

# NorWHO 2017

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The double burden of malnutrition in low and middle-income countries in Africa and the Middle Eastern Region

Sponsors: Nigeria, South Africa, Sudan, Uganda

Signatories: Lebanon, DRC, Uganda, Zambia

Seals of approval: Red Cross, Unicef

Education, NCDs, food waste and emergency solidarity

Sponsors: Iran, Kingdom of Saudi Arabia, Qatar

Signatories: USA, Japan; UK, Denmark, Nigeria, South Africa

Seals: Novartis, Red Cross, Unicef

Working Paper: Obesity

Sponsors: USA, Japan, India

Signatories: Mexico, Peru, Costa Rica, Australia, Vietnam

Seals of approval:

Working Paper : Policies at The Workplace

Sponsors: Costa Rica, Australia

Signatories: India, USA

Seals of approval:

Working paper on undernutrition

Sponsors: Vietnam, India

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Seals of approval:

Working Paper on NCDs

Sponsors: Japan, Costa Rica, USA)

Signatories:

Seals of approval: Novartis

Working Paper: International Development & Cooperation

Sponsors: Australia, Indonesia

Signatories: India, USA, Costa Rica

Seals of Approval:

EURO REGION :

Sponsors everyone

Seal of approval: Novartis

## Preambulatory Clauses

*Reaffirming* the Rome Declaration on Nutrition as well as the Framework for Action endorsed at the Second International Conference on Nutrition (Rome, 19–21 November 2014),

*Recalling* SDG 1,2,3 and 17, as well as other relevant international targets and action plans, including the WHO 2025 Global Nutrition Targets and the WHO Global Action Plan for the Prevention and Control of Noncommunicable Diseases 2013-2020,

*Having devoted attention* to the commitments made to the “United Nations Decade of Action on Nutrition (2016–2025)”, developed according to the mandate given by the UN General Assembly in Resolution 70/259,

*Taking into account* the World Health Assembly Resolution 69/8 (2016), titled “Report of the Commission on Ending Childhood Obesity”, and the comprehensive implementation plan on maternal, infant and child nutrition, endorsed by the World Health Assembly in Resolution 65.6 (2012),

*Solemnly affirms* that trade and investment policies are key elements in achieving availability and access to a safe and nutritious food supply, thereby reaffirming the 1996 Rome Declaration on World Food Security stating Member States are to refrain from unilateral measures not in accordance with the international law and the Charter of the United Nations and that endanger food security and nutrition,

*Taking into account* the need to reach relevant sustainable development goals, in particular SDG 1, 2, 3, and 17, in the agenda for Sustainable Development by 2030. In particular, noting the importance of reaching SDG 2, which aims to end hunger, achieve good security and improved nutrition and promote sustainable agriculture, and SDG 3, which holds the purpose of ensuring healthy lives and promoting well-being for all at all ages.

*Having devoted attention* to the WHO Physical Activity Strategy for Europe 2016-2025, and convinced by the multi-faceted benefits physical activity has towards health promotion and disease prevention, particularly amongst children and adolescents,

*Keeping in mind* that in order to solve the food crisis mainly characterized by undernutrition in low and middle income countries, short term as well as sustainable solutions are needed including; high-quality education and health promotion to understand the relationship between food and health; the implementation of state policies concerning malnutrition to suit their respective cultural profile and logistics,

*Deeply concerned* that the double burden of malnutrition is affecting the overall health of people in all nations, especially women and children, even though the nature and degree of severity is different in each country,

## Malnutrition

*Acknowledging* the multidimensional impact of malnutrition, in all its forms, including undernutrition, micronutrient deficiencies, overweight and obesity, on health and wellbeing, but also the serious and lasting developmental, economic and social determinants of this global burden for communities and for countries,

*Further recalling* the commitment to eradicate all forms of malnutrition worldwide, specifically addressing the need to protect pregnant women and children under 5 years of age from malnutrition, in particular micronutrient deficiencies,

## Adult and Childhood Obesity

*Convinced* obesity as a result of overnutrition as well as micronutrient malnutrition could have dramatic long term effects on the health and well-being of the global population,

*Noting with deep concern* the double burden of obesity is increasingly becoming an issue in developing countries as well,

*Fully aware* all nations are affected by the consequences of malnutrition and concluding immediate preventive action is advisable, both to avert further rise of obesity and to change dietary habits of the population to be in line with a carefully considered agricultural scheme drawn up within the scope of the other SDG's such as sustainable production and the conservation of marine resources,

*Deeply conscious* of the importance of the increasing burden of obesity in developed and developing countries as well and its consequences on health in the form of NCDs,

*Aware* of the fact that obesity has affected both urban and rural areas; the fundamental causes of this include socio-economic gradients and varying degrees of education,

*Emphasizing* the importance of exclusive breastfeeding on the prevention of undernutrition and childhood obesity later on in life, in line with WHO recommendations,

*Calling* for collaboration between governments and the food industry to effectively reduce levels of added sugar, salt and saturated fat in the food production process,

### Undernutrition

*Taking into account* certain nations still face the problems of sanitation, food insecurity and inadequate health services as the underlying cause of undernutrition,

### Non-Communicable Diseases

*Confirms* that early interventions combatting NCDs significantly reduce financial burdens in the future,

### Food Waste

*Deeply regretting* the food waste happening in many countries,

### Infrastructure

*Acknowledging that* well-developed infrastructure is fundamental for access to a healthy diet, the development of a public health system and national food security, to fight the grave health consequences of malnutrition,

### Climate Change and Natural Disasters

*Fully alarmed* that natural disasters as well as deforestation and desertification – caused by climate change and human activities – have affected the lives of millions of people and pose major challenges to the development of sustainable solutions for malnutrition,

### Education

*Appreciating* previous financial and educational aid programmes from high income countries, supranational organizations, industry and NGO's,

### War and Conflict

*Deeply disturbed* by war, conflict and migration in many regions prevent the establishment of a robust infrastructure, economic stability, maintaining acceptable levels of health care, and globally challenges attainment of the sustainable development goals,

### National Policies

*Bearing in mind* that empowering the communities through government-driven initiatives is an excellent way to raise healthcare and nutrition awareness on the long-term,

*Regretting* that reported corruption and inappropriate governance have been a great barrier to combating malnutrition,

*Aware* of the insufficient Health Information-Collection System hindering the correct interpretation of data in the sub-Saharan countries,

*Keeping in mind* the importance of evidence-based interventions, health programs, and the relevance of monitoring and evaluating the interventions addressing malnutrition on a population level,

*Having examined* the increase in urban populations from rural areas seeking salient job opportunities, in particular the prominent number of women,

*Convinced* in the opportunity and responsibility employers have to help improve the health of their workforce, in accordance with the “WHO Policy for Healthy Workplaces: A Model for Action”.

*Realizing* the importance and difficulties of changing current legislation regarding food marketing and advertising;

## Operative Clauses

### Malnutrition

#### Adult + Childhood Obesity

1. Concerning the role of education in the aim of tackling obesity of children and adults:

1. *Urges* all WHO member states to implement healthy food guidelines in schools. These should include a maximum of calorie and fat content as well as the mandatory inclusion of sustainably produced fruits and vegetables in the diet;
2. *Encourages* all WHO member states to apply a minimum of 1 hour per week of physical activity for all school children, boys and girls included;
3. *Recommends* all WHO member states to integrate nutrition classes in primary schools thereby giving young adults a possibility of making healthy meals;
4. *Further requests* that all member states set up awareness campaigns for adults about healthy diets;

2. *Encourages* action to prevent and treat childhood overweight and obesity, by measures including but not limited to;

1. Programs by local actors such as sports and youth clubs to encourage young citizens to be more active in physical activities,
2. City planning focused on improving the environment to invite citizens to be more physically active,
3. Restriction of advertisement that promotes unhealthy living for children,
4. Communication networks between school administrations, general practitioners and parents;

3. *Further recommends* the authorities to place monetary incentives on the implementation of national food guidelines in schools;

4. *Recommends* NGOs and private sectors to promote programmes in rural areas improving food distribution and school feeding;

5. *Encourages* individual member states to keep track and collect comprehensive data regarding malnutrition in their countries in order to understand the issue and how it affects the specific member state;

#### Undernutrition

6. *Requests* the immediate improvement of sewage and water filtration systems to areas lacking hygienic access to water and sewage facilities, calling upon NGOs and the corporate sector to provide assistance;

7. *Recommends* improvements to current food production and consumption practices, focusing on increasing nutrient content via fortification programmes as well as focusing on the production of micronutrient-rich food;

8. *Further recommends* the Implementation of Municipal and Health Service strategies/policies with the aim of promoting healthy behaviours in families;

#### Non-Communicable Diseases (NCDs)

9. Regarding the importance of diagnosing NCDs in an early stage of disease:

1. *Supports* all member states' efforts in investigating NCDs with human capacity and primary health care facilities;
2. *Further recommends* all member states to acknowledge the importance of early diagnosis, in efforts to change the course of disease;

10. *Calls for* the need to implement screening programmes for NCDs, as this would curb avoidable consequences;

11. *Fully aware* of the consequences of the demographic transition that many Member States are facing, thereby acknowledging the vulnerable position of the elderly in relation to malnutrition and NCD's;

12. *Calls upon* Member States to take action concerning the long-term health consequences associated with overnutrition, and the prevention and treatment of nutrition-related NCDs, by interventions including but not limited to:

1. Programs enhancing self-care by encouraging community involvement in the prevention and control of noncommunicable diseases,
2. Programs focused on reducing alcohol consumption and tobacco use,
3. Investment in infrastructure for screening and treatment of diseases;

#### Food Waste

13. Regarding the elimination of food waste;

1. *Expresses the hope* that all member states will develop programmes intending to eliminate food waste from points of sale and food processing enterprises;
2. *Encourages* all member states with unavoidable food waste to lower prices on foods about to expire;

### Food Fortifiers

14. Regarding food fortifiers:

1. Recommends the use of food fortification as a tool to increase variation in diet and supplementing common deficiencies such as vitamin A and iron deficiency; prevent nutritional deficiencies granted that sufficient evidence exists for intervention, furthermore calling upon Member States and relevant international bodies to continuously evaluate the effectiveness and impact of implemented food fortification policies;
2. *Suggests* the use of fortified crops accordingly whilst maintaining the genetic diversity of seeds, cultivated plants and farmed and domesticated animals;

### Infrastructure

15. Regarding infrastructure:

1. *Calls for* member states to set short and long term strategies to increase investment internationally in rural infrastructure, increasing the agricultural production capacity and ensuring a higher degree of food accessibility and security for all;
2. *Recommends* member states to develop keeping in mind the importance of this information in non-governmental development programs; national information systems;

### Climate Change and Natural Disasters

16. *Fully aware* that factors contributing to malnutrition include the new and emerging challenge of climate change, thereby affirming commitments to the Paris Agreement, entered into force on 04/11/2016, by:

1. Emphasizing the intrinsic relationship that climate change actions, responses and impacts have with equitable access to sustainable development and eradication of poverty,
2. Recognizing the fundamental priority of safeguarding food security and ending hunger, and the particular vulnerabilities of food production systems to the adverse impacts of climate change;

17. Regarding climate change and natural disasters:

1. *Endorses* the necessary efforts to manage forests, combat deforestation and ensure the conservation, restoration and sustainable use of terrestrial and inland freshwater ecosystems and their services, in particular forests, wetlands, mountains and drylands, in line with obligations under international agreements;

2. *Enhances* global support for efforts to combat poaching and trafficking of protected species, including by increasing the capacity of local communities to pursue sustainable livelihood opportunities;

## Agriculture

18. Regarding to sustainable agriculture:

1. *Encourages caution* in the usage of pesticides and other toxic chemicals in agriculture and the usage of antibiotics and steroids in livestock farming, with regards to human health and antibiotic resistance,
2. Draws the attention to the importance of providing safe and fair working conditions to farm workers,
3. *Calls for* Member States to take actions that promote self-sufficiency in relation to agriculture and food supply, thereby taking into account both quantity and nutritious value of national food production,
4. *Recommends* the governments to make policies for innovative financing solutions for malnutrition, such as tax exemptions and redirections to promote food industries that support healthy living;

19. Recommends educating farmers on the use of new sustainable farming methods;

## Education

20. Regarding education:

1. *Calls upon* member states to put in place reliable educational systems to raise awareness on the importance of nutrition and its role in promoting health, including the effects of overweight, such as obesity and non-communicable diseases;
2. *Notes the importance of* a community-based approach to education and other intervention programmes in international cooperation for effective and sustainable outcomes with both undernutrition and obesity, using the same approaches but with different elements and targets;
3. *Recommends* that all member states make efforts to ensure that women have equal access to fair paid work, education, property, and maternal care;
4. *Emphasizes* the importance of breastfeeding awareness in fighting malnutrition globally;

21. Recommends that “Nutrition” be added to the curriculum of health workers in the field of maternal and childhood health;

## War and Conflict

22. Regarding war and conflict:

1. *Condemns* all forms of violence and related death rates everywhere, especially against women and children;
2. *Further proclaims*, by 2030, to significantly reduce illicit financial and arms flows, strengthen the recovery and return of stolen assets and combat all forms of organized crime;
3. *Further proclaims* the development of effective, accountable and transparent institutions and responsive, inclusive, participatory and representative decision-making at all levels;

## Poverty

23. Regarding poverty:

1. *Urges* member states to support the implementation of programmes and policies to end poverty in all its dimensions, keeping in mind the cultural, political, and economic background of their respective countries;
2. *Emphasizes* that family planning plays an important role in combatting poverty;
3. *Supports* helping member states in the fight against communicable diseases such as HIV, which hinder progress made on malnutrition;

## International Development and Cooperation

24. *Calls upon* all WHO Member States to tackle low rates of exclusive breastfeeding in their nations and to collaborate in creating a strong international multi-media presence in support of correct breastfeeding practices, in accordance with WHO recommendations.

## Policies

25. *Urges* implementation of national strategic plans regarding management of malnutrition and its prevention in the future, based on evidence relevant to each member state;

26. *Calls for* national guidelines to be implemented and monitored in relation to prevention of the double burden of malnutrition, thereby emphasizing the Guiding Principles of the United Nations Decade of Action on Nutrition (2016–2025), Resolution 70/259, stating the Nutrition Decade is country-owned and country driven;

27. *Requests* that Member States ensure access to health services and financial risk protection for all people, including marginalized and vulnerable groups, such as the elderly, the pregnant, and lactating women, adolescent girls, children and refugees;

28. *Urging* all Member States to condemn restrictive measures that go against the 1996 Rome Declaration on World Food Security and that do not apply recommendations from a competent international organ, meaning the United Nations Security Council;

29. *Recommends* employers improve access to nutritious foods in accordance with national guidelines, including but not limited to: fruits, vegetables, and high fiber foods;

30. *Encourages* the development of a supportive workplace breastfeeding environment to enable mothers to exclusively breastfeed for 6 months; measures would include:

1. considering flexible working hours,
2. allowance of paid breaks,
3. implementation and extension of paid maternity leave,
4. breastfeeding rooms/facilities;

31. *Further requests* employers improve access to physical activity opportunities during the workday, suggesting the creation of recreational areas, support of active transportation, and financial incentives/subsidies towards external fitness endeavours;

32. *Recommends* member states to implement national guidelines that concern:

1. Micronutrient deficiencies, in particular deficiencies of vitamin A, iron and iodine,
2. Folic acid and iron supplementation in relation to pregnancies,
3. Reduction of saturated fat, trans fatty acids, salt and sugar and regulation of portion size in national diets,
4. Addressing the specific needs of lactating and pregnant women, thereby promoting the act of breastfeeding.