

DEPARTMENT OF NUTRITION AND FOOD SAFETY

KEY ACHIEVEMENTS

2022



WHO leadership, norm setting, policy guidance and monitoring has brought another good year of progress towards universal access to safe and sufficient nutritious food and effective nutrition actions. **In 2022, 48% of children under 6 months were exclusively breastfed, a 10 percentage point higher than a decade earlier.** As a result of the implementation of the WHO REPLACE package, almost **3 billion people are now protected from industrial trans fatty acids.** Where progress is slower, as for wasting, obesity reduction and anaemia, we have set up acceleration initiatives, involving Member States and partners. We have established

new targets on food safety and agreed on a strategy to achieve them. This brochure of our 2022 achievements will explain how we have done this.

Enjoy the reading!

Dr Francesco Branca, MD, PhD
Director, Department of Nutrition and Food Safety, World Health Organization



World Health
Organization



LEADERSHIP



NORM SETTING



GUIDE POLICY
CHOICES



SUPPORT COUNTRY
ACTIONS



MONITORING &
SURVEILLANCE

Our Vision

A world free from all forms of malnutrition and foodborne diseases, within safe and supportive societies and healthy environments

Our Mission

Work with Member States and partners to prioritize, plan, implement, monitor and regularly evaluate multisectoral efforts to ensure universal access to effective nutrition actions, safe food and healthy diets, through strengthening health systems and building forward better food systems which recognize the interdependence of the health of humans, animals and the wider environment



In 2022, 48% of children under 6 months were exclusively breastfed



LEADING ON GLOBAL NUTRITION AND FOOD SAFETY PRIORITIES

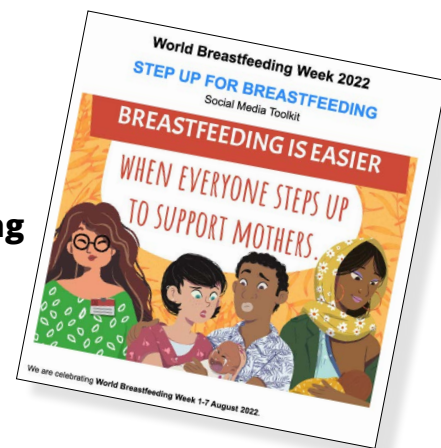


Setting the global health agenda
Ensuring technical excellence
Strengthening external collaboration



Increasing breastfeeding and exposing abusive formula milk marketing

Focusing further on the special needs of mothers, infants and children, we made significant strides in advancing nutrition interventions and advocating for breastfeeding this past year. We exposed abusive commercial formula milk marketing practices through [multiple reports](#), social media activities and webinars. We launched a successful [advocacy campaign](#) for World Breastfeeding Week 1-7 August, which focused on supporting mothers. Our efforts were further reinforced with the release of the [Global Breastfeeding Scorecard 2022](#), calling for protecting breastfeeding through further investments and policy actions.



IMPACT

The percent of **infants under six months of age exclusively breastfed has reached 48%, a 10 percentage point higher than a decade earlier and close to the WHA target of 50% by 2025**, representing that significant progress is possible and happening at scale.

Accelerating the work to address the global obesity epidemic

In 2022 we made substantial strides in **addressing the global obesity epidemic**. [We marked World Obesity Day](#) in March with a campaign to accelerate action to stop obesity, in line with the new [WHO Acceleration Plan to STOP Obesity](#) adopted by the 75th World Health Assembly in May 2022 and officially launched in October. The acceleration plan, implemented through five workstreams, aims to consolidate, prioritize and accelerate country-level action against the obesity epidemic through coherent and harmonized efforts.

We developed the WHO package to integrate and **scale obesity prevention (primary, secondary, and tertiary)** and management health services through the health system and community as critical components of universal health coverage.



IMPACT

31 frontrunner countries committed to implement the WHO Acceleration Plan to STOP obesity and report to WHA76 in May 2023.

Setting the new food safety strategy



**WHO
GLOBAL
STRATEGY
FOR FOOD
SAFETY
2022-2030**



At this year's 75th World Health Assembly in May 2022, the updated **Global Food Safety Strategy 2022-2030** was adopted through Resolution 75(22), **with Member States committing for the first time to concrete targets.** The strategy was prepared with advice from the **Technical Advisory Group (TAG) on Food Safety: Safer food for better health** and a comprehensive consultation process with Member States and government institutions, United Nations agencies and other intergovernmental organizations, academic institutions, nongovernmental organizations, private sector entities, and individuals working in public health and food safety.



Strengthening external collaboration: Engaging with sports and on climate change



وزارة الصحة العامة
Ministry of Public Health
دولة قطر
World Health Organization

Through our **partnership with FIFA and the Government of Qatar**, we managed to actively engage sports in our nutrition agenda under our **"Sport for Health: Eat Healthy, Score for Health" campaign**. This three-year

collaboration with the State of Qatar towards a healthy and safe FIFA World Cup 2022 can serve as a model for ensuring future mega sport events propose healthy and safe food choices on site.

The nutrition component of the joint project **"Healthy 2022 World Cup - Creating Legacy for Sport and Health"** improved the food offer within and outside stadia during the event, and supports Qatar in their development and/or implementation of policies for healthier food environments, particularly in schools.



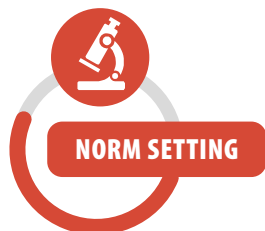
Less than 12% of national policies consider climate, biodiversity and nutrition, 32% of National Action Plans included adaptation actions related to food safety and nutrition, and few Nationally Determined Contributions (NDCs) commit to actions that tackle climate and nutrition. Therefore, we launched the **I-CAN** initiative in November at COP27. This will help foster collaboration to **accelerate transformative action** to address the critical nexus of **climate change and nutrition**.



COP27
SHARM EL-SHEIKH
EGYPT 2022



SETTING NORMS, STANDARDS AND BENCHMARKS TO REDUCE THE BURDEN OF DISEASES CAUSED BY UNSAFE FOOD, UNHEALTHY DIETS AND MALNUTRITION



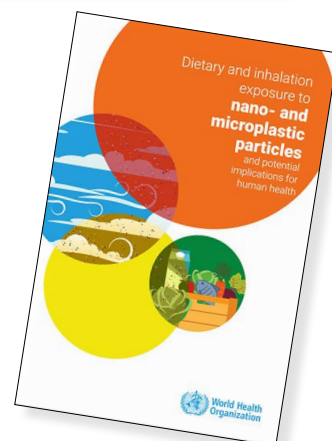
Setting norms and standards using robust scientific, ethical and independent processes



In terms of food safety standards setting, NFS had again tangible impact in 2022 on the jointly run FAO/WHO Codex Alimentarius programme by providing sound scientific advice on a major number of substances through seven expert meetings on Microbial Risk Assessment ([JEMRA](#)), on Pesticide Residues ([JMPR](#)), on Food Additives, residues of veterinary drugs and on chemical contaminants ([JECFA](#)), and Ad-Hoc Expert Consultation Meetings. In 2022, the Codex Alimentarius established **476 new maximum residue limits for pesticides** and **13 maximum levels for contaminants**.

In addition, we assessed and reported on **four microbiological risks**, including those in spices and dried aromatic herbs, *Listeria monocytogenes* in ready-to-eat foods, and published three new Fact Sheets on **pesticide residues**, **food safety**, and **arsenic**, and assessed the potential implications of

dietary and inhalation exposure to nano- and microplastic particles on human health. **Twenty technical reports** were published (including WHO Technical report series, Microbial Assessment series, Food Safety and Quality series and WHO monographs).



The pesticide industry should adhere to the provisions of this Code as a standard for the manufacture, distribution, sale and advertising of pesticides.

IMPACT

To empower developing countries to actively engage in the global standard setting process of Codex and attend related meetings, in 2022 the **FAO/WHO Codex Trust Fund (CTF)** provided funding to 40 developing and transition economy countries to support activities to strengthen institutional capacity to engage in Codex work. The CTF also co-organized with the Ministry of Food and Drug Safety of the Republic of Korea the first global capacity strengthening workshop on good Codex practices, benefitting participants from five African and Asian countries. CTF beneficiary countries are still in the process of reporting their 2022 activities, which will be available by the end of March 2023.



New nutrition guidance and guidelines

Infant and Child Nutrition:

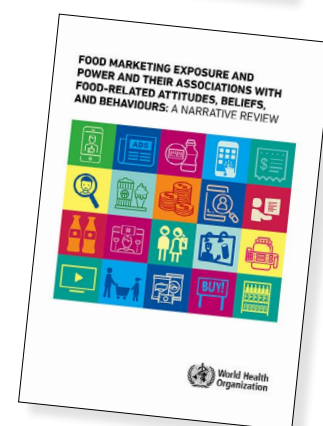
Together with the Department of Maternal, Newborn, Child and Adolescent Health, we advanced scientific and programmatic advice for nutrition



interventions through guidelines for **postnatal care**, and guidance on **care of preterm or low-birth-weight infants**. Guidelines on **Haemoglobin Concentrations To Assess Anaemia** and **Management of Acute Malnutrition** were also developed.

A Guideline Development Group (GDG) was assembled and we initiated the work on advising a **WHO Donor Human Milk Banking guideline**. The initial GDG meeting was held in December of 2022.

NFS is also working on the development of guidance on micronutrient and macronutrient intakes with the overall aim of promoting healthy diets and reducing risk of diet-related disease. This includes updating of micronutrient intake values in young children and macronutrient recommendations for the general population. Together with FAO, we held a series of expert group meetings to finalize **new requirements and safe upper levels of intake of calcium, vitamin D and zinc in infants and children up to 4 years of age**. The guidance is planned for release in 2023 and will help to implement the Second International Conference on Nutrition (ICN2) commitments, achieve the goals of the UN Decade of Action on Nutrition (2016–2025), and contribute to WHO's efforts in achieving the 'triple billion' targets set up by the 13th General Programme of Work (2019–2023), including one billion more people enjoying better health and well-being.



We launched the public consultation on the draft **WHO guideline for protecting children from harmful food marketing** which will provide countries with recommendations on measures to restrict food marketing to which children are exposed, including on policy design elements to improve the measures' effectiveness.



Science and Technology in
childhood Obesity Policy

Six **STOP Policy Briefs** were developed to support governments in addressing childhood obesity through key policy measures directed at marketing practices, fiscal policies, nutrition labelling, reformulation, nudging at schools, and physical activity. We also kickstarted the development of a guideline for obesity management in December.

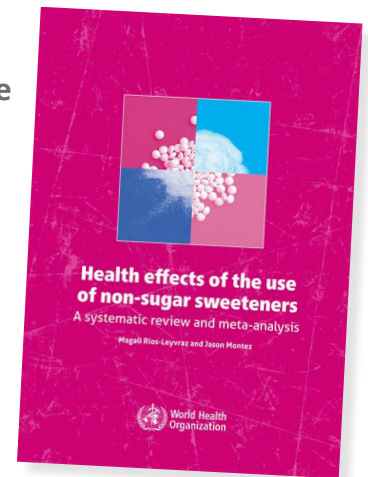


Healthy Diets



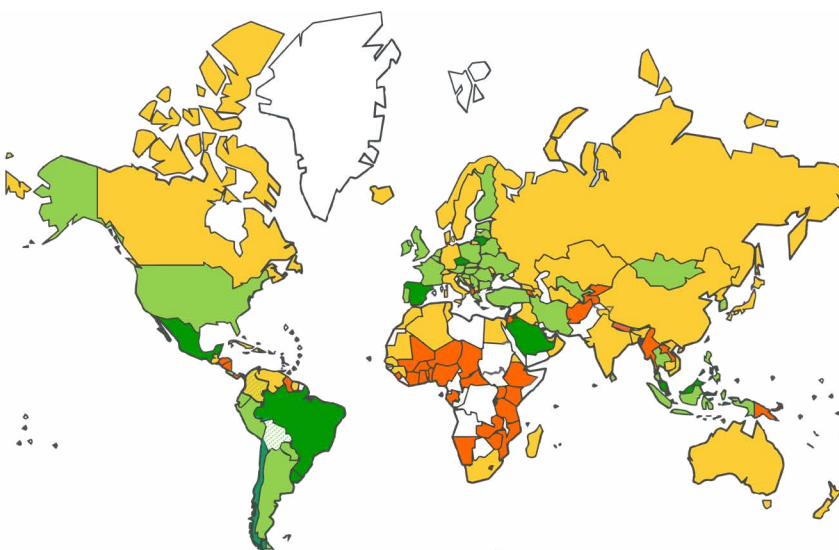
We developed and published new guidance on the use of non-sugar sweeteners, which included the **publication of a comprehensive systematic review of the available scientific evidence**. We updated guidance on the intake of total fat, saturated fat, trans-fat and carbohydrates, and on **fiscal policies** to promote healthy diets, with related launches for public consultations. All guidance is planned for release in 2023.

A **brief on the compatibility and cost-effectiveness of universal salt iodization and sodium intake reduction** was published, outlining why and how policies for universal salt iodization are required to eliminate iodine deficiency disorders and reduce dietary sodium intake.



IMPACT

Today, 125 countries mandate salt iodization and **43 countries have now adopted mandatory measures for sodium reduction**; this means that more than a quarter of the world's population lives in countries with mandatory measures towards sodium reduction, including mandatory declaration of sodium.



- 1. National policy commitment to reduce sodium intake:** National policies, strategies or action plans that express a commitment to reduce sodium intake
 - 2. Voluntary measures to reduce sodium:** Voluntary measures that reduce sodium in the food supply or encourage consumers to make healthier food choices about sodium
 - 3. Mandatory measures adopted for sodium reduction:** Mandatory measures to reduce sodium in the food supply or encourage consumers to make healthier food choices, including mandatory declaration of sodium on all pre-packaged food
 - 4. Multiple mandatory measures adopted for sodium reduction, and implementation of all related WHO Best Buys for tackling NCDs:** Multiple mandatory measures, mandatory declaration of sodium on all pre-packaged food, and all WHO sodium-related best buys
- Mandatory measures for sodium reduction adopted to bring country to Score 3 (not yet all in effect)
 Missing data

GUIDE POLICY CHOICES TO PRIORITIZE NUTRITION AND FOOD SAFETY IN COUNTRIES UNSAFE FOOD, UNHEALTHY DIETS AND MALNUTRITION



GUIDE POLICY CHOICES

Nutrition and food safety defined and prioritized in countries



Through strong advocacy work and the launch of several initiatives and partnerships, we managed to position food safety and nutrition topics high on the global agenda in 2022 and furthered the implementation of the **UN Decade of Action on Nutrition (2016-2025)**.

Our video for the [“Food systems for health”](#) initiative highlighted the connection between food and health.

We launched the [Nutrition Action Framework Tracker](#) in September and organized four regional webinars for Francophone and Anglophone Africa, Asia-Pacific, and Latin America and the Caribbean to [ignite joint action for Nutrition for Growth \(N4G\)](#) commitments.



Following the 2021 UN Food Systems Summit’s intensive dialogues and engagement processes, the global spotlight was placed on the need for food systems transformation for people and planetary health. As an outcome, the official [Coalition of Action on Healthy Diets from Sustainable Food Systems for Children and All](#) was formed and launched. The Coalition’s [2022 work plan](#) involved several events and webinars throughout the year. Specifically, three webinars were conducted [on Indicators for healthy diets](#), [How Food based dietary guidelines can help delivering healthy diets](#) and [Managing conflict of interest in public private partnerships](#).



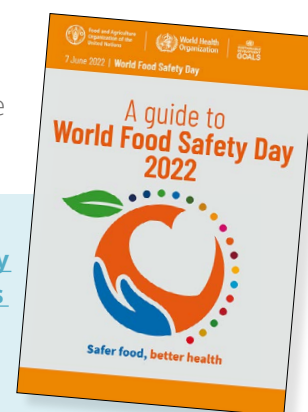
We also launched the [SHIFT Framework](#) in June to promote equitable health and nutrition through food environment transformations.

This year we convened the 8th [World Health Organization / Cochrane / Cornell Summer Institute](#), to build global capacity on retrieving, assessing and synthesizing evidence of studies of interventions related to nutrition and food safety. To date, 202 participants have completed the training, with 64% coming from the Americas, 13% from South-East Asia, 8% from Africa, 8% from the Western Pacific, 5% from Europe and 2% from the Eastern Mediterranean regions of WHO. Together, we have covered 61 topics and published more than 15 Cochrane new or updated reviews, 15 Cochrane protocols and registered 9 Cochrane titles for reviews. So far, the reviews produced during the Institute have contributed to more than 12 WHO global guidelines.



IMPACT

A very successful campaign was organized in partnership with FAO for [World Food Safety Day](#) on 7 June 2022. Food Safety discussions really went “viral”! [More than 450 initiatives took place in 109 countries](#). The exposure of the hashtag #WorldFoodSafetyDay on Twitter reached **818 million**, in comparison to 311.2 million in 2021. There were **40 000 views** of the social media live event on WHO Facebook, Twitter and YouTube.



SUPPORT COUNTRY ACTIONS

(PROGRAMME DESIGN, IMPLEMENTATION SUPPORT)



SUPPORT COUNTRY ACTIONS

Programme design, policy adoption and adaptation and implementation support

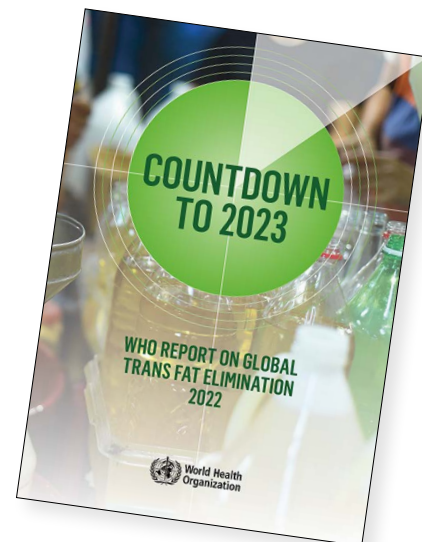


The time is running out! Trans fat elimination by 2023

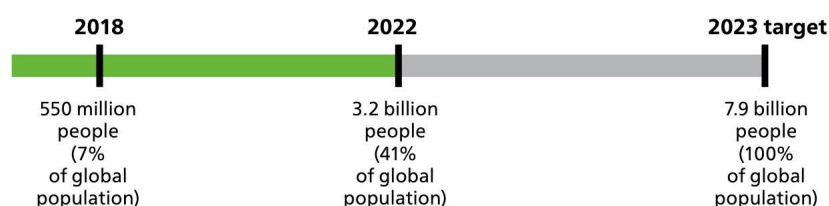
2022 was a crucial year to accelerate the actions on trans fat elimination, as there are still **5 billion people** that need to be covered by the best-practice policy:

➤ Mandatory national limit of 2 g of industrially produced trans fats per 100 g of total fat in all foods.

➤ Mandatory national ban on the production or use of partially hydrogenated oils as an ingredient in all foods.



POPULATION COVERAGE BY BEST-PRACTICE POLICIES PASSED OR IN EFFECT, BY THE END OF 2018 AND 2022

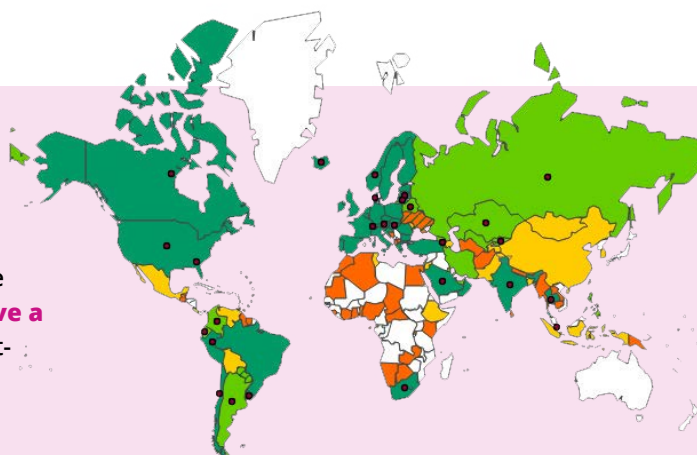


IMPACT

As of September 2022, **43 countries have the best practice policy** – this corresponds to the population coverage of **2.8 billion people**. There are additional **17 countries that currently have a trans fat policy** that is less restrictive than best-practice policy.



In total, there are **60 countries with some form of mandatory limits** for trans fat – this corresponds to the **population coverage of 3.2 billion people**. Strengthening legislation in these countries will clearly accelerate the achievement of the global goal.



ENHANCE GLOBAL MONITORING AND SURVEILLANCE AND HARMONIZE DATA COLLECTION



Enhance global monitoring and surveillance to inform priority setting and provide guidance on harmonized data collection



Food System



Health System



Social Protection System



Education System



Water & Sanitation System

Through partnerships and effective teamwork, we continued to expand, streamline and publish monitoring and surveillance data for both nutrition and food safety.

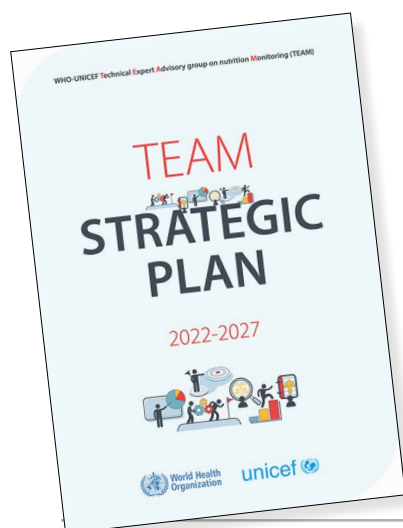
Evidence on malnutrition was provided to the [UN State of Food Security and Nutrition in the World report 2022](#)

co-published in July with FAO, IFAD, UNICEF and WFP. [The COVID-19 impact on nutrition analytical framework](#) and the [Analytical Framework Visualizer tool](#) were also released.

The need for better leadership in nutrition monitoring was taken seriously this year. The Technical Expert Advisory group on nutrition Monitoring (TEAM) was well positioned to assume that responsibility in a larger and higher profile role. Thus, the new [TEAM Strategic Plan 2022-2027](#) with UNICEF was released, and aims to yield results by being effectively operationalized via the development and implementation of a prioritized and funded action plan.

We launched in November the new [WHO Nutrition Data Portal](#) which integrates global databases on child malnutrition and micronutrients, and updated the Nutrition Landscape Information System (NLIS). We also upgraded throughout the year all [food safety databases](#) as well as the [Global Environment Monitoring System / Food Contamination Monitoring and Assessment Programme](#) (GEMS/Food).

Our [Foodborne Diseases Burden Epidemiology Reference Group](#) (FERG) met twice to work on the update of the global burden of foodborne diseases estimates to be published in 2025.





The Healthy Diets Monitoring Initiative

was launched in collaboration with FAO and UNICEF. The overall objective of the Healthy Diets Monitoring Initiative is to enable national and global monitoring of the diet quality to inform policies and programmes across a wide range of sectors. Specifically, the Initiative will determine how best to measure healthy diets for different purposes, build consensus, and promote uptake and

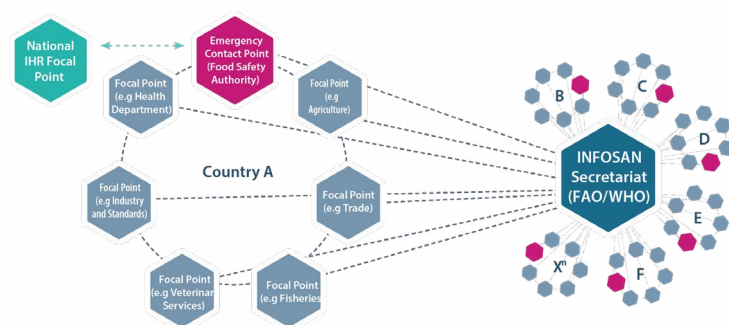
use of healthy diet measures and indicators among national and global stakeholders. A technical expert meeting was convened in Bellagio in December 2022 to agree on harmonizing healthy diets metrics at national and global levels.



Our **INFOSAN** team organized 8 national workshops, 2 regional and 1 subregional meetings to enhance Member States' capacities for emergency response related to food safety events. During 2022, the number of international food safety events communicated through INFOSAN reached **195**, including a major **INFOSAN Global Alert** involving more than 113 WHO Member States. More than 1,300 notifications were exchanged through the network during 2022, involving **156 WHO**

Member States from all WHO regions.

Further information about INFOSAN activities can be found in the **INFOSAN Quarterly Summaries**, available on the WHO website. The INFOSAN Secretariat looks forward to continuing to provide support to WHO Member States in responding to and building capacity for food safety emergencies.



IMPACT

The Pastoralist Project, funded by the Italian Agency for Development Cooperation aims to identify and strengthen capacity for nutrition services to contribute to Universal Health Coverage (UHC), targeting vulnerable groups seeking health care across borders using innovative technology in the region of Ethiopia, Eritrea, and Somalia.



A joint WHO-UNICEF project is supporting over four years the strengthening of national nutrition information systems in five countries (Côte d'Ivoire, Ethiopia, Laos, Uganda, Zambia). We launched the **EC-NIS project video** showing how to bridge nutrition information gaps based on the case study in Uganda.



WHO, in collaboration with UNICEF, provided support to countries for enhancing capacity on the uses of standard indicators, survey/facility data analysis and reporting on **DHIS2 indicators**. In 2022, support was provided to Chad, Haiti, Mali, Niger, Nigeria, Seychelles, and the WHO Regional Office for Africa.



DEPARTMENT OF NUTRITION AND FOOD SAFETY

ACHIEVEMENTS 2022

UNITED NATIONS DECADE OF
ACTION ON NUTRITION
2016-2025



**World Health
Organization**

For more information, please contact:

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