Front of Package Labelling: A Health Perspective

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## Aspects of the Barbadian Health Landscape

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Level (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight or Obese</td>
<td>66.2*</td>
</tr>
<tr>
<td>Raised BP OR on meds</td>
<td>40.6*</td>
</tr>
<tr>
<td>Raised total cholesterol</td>
<td>21.2 *</td>
</tr>
<tr>
<td>Less than 5 Fruit &amp; Veg/day</td>
<td>81.9 *</td>
</tr>
</tbody>
</table>

*adult-Health of the Nation (2012/13)
#child-Global School Health Survey 2011
Aspects of the Barbadian Health Landscape

NCDs:
- 65% years of life lost annually
- More than a 1/4 Barbadians have one+ NCD
- 9 of 10 women/8 of 10 men have one+ risk factor
- 64 M direct and 146 M indirect costs/year*

- Barbados Investment Case 2017

*does not include private health spend, and non-health sector spend
The link between Food consumed and NCDs

*NCD challenge requires:*

*Multiple approaches*

*All sectors*
The link between Food consumed and NCDs

Poor diet is a leading cause of total mortality and morbidity (Raine 2017, Kelly and Jewel 2018)

*We have data showing that the consumption of nutrient-poor, calorie-rich ultra-processed foods in ...the Americas is directly related to growing rates of overweight and obesity,”*

PAHO 2016
Nutrition Labelling

WHO NCD guidance includes FOPL- 2019
CARICOM Heads endorsed FOPL at UN HLM- 2018
Codex - Sugar, Sat Fat, Salt declaration- 2013
Local awareness and support

Strong support for the introduction of Front of Package Warning Labels on food and beverages

-CADRES Poll 2019
Local MHW engagement in process

• Sitting on the National Mirror Committee
• Taking part in national public awareness consultation
• Sitting on the ad hoc BNSI led policy committee

• HCC and HSFB support
Endorse the proposed CARICOM standard given:

• Size and urgency of the NCD problem
• Challenges with lack of clarity of nutrition labeling
• Evidence of effectiveness of FOPL to assist in decision making
References

• CROSQ 2018, DRAFT CARICOM REGIONAL STANDARD Labelling of Foods – Pre-Packaged Foods – Specification CRS 5: 2018


• Unwin N, Rose AMC, George KS, Hambleton IR, Howitt C. The Barbados Health of the Nation Survey: Core Findings. 2015

• Ferdinand et al, (2011) Global School-based Student Health Survey- Barbados  2011 Fact Sheet