



Food and Agriculture
Organization of the
United Nations



Best practices addressing nutrition issues

Europe and Central Asia

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- **Support governments and development agencies to coordinate their activities to improve food systems**, and develop agriculture, forestry, fisheries, and land and water resources **to provide healthy diets for all.**
 - 17 Programme Countries
- ***CROSS-CUTTING REGIONAL PROGRAMME PRIORITY ON FOOD SECURITY AND NUTRITION***



Empowering smallholders, family farms and youth through inclusive rural transformation, digitalization and innovation

Transforming food systems and facilitating market access and integration



Managing natural resources sustainably and preserving biodiversity in a changing climate

Gender

Statistics

Nutrition

Governance

Climate Change



Nutrition challenges in the region

Overweight, obesity

- The prevalence of adult obesity is higher than the world average (>20%)

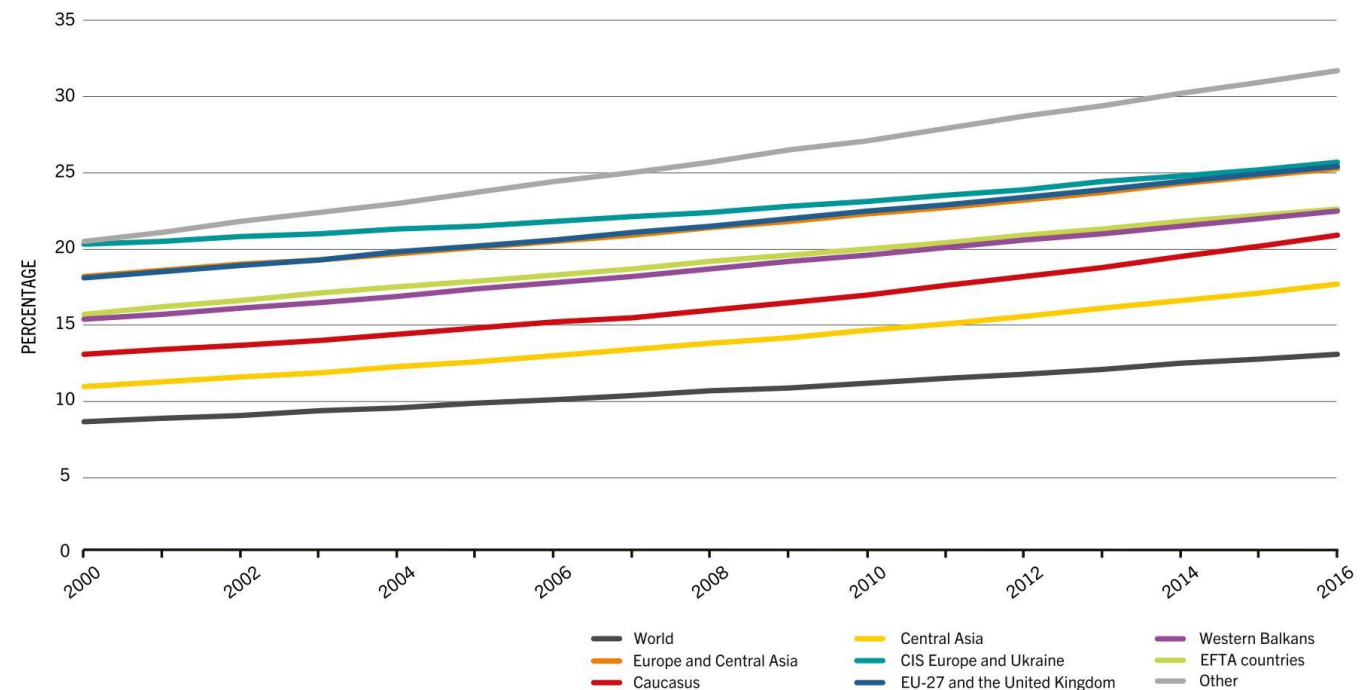
Access to quality and nutritious foods

Micronutrient deficiencies (anaemia, iodine)

Diet-related non-communicable diseases

FIGURE 16

Prevalence of obesity among adults by subregion



Source: Adapted from WHO. 2020. Global Health Observatory (GHO) data repository. In: WHO. [Cited 28 April 2020].

<https://apps.who.int/gho/data/node.main.A900A?lang=en>

Download: <https://doi.org/10.4060/cc8608en-fig16>





Sustainable Food Systems – good for human and planetary health

COUNTRY CONTEXT

Major drivers of food insecurity and malnutrition:

- conflict
- climate variability and extremes
- economic slowdowns and downturns
- unaffordability of healthy diets

→ underlying poverty and inequality

One or more possible pathways towards transformation of food systems:

1 Integrating humanitarian, development and peacebuilding policies in conflict-affected areas

2 Scaling up climate resilience across food systems

3 Strengthening resilience of the most vulnerable to economic adversity

4 Intervening along the food supply chains to lower the cost of nutritious foods

5 Tackling poverty and structural inequalities, ensuring interventions are pro-poor and inclusive

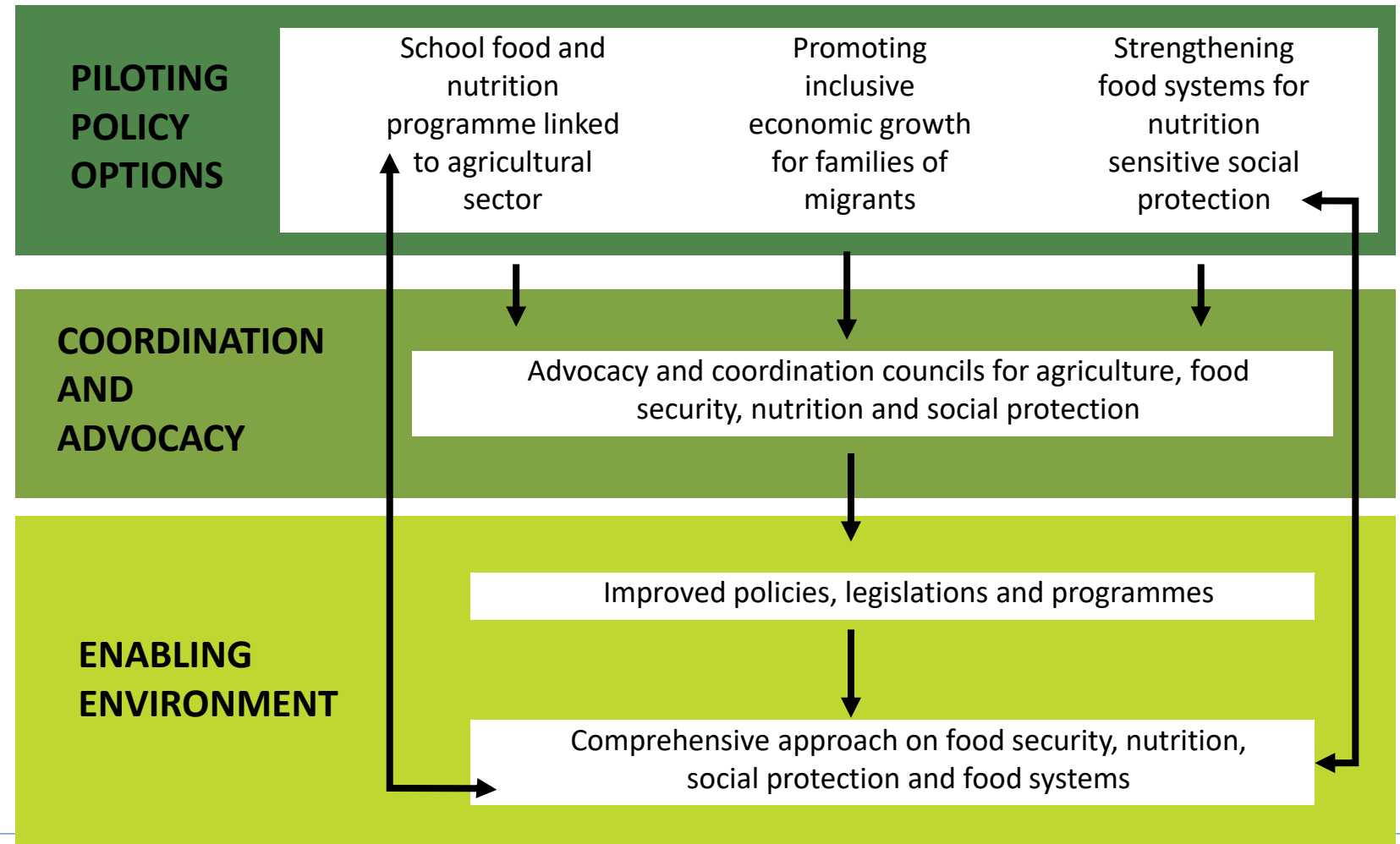
6 Strengthening food environments and changing consumer behaviour to promote dietary patterns with positive impacts on human health and the environment

Transformation of food systems for food security, improved nutrition and access to affordable healthy diets for all





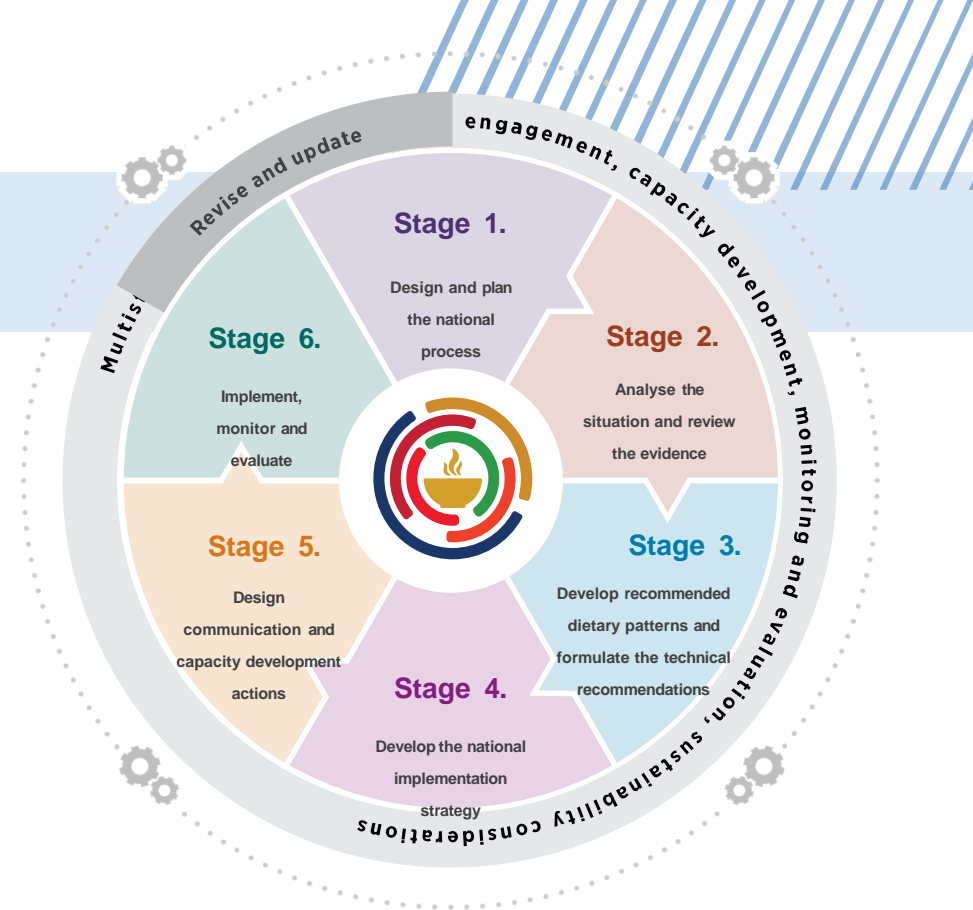
Regional: Strengthening Food Security and Nutrition (Armenia, Kyrgyzstan, Tajikistan)





Montenegro – on the way towards Food System Based Dietary Guideline FSBDGs (2023)

- Multi-ministerial involvement, lead by Ministry of Health, and Public Health Institute, applying *FAO Methodology*
- Result: *Situation analysis and evidence review (SAER)*
 - an overview of policies, programs, priority health and nutrition issues and a targeted food system analysis.
- *Policy brief* to inform Ministries on potential use of FSBDGs



- Regional webinar
- 2 national workshops
- TTT meetings



Türkiye – Food Literacy Strategy and Action Plan (2022)

Ministry of Agriculture and Forestry developed the strategy to improve food literacy to enable consumers to navigate in the food system and make informed decisions

- *Food literacy = Inter-related knowledge, skills and behaviors required to plan, manage, select, prepare and eat food to meet needs.*

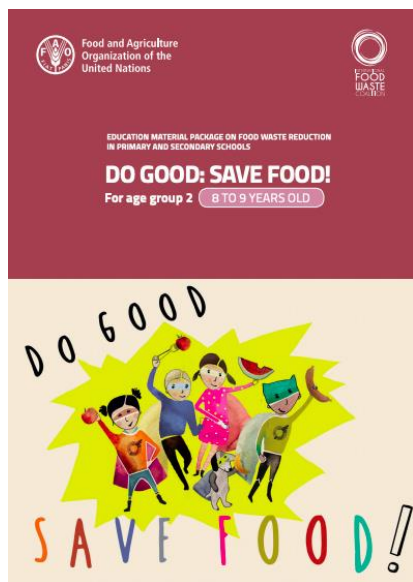
Results:

- National multisectoral strategy on food literacy, 2022
- Supported by capacity building, awareness raising materials





Do good: Save food! Educational programme for children



The adaptation and dissemination of educational materials in: **Albania, Croatia, Hungary, Lithuania, Portugal, Turkey, and Ukraine.**

Launch planned in **Romania and in the Central Asian countries.**



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 - Budapest, Hungary
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