



NUTRITION IN OBESITY AND NCD CONTROL

- THE ROLE OF CIVIL SOCIETY

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CFNI
(PAHO/WHO)

HEALTHY CARIBBEAN CONFERENCE

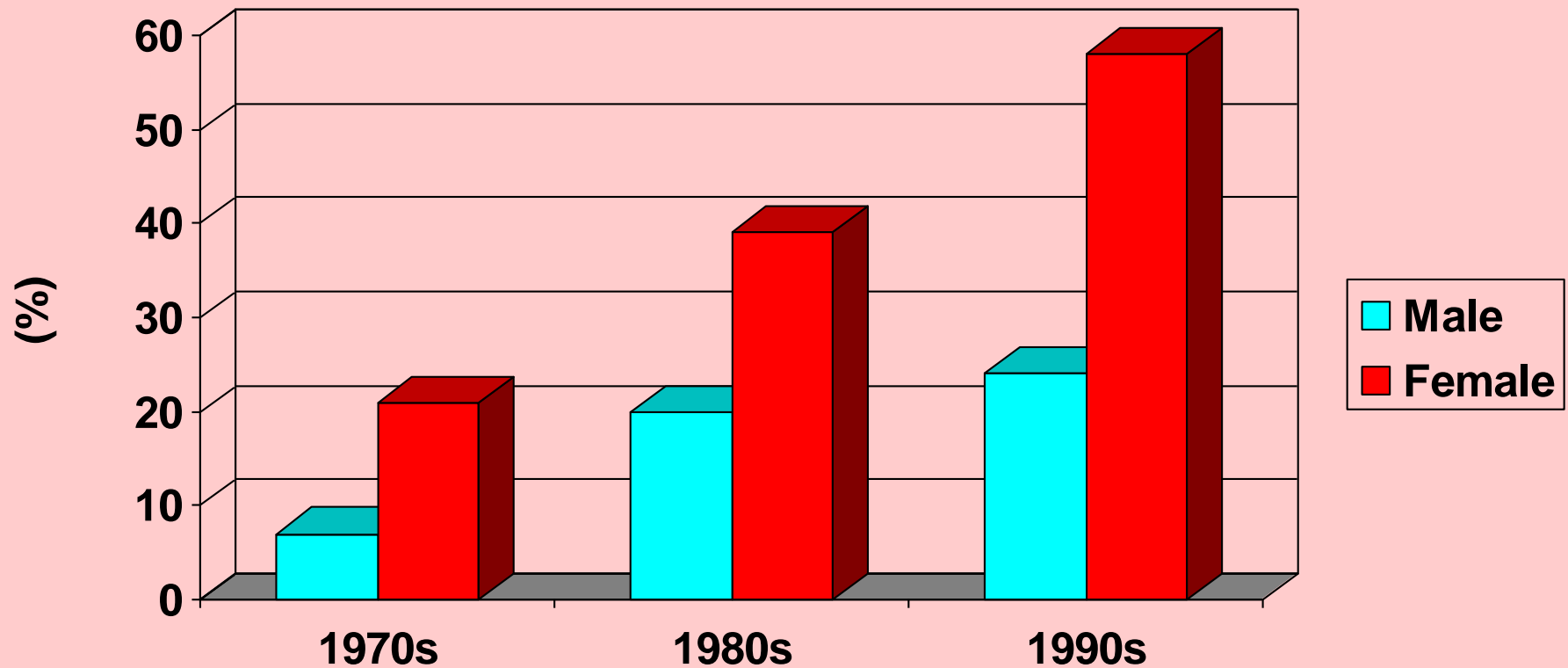
Barbados

October, 2008

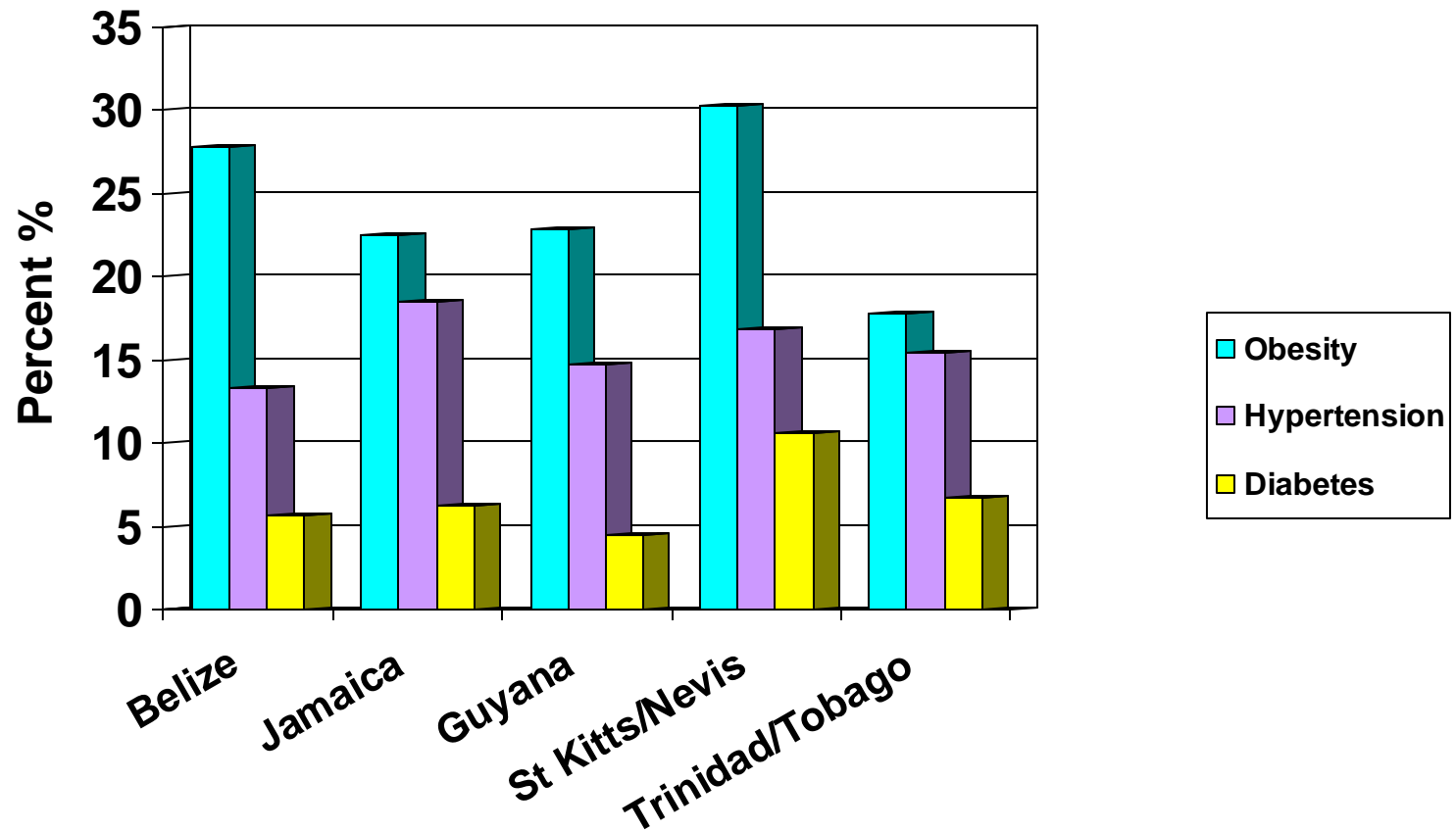
OUTLINE OF PRESENTATION

- **WHAT IS THE NUTRITION GOAL?**
- **WHAT ARE THE GLOBAL & LOCAL CHALLENGES FOR CIVIL SOCIETY?**
- **WHAT IS THE STRATEGIC APPROACH?**
- **SOME KEY ROLES FOR CIVIL SOCIETY TO ADVANCE THIS STRATEGY?**

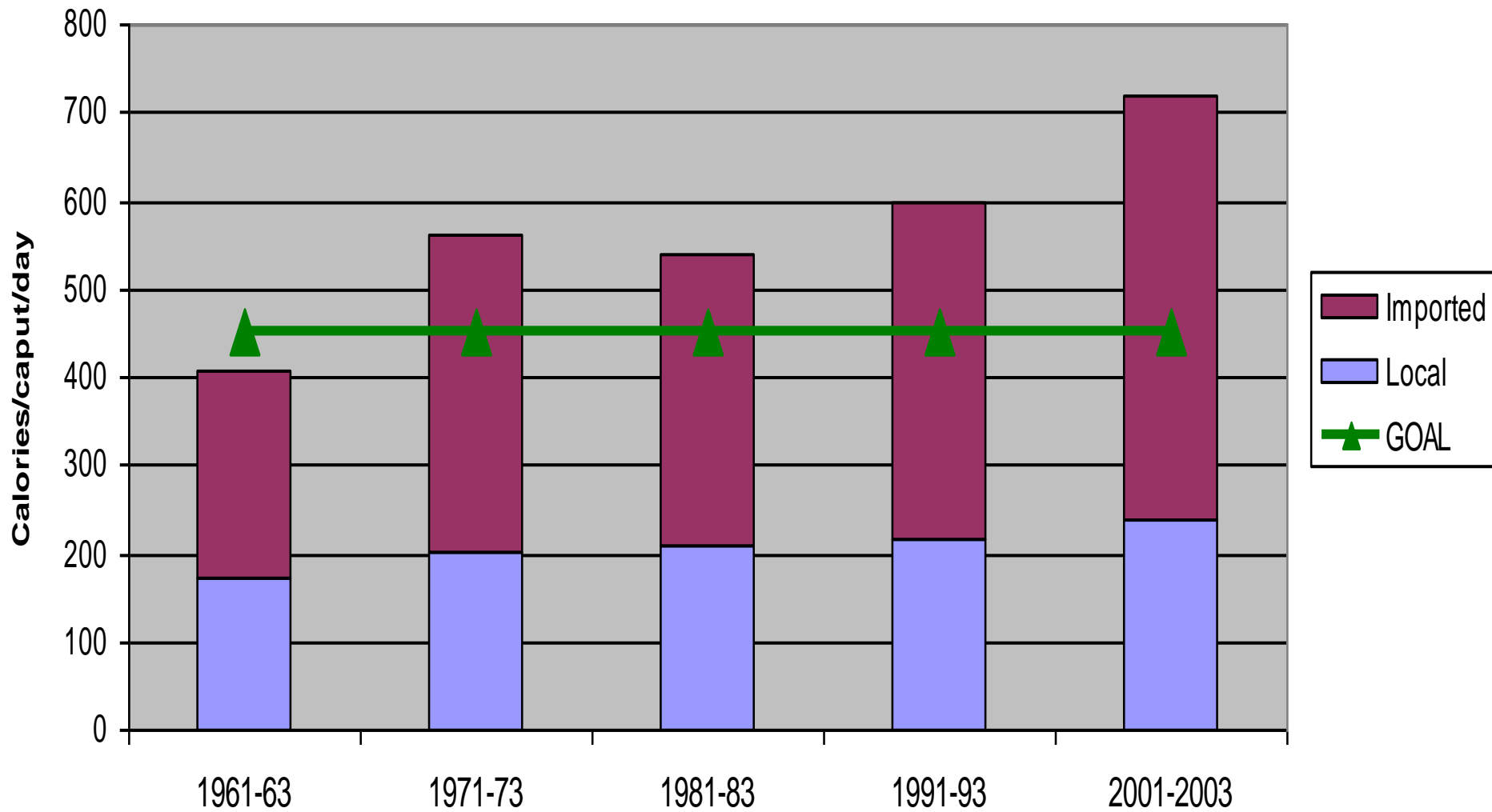
OVERWEIGHT/OBESITY TRENDS IN THE CARIBBEAN



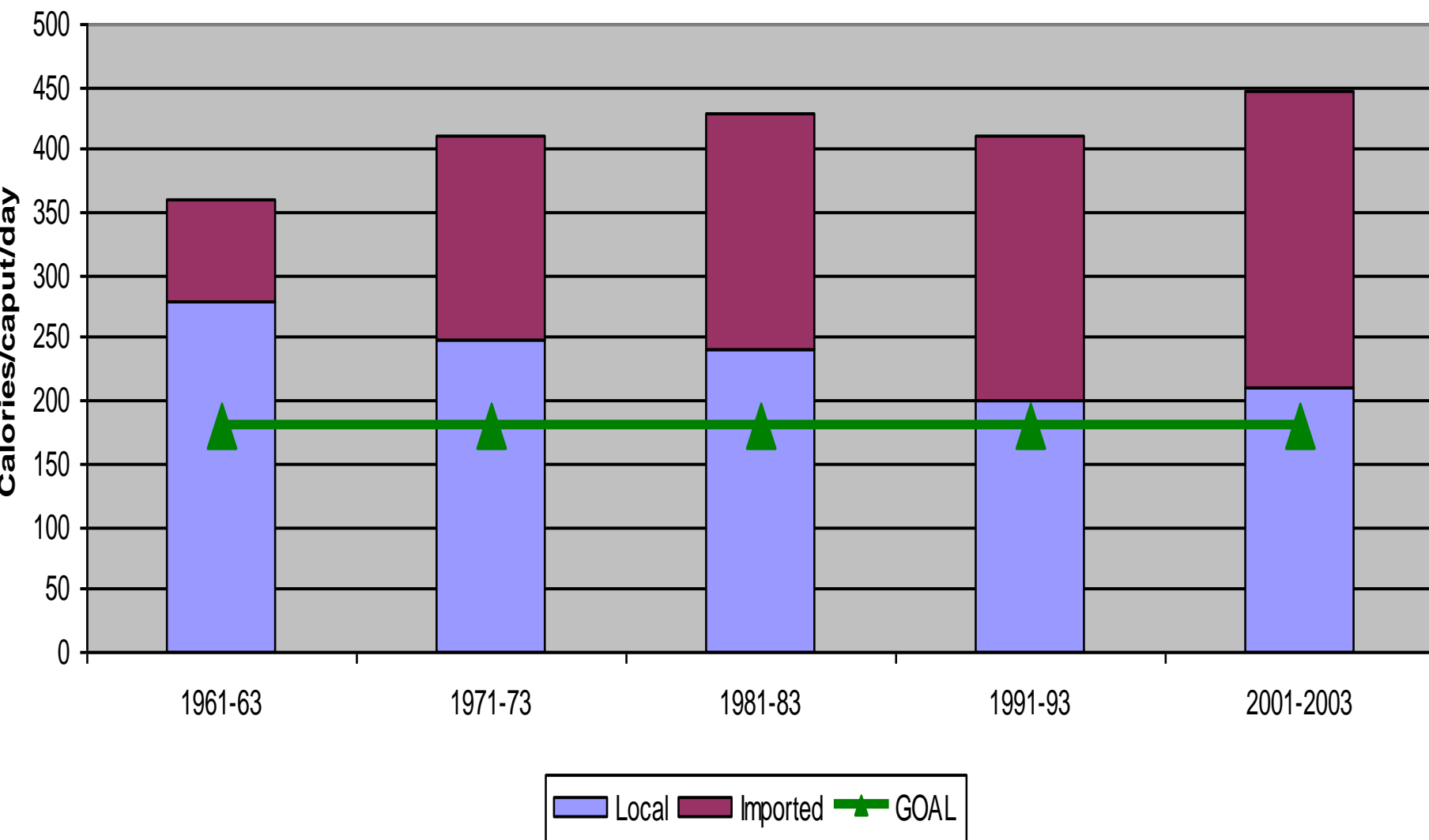
The Prevalence of Obesity (BMI ≥ 30) Hypertension and Diabetes in Caribbean Countries



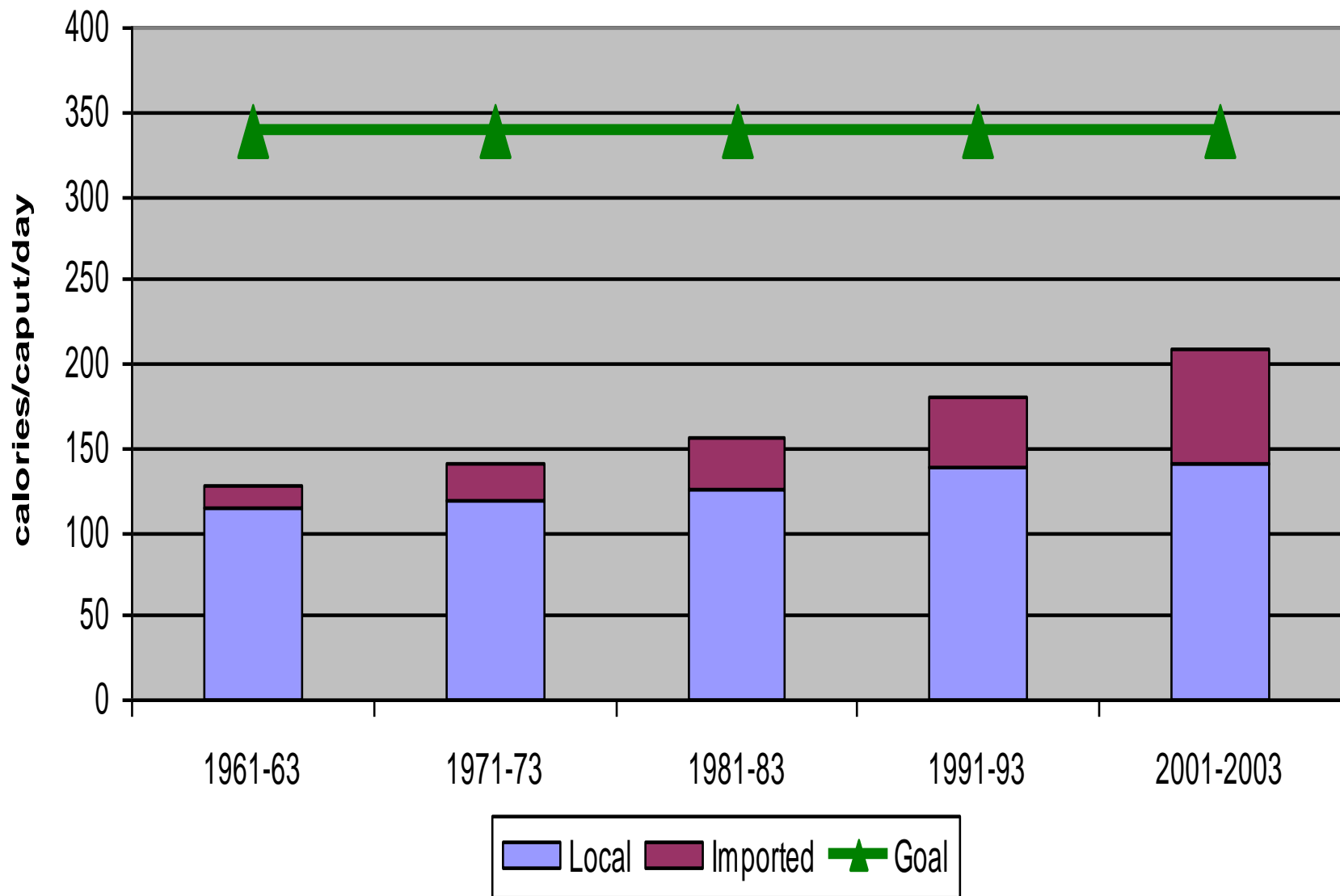
Trends in Fat Consumption in the Caribbean 1961-2003



Trends in Sugar Consumption in the Caribbean 1961-2003



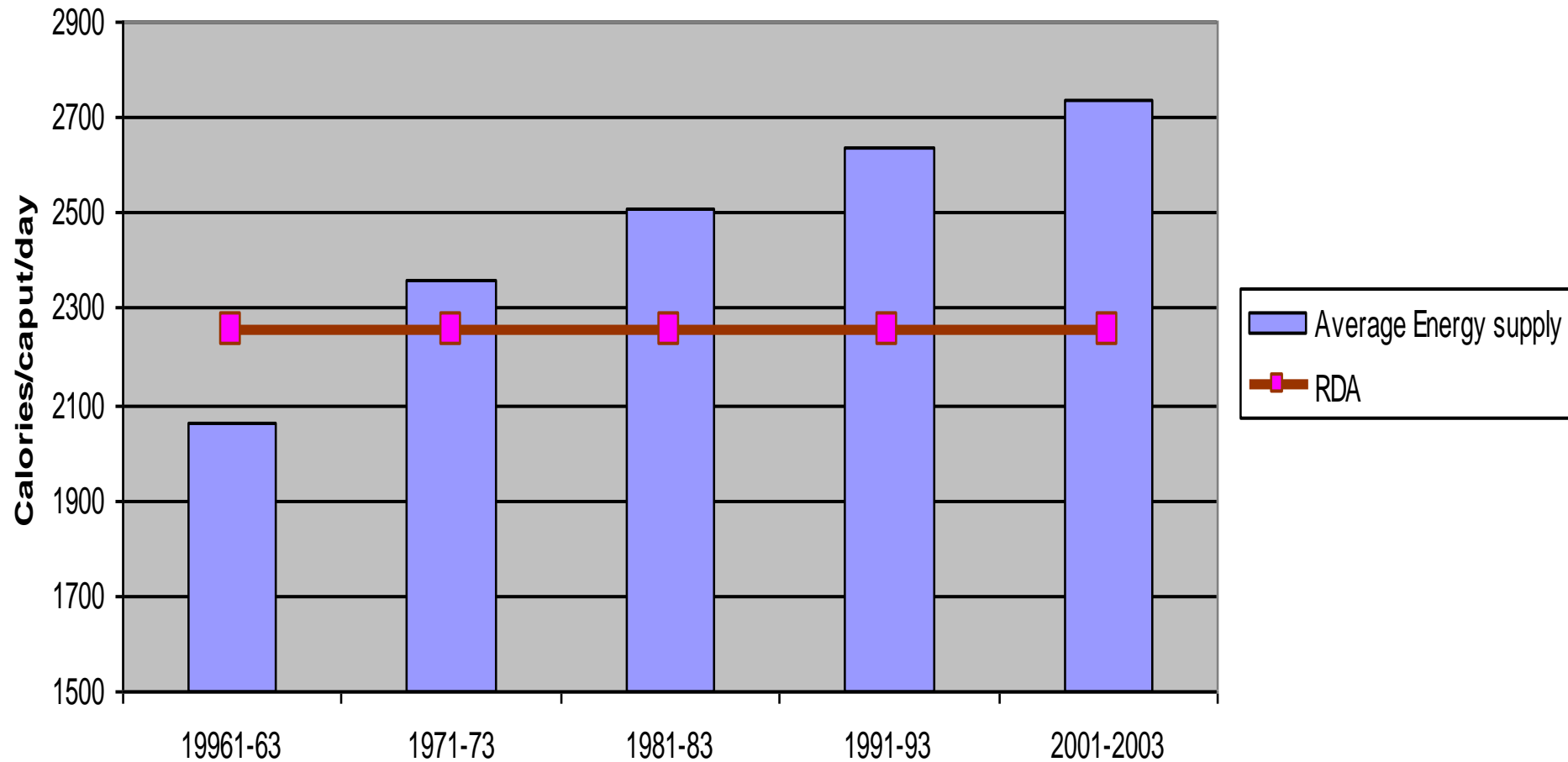
Trends in Fruit and Vegetable Consumption in the Caribbean 1961-2003



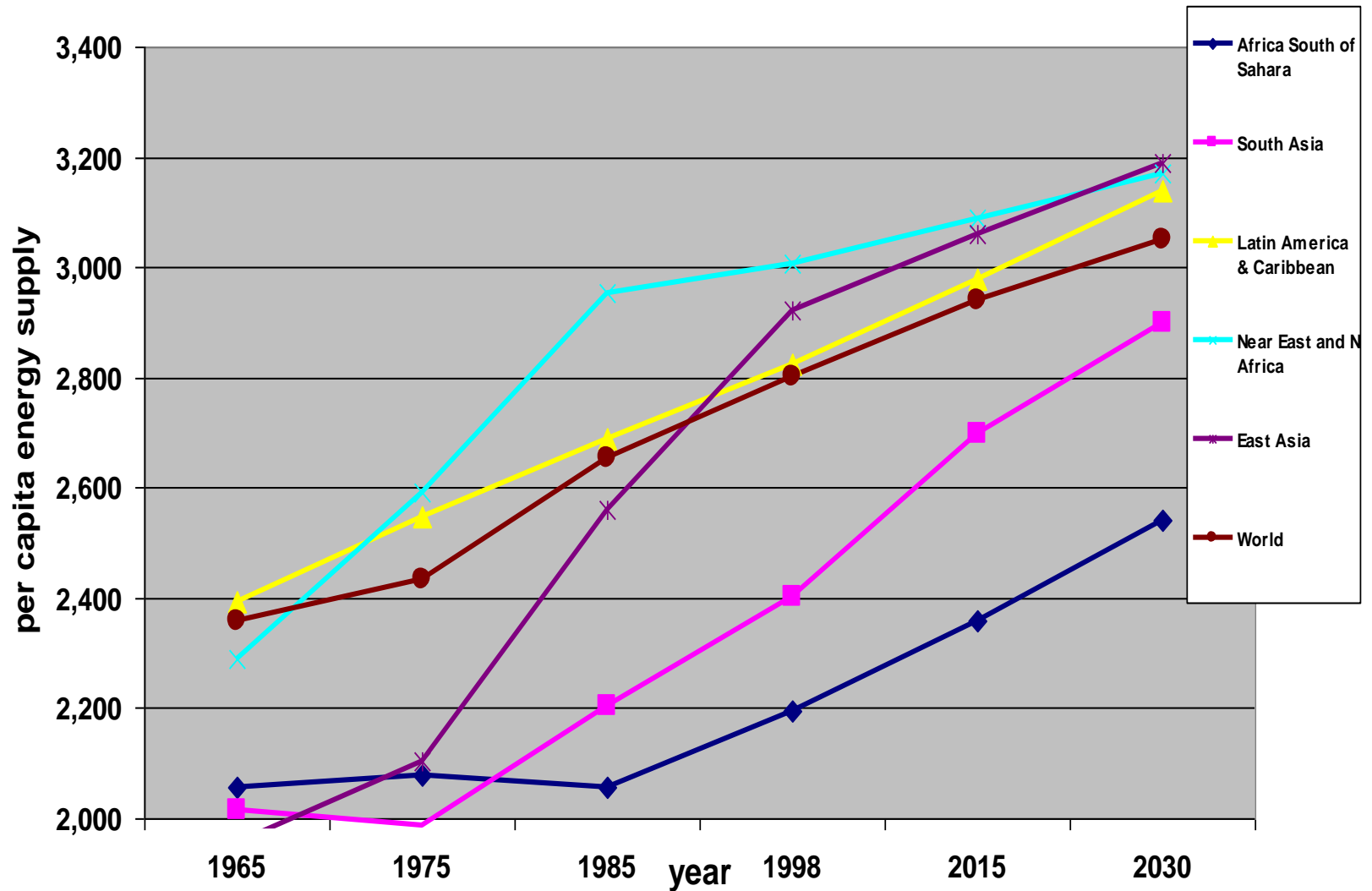
THE GOAL

- **Fats**
 - **Sugars**
 - **Fruits and Vegetables**
- 
- 

Energy (Caloric) Availability in the Caribbean 1961-2003



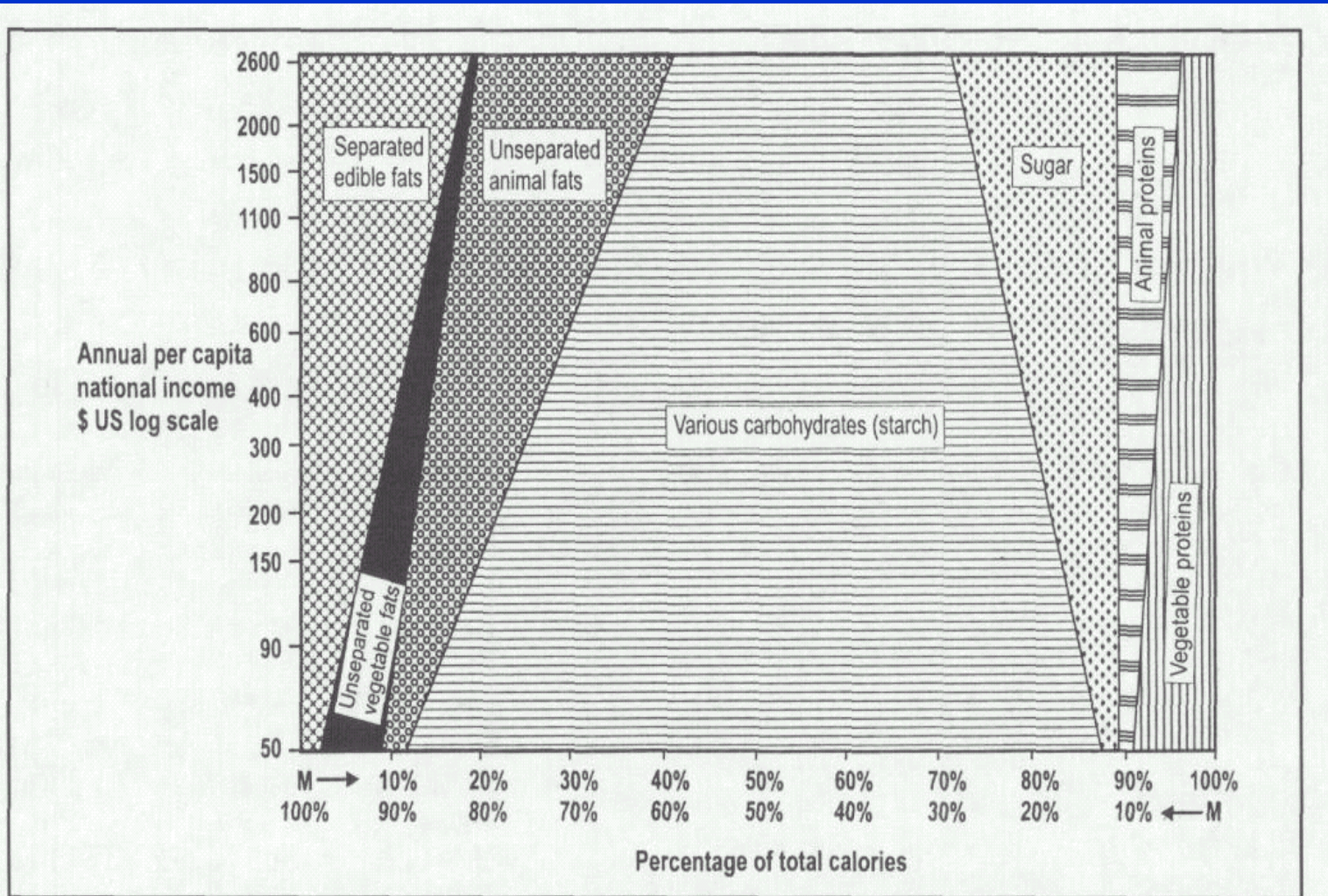
Average caloric availability is increasing globally



Source: FAOSTAT

Effect of rising national income on composition of the diet

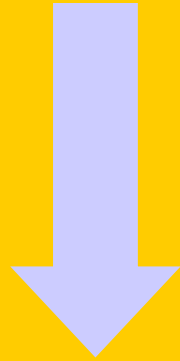
(Perisse, Sizaret & Francois, 1969)



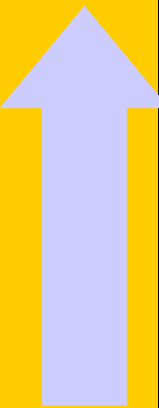
Can Civil Society impact Global Forces, National Policies & Individual Choice?

- **Fats**

- **Sugars**



- **Fruits and Vegetables**



WHERE CAN CIVIL SOCIETY BEST INFLUENCE NUTRITION

MACRO LEVEL (National/International)

WTO, EPA, CET Agreements
- Alters Food availability,
Type & Prices. Etc

MINI LEVEL (Community/Household)

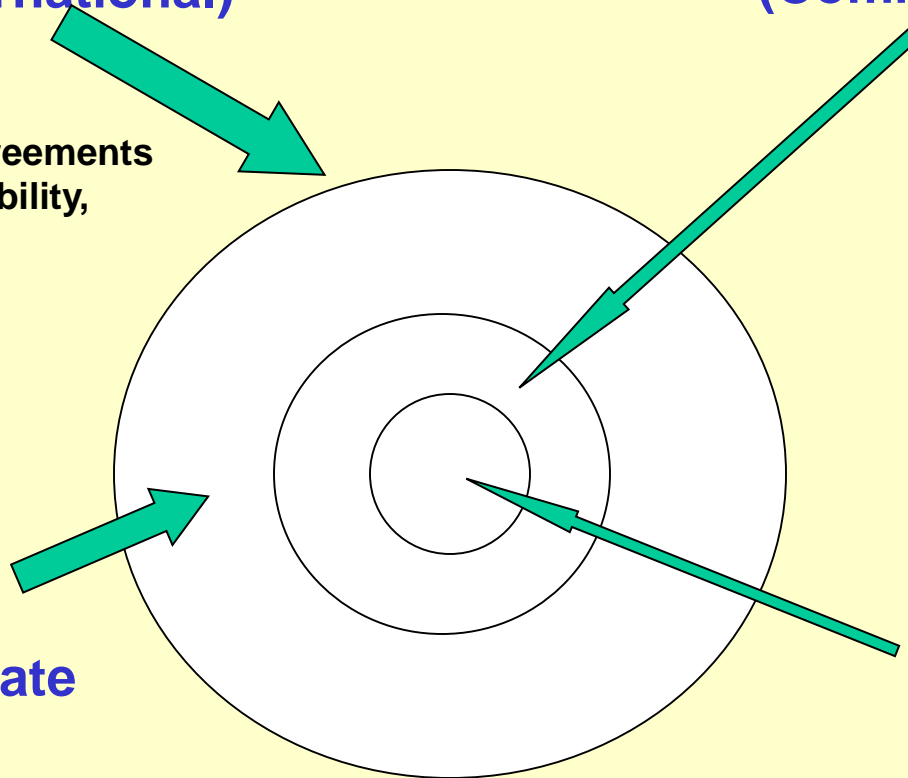
Food Access:
More food at lower cost
Media influence
etc.

MESO LEVEL (Public & Private sectors)

Aggressive Food Marketing
Quality Standards, Labeling
Dietary Guidelines
etc.

MICRO LEVEL (Individual)

No. & Type of diet
Passive over-consumption
etc.



Can Civil Society Influence the Major Factors Affecting Food Choices in the Caribbean?

1. TASTE

2. COST

3. CONVENIENCE

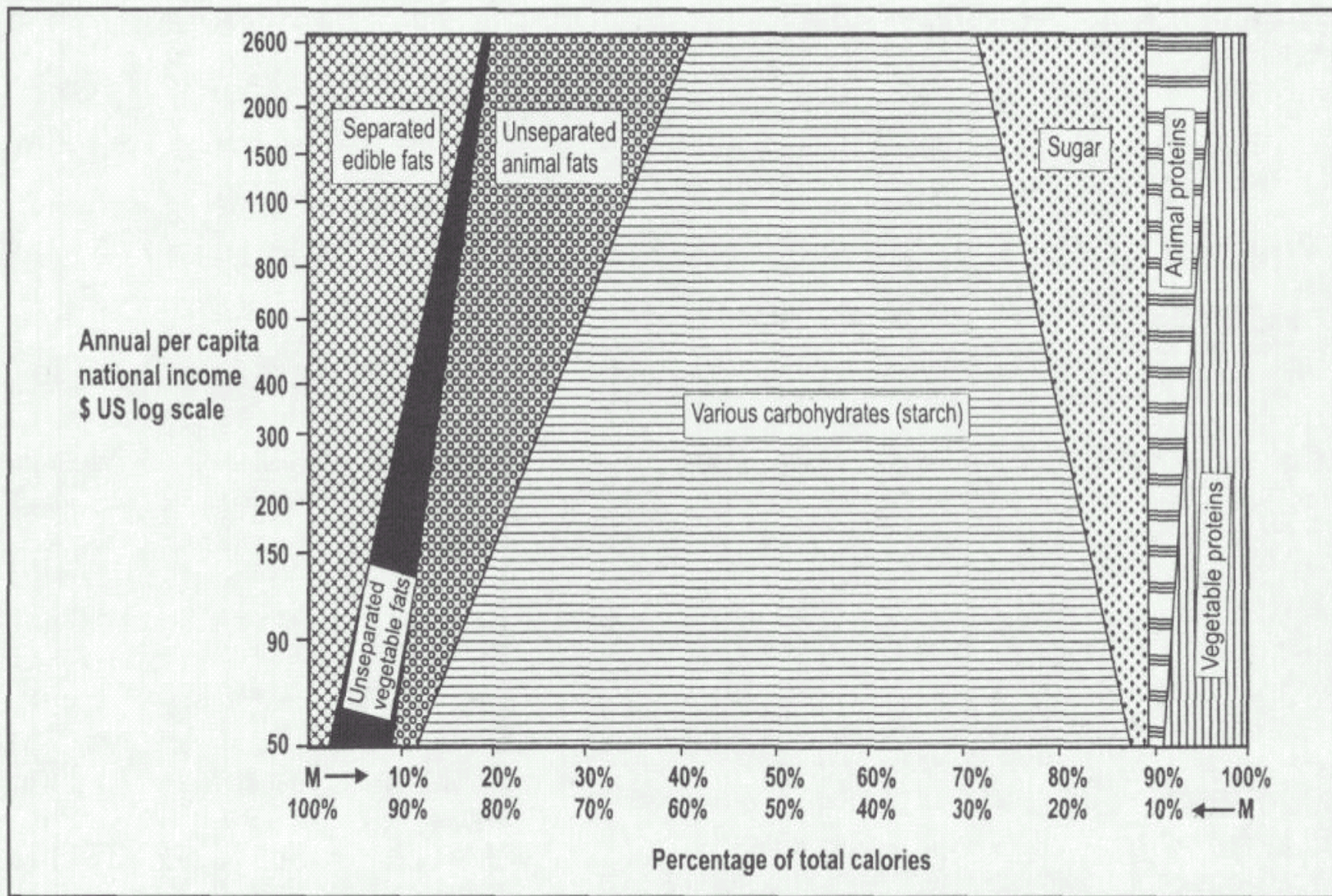
4. NUTRITION/HEALTH VALUE

5. TRADITION / CULTURE

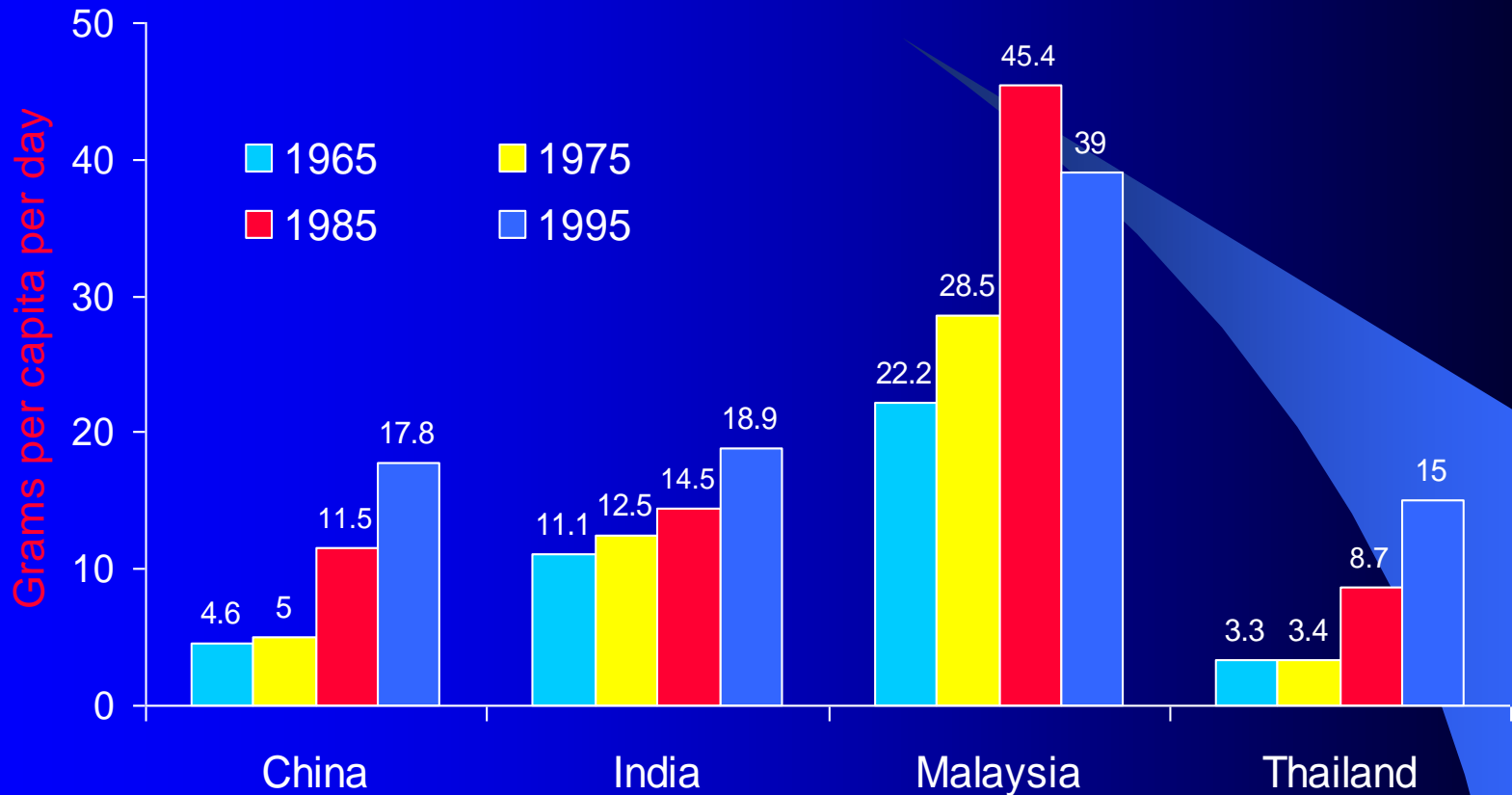
CAN CIVIL SOCIETY ACTION IMPACT ON KEY DRIVERS OF OBESITY/NCDs?.....

- **Our domestic agriculture policy lacks adequate incentives for the production of fruits and vegetables**
- **Our local and cable networks heavily advertise fast foods, especially on children's programs**
- **Many schools canteens and vendors promote high energy dense foods with little nutrient value**
- **Our food imports encourage the consumption of high energy dense foods, even trans fats**

Changes Diet Composition

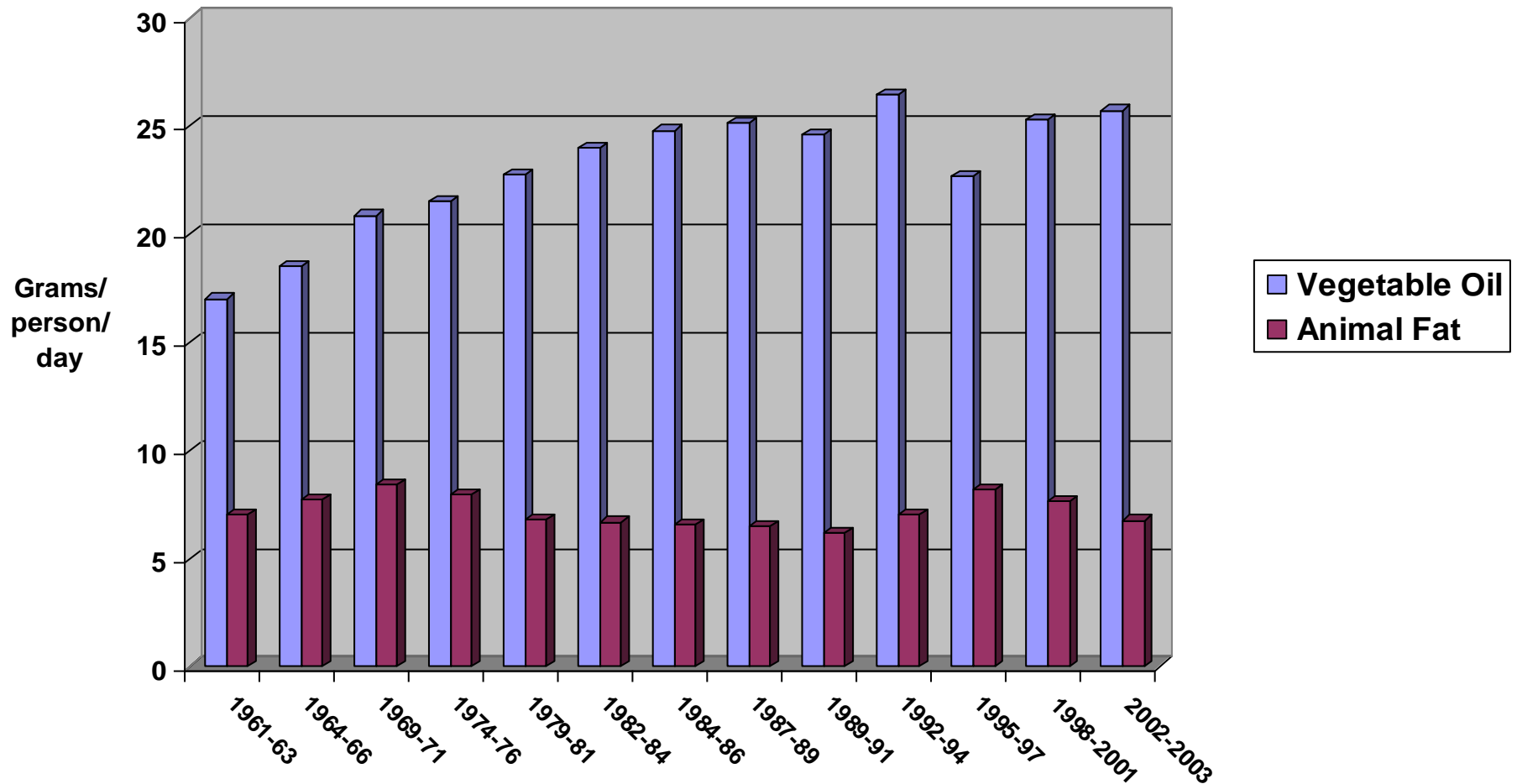


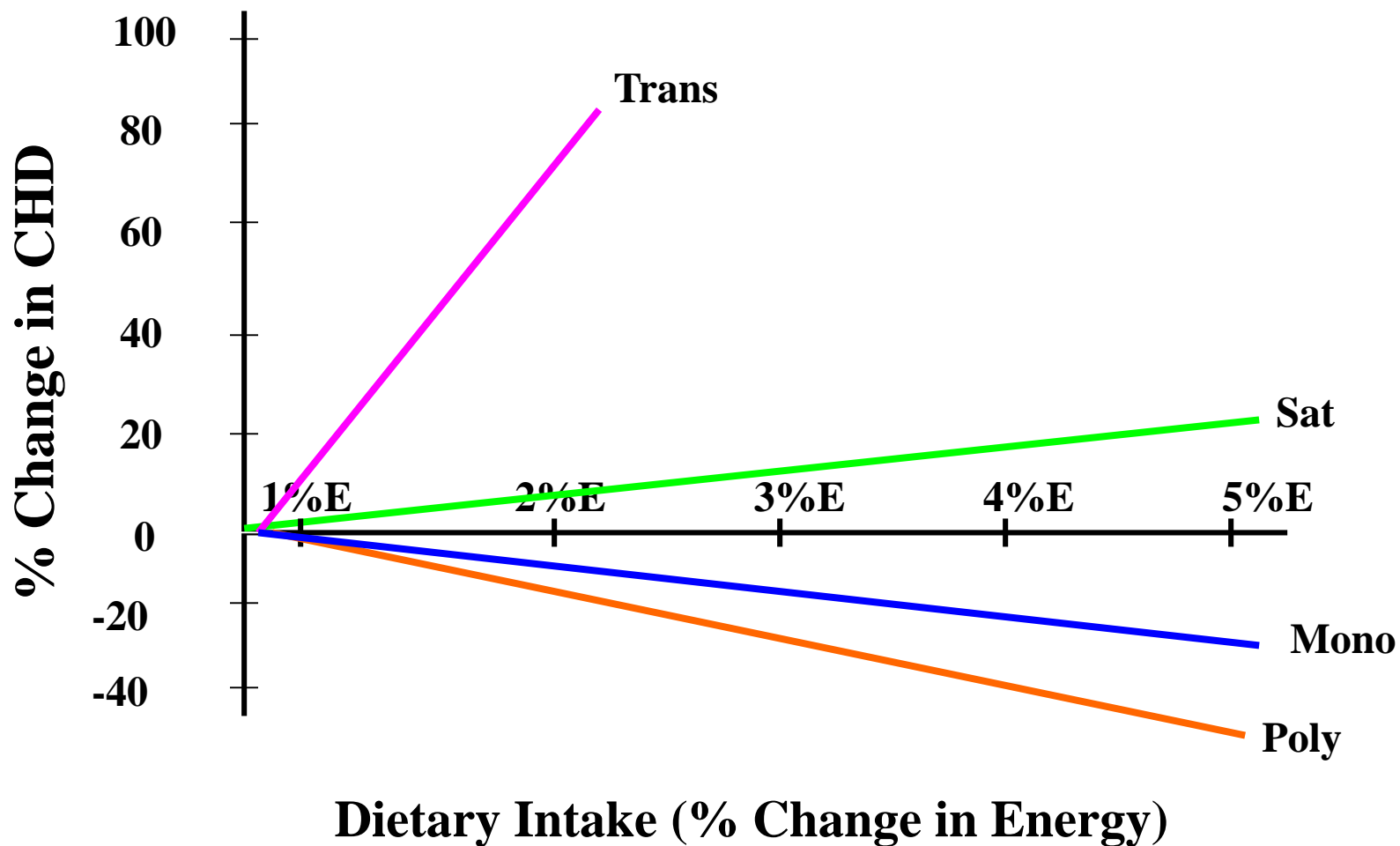
Increased Vegetable Oil Consumption is key component of nutrition transition in Asia



Source: Food Balance data, FAO

Trends in Vegetable Oil and Animal Fat Consumption in the Caribbean

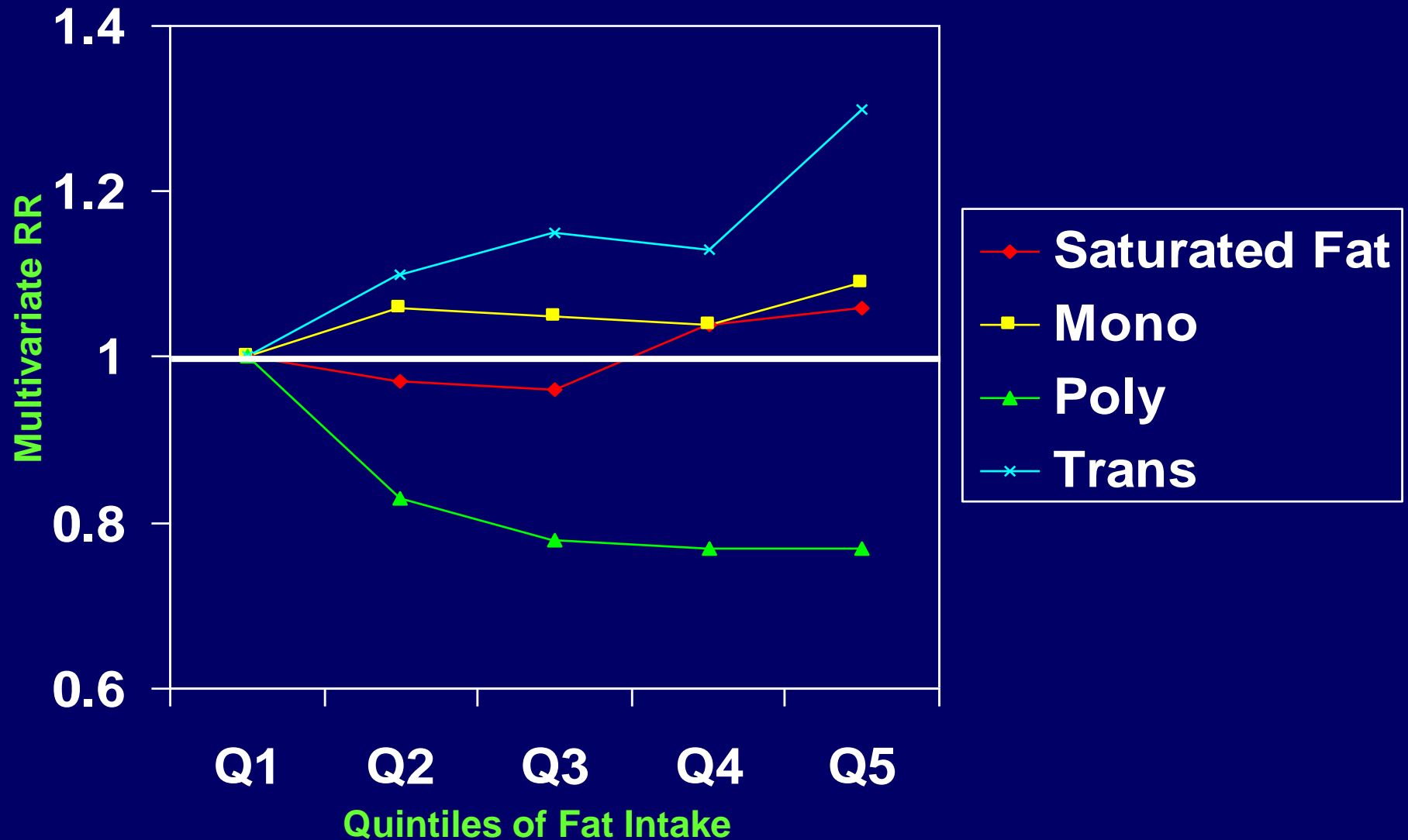




Among 80,082 women followed for 14 years (939 cases). Multivariate-adjusted for other risk factors and dietary habits. Hu et al. NEJM 1997

Multivariate RR's of type 2 diabetes according to quintiles of specific types of dietary fat (mutually adjusted)

(Salmeron et al, 1999)



CIVIL SOCIETY ACTION





ON DIET & NCDs

- 3 Critical Questions

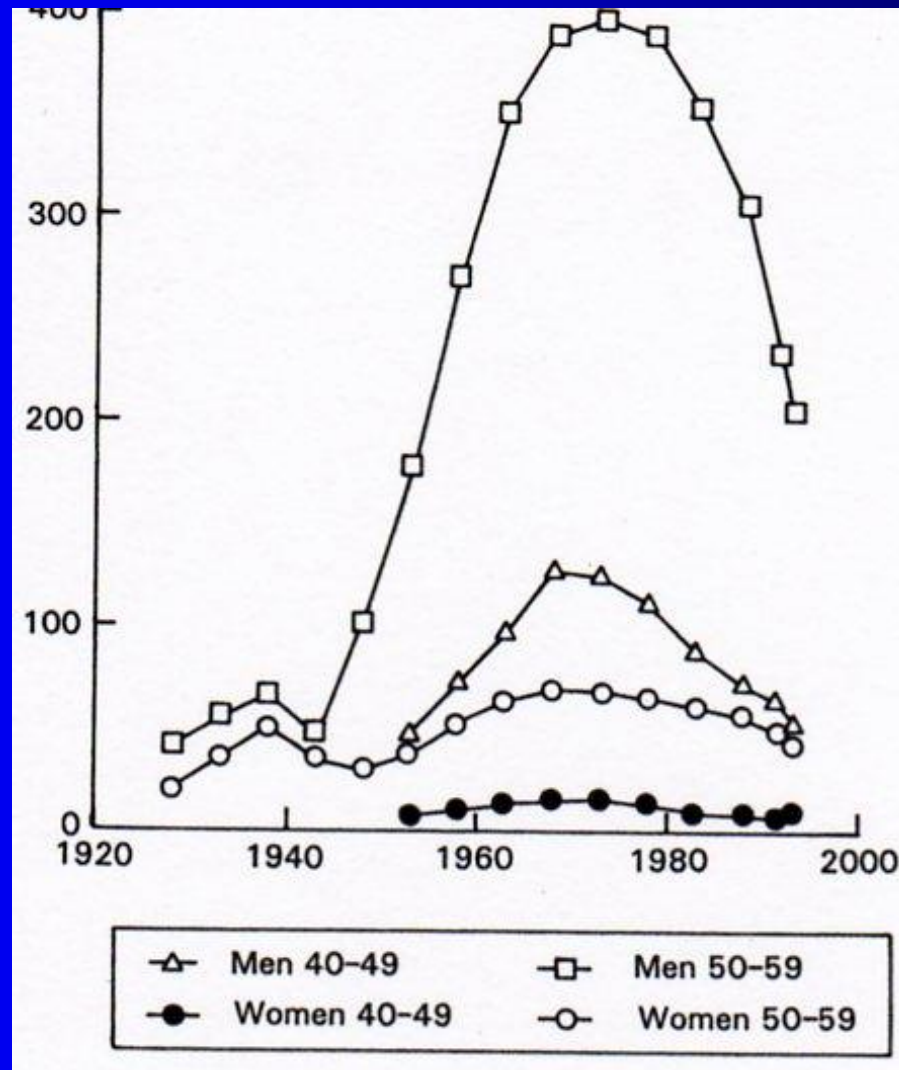
- **CAN SPECIFIC NUTRIENTS
(e.g. SUGAR, FAT, SALT)
BE TARGETED SUCCESSFULLY?**
- **CAN THIS APPROACH MAKE A
SIGNIFICANT DIFFERENCE?**
- **WHAT ARE THE SUCCESS
FACTORS?**

Changes in dietary consumption in Norway (1970 – 1993)

(Norwegian Nutrition Council, 1995)

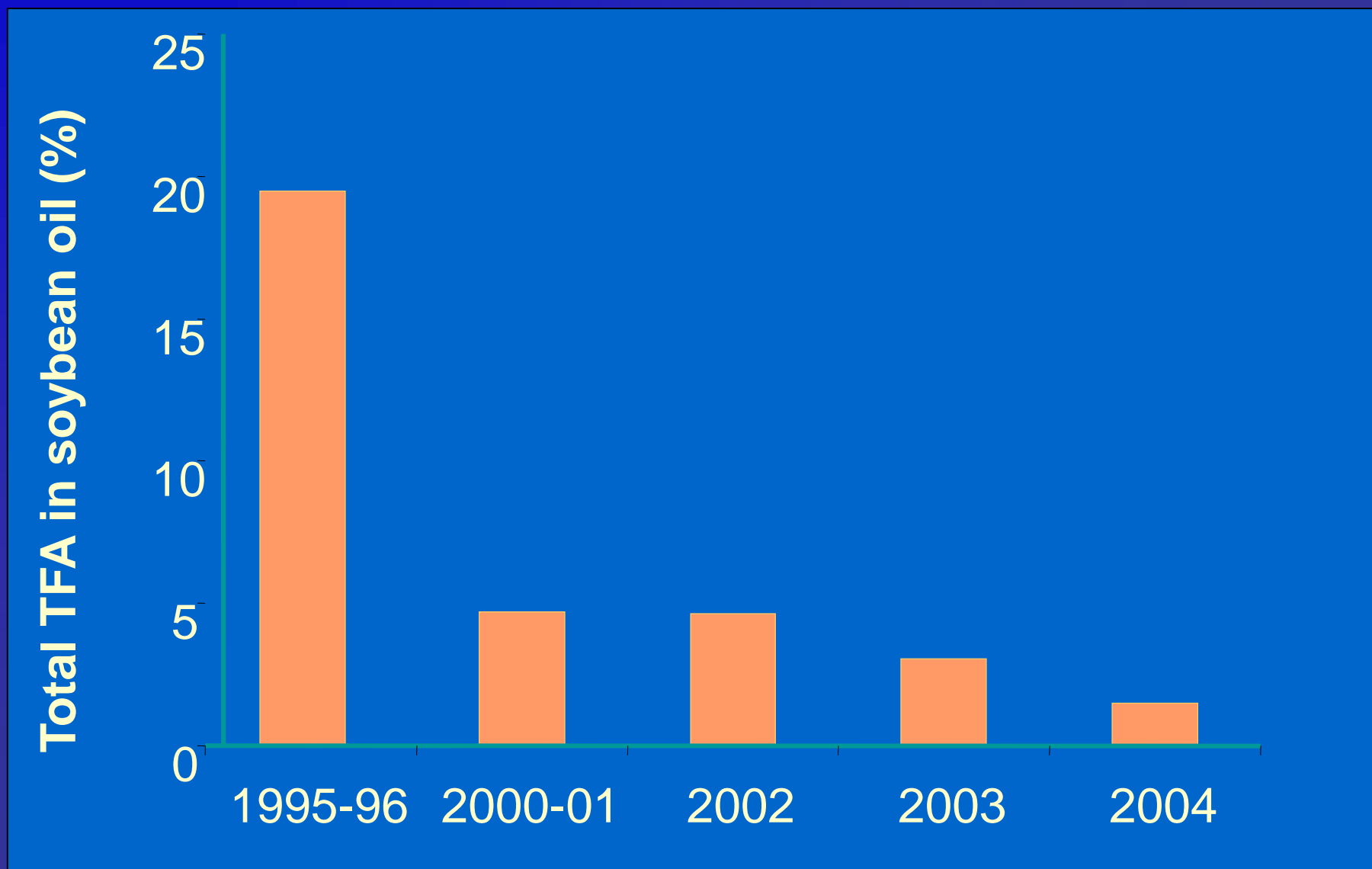
	1970	1993
Energy (kcal)	2860	2980
Fat (g)	128	112
Fat (%)	40	34
Carbohydrate (g)	352	392
Carbohydrate (%)	49	53
Of which sugars (%)	16	17

Coronary Heart Disease mortality in Norway

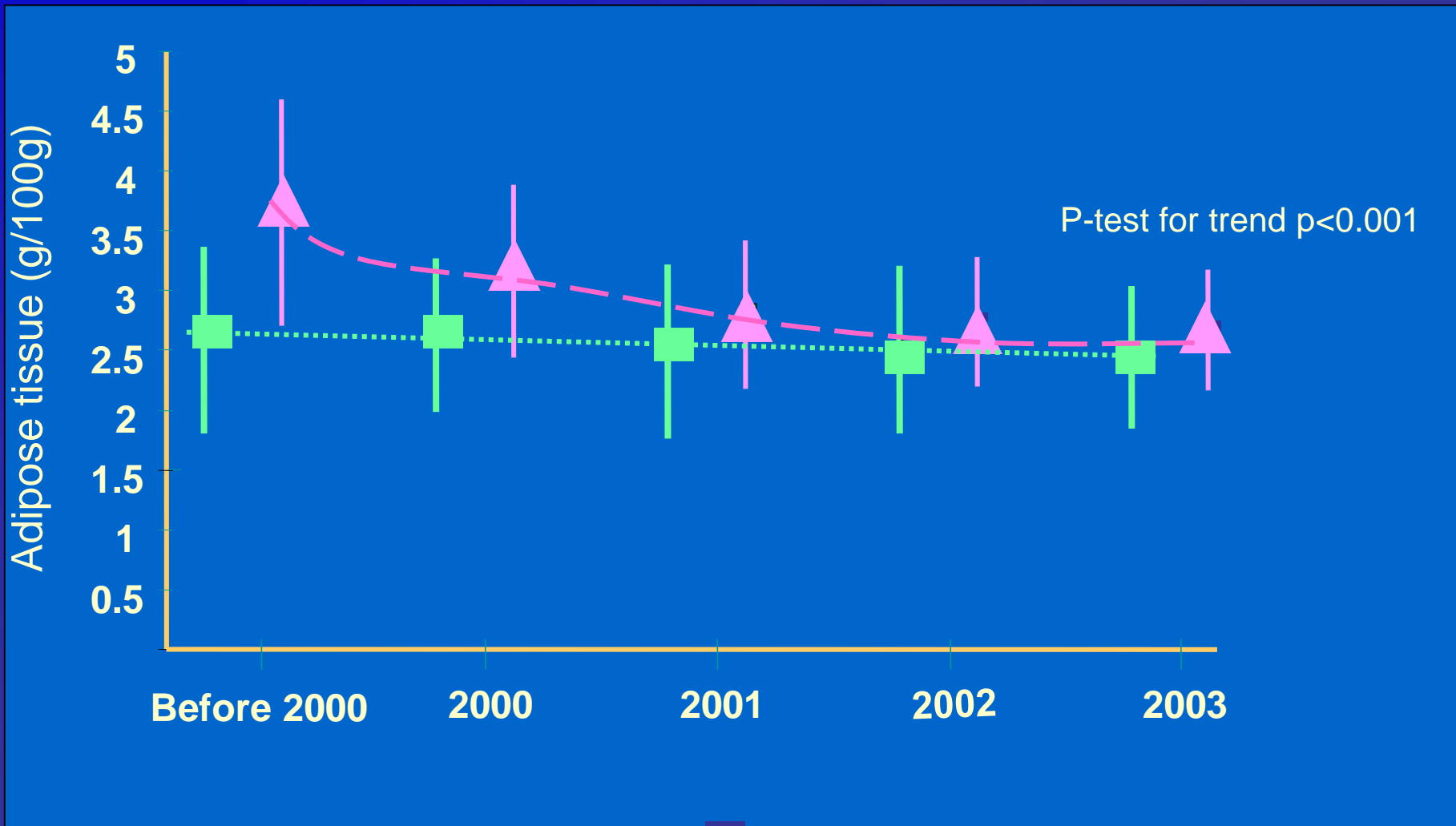


Norwegian National Bureau of Statistics

Total TFA content in the soybean oil, Costa Rica 1995-2004



Adipose tissue TFA among soybean oil consumers



Total trans-fatty acid among soybean oil users,



Total trans-fatty acid among non-soybean oil users,

(Colón-Ramos U, et al. J Nut, 2006)

Other Intervention studies (some of the nearly 50-100 projects in the literature)

- Stanford Three-Community study (USA)
- Stanford Five-City project (USA)
- Minnesota Heart Health Program (USA)
- German Cardiovascular Prevention study
- Kilkenny Health Project (Ireland)

- Mirame project in Chile
- Tianjin Project in China
- Mauritius –WHO Inter-Health (1987-1992)

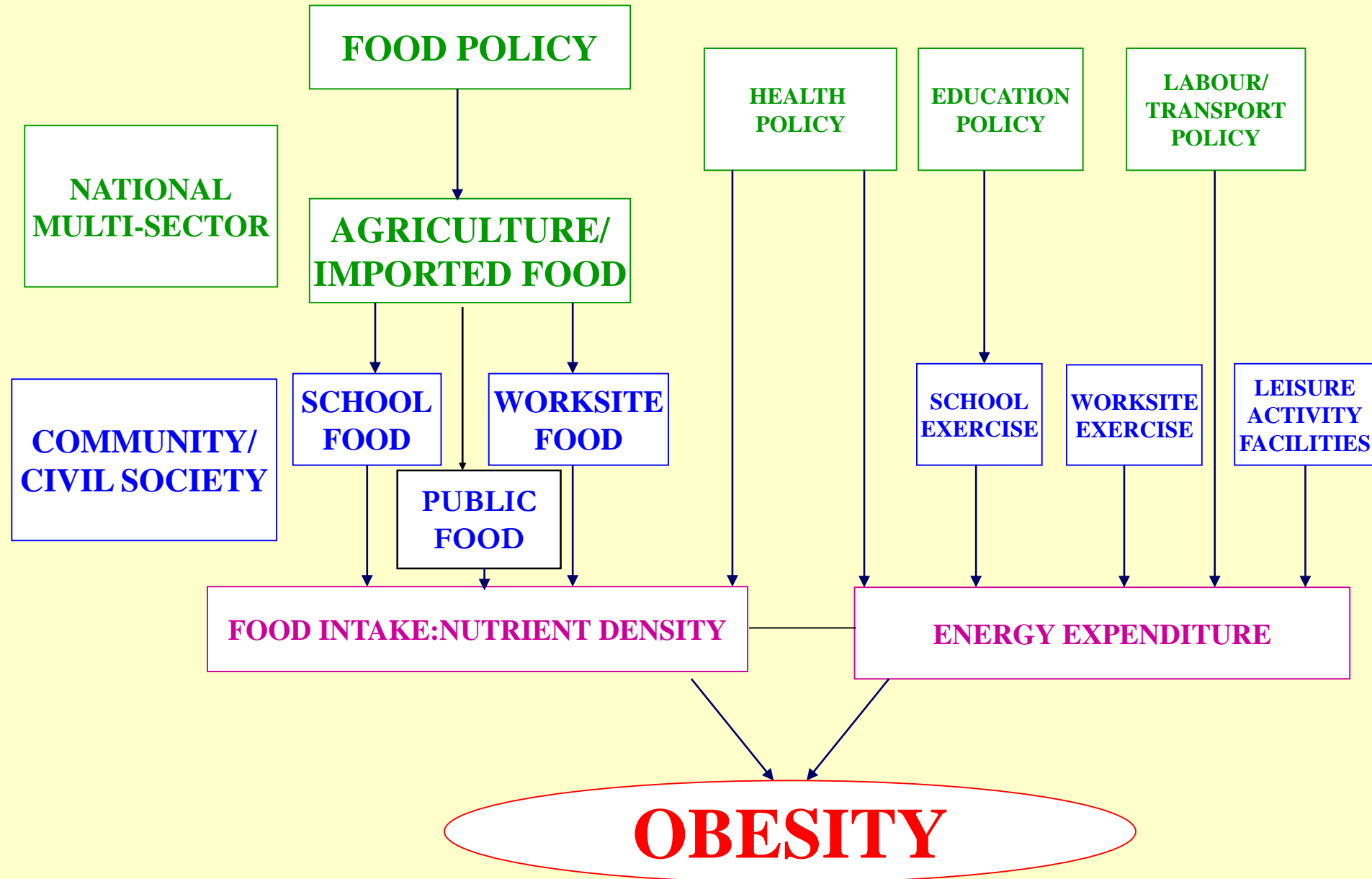
Experience from Finland

(North Karelia Project 1972 -1992)

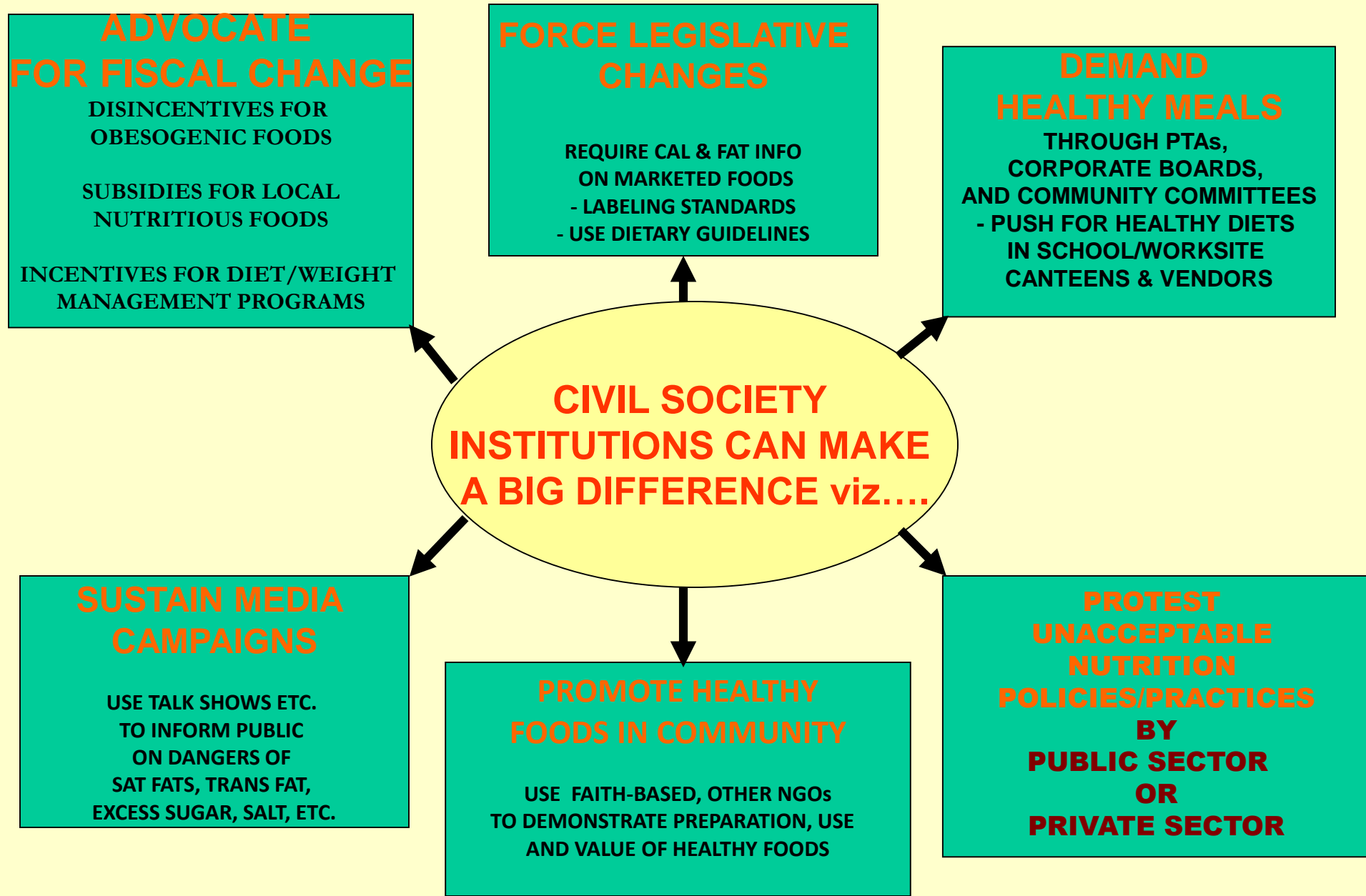
Important aspects of the successful public policy:

- Inter-sectoral collaboration
- Presence of a responsible agency – national focal point
- **Nutrition education programmes**
- **Support for voluntary organisations**
- **Food labelling and food pricing policies**
- Research and demonstration
- International collaboration

ACTION POINTS TO COMBAT OBESITY



OPPORTUNITIES FOR CIVIL SOCIETY ACTION IN NUTRITION TO COMBAT OBESITY/NCDs



Phase I

HOG SUMMIT ON OBESITY & NCDs
SEPTEMBER 2007

Phase II

FAO
PAHO
CARDI
IICA

Member
states

Civil
Society

Private
sector

MULTI-SECTOR FOOD & NUTRITION APPROACH

Phase III

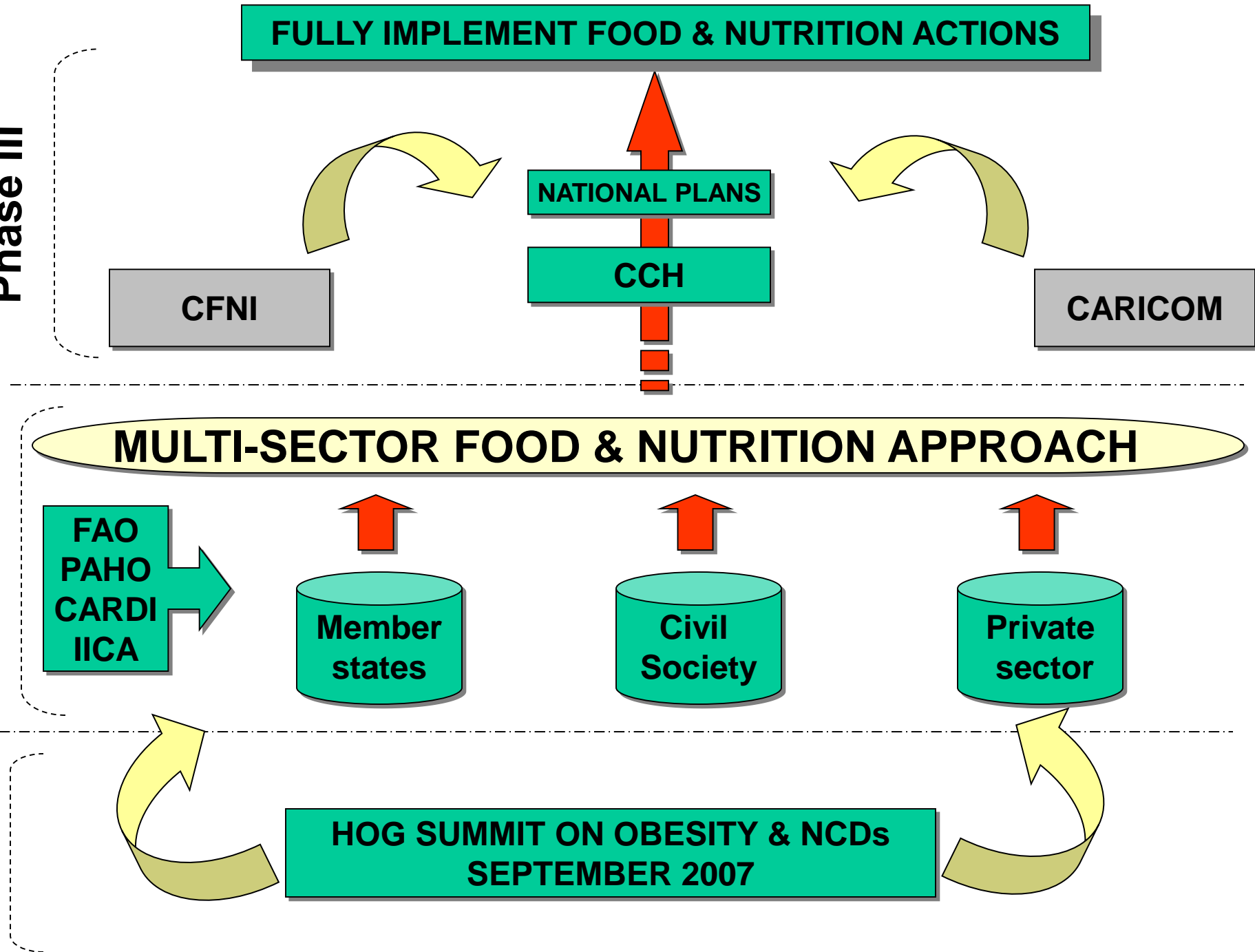
CFNI

NATIONAL PLANS

CCH

CARICOM

FULLY IMPLEMENT FOOD & NUTRITION ACTIONS



CARIBBEAN FOOD & NUTRITION INSTITUTE

40

*Years of
Service*

1967-2007



Pan American
Health
Organization

Regional Office of the
World Health Organization



THANK YOU