# Annex 1

## Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>08:30–09:00</td>
<td>Registration</td>
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<tr>
<td>09:00–10:30</td>
<td>Opening session</td>
</tr>
<tr>
<td></td>
<td>Message from Dr Hussein A. Gezairy, Regional Director, WHO/EMRO</td>
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<tr>
<td></td>
<td>Address by Mr Abdellatif Tabet, ADG/Regional Representative, FAO/RNE</td>
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<tr>
<td></td>
<td>Introduction of participants</td>
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<tr>
<td></td>
<td>Election of Chairperson and Rapporteurs</td>
</tr>
<tr>
<td>10:30–10:40</td>
<td>Session I</td>
</tr>
<tr>
<td>10:30–10:40</td>
<td>Objectives and mechanics of the technical consultation, Dr Kunal Bagchi, WHO/EMRO</td>
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<tr>
<td>10:40–10:50</td>
<td>Historical overview of food-based dietary guidelines, Dr Kraisid Tontsirin, FAO/HQ</td>
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<tr>
<td>10:50–11:00</td>
<td>Policy implementation of food-based dietary guidelines, Dr Chizuru Nishida, WHO/HQ</td>
</tr>
<tr>
<td>11:00–11:15</td>
<td>Regional overview of diet-related health problems, Dr Kunal Bagchi, WHO/EMRO</td>
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<tr>
<td>11:15–11:30</td>
<td>Regional overview of food consumption patterns, Dr Fatima Hachem, FAO/RNE</td>
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<tr>
<td>11:30–12:00</td>
<td>Discussion</td>
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<tr>
<td></td>
<td>Session II: National food-based dietary guidelines</td>
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<tr>
<td>13:00–13:15</td>
<td>Egypt, Dr Nafissa Eid</td>
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<tr>
<td>13:15–13:30</td>
<td>Islamic Republic of Iran, Dr Nasser Kalantari</td>
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<td>13:30–13:45</td>
<td>Kuwait, Ms Suad Al-Hooti</td>
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<td>13:45–14:00</td>
<td>Jordan, Dr Khader El Masri</td>
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<tr>
<td>14:15–14:30</td>
<td>Pakistan, Professor Perveen Liaqat</td>
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<td>Time</td>
<td>Activity</td>
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<tr>
<td>14:30-14:45</td>
<td>Lebanon, Professor Nahla Hwalla</td>
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<td>14:45-15:00</td>
<td>Bahrain, Ms Nadia Ghareeb</td>
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<td>15:00-16:00</td>
<td>Discussion</td>
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<tr>
<td></td>
<td><strong>Tuesday 7 December 2004</strong></td>
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<tr>
<td>08:45-09:00</td>
<td>Administrative issues</td>
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<td><strong>Session III</strong></td>
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<tr>
<td>09:00-09:20</td>
<td>Summary of diet, nutrition and chronic diseases Technical report 916 and</td>
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<td></td>
<td>the global debate, Dr Chizuru Nishida, WHO/HQ</td>
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<tr>
<td>09:20-09:40</td>
<td>Overview of the global strategy on diet, physical activity and health</td>
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<tr>
<td></td>
<td>and its regional implications, Dr Denice Coitinho, WHO/HQ</td>
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<td>09:40-10:30</td>
<td>Discussion</td>
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<td></td>
<td><strong>Session IV: Steps for the preparation of food-based dietary guidelines</strong></td>
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<tr>
<td>10:30-10:50</td>
<td>Process and steps in developing FBDG, Dr Antonia Trichopoulos</td>
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<tr>
<td>10:50-11:10</td>
<td>Food and dietary data needed for the preparation of FBDG, Dr Antonia</td>
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<td>Trichopoulos</td>
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<td>11:10-11:30</td>
<td>Health and nutrition information needed for the preparation of FBDG,</td>
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<td>Dr Kraisid Tontisrin, FAO/HQ</td>
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<td>11:50-12:40</td>
<td>Discussion</td>
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<tr>
<td></td>
<td><strong>Session V: Group session 1</strong></td>
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<tr>
<td>13:40-15:40</td>
<td>A. Identify constraints and gaps, including the availability of</td>
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<td>appropriate data and information, in the preparation of FBDG in the</td>
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<tr>
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<td>participating countries (Group presentation)</td>
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<td></td>
<td>B. Identify factors that can facilitate/ promote the process including</td>
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<td>the necessary technical skills and resources (Group presentation)</td>
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<tr>
<td>15:50-16:20</td>
<td>Presentation of group work 1 (First group)</td>
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### Wednesday 8 December 2004

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<td>09:00-09:20</td>
<td>Presentation of group work 1 (Second group)</td>
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<tr>
<td>09:20-09:40</td>
<td>Developing food-based dietary guidelines: experiences from Thailand, Dr Prapaisiri Sirichakwal</td>
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<tr>
<td>09:40-10:00</td>
<td>Developing food-based dietary guidelines: experiences from India, Professor Seema Puri</td>
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<td>Discussion</td>
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**Session VII**

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<tr>
<td>10:45-11:00</td>
<td>Linking FB DG and nutrition education, Ms Ellen Muelhoff, FAO/HQ</td>
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<td>11:00-12:00</td>
<td>Discussion</td>
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**Session VIII: Group session 2**

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<tr>
<td>13:00-15:30</td>
<td>A. Identify the roles and responsibilities of different sectors and partners (Group presentation)</td>
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<td>B. Define the outline of a national FB DG (Group presentation)</td>
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<td>15:30-16:00</td>
<td>Presentation of group work 2</td>
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### Thursday 9 December 2004

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<tr>
<td>09:00-10:40</td>
<td>A. Develop national plans of action (group presentation)</td>
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<tr>
<td>10:40-12:00</td>
<td>B. Develop follow-up procedures (group presentation)</td>
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<tr>
<td>12:00-12:30</td>
<td>Presentation of group work 3</td>
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<tr>
<td>12:30-12:40</td>
<td>Developing multisectoral nutrition communication plans: regional experiences, Ms Lilas Toméh, WHO/EMRO</td>
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<td>14:30-15:30</td>
<td>Conclusions and recommendations</td>
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<tr>
<td>15:30-16:00</td>
<td>Closing ceremony</td>
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ANNEX 2

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ANNEX 3

LIST OF List of Publications distributed during the Consultation


FAO, 2003, Community-based food and nutrition programmes, Rome.


FAO, Food, Nutrition and Agriculture.16, Rome.


ANNEX 4

WORKING GROUP SESSIONS SUGGESTED CHECKLISTS FOR DISCUSSION

Participants were divided into two groups for the group sessions. Group One comprised participants from Egypt, Islamic Republic of Iran and Pakistan. Dr Mildred Cody from the United States of America and Professor Seema Puri from India facilitated the work of this group. Group Two comprised participants from Bahrain, Jordan, Kuwait, Lebanon and the Syrian Arab Republic, and was facilitated by Dr Prapaisri Sirichakwal from Thailand, and Dr Antonia Trichopoulos from Greece. All facilitators were involved in the development of FBDG in their respective countries.

Session 1

Identifying critical data and information needs (1 hour)

Recalling the process of formulating FBDG, identify priority data and information needs and suggest how those needs can best be met in the participating countries. Consider:

- health, food, diet and other nutrition-related information;
- socioeconomic and cultural factors of concern;
- The capacity and resources available within countries and the sub-region to provide necessary information.

Planning and preparing food-based dietary guidelines (1 hour)

Recalling the process of formulating FBDG, briefly analyse existing dietary guidelines and discuss issues with regard to the steps and mechanisms for planning and preparing the guidelines in the participating countries.

To begin with, consider the issue as to whether individual country guidelines are needed or whether regional guidelines would be appropriate.
■ Do the represented countries have dietary guidelines? Do they require changes or improvements? Are the guidelines part of a national policy?

■ Which steps need to be taken? Where? Which organization should initiate the process?

■ Who should be involved?

■ Who will lead, provide technical guidance and coordinate the working group?

■ What are the constraints? How can they be overcome?

■ What technical assistance is needed for the preparation of the guidelines?

■ What capacity building/training is needed?

Comment, if possible, on the need to consider a single set or several sets of guidelines (ethnic groups, age groups, languages, etc.).

Session 2

Building partnerships and strengthening collaboration (1 hour)

■ With whom? Allies or new people/organizations.

■ How?

■ Role of volunteer organizations (consumer organizations, etc...)?

■ Professional upgrading?

■ Building trust

■ Linkages? Local, regional, international.

■ Defining roles of collaborators-overlapping, waste of resources.

■ Exchange programmes?

■ Research/lessons from the past/"best practices".
- Role of training-formal and non-formal.

- Setting clear expectations-communicating objectives, roles and responsibilities.

- Funds

- Dissemination/promotion.

- Understanding the public/consumer.

*Outline of national food-based dietary guidelines (1 hour)*
ANNEX 5

MEDITERRANEAN DIET

The Mediterranean diet can be thought of as having 9 components:

1. Olive oil as added lipid
2. Daily consumption of vegetables
3. Daily consumption of fruits
4. Daily consumption of unrefined cereals
5. Bi-weekly consumption of legumes
6. Bi-weekly consumption of fish
7. Daily consumption of cheese or yoghurt
8. Monthly or weekly consumption of meat or meat products
9. Daily moderate consumption of wine
## ANNEX 6

### List of countries

<table>
<thead>
<tr>
<th>Countries in the Near East Region of FAO</th>
<th>Countries in the Eastern Mediterranean Region of WHO</th>
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