National policies for obesity prevention in Uruguay

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Declaration of conflicts of interest:

☐ I declare that I am not and have not been employed in the past five years by the industry of processed foods or for any entity working to further the interests of the processed foods industry.

☐ I declare that I do not have and have not had any professional relationship with, or received any form of funding or support from, an entity directly involved in the manufacture, whole sale distribution or importation of food products, or representing the interests of any such entity. (NOTE: the notion of «professional relationship» used in this paragraph be understood as not including a public office holder’s interactions with the food industry required for setting and implementing public health policies regulating food products).
Outline

1. Background
2. National Health Objectives 2020
3. Overweight and obesity prevention policies
1 | Background

<table>
<thead>
<tr>
<th>Year of life lost</th>
<th>Disability Adjusted Life Years</th>
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<tbody>
<tr>
<td>Tobacco use</td>
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<tr>
<td>High blood pressure</td>
<td>High blood pressure</td>
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<td>Obesity</td>
<td>Hyperglycemia</td>
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<td>Hyperglycemia</td>
<td>Obesity</td>
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<td>High total cholesterol</td>
<td>High total cholesterol</td>
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<td>Sedentarism</td>
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<tr>
<td>Alcohol consumption</td>
<td>Alcohol consumption</td>
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</tbody>
</table>

Burden of disease by risk factors, Uruguay, 2010

Burden of overweight and obesity in Uruguay

Overweight and obesity in adults 25 to 64 years (BMI ≥ 25 kg/m²)

- 1998*: 19.9%
- 2006**: 19.9%
- 2013**: 27.6%
- 2013*: 64.9%

Overweight and obesity in youth

- En jóvenes de 15 a 24 años: 27.5% de sobrepeso, 10.2% de obesidad
  2nd STEPS, MSP 2013.

- En adolescentes de 13 a 15 años: 20.2% de sobrepeso, 7% de obesidad
  GSHS, 2012.

- 10% de sobrepeso
  ENDIS, 2015.

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Overweight, obesity and high blood pressure in school-aged children

Prevalence of overweight and obesity

High blood pressure in school-aged children**


** Comisión Honoraria para la Salud Cardiovascular (2016) Hipertensión arterial y su vínculo con sobrepeso y obesidad en niños de 10 a 13 años en las Escuelas públicas de Montevideo. Montevideo: Comisión Honoraria para la Salud Cardiovascular
Dietary patterns of the Uruguayan population

90.9% of adults eats less than 5 daily servings of fruits and vegetables.
  STEPS survey (ENFRENT), 2013

24.4% of adolescents eats 5 or more daily servings of fruits and vegetables.
  GSHS (EMSE), 2012

1 in 5 children 2 to 6 years of age drink sweetened beverages when thirsty.
  ENDIS 2nd round, 2015

7 in 10 adolescents drink sweetened beverages daily.
  GSHS (EMSE) 2012

1 in 10 adolescents eats fast foods 3 or more times per week.
  GSHS (EMSE) 2012
Changes in dietary patterns

- Sales of SSBs tripled between 1999 and 2013, from 45.4 liters per person per year to 123.7*.
- Sales of UPP almost doubled between 1999 and 2013, from 15.2 kilograms per person per year to 25.6*.
- Affordability of SSBs increased at a yearly rate of 3.5% between 1997 and 2016**.

2 | National Health Objectives 2020

3 | OVERWEIGHT AND OBESITY PREVENTION POLICIES
National Commission for Coordination of Policies to fight against obesity

- Created in the Ministry of Health by Presidential Decree in November 2018
- Aims to advise the executive branch on the implementation of obesity prevention policies
- Intersectoral coordination mechanism
- Requires participantes and guests to present a declaration of conflicts of interest

National strategy for prevention of obesity

- Infant and young child feeding practices
- Progressive elimination of trans fat (Decree 114/018)
- Implementation of front of package labelling (Decree 272/018)
- Voluntary reduction of sugars and sodium in processed foods
- Integration of Dietary Guidelines in all public policies
- Breast milk substitutes regulation
- Healthy diet and physical activity practices in schools
- Behavior change communication and mass media campaigns
- National program for control of overweight and obesity in SNIS

Regulation
Requerimiento Energético para la población Uruguaya

Communication campaign

• «Evitá el exceso y disfrutá de una alimentación saludable», May 2019

https://www.youtube.com/watch?v=RWBfr7lZ9cs&feature=youtu.be

*Avoid excess and enjoy a healthy diet
Communication campaign

- Healthy recipes booklet and magnet for preschool and elementary schools, September 2019 (430 thousand)
- Information campaign on FOP labeling in social networks, October – November 2019

THANK YOU

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