

**Did you know?** You can now visit the *Sight and Life* website [www.sightandlife.org](http://www.sightandlife.org) on a regular basis to get the latest news about what is happening in the field of nutrition. You can also follow us on **Facebook**, **Twitter** and **Instagram @sightandlife**.

## The State of Food Security and Nutrition in the World



The State of Food Security and Nutrition in the World (SOFI) Report is an annual flagship report jointly prepared by FAO, IFAD, UNICEF, WFP and WHO to inform on progress towards ending hunger, achieving food security and improving nutrition and to provide in-depth analysis of key challenges for achieving this goal in the context of the 2030 Agenda for Sustainable Development. The report targets a wide audience, including policymakers, international organizations, academic institutions and the general public. This year's edition is entitled Building Climate Resilience for Food Security and Nutrition.

According to the report, new evidence continues to signal that the number of hungry people in the world is growing, reaching 821 million in 2017, or one in every nine people. Hunger has been on the rise over the past three years, reverting to levels from a decade ago. The situation is worsening in South America and most regions of Africa, while the decreas-

ing trend in undernourishment that characterized Asia seems to be slowing down significantly.

**“The report also reveals that climate variability and climate extremes are among the key drivers behind the rise in hunger”**

Analysis in the report also reveals that climate variability affecting rainfall patterns and agricultural seasons, along with climate extremes such as droughts and floods, are among the key drivers behind the rise in hunger, together with conflict and economic slowdowns.

Additionally, limited progress is also being made in addressing the multiple forms of malnutrition, ranging from child stunting to adult obesity, putting the health of hundreds of millions of people at risk.

All in all, the report calls for implementing and scaling up interventions aimed at guaranteeing access to nutritious foods and breaking the intergenerational cycle of malnutrition. Policies must pay special attention to groups that are the most vulnerable to the harmful consequences of poor food access: infants, children aged under five, school-aged children, adolescent girls and women.

At the same time, a sustainable shift must be made towards nutrition-sensitive agriculture and food systems that can provide safe and high-quality food for all. The report also calls for greater efforts to build climate resilience through policies that promote climate change adaptation and mitigation, and disaster risk reduction.

The publication can be read here:

[www.fao.org/3/I9553EN/i9553en.pdf](http://www.fao.org/3/I9553EN/i9553en.pdf)

“If we are to achieve a world without hunger and malnutrition in all its forms by 2030, it is imperative that we accelerate and scale up actions to strengthen the resilience and adaptive capacity of food systems and people’s livelihoods in response to climate variability and extremes”

*Heads of the FAO, IFAD, UNICEF, WFP, and WHO*

## Did You Know?

- > The number of undernourished people in the world has been on the rise since 2014, reaching an estimated 821 million in 2017.
- > Short on time? Have a look at the key messages of the report here: [www.fao.org/3/CA1355en/CA1355en.pdf](http://www.fao.org/3/CA1355en/CA1355en.pdf)

## UNSCN News 43

Advancing equity, equality, and non-discrimination in food systems: Pathways to reform



The theme for this year underscores UNSCN’s dedication to working to its strengths and bringing added value, as set out in the organization’s strategic plan. It is universal (not limited to specific groups of countries), rights-based, focused on the UN system, intent on tackling all forms of malnutrition, determined to promote intersectoral analysis and

action, and alert to global issues that are relevant at country level.

This issue of UNSCN News brings together a number of papers that address questions of equity and non-discrimination in food systems. Together, they illustrate the usefulness of such a politico-economic approach. They identify several problems: the persistence of inequalities, the continued concentration of power, and the delay in reforms. However, they also point to many solutions that lie in the hands of both politicians and social actors.

### The papers in this edition examine:

- > Political economies as gears to unlock healthy and sustainable food systems

- > Food environments that help shape positive food choices and lifestyles



- > Production methods that support the availability of nutritious diets  
 .....
- > Ways to improve the collection and curation of disaggregated data to shed light on inequalities  
 .....
- > Evolving cultural norms to effect nutritional intake at household level  
 .....
- > Children's rights-based approaches to promote more effective obesity- and noncommunicable disease-prevention strategies  
 .....
- > Solutions that take full advantage of innovation and technology to close the gender gap  
 .....
- > Methods for the international nutrition research to extend and deepen its treatment of equity issues  
 .....
- > International instruments to more systematically underpin efforts aimed at bettering nutrition

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 You can read the full report here:

[www.unscn.org/uploads/web/news/UNSCN-News43-WEB.pdf](http://www.unscn.org/uploads/web/news/UNSCN-News43-WEB.pdf)

## Did You Know?

- > UNSCN News is a periodic review of developments in international nutrition compiled by UNSCN from a variety of sources of information.
- > The UNSCN's resource center is a database of nutrition-related documents and materials where you can retrieve documents and/or links that have been recently issued (from 2010 onwards). You can access any of the documents in the archive section here:  
[www.unscn.org/archive](http://www.unscn.org/archive)

## Strengthening Nutrition Action: A resource guide for countries based on the policy recommendations of the Second International Conference on Nutrition (ICN2)



The Strengthening Nutrition Action resource guide is part of the follow-up to the Second International Conference on Nutrition (ICN2) that was held in November 2014 in Rome, Italy.

FAO and WHO have developed this resource guide to help Member States and regional and global communities to stimulate nutrition action and to consider the relevance of each of the recommended policies and actions included in the ICN2 Framework for Action. The aim is to make existing commitments more ambitious or to make additional SMART (specific, measurable, achievable, relevant and time-bound) commitments where needed. The report does so by guiding countries to translate the 60 recommended policies and actions of the voluntary ICN2 Framework for Action into more binding, concrete, country-specific commitments for action on nutrition. This process should be done according to national needs and conditions, and should be built on existing policies, strategies, programs, plans and investments in order to achieve the 10 commitments of the Rome Declaration on Nutrition.

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## “This resource guide is structured around 24 themes that form the ICN2 Framework for Action”

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The resource guide is structured around 24 themes that form the ICN2 Framework for Action (24 thematic guidance sheets). The reader is invited to pick and choose those themes that are most relevant and applicable to his or her area of work. This document is not a ‘how-to’ guide for multisectoral nutrition planning; it is a tool to support countries and other stakeholders in translating the generic ICN2 Framework for Action recommendations into concrete and SMART country commitments for action.

The report is primarily intended for policy advisors supporting government decision-makers and development partners involved in food security and nutrition policy development and implementation.

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You can download the report by visiting: [apps.who.int/iris/bitstream/handle/10665/274739/9789241550253-eng.pdf?ua=1](https://apps.who.int/iris/bitstream/handle/10665/274739/9789241550253-eng.pdf?ua=1)

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## Did You Know?

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- > The Second International Conference on Nutrition (ICN2) was a high-level intergovernmental meeting, held in November 2014 that focused global attention on addressing malnutrition in all its forms.
- > The two main outcome documents of the conference were the Rome Declaration on Nutrition and the Framework for Action, a political commitment document and a flexible policy framework, respectively.

## Goalkeepers Report 2018

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On September 24, 2018, the Bill & Melinda Gates Foundation launched the 2018 edition of the Goalkeepers Data Report, charting progress towards the SDGs against 18 indicators. This year’s report highlights ways that young people can help to

transform Africa, given the use of promising approaches in health and education. The Gates Foundation also released the results of a poll of 40,000 people around the world, finding heightened levels of optimism about the future.

The Goalkeepers initiative, launched in September 2017, uses stories, data and partnerships to highlight progress towards the Goals, hold governments accountable and foster new leadership. The initiative tracks progress using the following indicators: poverty, stunting, agriculture, maternal mortality, under-five mortality, neonatal mortality, HIV, tuberculosis, malaria, neglected tropical diseases, family planning, universal health coverage, smoking, vaccines, education, gender equality, sanitation and financial services for the poor. The Gates Foundation has committed to issuing the report every year until 2030.



You can download the publication here:

[www.gatesfoundation.org/goalkeepers/report?download=false](http://www.gatesfoundation.org/goalkeepers/report?download=false)

“Young people have enormous potential to drive growth. They are the activists, innovators, leaders and workers of the future”

*Bill & Melinda Gates, Gates Foundation*

## Did You Know?

- > Watch Bill and Melinda discuss their Goalkeepers report on National Geographic here: [bit.ly/20cb7TN](http://bit.ly/20cb7TN)
- > Gates is a key partner in the OBAASIMA project along with *Sight and Life*, DSM and GIZ. Learn more about OBAASIMA here: [bit.ly/2Db2JCP](http://bit.ly/2Db2JCP)

## Taking Action on Childhood Obesity Report



Childhood obesity is one of the most serious global public health challenges of the 21<sup>st</sup> century, affecting every country in the world. In just 40 years, the number of school-age children and adolescents with obesity has risen more than tenfold, from 11 million to 124 million (2016 estimates). In addition, an estimated 216 million were classified as overweight but not obese in 2016.

“All countries have agreed a set of global targets for halting the increase in obesity”

In response, all countries have agreed a set of global targets for halting the increase in obesity. This includes no increase in overweight among children under five, school-age children, or adolescents by 2025 (from 2010 levels). Action to reverse the epidemic is the focus of the recommendations made by the WHO Commission on Ending Childhood Obesity and is one of the main objectives of the Decade of Action on Nutrition. The epidemic has been growing most rapidly in low- and middle-income countries, particularly in Northern and Southern Africa, the Middle East and the Pacific Islands. Although most countries are still off track to meet the 2025 targets, many are taking action, and some have achieved a leveling-off in childhood obesity rates.

In this document, WHO illustrates the progress being made, with examples of actions at national level.

### Key messages:

- > While most countries are still off track to meet the target, many are taking action, and some have achieved a leveling-off in childhood obesity rates
- > Investing in children's health will help meet the global



health targets and substantially reduce the predicted health and economic costs of obesity.

**Call to action:**

1. Governments should urgently review their progress towards meeting the 2025 targets, and implement the recommendations of the Commission on Ending Childhood Obesity (ECHO):

- > Improve the environments in which children live, play and learn
- > Implement policies to support healthy food environments, for mothers, infants, and children
- > Increase policy priority to ensure safe and accessible environments for physical activity for children of all ages
- > Strengthen the measurement of food and physical activity environments and policy implementation
- > Work towards universal health coverage for all people to ensure children, adolescents, and their families have access to the obesity prevention and treatment services they need

**You can access the document here:**

[apps.who.int/iris/bitstream/handle/10665/274792/WHO-NMH-PND-ECHO-18.1-eng.pdf?ua=1](https://apps.who.int/iris/bitstream/handle/10665/274792/WHO-NMH-PND-ECHO-18.1-eng.pdf?ua=1)

## Did You Know?

- > The World Obesity Federation represents professional members of the scientific, medical, and research communities from over 50 regional and national obesity associations. Through its membership, it creates a global community of organizations dedicated to driving global efforts to reduce, prevent, and treat obesity.
- > Did you miss ECHO's (Commission on Ending Childhood Obesity) final report (2016) calling for high-level action to address major health challenges? You can access the report by visiting: [bit.ly/2B5leIu](https://bit.ly/2B5leIu)

# Noncommunicable Diseases Country Profiles 2018



At the First and Second UN High-level Meetings on Non-communicable Diseases (NCDs) in 2011 and 2014, the World Health Organization released Country Profiles highlighting the latest data on NCDs in each WHO Member State. This third set of Country Profiles provides an update on each Member State, presenting key data on NCD mortality, risk factor prevalence, national systems capacity to prevent and control NCDs, and existence of national targets based on the Global Monitoring Framework. These profiles allow Member States to track their progress towards achieving the nine global targets, to be attained by 2025.

Additionally, to address the growing burden of NCDs, WHO identified a package of 16 “best-buy” interventions that are cost-effective, affordable, feasible, and scalable in all settings. The “best buys” were first designated in 2011 and were updated in 2017 based on the latest evidence of intervention impact and costs. Implementing all 16 “best buys” in all countries between 2018 and 2025 would avoid 9.6 million premature

deaths, thus moving countries appreciably towards the NCD mortality reduction targets. The best buys for nutrition-related NCDs are described in the report (see [Table 1](#)).

For the first time, the profiles include Member State estimates of the number of lives that could be saved by 2025 by implementing the 16 WHO 'best buys.'

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**You can download the report by visiting:**

[www.who.int/nmh/publications/ncd-profiles-2018/en/](http://www.who.int/nmh/publications/ncd-profiles-2018/en/)

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## Did You Know?

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- In 2016, NCDs were responsible for 41 million of the world's 57 million deaths (71%). Fifteen million of these deaths were premature (30 to 70 years).
- The burden is greatest within low- and middle- income countries, where 78% of all NCD deaths and 85% of premature deaths occurred.

**TABLE 1:** The best buys for nutrition-related NCDs

Risk factor/disease to be addressed	Intervention	Description
Unhealthy diet	Reformulation of food	Reduce salt intake through the reformulation of food products to contain less salt and through the setting of target levels for the amount of salt in foods and meals.
	Supportive environments	Reduce salt intake through the establishment of a supportive environment in public institutions such as hospitals, schools, workplaces and nursing homes to enable lower-sodium options to be provided.
	Education	Reduce salt intake through a behavior change communication and mass-media campaign.
	Packaging	Reduce salt intake through the implementation of front-of-pack labeling.
Physical activity	Education	Implement community-wide public education and awareness campaigns for physical activity, which includes a mass-media campaign combined with other community-based education, motivational and environmental programs aimed at supporting behavioral change regarding physical activity levels.
Cardiovascular disease and diabetes	Drug therapy and counseling	Drug therapy (including glycaemic control for diabetes mellitus and control of hypertension, using a total risk approach) and counseling for individuals who have had a heart attack or stroke and for persons with high risk ( $\geq 30\%$ ) of a fatal and non-fatal cardiovascular event in the next 10 years.

# Building Momentum

## Lessons on implementing evidence-informed nutrition policy



This report is the first in a series aimed to help policymakers overcome common barriers to implementing evidence-informed nutrition policy. The implementation of evidence-based nutrition policies is essential to tackle the growing burden caused by diet-related NCDs such as cancer, heart disease and diabetes. Policymakers face increasing barriers and challenges to introducing and implementing such policies, and this research seeks to establish ways to help policymakers overcome these barriers and challenges.

Sugar-sweetened beverage (SSB) consumption promotes weight gain and contributes to rising rates of diet-related NCDs globally. Results from rigorous monitoring and evaluation research into the effects of implemented SSB taxes are encouraging policymakers across the globe to take action.

Lessons can be drawn from governments that have successfully passed and implemented, or attempted to pass, an SSB tax. This report outlines the lessons learned from those examples on:

- > what evidence is required;
- > how to design the tax;
- > how to run and sustain a public and political campaign in support of the tax;
- > how to frame the tax;
- > how best to engage with stakeholders; and
- > how to counter common arguments against the tax.

This report is primarily aimed at policymakers seeking to implement SSB taxes. It is informed by a literature review, along with interviews conducted with policymakers, advocates and academics involved in SSB tax development, advocacy and implementation around the world.

The report can be downloaded here:

[www.wcrf.org/sites/default/files/building-momentum.pdf](http://www.wcrf.org/sites/default/files/building-momentum.pdf)

**“We have had enough of the lack of action on NCDs worldwide, and SSB taxes are an indispensable and underutilized policy tool to improve public health and tackle the global NCD epidemic”**

*Katie Dain, Chief Executive Officer, NCD Alliance*

## Did You Know?

- > Sugar-sweetened beverages (SSBs) are beverages that contain added caloric sweeteners, such as sucrose, high-fructose corn syrup and fruit juice concentrates. These include, but are not limited to, carbonates, fruit beverages, sports beverages, energy and vitamin water beverages, sweetened iced tea and lemonade.
- > The following evidence table highlights the effects of implemented SSB taxes: [www.wcrf.org/sites/default/files/Building-Momentum-evidence-table-SSB-taxes.pdf](http://www.wcrf.org/sites/default/files/Building-Momentum-evidence-table-SSB-taxes.pdf)
- > The Building Momentum series will cover other nutrition policies such as front-of-pack nutrition labels and the marketing of unhealthy food and drink to children.



# Good Food is Good Business

## Opportunities driving the future of affordable nutrition



'Good Food Is Good Business' was commissioned by the Bill & Melinda Gates Foundation and developed by the Institute for the Future (ITFF). It forecasts future forces that will drive private-sector business opportunities to create more affordable, accessible, appealing and nutritious foods for lower-income consumers over the next decade. The report is aimed at four stakeholder groups: national and regional food and beverage companies, multinational food and beverage companies, innovators and input suppliers to the industry.

### How did the report come about?

The Bill & Melinda Gates Foundation and the Institute for the Future hosted a first-of-its-kind two-day summit in Singapore in March 2018 to kickstart fresh thinking about how our market-based food system can play a key role in improving the health of nutritionally vulnerable populations in low- and middle-income countries. The meeting brought together a small group of global thought leaders and experts to take a mid-to-long-term ambitious view, asking what innovations might lie just ahead on the horizon. Together, the group created an initial broad vision for designing products that are affordable, accessible, appealing and nutritious for lower-income consumers of the future.

Building on the concepts generated at the summit, five opportunity zones were identified for creating affordable and

nutritious foods in lower-income markets. These opportunity zones describe promising new pathways for addressing old problems.

**“The report explores five zones of technological innovation that will spark an affordable nutrition revolution”**

The report explores five zones of technological innovation that will spark an affordable nutrition revolution, finally making it possible for food companies to do well and drive market share – while doing good:

1. AI collaboration
2. Traditional wisdom
3. Microbiota management
4. Cellular agriculture
5. Programmable assets

## Did You Know?

- Dr Klaus Kraemer from *Sight and Life* and Mr. Gurvinder Ahluwalia from Beyond Protocol and Digital Twin Labs gave a special address on the report at the 2018 World Congress of Food Science and Technology (IUFoST) in Mumbai. To join the conversation, look up the #SALPanel Twitter hashtag.
- The Institute for the Future (ITFF) identifies emerging discontinuities that will transform global society and the global marketplace. It provides organizations with insights into business strategy, design process, innovation and social dilemmas. Its research spans from health and healthcare to technology, the workplace and human identity.

# For a world free from malnutrition.

**mobilize**  
support

We are dedicated to accelerating  
the impact of nutrition-focused  
interventions to improve lives.



*Sight and Life* is a  
nutrition think tank  
supported by DSM

