

6. CONCLUSIONS

The following conclusions were formulated and adopted during the last plenary session of the technical consultation:

- The countries in the Region are at different stages of the nutrition transition, facing the dual burden and the entire spectrum of nutritional conditions.
- FBDG remain an important education and communication tool to address the dual burden. FBDG also have great potential for placing nutritional concerns on the national agenda, providing guidance for food, nutrition, food hygiene, education and agricultural policy formulation, and nutrition education activities. They can identify policy options of food supply and demand that promote lifelong healthy eating patterns, influencing the nutrition transition towards healthier outcomes and a decrease in the economic burden of diseases.
- Physical activity should be closely integrated with food-related messages in the dietary guidelines in this Region.
- FBDG can contribute substantially to the implementation of the Global Strategy on Diet, Physical Activity and Health in the Region, and other initiatives to promote healthy diets.
- A considerable amount of basic and supportive data to enable the development of national FBDG already exists in all countries participating in the consultation. External technical assistance may be required for undertaking further analyses to generate appropriate information in some countries.
- In order to develop and implement effective FBDG, key stakeholders need to be involved in the process, such as Ministries of Health, Agriculture, Education, Commerce/Trade, Finance and Planning, research institutions and universities, consumer groups, UN agencies, NGOs, private sector and other relevant bodies. Based on available information, intersectoral action needs to be strengthened in most countries.

- In order to utilize the available resources within the Region for the development of FBDG, several countries with similar social, health and economic characteristics could consider the possibility of pooling their available resources and developing a common FBDG where appropriate.