



# Diet and physical activity in the context of Health 2020

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# Europe: mandate for action

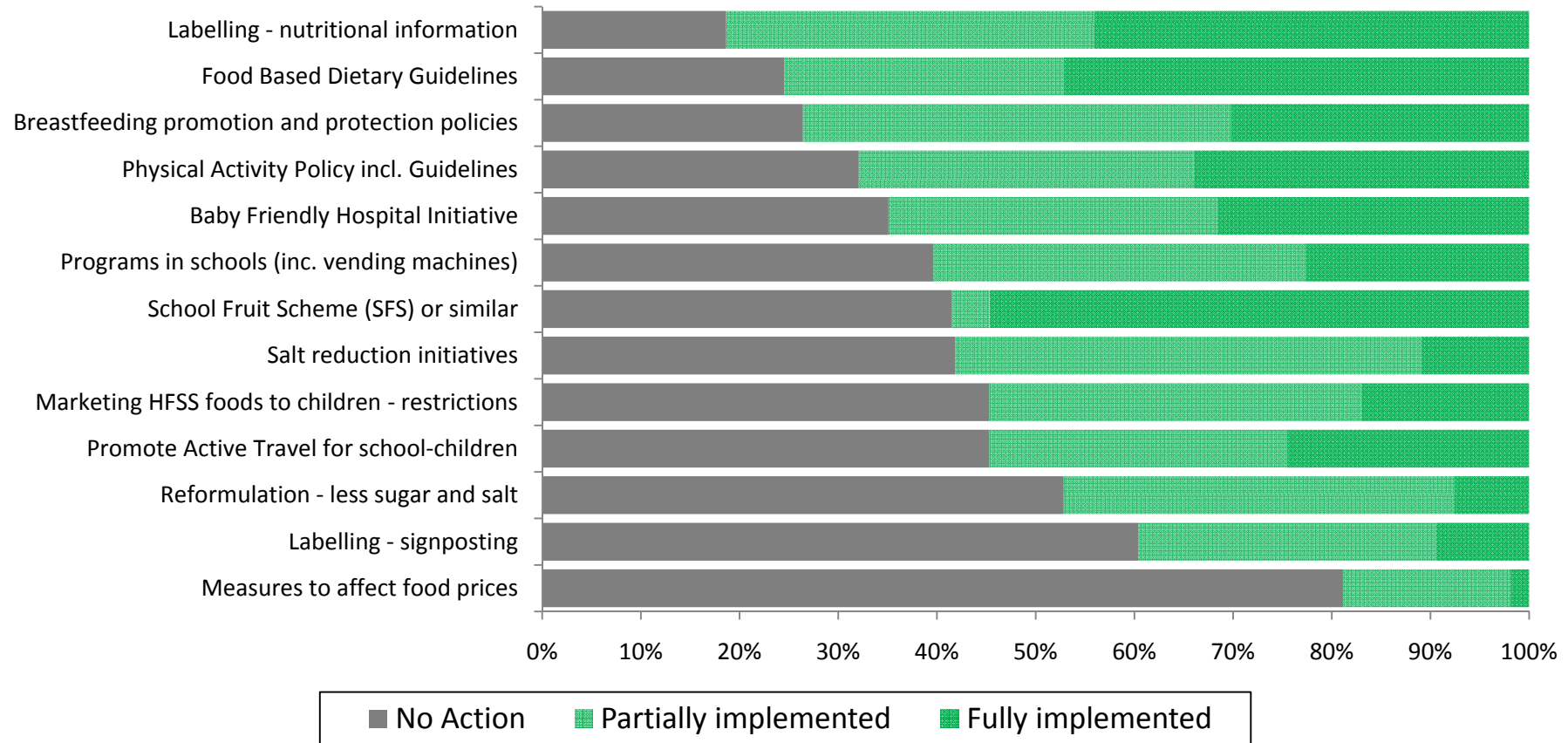


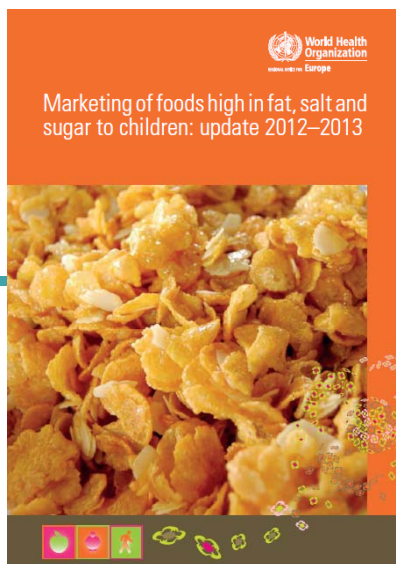
# Nutrition and physical activity: big challenges but major achievements

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- Progress on the European Charter Counteracting Obesity and WHO European Action Plan for Food and Nutrition Policy 2007–2012:
  - monitoring and surveillance initiated and scaled-up (all Member States involved in the database on nutrition, obesity and physical activity (NOPA) and 23 in the Childhood Obesity Surveillance Initiative (COSI));
  - remarkable policy developments in countries: 49 countries developing or updating national policies since the first action plan; and
  - thorough evaluations of national policies by several countries.

# Overview of policy action implementation by the 53 European Member States, 2012–2013

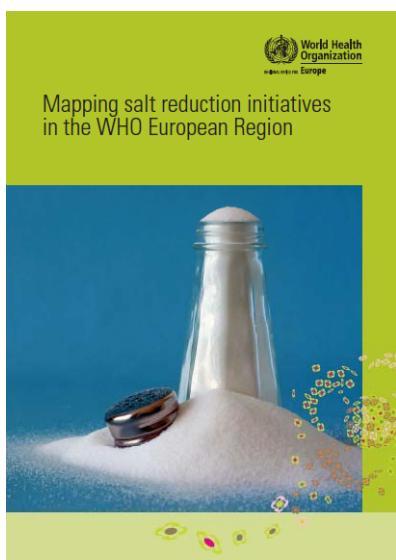




# Great progress in certain policy areas

## Marketing of foods high in fat, salt and sugar

	No action reported	Partially or fully implemented
Countries (N)	<b>20</b>	<b>33</b>

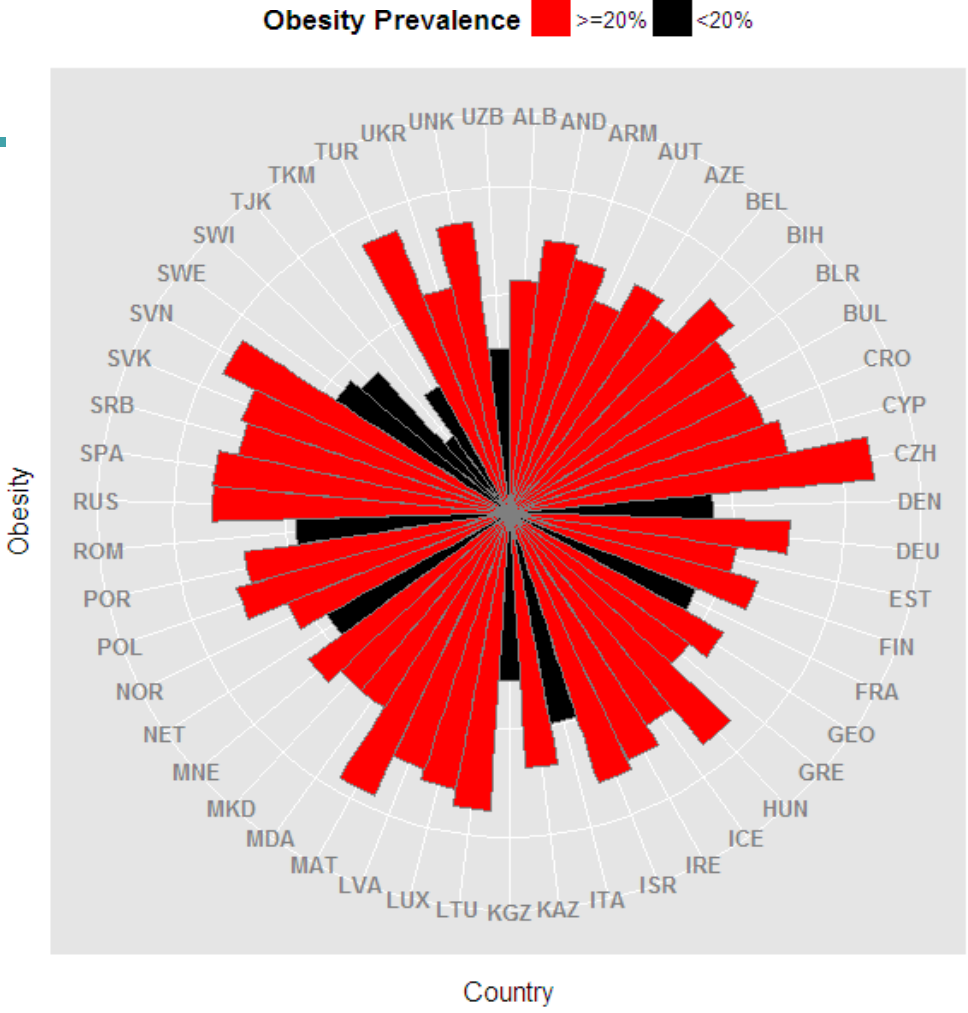
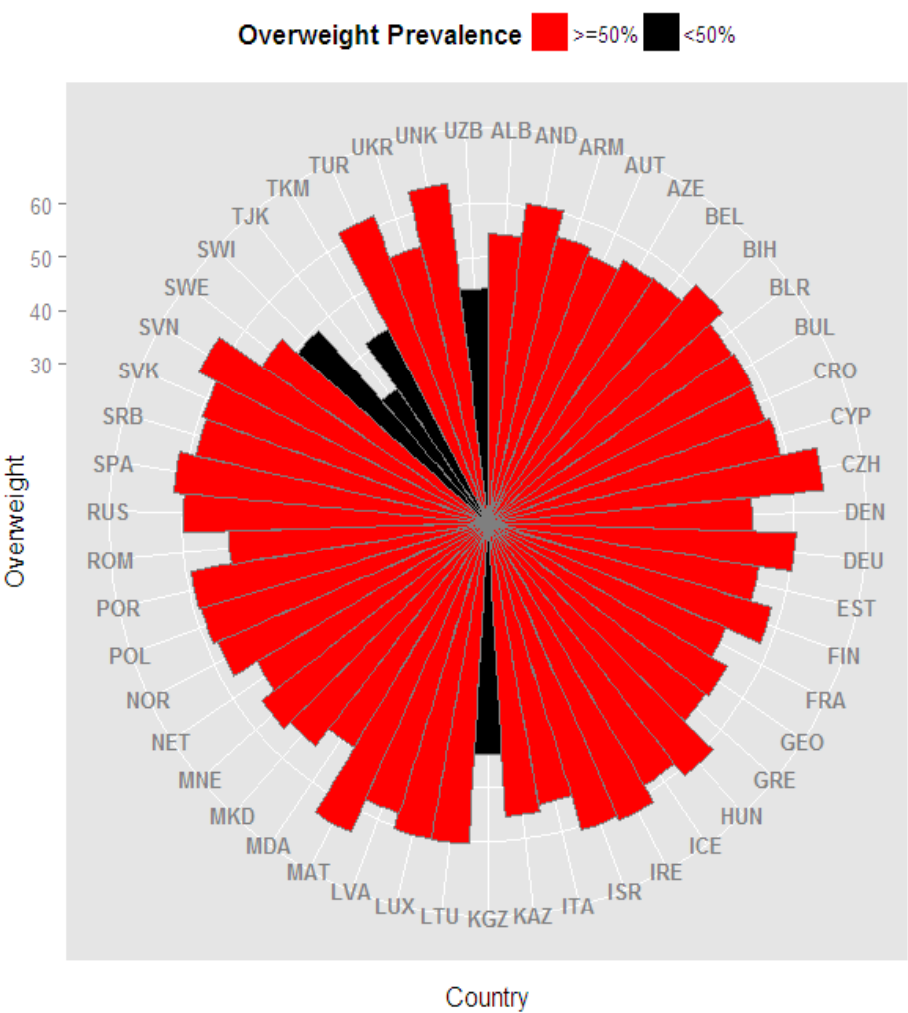


## Reducing salt intake

	No action reported	Partially or fully implemented
Countries (N)	<b>23</b>	<b>30</b>

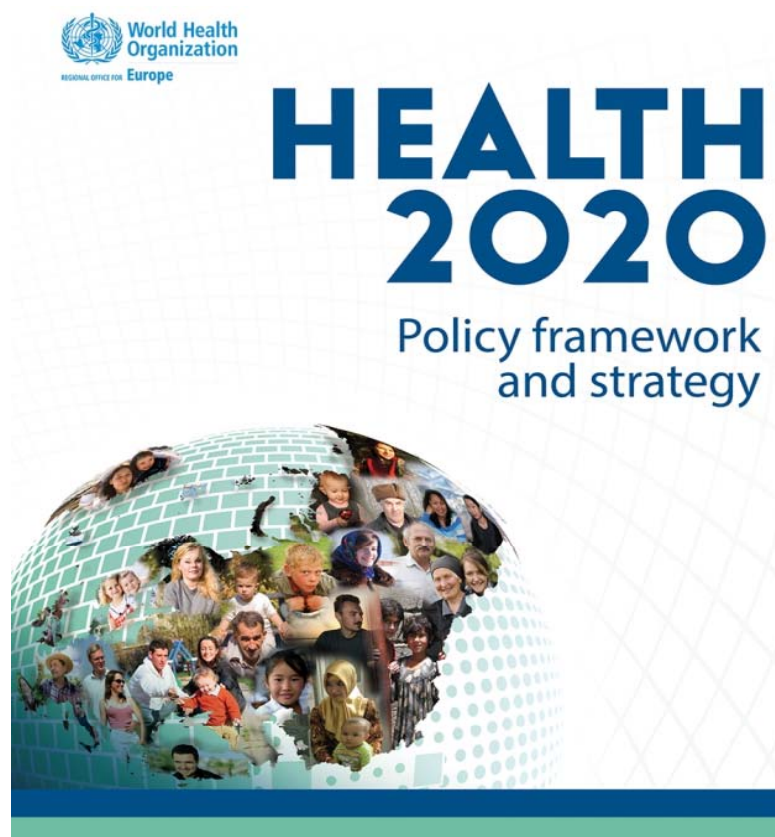


# Overweight and obesity in Europe



# Health 2020: a European policy framework supporting action across government and society for health and well-being

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# Health 2020: support for policy-making on diet, physical activity and noncommunicable diseases (NCDs)

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- **Better governance at all institutional levels**
- Sectoral policies **incorporating consideration of nutrition**, becoming **nutrition sensitive**
- **Support for a political and institutional environment** that underpins policy and practice to become sensitive and responsive to nutrition and NCDs



# Health 2020: support for policy-making on diet, physical activity and NCDs

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**Successful and sustainable improvement of nutrition for an active and healthy life requires an integrated approach:**

- creation of **an inclusive environment**;
- establishment of **intersectoral and inter-institutional bodies at a high political level**;
- **leadership**;
- involved partners who **define explicit objectives and modalities of collaboration**; and
- **an interdisciplinary communication system.**

# Health 2020: support for policy-making on diet, physical activity and NCDs and NCDs

- Focus on equity and the social determinants of health
- Life-course approach
- Set of implementation indicators
- Cost-effective interventions
- Targets aligned with the global monitoring framework
- Health-related fiscal and price measures



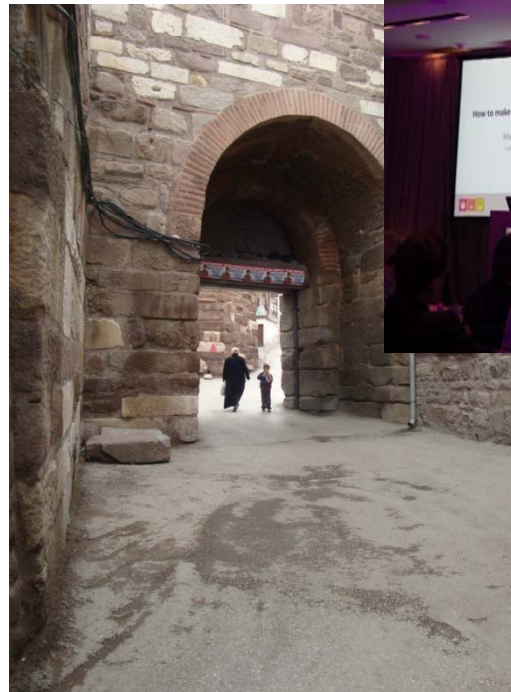
# Paving the way for a new set of WHO European policies on nutrition and physical activity

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- Governance and intersectoral action for food and nutrition systems
- Life-course approach to nutrition, physical activity and NCDs
- Inequalities in nutrition, obesity and NCDs

# Consultation process

- Technical
- “Senator group”



Israel

Turkey

# Consultation process

- Political consultation
- Stakeholder interaction





# WHO European Ministerial Conference on Nutrition and Noncommunicable Diseases in the Context of Health 2020

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