

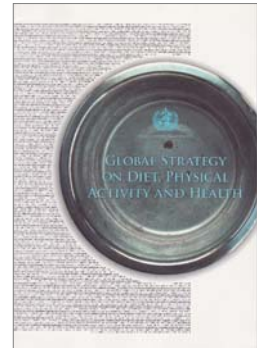
Reformulating Foods to Optimize the Consumer's Shelf-Life

Panel Presentation
Championing Public Health Nutrition
 CSPI, Ottawa ON
 October 22-23, 2008



WHO Global Strategy on Diet, Physical Activity and Health, 2004

<http://www.who.int>



Global Strategy – Four Objectives

1. **Reduce risk factors for chronic diseases** that stem from unhealthy diets and physical inactivity through public health actions.
2. **Increase awareness and understanding** of the influences of diet and physical activity on health and the positive impact of preventive interventions.
3. **Develop, strengthen and implement global, regional, national policies and action plans** to improve diets and increase physical activity that are sustainable, comprehensive and actively engage all sectors.
4. **Monitor science and promote research** on diet and physical activity.



Global Strategy – Responsibilities

Recommendations for action addressed to key stakeholders:

- WHO
 - Member states
 - International standard setting agencies
 - Civil society and nongovernmental organizations
 - Private sector
- *Bringing about changes in the dietary habits and patterns of physical activity will require the combined efforts of many stakeholders, public and private, over several decades.*
- *A combination of sound and effective actions is needed at global, regional, national and local levels, with close monitoring and evaluation of their impact.*



Global Strategy - Dietary Recommendations re foods

- Limit dietary intake of:
 - free sugars
 - fats and shift intake from saturated to unsaturated fats and towards elimination of trans fatty acids
 - salt, ensure salt is iodized
- Increase consumption of:
 - fruit and vegetables, legumes
 - whole grains
 - nuts



Reformulating Food to Optimize the Consumer's shelf Life Panel Members –

Chair: **Dr. Mary L'Abbé**, Director, Bureau of Nutritional Science, Health Canada

- **Dr. Lawrence J. Appel**, Professor of Medicine, Epidemiology and International Health (Human Nutrition), Johns Hopkins Bloomberg School of Public Health, and Chair of the Institute of Medicine's DRI panel on sodium
- **Ms. Gail Goldstein**, Deputy Director, Cardiovascular Disease Prevention and Control Program, New York City Department of Health and Mental Hygiene
- **Ms. Rosemary Hignett**, Head of Nutrition, Food Standards Agency (UK)
- **Mr. Jens Therkel Jensen**, Deputy Head of Nutrition Division, Danish Veterinary and Food Administration, Ministry of Food, Agriculture and Fisheries, Denmark

