes, 5) Vitamin and mineral nutrition, 6) Promotion of healthy diet and prevention of overweight, obesity and diet-related NCDs
- Coverage/inclusion of Global Nutrition and diet-related NCD Targets in national policies
- Data will be incorporated into GINA
- Results will contribute to:
  - Monitoring of ICN2 FFA implementation
  - Assessing baseline for the Decade of Action on Nutrition
2nd Global Nutrition Policy Review
Preliminary results

- 101 countries reported a total of 434 policy documents
- 77 of the 101 countries reported a total of 115 comprehensive nutrition policies and strategies
  - 44 countries developed comprehensive nutrition policies/plans during the last 5 years
  - 18 countries during the last 2 years (i.e. since ICN2)

**Cartoon Questions:**
- How comprehensive are the national nutrition plans?
- Whether food security and agriculture policies include diet and nutrition targets?
- Whether national development plans include nutrition?

**Legend:**
- Comprehensives Nutrition Policy: Examples include national nutrition policy, national plan of action on nutrition (77 countries)
- Focused Nutrition Policy: Examples include anemia reduction strategy, IYCF policy (54 countries)
- NCD/Healthy Diet Policy: Examples include national NCD prevention and management plan, diabetes strategy (52 countries)
- Health Sector Policy: Examples include HSSP, national health plan, child health policy (52 countries)
- Food Security and Agriculture Policy: Examples include food security policy, food policy (10 countries)
- Development Plan: Examples include PRSP, national development plan (27 countries)
- Legislation and Voluntary Codes: Examples include marketing codes, labelling laws (16 countries)
- Other: (13 countries)
Nutrition actions/intervention programmes throughout lifecourse

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Pregnant women and women of reproductive age
- Dietary guidelines
- Vitamin and mineral supplementation
- Deworming

Infants and young children
- Dietary guidelines
- Breastfeeding counselling
- Protocols for infant feeding in difficult circumstances (LBW, HIV, emergencies)
- Complementary feeding counselling
- Vitamin and mineral supplementation

School-age children
- Dietary guidelines
- School health and nutrition programmes targeting all forms of malnutrition, and addressing school meals, environments, curricula, services
- Vitamin and mineral supplementation
- Deworming

Preschool-age children
Dietary guidelines
- Growth Monitoring and Promotion
- Vitamin-mineral supplementation
- Management of moderate and severe acute malnutrition
- Deworming

School-age children
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Nutrition actions throughout lifecourse: Pregnant women and women of reproductive age

Pregnant women

- Dietary guidelines for pregnant women (86): 29%
- Iron folic acid supplementation in pregnant women (87): 72%
- Multiple miconutrient supplementation in pregnant women (87): 22%
- Calcium supplementation in pregnant women (87): 18%

Women of reproductive age

- Iron folic acid supplementation in women of reproductive age (87): 24%
### Nutrition actions throughout lifecourse: Infants and young children

<table>
<thead>
<tr>
<th>Action</th>
<th>% of countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary guidelines for IYC (86)</td>
<td>31%</td>
</tr>
<tr>
<td>Breastfeeding counselling (85)</td>
<td>99%</td>
</tr>
<tr>
<td>BFHI (85)</td>
<td>67%</td>
</tr>
<tr>
<td>Infant feeding in LBW (85)</td>
<td>51%</td>
</tr>
<tr>
<td>Infant feeding in HIV (85)</td>
<td>49%</td>
</tr>
<tr>
<td>Infant feeding in emergencies (85)</td>
<td>35%</td>
</tr>
<tr>
<td>Complementary feeding counselling (85)</td>
<td>89%</td>
</tr>
<tr>
<td>MNPs in children 6-23 months (87)</td>
<td>26%</td>
</tr>
</tbody>
</table>

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Nutrition actions throughout lifecourse: Children under 5 years of age

Children < 5 years

% of countries

- Dietary guidelines for pre-school age children (86): 21%
- Growth Monitoring and Promotion (85): 92%
- Zinc supplementation in children 6-59 months (87): 17%
- Vitamin A supplementation in children 6-59 months (87): 40%
- Iron supplementation in children < 5 years (87): 16%
Nutrition actions throughout lifecourse: School-age children

- Dietary guidelines for school-aged children: 33%
- Nutrition education in schools: 73%
- School food standards: 66%
- School meals or school feeding: 61%
- School fruit and vegetable scheme: 33%
- Ban on vending machines: 18%
- Standards for marketing of FNAB in schools: 25%
- Physical education: 52%
- Deworming in schools: 37%
- School gardens: 46%
Key policy actions and measures to promote healthy diets & nutrition (86 countries)

- Dietary guidelines: 78%
- Nutrition labelling: 69%
- Regulation on nutrition and health claims: 45%
- Reformulation of foods or beverages: 34%
- Ban on trans fats: 11%
- Fiscal policies: 23%
- Regulation on marketing of FNAB to children: 23%
- Portion size control: 12%
- Media campaigns: 67%
- Nutrition education and counselling: 82%
Regional differences in implementing key policy actions to promote healthy diets and nutrition

% of countries

AFRO (22 countries)
- 53% Dietary guidelines
- 32% Nutrition labelling
- 6% Regulation on nutrition and health claims
- 6% Reformulation of foods or beverages
- 0% Ban on trans fats
- 5% Fiscal policies
- 0% Media campaigns
- 0% Nutrition education and counselling

AMRO (15 countries)
- 100% Dietary guidelines
- 64% Nutrition labelling
- 45% Regulation on nutrition and health claims
- 22% Reformulation of foods or beverages
- 22% Ban on trans fats
- 11% Fiscal policies
- 11% Media campaigns
- 0% Nutrition education and counselling

EMRO (10 countries)
- 78% Dietary guidelines
- 56% Nutrition labelling
- 50% Regulation on nutrition and health claims
- 22% Reformulation of foods or beverages
- 22% Ban on trans fats
- 29% Fiscal policies
- 14% Media campaigns
- 0% Nutrition education and counselling

EURO (17 countries)
- 88% Dietary guidelines
- 63% Nutrition labelling
- 42% Regulation on nutrition and health claims
- 25% Reformulation of foods or beverages
- 8% Ban on trans fats
- 8% Fiscal policies
- 0% Media campaigns
- 0% Nutrition education and counselling

SEARO (10 countries)
- 90% Dietary guidelines
- 50% Nutrition labelling
- 40% Regulation on nutrition and health claims
- 20% Reformulation of foods or beverages
- 0% Ban on trans fats
- 0% Fiscal policies
- 0% Media campaigns
- 0% Nutrition education and counselling

WPRO (12 countries)
- 83% Dietary guidelines
- 50% Nutrition labelling
- 33% Regulation on nutrition and health claims
- 33% Reformulation of foods or beverages
- 9% Ban on trans fats
- 45% Fiscal policies
- 36% Media campaigns
- 0% Nutrition education and counselling

Regional differences in implementing key policy actions to promote healthy diets and nutrition
Policy actions to promote healthy diets & nutrition

Dietary guidelines

% of countries

Dietary guidelines
Pregnant women
Infants and young children
Pre-school age children
School-aged children

78%
29%
31%
21%
33%
Policy actions to promote healthy diets & nutrition

Nutrition labelling

% of countries

- Nutrition labelling: 69%
- Nutrient declaration: 45%
- Front-of-pack labelling: 20%
- Listing of ingredients: 51%
- Menu labelling: 8%

Different types of nutrition labelling
Policy actions to promote healthy diets & nutrition
Nutrition labelling: Nutrient declaration

Mandatory nutrients

<table>
<thead>
<tr>
<th>Nutrient declaration measure</th>
<th>% of countries</th>
</tr>
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<tbody>
<tr>
<td>Energy</td>
<td>33%</td>
</tr>
<tr>
<td>Protein</td>
<td>34%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>29%</td>
</tr>
<tr>
<td>Total fat</td>
<td>34%</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>27%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>14%</td>
</tr>
<tr>
<td>Sodium</td>
<td>28%</td>
</tr>
<tr>
<td>Total sugars</td>
<td>29%</td>
</tr>
<tr>
<td>Added sugars</td>
<td>8%</td>
</tr>
<tr>
<td>Fibre</td>
<td>12%</td>
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</tbody>
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Policy actions to promote healthy diets & nutrition
Reformulation

Reformulation: food categories and nutrients

- Reformulation measure: 34%
- Bread (sodium): 22%
- Cheese (sodium): 13%
- Processed meat (sodium): 13%
- Sauces (sodium): 13%
- Cereals (sodium): 12%
- Ready made meals (saturated fats): 9%
- Ready made meals (sodium): 9%
- Fats/oils (trans fats): 9%
Policy actions to promote healthy diets & nutrition
Fiscal policies

Types of fiscal policies

- Fiscal policies: 23% of countries
- Taxes on unhealthy foods and beverages: 8% of countries
- Removal of taxes on healthier foods and beverages: 3% of countries
- Subsidies on healthier foods and beverages: 6% of countries
- Removal of subsidies on unhealthy foods and beverages: 1% of countries
Some observations: Food for thought

1. No lack of policy documents related to nutrition or food security
   - But only a quarter of those policy documents address nutrition problems comprehensively
   - Showing that many countries had their solemn governmental pledges to eliminate hunger and reduce all forms of malnutrition during the last few decades –
   - Also showing that commitments/pledges have increased in scope, details and multiple reaffirmations of concern
   - Making commitments is one thing, but being able to deliver on them has proven more problematic
   - Even when political commitment is present, there is little ‘buy-in’ from senior officials especially outside of health and agriculture

2. Evidence-informed interventions (nutrition specific) exist, especially for the first 1000 days
   - But they are not implemented fully nor scaled up in many countries
Some observations: Food for thought

3. Nutrition is still not seen as a foundation for development
   - Incorporation of nutrition objectives/goals in national development policies is still a challenge – when included, they are focused on IYCN, but very few on obesity/diet-related NCDs

4. But some transformation has in fact started to happen to improve food environment, to promote healthy diets, and to address malnutrition in all its forms
   - In addition to implementing actions to promote people's behaviours changes (i.e. dietary guidance, education, counselling, advocacy), countries are starting to take regulatory actions (i.e. reformulation, taxation, TFA ban, restriction of marketing, nutrition labelling) to improve food environment to promote healthy diets
   - Requesting obesity/NCD concerns to be included when developing Codex guidelines and standards
   - But not without challenges (i.e. TBT discussion on front-of-pack labelling)
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