

DEPARTMENT OF NUTRITION AND FOOD SAFETY

ACHIEVEMENTS 2020

WHO
ESTABLISHED
A NEW
DEPARTMENT OF
NUTRITION AND
FOOD SAFETY



Aiming to achieve WHA 2025 nutrition targets

40% REDUCTION
of the global number of
children under five who are
STUNTED

<5% REDUCTION
children under five who are
WASTED

50% REDUCTION
of **ANAEMIA** in women
aged 15–49 years

No increase
in childhood
OVERWEIGHT

50% Increase
in infants **EXCLUSIVELY**
BREASTFED

30% REDUCTION
of **LOW BIRTH WEIGHT**



World Health
Organization

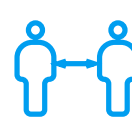
“By bringing nutrition and food safety together, WHO is better positioned to respond to the double burden of malnutrition and its determinants. Through leadership, policies, implementation resources and surveillance tools we work for people's right to eat safe and nutritious food, and access timely essential nutrition actions through the life cycle.”

Dr Francesco Branca
Director, Nutrition and Food Safety

NUTRITION AND FOOD SAFETY ADVICE DELIVERED DURING THE COVID-19 PANDEMIC



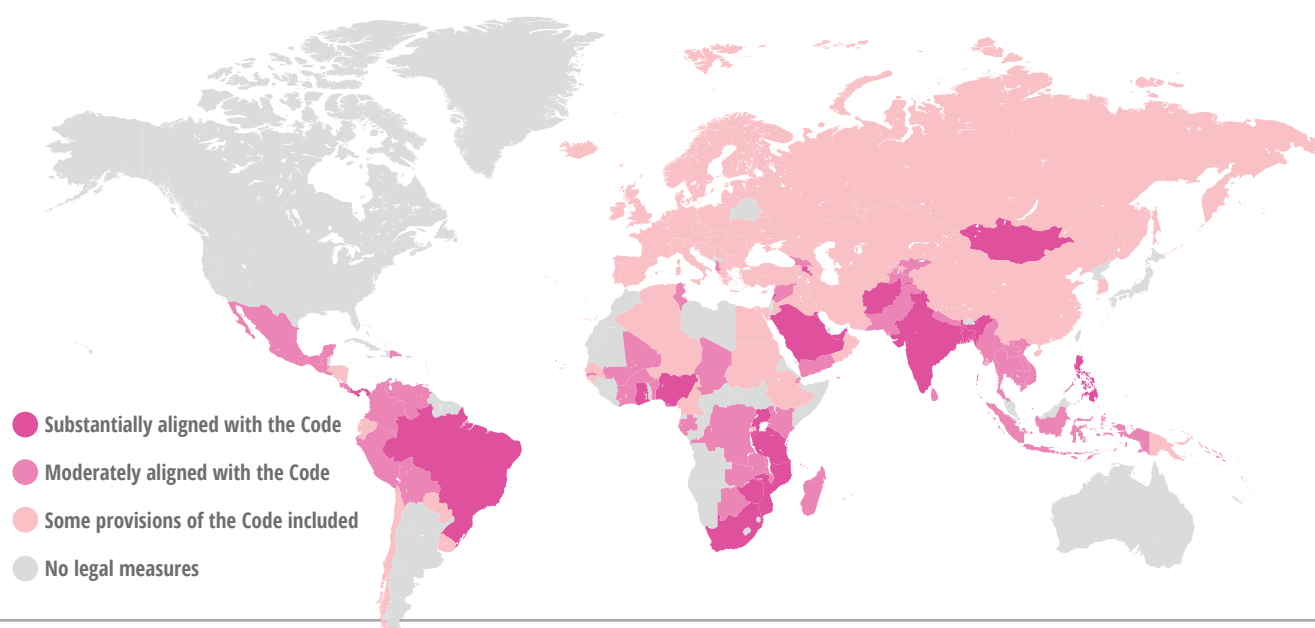
In 2020 we have continued to provide guidance and technical support to countries during the COVID-19 pandemic with the new virtual tools. We have **developed evidence-informed guidelines**, for **competent authorities responsible for national food safety control systems**, **infant and young child feeding maintenance of health services**, **nutrition in the clinical management of patients**, and **treatment of wasting** during the pandemic; **explained how to eat healthy**, **maintain food safe for business** and **consumers**.



44 COUNTRIES STRENGTHENED LEGISLATION TO PROTECT BREASTFEEDING



While **44 countries** around the world strengthened their legislation to **protect breastfeeding in the past two years**, the WHO 2020 report shows that **only 25 countries currently have measures** substantially aligned with the **International Code of Marketing of Breast-milk Substitutes**.



WHO LAUNCHED GLOBAL ACTION PLAN ON CHILD WASTING



In collaboration with FAO, UNHCR, UNICEF and WFP, WHO released a new framework highlighting priority actions on the prevention and treatment of **child wasting**, with emphasis on **preventing low birthweight**, **advancing child health**, **improving infant and young child feeding**, and **strengthening treatment**.

REDUCED
INCIDENCE
OF LOW
BIRTHWEIGHT

IMPROVED
CHILD
HEALTH

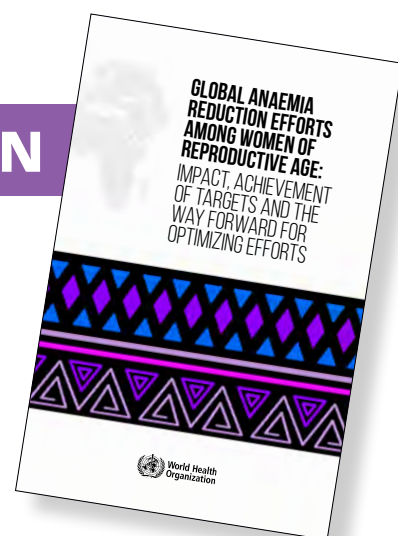
IMPROVED
INFANT AND
YOUNG CHILD
FEEDING

IMPROVED
TREATMENT
OF CHILD
WASTING

MULTI-SECTORAL APPROACHES TO PREVENTING ANAEMIA IN WOMAN ARE SHOWN TO HELP



Using **461 data sources** covering **131 countries** over 1995-2020 estimates of the **rates of anaemia** were done for all 194 member states for the first time. New review highlights the importance of all sectors working synergistically to coordinate anaemia reduction strategies across multiple programmes, including **women's empowerment**, **community sensitization**, and **health programmes**.



Anaemia still affects:

One third
of all women
aged 15–49 years

40%
of pregnant women
aged 15–49 years

Over 40%
of children
under 5 years

COTE D'IVOIRE, ETHIOPIA, LAOS, UGANDA AND ZAMBIA STRENGTHEN NUTRITION SURVEILLANCE

WHO in partnership with UNICEF and with financial support from the European Commission launched in September 2020 a project titled “Strengthening national nutrition information systems” in five countries in Africa and Asia: **Cote d’Ivoire, Ethiopia, Laos, Uganda and Zambia**. This is a 7 Million Euros project. Through this initiative WHO and UNICEF will support countries to **increase the uptake of nutrition information** by increasing country capacities in monitoring programmes and **national nutrition targets**.



DIGITAL SOLUTIONS FOR IMPROVED NUTRITIONAL SURVEILLANCE IN NOMADIC POPULATIONS ON THE HORN OF AFRICA

WHO has obtained 1.3 M Euros from the Italian Agency for Development Cooperation Jerusalem Office (AICS) to implement a project in Ethiopia aiming at improving access to health and nutrition services for pastoralist communities in the border with Somalia and Eritrea. For this initiative **WHO will partner with WFP** for the use of an **innovative digital solution (SCOPE-CODA)** to facilitate nomadic communities seeking health across borders.



STUNTING DECREASING, WASTING AND OBESITY RISING GLOBALLY: THE CHILD MALNUTRITION ESTIMATES



The Joint UNICEF-WHO-WB project (JME) updated the methodology for estimating the rate of stunting and overweight to allow for country-level model-based estimates and to fill in the countries' time series gap, and have comparable baseline estimates for monitoring the nutrition, sustainable development goals and Triple Billion targets.



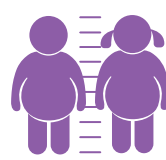
144 million STUNTING CHILDREN

In 2019 was estimated that **21.3%** or **144 million children** under 5 around the world were **STUNTING**



47 Million WASTING CHILDREN

In 2019 was estimated that **6.9%** or **47 million children** under 5 around the world were **WASTING**



38.3 million OVERWEIGHT CHILDREN

In 2019 was estimated that **5.6%** or **38.3 million children** under 5 around the world were **OVERWEIGHT**

NEW INDICATORS ADDED TO GUIDANCE ON INFANT AND YOUNG CHILD FEEDING

The document includes a **set of 17 indicators (six breastfeeding and 11 complementary feeding)**.

Unlike previous recommendations, no distinction is made between core and optional indicators in this set of recommendations. There are seven new indicators that includes four indicators on healthy/unhealthy feeding practices.



125 FOOD SAFETY INCIDENTS REPORTED THROUGH INFOSAN



More than **125 food safety incidents** have been communicated through **INFOSAN in 2020**, more than in any previous year. Virtual regional meetings were organized for INFOSAN members in the Americas, Europe and Africa to strengthen participation in network activities. A series of webinars were organized to commemorate the second **World Food Safety Day**, the sessions in English, French and Spanish were attended by over 250 INFOSAN members. **More than 85 new members joined the network in 2020**. INFOSAN played a key role in sharing information on **food safety and COVID-19** through the organization of webinars to highlight the WHO related guidance documents and by creating a discussion forum concerning COVID-19 and food safety on the INFOSAN Community Website.

160+
Member states
alerted through INFOSAN
about contaminated food
exported to their country

**80+ International
food safety events**
communicated through
INFOSAN

600+
Members
from 190 Member States
participate in INFOSAN

GUIDANCE PUBLISHED TO PREVENT CONTAMINATION BY TROPANE ALKALOIDS IN FOOD




Tropane alkaloids are a group of compounds occurring in several plant families of the Solanaceae genera that can contaminate staples like cereals and grains. **FAO and WHO convened an Ad-hoc expert consultation** to fill the gap of international guidance and regulation, that will allow for appropriate risk management options for products used by the **World Food Programme** in delivering food assistance in emergencies.



FAO/WHO SCIENTIFIC ADVICE TO THE CODEX ALIMENTARIUS HAS CONTINUED IN 2020

In 2020 the **Joint FAO/WHO Expert Committee on Food Additives** (JECFA) evaluated 2 food additives, 4 enzymes and conducted an exposure assessment for 1 group of food additives, 2 groups of flavoring agents and revised the specifications for 12 flavoring agents. JECFA also looked at 17 compounds listed as acceptable previous cargoes by the Codex Committee on Fats and Oils (CCFO). 

The WHO core assessment group under the **Joint FAO/WHO Meeting on Pesticides residues** (JMPR) evaluated 17 pesticides for toxicological aspects. 

The **Joint FAO/WHO Expert Meeting on Microbiological Risk Assessment** (JEMRA) analysed Shiga toxin-producing Escherichia coli (STEC) associated with Meat and Dairy Products, and Listeria monocytogenes in Ready-to-Eat (RTE) Food. 

**JECFA
Publications**

**JMPR
Reports**

**JEMRA
Reports**

REVIEWING ALLERGENS IN FOOD



FAO and WHO have started the review of allergens in food through the ad hoc Joint FAO/WHO Expert Consultation on **Risk Assessment of Food Allergens**.



EGG FREE



CITRUS FREE



CORN FREE



GLUTEN FREE



CHOCOLATE FREE



FISH FREE



MUSHROOM FREE



SEAFOOD FREE



NUTS FREE

The Codex Committee on Food Labelling is reviewing provisions relevant to allergen labelling in the GSLPF as well as developing guidance on the use of precautionary allergen or advisory labelling (PAL).

CODEX TRUST FUND NOW SUPPORTS 38 NEW COUNTRIES TO BUILD THE CAPACITY OF FOOD SAFETY SURVEILLANCE



Support is given for three-year projects.

Three-year support awarded to countries successful in the application process



ACTIVITIES

Increased knowledge about Codex among policy-makers and experts



OUTPUTS

Increased capacity of developing and transition economy countries to engage effectively in Codex



OUTCOME

Developing and transition economy countries sustainably engaged in Codex



PROJECT
GOAL

Increased participation in international food trade and improved food safety and public health

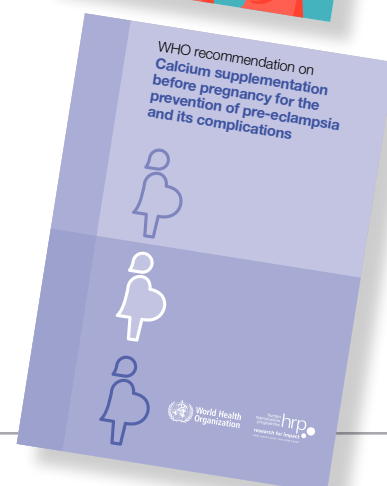


GLOBAL
DEVELOPMENT
GOAL

NEW NUTRITION GUIDELINES ON VITAMINS AND MINERALS PUBLISHED



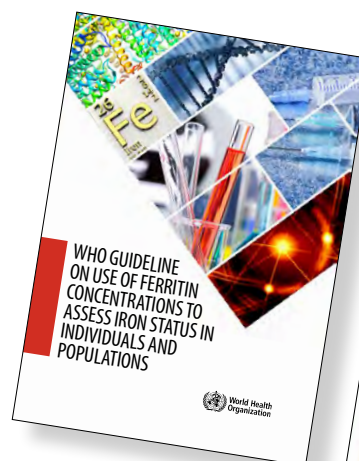
As part of the update of WHO antenatal care recommendations for a positive pregnancy experience WHO developed guidance on **vitamin D supplements during pregnancy** and on **multiple micronutrient supplements during pregnancy**. WHO also reviewed recommendations on **calcium supplementation before pregnancy for the prevention of pre-eclampsia and its complications**



WHO ISSUED NEW GUIDANCE ON ASSESSING IRON STATUS NUTRITION IN INDIVIDUALS AND POPULATIONS



WHO has updated the cut-off values of serum ferritin to diagnose iron deficiency and risk of overload. **Iron deficiency can result in anaemia, fatigue, lethargy, reduced child development and physical exercise performance**, and may suggest serious underlying disease. Iron overload disorders can be either primary or classic haemochromatosis or secondary haemochromatosis and can result in liver, heart and hormonal diseases such as diabetes.



Serum ferritin concentrations for the assessment of iron status in individuals and populations: technical brief is available in English, French, Spanish, Arabic, Russian and Chinese

BEST-PRACTICE TRANS FATTY ACIDS (TFA) POLICY HAS COME INTO EFFECT IN 14 COUNTRIES COVERING 589 MILLION PEOPLE



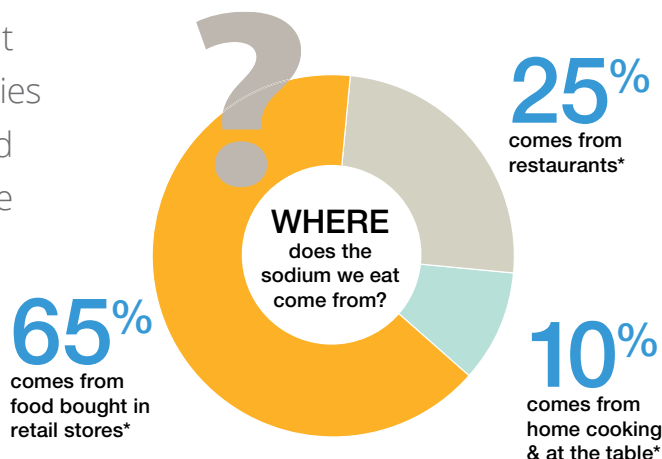
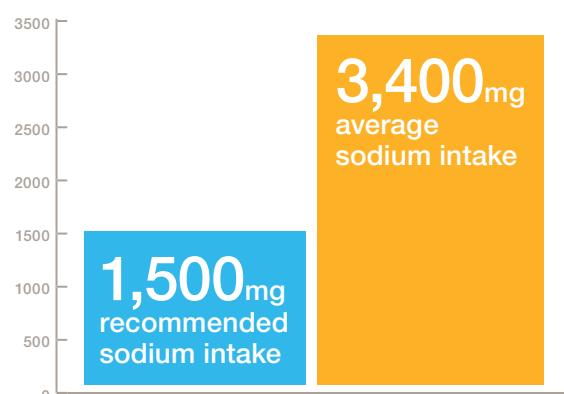
This analysis is provided by the **2nd TFA elimination progress report**, launched by the Director-General in September 2020. WHO also released the first ever WHO global laboratory protocol for measuring TFA in foods.

17.9 million lives
Cardiovascular diseases are the number one cause of death globally



DEVELOPING BENCHMARKS FOR SODIUM CONTENT IN FOODS

Setting global sodium benchmarks for different food categories will be used to support countries setting their own sodium reduction targets and to ask for more ambitious commitments by the global food industry.



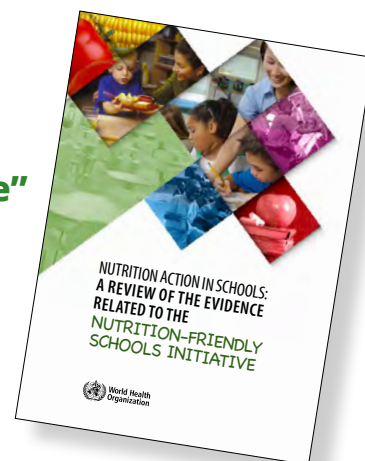
*Source: Centers for Disease Control (CDC)

Excess sodium increases a person's risk for **HIGH BLOOD PRESSURE**, which can lead to heart disease and stroke

FOCUS ON SCHOOL FOOD AND NUTRITION SHOWS EFFECTIVENESS

Evidence of program effectiveness shown in the publication **"Assessing the existing evidence base on school food and nutrition policies"** to develop new WHO guidance.

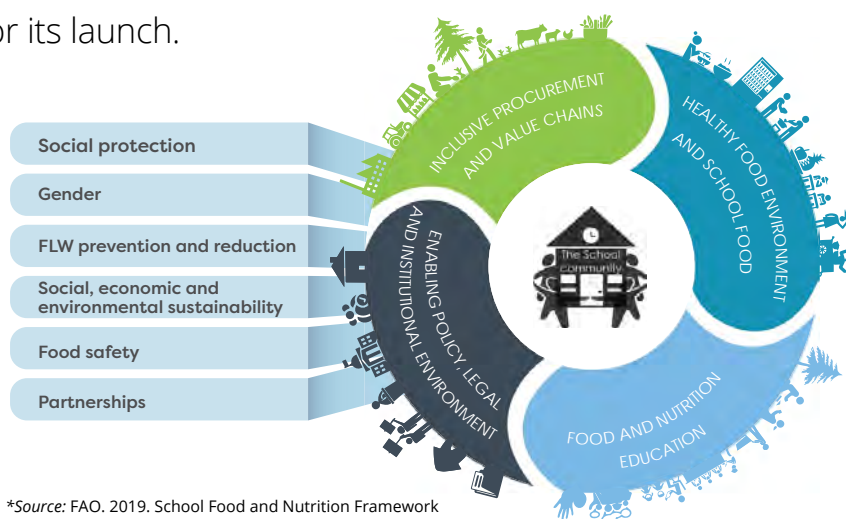
Good practices demonstrated in comprehensive school nutrition programs: **"The nutrition action in schools: a review of evidence related to the nutrition-friendly schools initiative"**



ACTION FRAMEWORK FOR PUBLIC FOOD PROCUREMENT FINALIZED

The Action Framework for Developing and Implementing Public Food Procurement and Service Policies for a public is ready for its launch.

12-16 million children
are affected by overweight
(including 3-4.5 million
affected by obesity)



*Source: FAO. 2019. School Food and Nutrition Framework

MEMBER STATES ADOPTED WHO RESOLUTION TO STRENGTHEN FOOD SAFETY



In the context of the **73rd World Health Assembly, this resolution** urged Member States to apply a **“One Health”** approach that promotes the **sustainability and availability of safe, sufficient and nutritious food for all populations**. This resolution has also triggered the development a new food safety strategy that responds to the current food and health challenges and to update the WHO estimates of foodborne disease; both are underway.

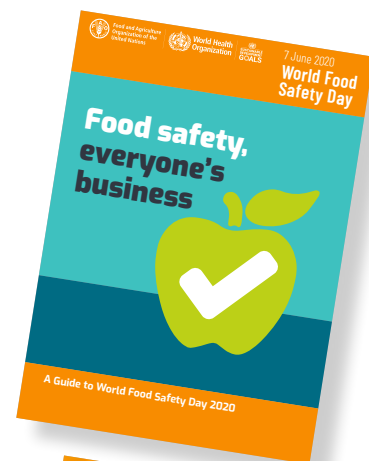
600M lives
fall ill after eating contaminated
food each year, resulting in
420M deaths
and the loss of
33M healthy
lives years

FOOD SAFETY

IS EVERYONE'S BUSINESS



Such was the theme of the second **World Food Safety Day 2020**. **WHO**, in collaboration with **FAO**, developed an action-oriented campaign to reinforce the message that **food safety is a shared responsibility between governments, producers and consumers**. Everybody has a role to play from farm to table to ensure the food we consume is safe and will not cause damages to our health.



KEY REPORT ANTICIPATED COVID-19

IMPACTS ON FOOD IN FOOD INSECURITY

AND NUTRITION



Food insecurity has increased in the last five years and in 2019 affected **690 million people**, mainly as a result of the high cost of nutritious foods. COVID can make things worse. The State of Food Security and Nutrition estimated that at a minimum, another 83 million people, and possibly as many as **132 million, may go hungry in 2020** as a result of the economic recession triggered by COVID-19.

This report is produced jointly by the Food and Agriculture Organization of the United Nations (FAO), the International Fund for Agriculture (IFAD), the United Nations Children's Fund (UNICEF), the UN World Food Programme (WFP) and the World Health Organization (WHO).

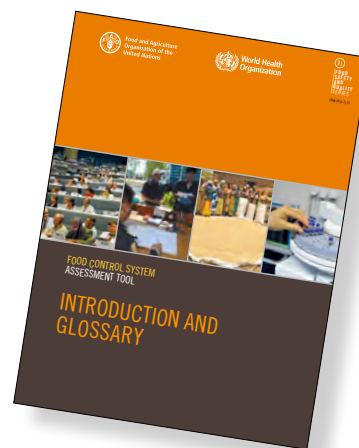


THE FOOD ASSESSMENT TOOL



IS NOW AVAILABLE IN 5 UN LANGUAGES

National food control system plays a pivotal role in protecting the health of consumers and ensuring fair practices in food trade. Now the **tool is available in English, Spanish, French, Arabic and Russian**, and more Member States will be able to assess performance of the system in a comprehensive way, identify priority areas of improvement and plan sequential and coordinated activities to reach expected outcomes.



PUBLISHED MANUAL TO IMPROVE

MEASUREMENT OF VITAMIN AND MINERAL

STATUS IN POPULATIONS



This manual contains modules covering all aspects of a cross-sectional micronutrient survey, from planning through implementation to analysing, reporting, disseminating and using the data. **The main audience for the manual is programme managers responsible for the design and implementation of a micronutrient survey.** Others involved in specific aspects of survey planning and implementation should also find certain procedures and tools useful.





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ACHIEVEMENTS 2020



**World Health
Organization**

For more information, please contact:

Department of Nutrition and Food Safety

www.who.int/nutrition

Email: nutrition@who.int

World Health Organization

Avenue Appia 20, CH-1211 Geneva 27, Switzerland