

The importance of improving nutrition and promoting balanced diets as a contribution to multiple SDGs

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Technical Consultation

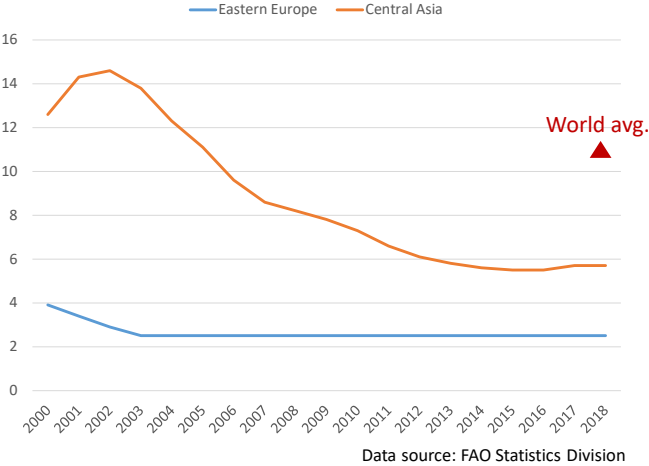
Sustainable Development Goals (SDGs) Implementation in Europe and Central Asia

Key questions

- What are the main nutrition issues of concern in the ECA region?
- What are the potential social and economic impact of those issues?
- What are the roles of food and agricultural sector in improving diet quality and to tackle malnutrition particularly obesity?

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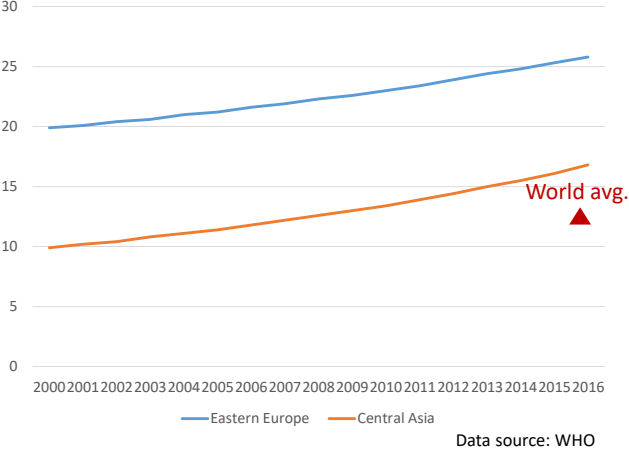
The prevalence of undernourished people (% , SDG 2.1)



- The prevalence sharply decreased in 2000s particularly in Central Asia.
- In Eastern Europe region, the prevalence has been below 2.5% since mid 2000s.
- The progress is stagnant recent years.
- The prevalence is below the world average (11%).

What are the main nutrition issues of concern in the ECA region?

The prevalence of adult obesity (% , SDG 2.2)



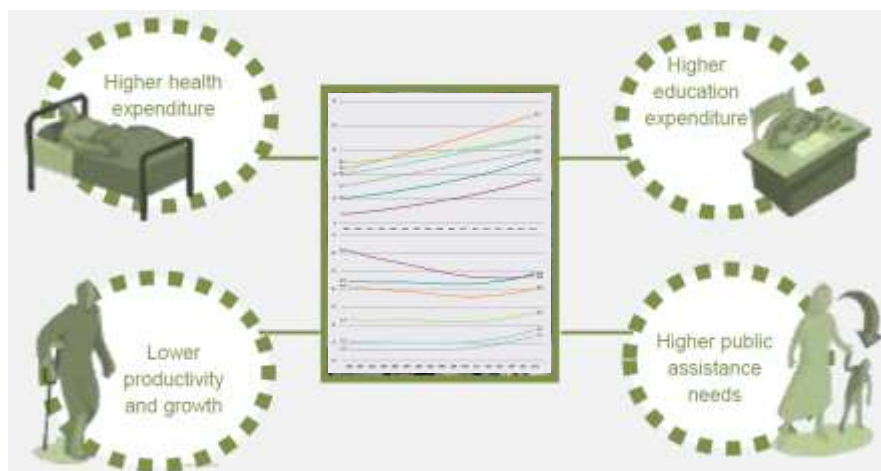
- The prevalence is on the rise in both Central Asia and Europe.
- The rate of increase is higher in Central Asia.
- The prevalence is higher than the world average (13%).

What are the main nutrition issues of concern in the ECA region?

Prevalence rates for eight food security and malnutrition indicators (% , latest years)

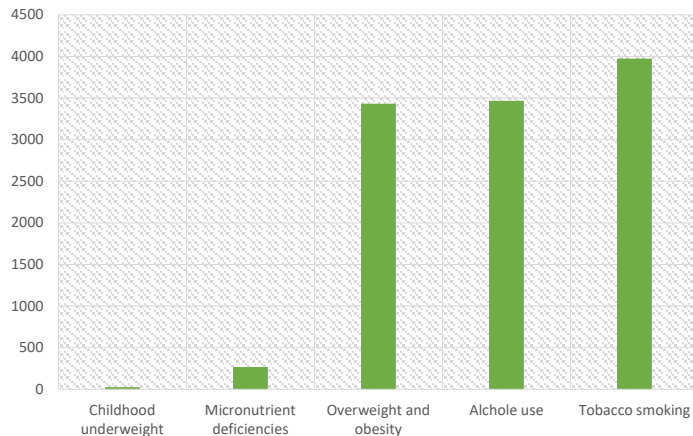
	PoU	FIES		Stunting	Wasting	Child overweight	Low birth weight	Anaemia	Adult obesity
		Moderate							
1 Albania	6.2	27.5	11.3	1.6	16.4	-	25.3	21.7	
2 Armenia	4.3	30.3	9.4	4.5	13.7	9.0	29.4	20.2	
3 Azerbaijan	<2.5	-	17.8	3.2	14.1	7.3	38.5	19.9	
4 Belarus	<2.5	-	4.5	2.2	9.7	5.1	22.6	24.5	
5 Bosnia and Herzegovina	<2.5	8.1	8.9	2.3	17.4	3.4	29.4	17.9	
6 Georgia	7.9	26.9	11.3	1.6	19.9	6.1	27.5	21.7	
7 Kazakhstan	<2.5	7.4	8.0	3.1	9.3	5.4	30.7	21.0	
8 Kyrgyzstan	7.1	18.8	12.9	2.8	7.0	5.5	36.2	16.6	
9 Montenegro	<2.5	9.9	9.4	2.8	22.3	5.5	25.2	18.9	
10 North Macedonia	3.2	-	4.9	1.8	12.4	9.1	23.3	23.3	
11 Republic of Moldova	-	22.6	6.4	1.9	4.9	5.0	26.8	22.4	
12 Russian Federation	<2.5	-	-	-	-	5.8	23.3	23.1	
13 Serbia	5.7	10.1	6.0	3.9	13.9	4.5	27.2	21.5	
14 Tajikistan	-	20.0	17.5	5.6	3.3	5.6	30.5	14.2	
15 Turkey	<2.5	23.5	9.9	1.9	11.1	11.7	30.9	32.1	
16 Turkmenistan	5.4	-	11.5	4.2	5.9	4.9	32.6	18.6	
17 Ukraine	3.5	19.6	-	-	-	5.6	23.5	24.1	
18 Uzbekistan	6.3	12.2	19.6	4.4	12.2	5.3	36.2	16.6	

What are the potential social and economic impact of those issues?



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DALY s attributable to malnutrition-related risk factors in 2010, by country groups (DALY s lost) per 100,000 population

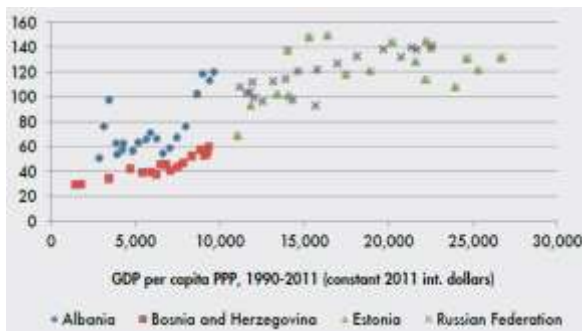


Source: Mazzocchi et al., (2014). Processing of GBD 1990 and 2010 data.

- The **average** DALYs lost to child undernutrition in the ECA region is less than the other risk factors.
- However, the DALYs lost to child undernutrition is almost 6 times higher in the countries with high prevalence of undernutrition.
- The average DALYs lost to overweight and obesity in the ECA region is comparable to losses due to high BMI to tobacco and alcohol consumption.

What are the roles of food and agricultural sector in improving diet quality and to tackle malnutrition particularly obesity?

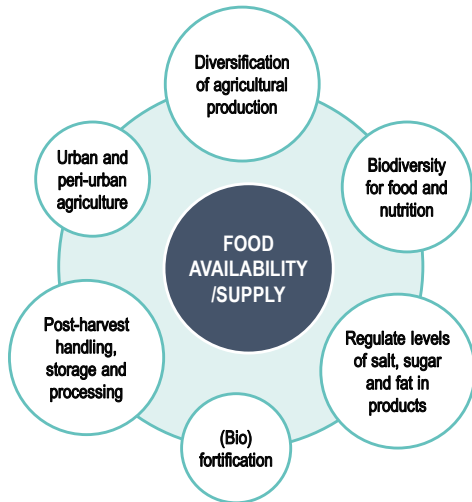
Sugar and sweetener availability (gram, per capita per day)



Source: Overview of Food Security in Europe and Central Asia (FAO, 2016)

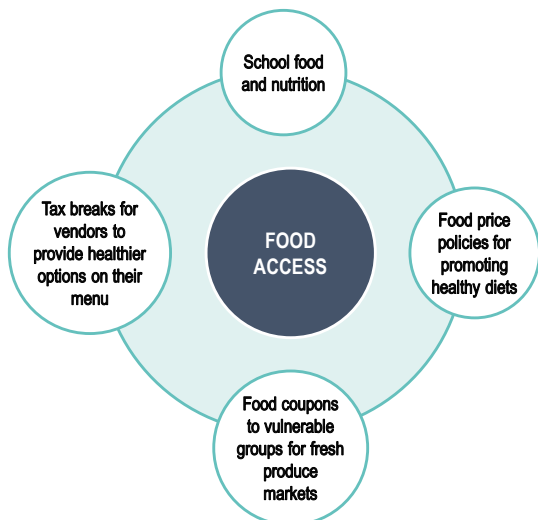
- Transition of nutrition issues (from undernutrition to overnutrition and diet-related diseases) is driven by major dietary shift.
- ↑supply and easier access to ultra-processed foods and beverages
- ↑consumption of meat, sugar and vegetable oils
- Therefore, healthier food supply is the key for reducing all forms of malnutrition

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Examples of policies and programmes being implemented by countries and cities

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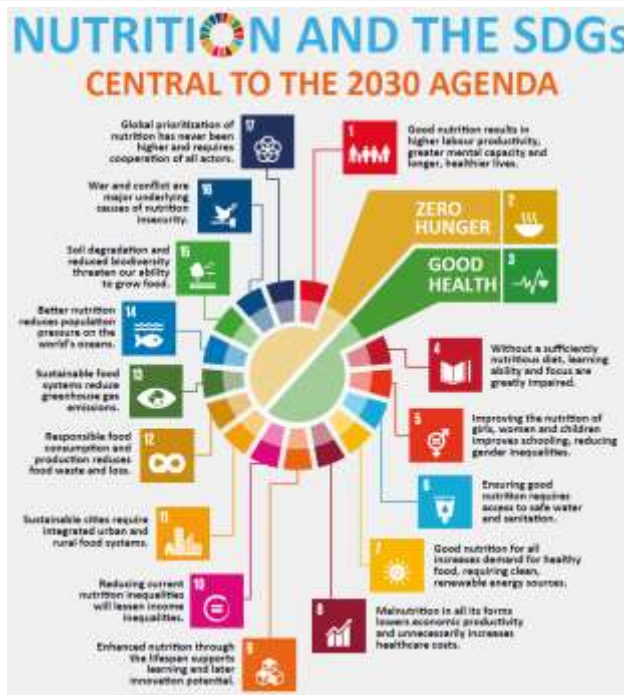


Examples of policies and programmes being implemented by countries and cities

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Examples of policies and programmes being implemented by countries and cities



Trade-offs and synergies

The challenges for sustainable development are connected and interdependent



- Reduce prices of fresh food in local markets
- Increase the quality and diversity of food available in local markets



- Reduced food losses and waste could increase availability of major crops
- Sustainable diet could enhance nutritional health and reduce environmental impact



- Increased investment in producers and retailers of unhealthy food decrease the price and increase the affordability



Trade-offs and synergies

The challenges for sustainable development are connected and interdependent



- Domestic production of fruits and vegetables are promoted.



- Rural incomes are rising due to increased production and sale of fruits and vegetables.



- Nutritional value of fruits and vegetables gets little publicity and some are not even available close to people's homes.

- There is a lot of information on diet and nutrition on social media, but there are few reliable sources.

- Ultra-processed foods are on sale everywhere, promoted by advertisement.

- Cooking skills are no longer being shared between generations. This favours consumption of imported foods.



Source: "Obstacles to following the recommendations given in the Brazilian dietary guidelines" in Chapter 4 of "Plates, pyramids and planets" (FAO and University of Oxford, 2016)

Key messages

- The three main malnutrition issues of concern in the ECA region are undernutrition, micronutrient deficiencies and overnutrition.
- Preventing diet-related non-communicable diseases (NCDs) delivers large economic and social returns.
- Public investments in food and agricultural should be aligned with other sectors' solutions to improve diet quality and to tackle malnutrition particularly obesity.
 - e.g. Increase production of more diverse foods and proactively promote balanced diet
- Careful analysis is needed to understand what the nutrition challenges are and how food and agriculture policy help attain nutrition objectives.

Thank you for your attention

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