NOURISHING
A policy framework and database to promote healthy diets

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Outline

- Context: global burden of malnutrition and NCDs
- NOURISHING framework and policy database
- Double-duty actions
Context
60% of global deaths (38 million)

74% of NCD deaths in LMICs (28 million)

42% of NCD deaths before age 70 (16 million)

82% of premature NCD deaths in LMICs (13.1 million)

72% of global NCD deaths are due to cardiovascular diseases, cancers, and diabetes (27.2 million)

Source: WHO
NOURISHING framework and policy database
Our NOURISHING framework

**NOURISHING**

**N** - Nutrition label standards and regulations on the use of claims and implied claims on food

**O** - Offer healthy food and set standards in public institutions and other specific settings

**U** - Use economic tools to address food affordability and purchase incentives

**R** - Restrict food advertising and other forms of commercial promotion

**I** - Improve nutritional quality of the whole food supply

**S** - Set incentives and rules to create a healthy retail and food service environment

**H** - Harness food supply chain and actions across sectors to ensure coherence with health

**I** - Inform people about food and nutrition through public awareness

**N** - Nutrition advice and counselling in health care settings

**G** - Give nutrition education and skills

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How NOURISHING can be used

- Policymakers
  - To identify where action is needed to promote healthy diets
  - Select and tailor options suitable to their populations
  - Assess if an approach is sufficiently comprehensive

- Civil society organisations
  - To monitor what governments are doing around the world, benchmark progress and hold them to account

- Researchers
  - To identify the evidence available for different policies, identify research gaps and act as a resource for policy monitoring & evaluation
390 implemented policies across 125 countries

70 evaluations

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Updating the database

Two step process:

1. Sourcing and reviewing policy actions
2. Verification process with in-country specialists
Inclusion criteria for policies

1. Must be related to reducing obesity and/or diet-related NCDs through promoting healthy diets, and include an explicit public health aim

2. Must be a government policy action

3. Must be implemented

4. Must fit one of NOURISHING’s ten policy areas
Double-duty actions
Definition

“double-duty actions include interventions, programmes and policies that have the potential to simultaneously reduce the risk or burden of both undernutrition (including wasting, stunting, and micronutrient deficiency or insufficiency) and overweight, obesity or diet-related NCDs (including type 2 diabetes, cardiovascular disease and some cancers). Double-duty actions leverage the coexistence of multiple forms of malnutrition and their shared drivers to offer integrated solutions.”

Double-duty actions for nutrition
Policy Brief

Addressing contrasting and confounding forms of malnutrition need not be a zero-sum game.

Double-duty actions have the potential to improve nutrition outcomes across the spectrum of malnutrition, through integrated initiatives, policies and programmes.

INTEGRATED ACTION ON THE DOUBLE BURDEN OF MALNUTRITION

In the framework of the Sustainable Development Goals (1), the United Nations Decade of Action on Nutrition (2) aims to trigger intensified action to end hunger and eradicate all forms of malnutrition worldwide. This effort includes conditions associated with undernutrition, such as wasting, stunting and micronutrient deficiencies, as well as those associated with dietary imbalance and excess, such as overweight, obesity, or diet-related non-communicable diseases (NCDs). The coexistence of contrasting forms of malnutrition is known as the double burden of malnutrition. A global challenge, this double burden is united by shared drivers and solutions and therefore offers a unique opportunity for integrated nutrition action. This policy brief sets out the potential for double-duty actions to contribute to this intensified effort by addressing both sides of malnutrition through common interventions.

WHAT IS THE DOUBLE BURDEN OF MALNUTRITION?

In 2014, approximately 462 million adults worldwide were overweight, while 1.9 billion were overweight or obese, and 264 million were at risk of developing or already had a non-communicable disease (NCD) (3). In 2016, an estimated 41 million children under the age of 5 years were overweight or obese, while 155 million were stunted from stunting (low height for age) and 135 million were undernourished (low weight for age) (4). Nutrition-related factors contribute to approximately 45% of deaths in children aged under 5 years, while most low and middle-income countries are now witnessing a simultaneous rise in childhood overweight and obesity (4, 6).

The global burden of malnutrition:

- 462 million adults worldwide are overweight (4).
- 1.9 billion are overweight or obese (4).
- 264 million women of reproductive age (4).
- 155 million children under the age of 5 years were stunted (3).
- 135 million children under the age of 5 years were undernourished (low weight for age) (3).
- 41 million children under the age of 5 years worldwide are overweight (3).

Fig. 4. Shared drivers and platforms for double-duty actions.

1. SHARED DRIVERS OF MALNUTRITION
   - Biological
   - Socioeconomic
   - Environmental

2. DOUBLE BURDEN OF MALNUTRITION
   - National dietary guidelines
   - Health systems
   - National-level policies for obesity, NCDs and nutrition
   - Humanitarian aid and emergency nutrition programmes
   - Urban food policies
   - Social policies

3. SHARED PLATFORMS FOR ACTION
   - National-level policies for obesity, NCDs and nutrition
   - Urban food policies
   - Social policies
   - School food policies and programmes

4. POTENTIAL CANDIDATES FOR ACHIEVING DOUBLE DUTY
   - Promote and advocate for exclusive breastfeeding
   - Actions to optimize early nutrition
   - Maternal nutrition and antenatal care programmes
   - Marketing regulations

5. SHARED OUTCOMES
   - Reduced rates of overweight, obesity and NCDs
   - Micronutrient deficiencies
   - Undernutrition including wasting and stunting

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NOURISHING as a lens for double-duty actions

- School food policies
- Marketing restrictions (breastmilk substitutes and unhealthy foods)
- Multi-sectoral governance structures
- Nutrition advice and counselling (e.g. antenatal care programmes)

**POLICY AREA**

| N | Nutrition label standards and regulations on the use of claims and implied claims on food |
| O | Offer healthy food and set standards in public institutions and other specific settings |
| U | Use economic tools to address food affordability and purchase incentives |
| R | Restrict food advertising and other forms of commercial promotion |
| I | Improve nutritional quality of the whole food supply |
| S | Set Incentives and rules to create a healthy retail and food service environment |
| H | Harness food supply chain and actions across sectors to ensure coherence with health |
| I | Inform people about food and nutrition through public awareness |
| N | Nutrition advice and counselling in health care settings |
| G | Give nutrition education and skills |
Case for double-duty actions

- Governments are off-track to meet global nutrition and NCD targets
- SMART commitments and action are needed
- Opportunity for double-duty actions

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Ambitious, SMART commitments to address NCDs, overweight & obesity
Make the UN Decade of Action on Nutrition count for all forms of malnutrition
Thank you!

For further information

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