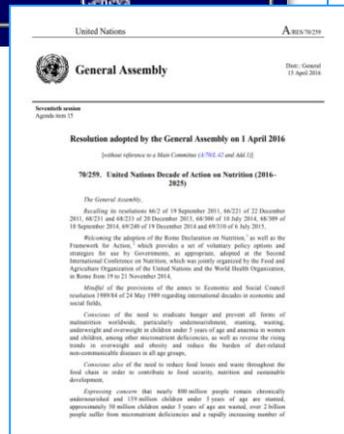
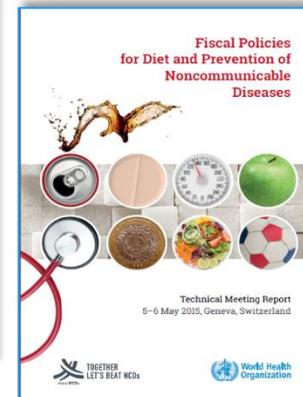
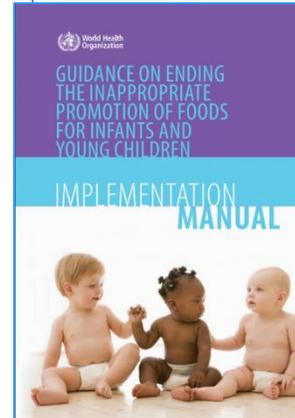
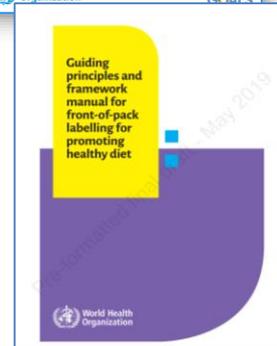
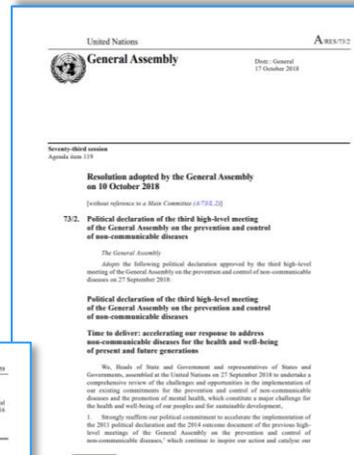
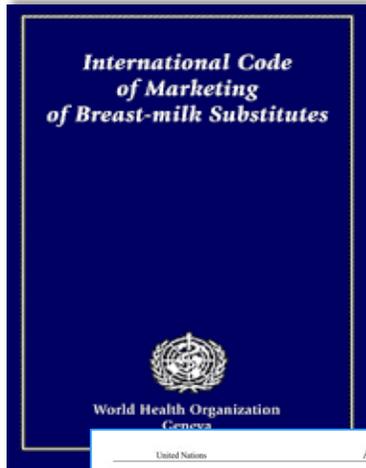
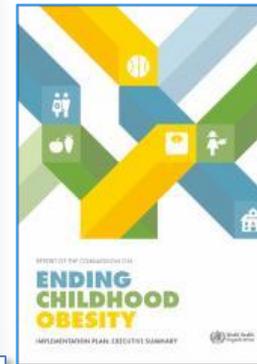
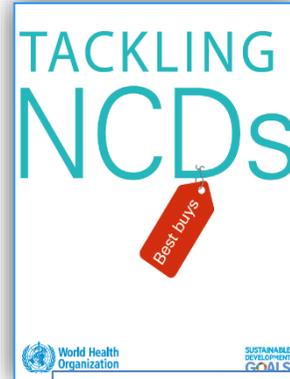


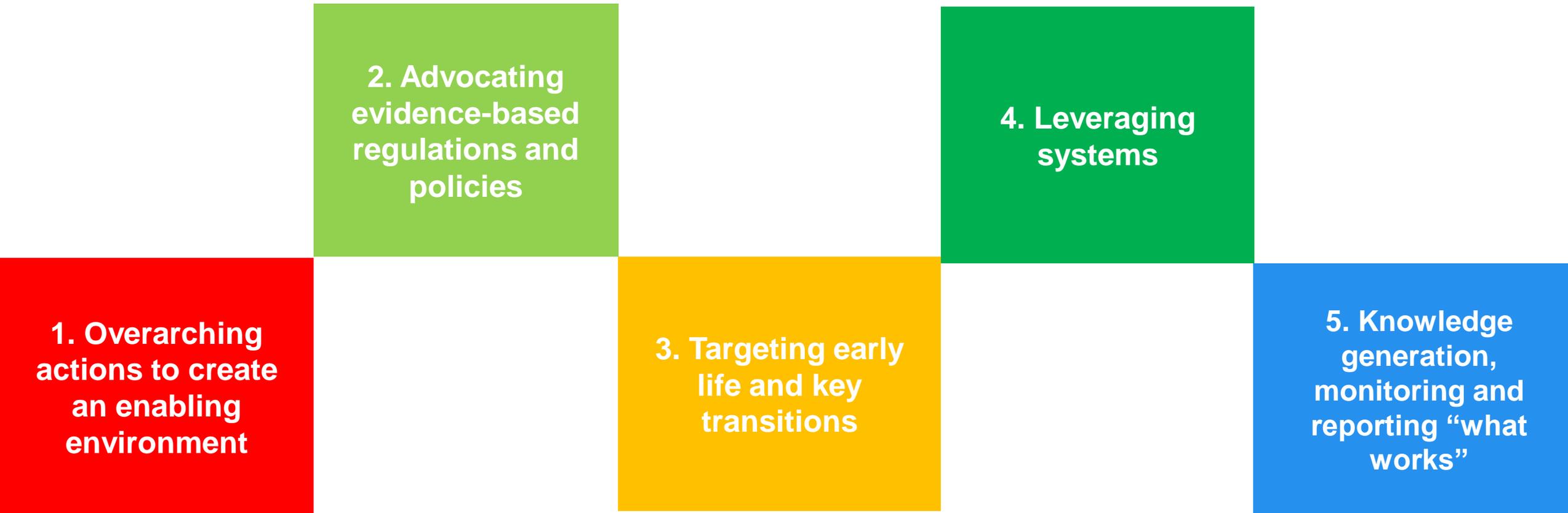
## UNICEF's Strategy for Preventing Overweight and Obesity in Children and Adolescents

Ms. Maaïke Arts, Regional Adviser, Survive & Thrive, UNICEF Latin America and Caribbean Regional Office  
Dr Aloys Kamuragiye, Representative, UNICEF Office for the Eastern Caribbean Area  
17 September 2019

# Evidence base for our work



# UNICEF's Strategy for the prevention of overweight and obesity in children and adolescents



**Five organizing principles**

# Creating enabling environments for overweight prevention

## Situation Analysis

(Assess context critical gaps, bottlenecks, barriers)

### Programming approaches

Targeted support to governments for policy development and prioritization

Advocacy with partners to build support for policy measures

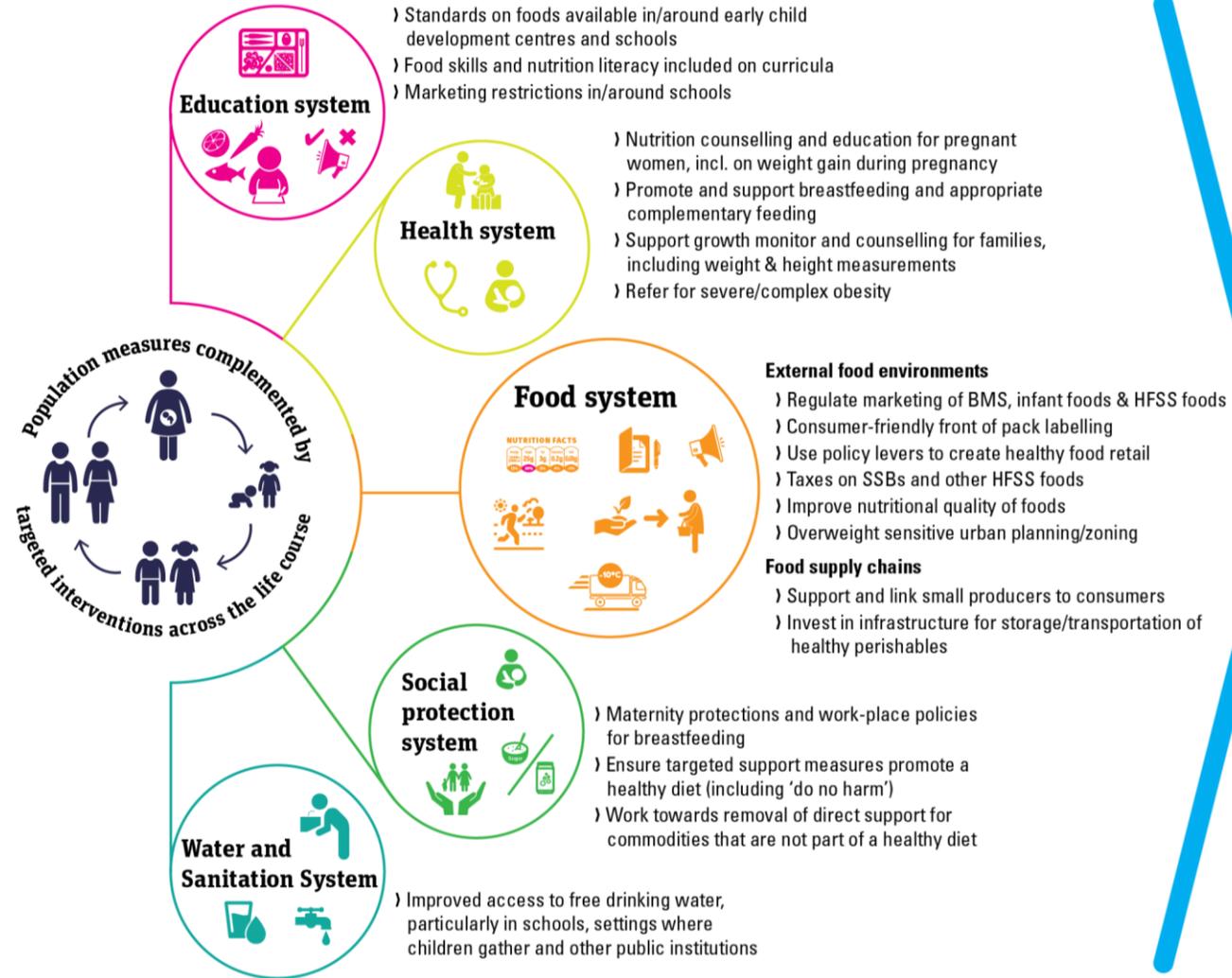
Capacity development

Strategic behaviour change campaigns

South-south and triangular cooperation

Hold private sector to account

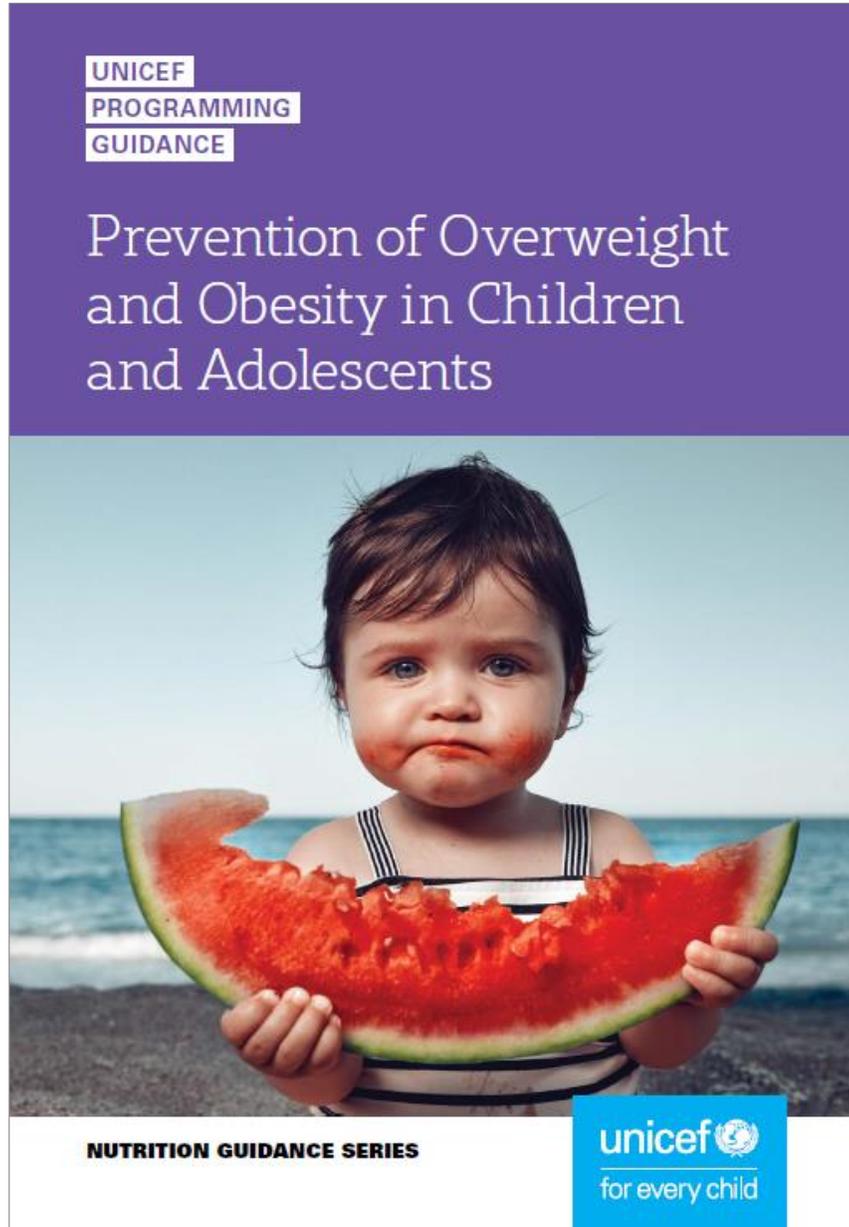
Support evidence generation, knowledge management and monitoring/evaluation



- \* Healthier food environments
- \* Changes in knowledge, attitudes and norms
- \* Improved dietary behaviour of caregivers and children

Overweight prevention

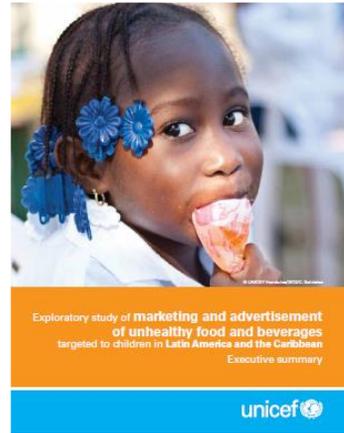
# UNICEF's internal Programming Guidance



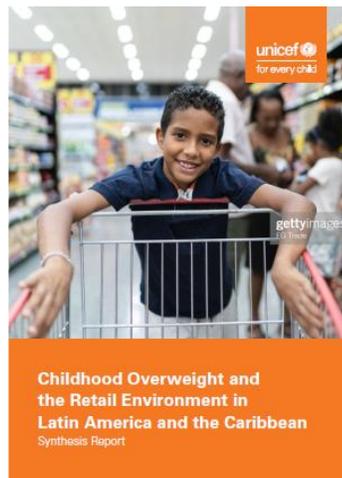
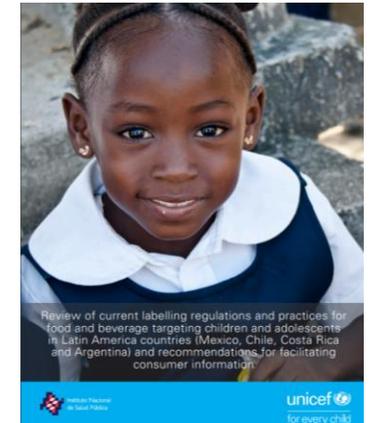
- Guidance for regions and countries
- Stimulates regional/country decision making based on situation analysis
- Stimulates establishing partnerships for joint advocacy and coordination of activities

# Examples of UNICEF support to child overweight prevention in Latin America and the Caribbean - Regional level

Exploratory study of marketing and advertisement of unhealthy food and beverages targeted to children in Latin America and the Caribbean: Synthesis report (2015)



Review of current labelling regulations and practices for food and beverage targeting children and adolescents in Latin America countries (Mexico, Chile, Costa Rica and Argentina) and recommendations for facilitating consumer information (2016)



Childhood overweight and the retail environment in Latin America and the Caribbean: Synthesis report (2019)

## Examples of UNICEF support to child overweight prevention in Latin America and the Caribbean – Country level

- Advocacy and support for improved policies
- Strengthening promotion and support of infant and young child feeding
- Improving nutrition education and services in schools
- Within ECD programmes, focus on supporting the inclusion of fruits, vegetables and water into their diets ; reducing the intake of ‘junk food’ or unhealthy Snacks ; supporting active outdoor play
- Support to CARICOM regional HFLE Framework, national HFLE curriculum development, HFLE teacher training
- Campaigns on better diets for children
- Knowledge generation: MICS

# State of the World's Children 2019

unicef   
for every child

**STATE OF THE  
WORLD'S  
CHILDREN 2019**

Children, food  
and nutrition:  
growing well in  
a changing world



**Tuesday 15 October 2019**  
7:45-10:30AM London, UK

**Breakfast briefing with Executive Director  
Henrietta Ford and a panel of world  
experts**

Why are children not getting the nutrition  
they need to survive and thrive at every stage  
of life?

Why does it matter?  
And what are the solutions?

A young girl with dark hair in a ponytail, wearing a pink shirt and a leopard-print cardigan, stands in a supermarket aisle. She is looking at a display of fresh produce, including strawberries and other fruits, with a happy expression. The background shows other shelves of produce and a blurred figure of an adult.

unicef   
for every child

**for every child, nutrition**