

Micronutrients

UK data NDNS Wales

- folate, vitamin D, calcium, iron and iodine to be amongst the micronutrients of most concern for particular subgroups of the UK population
- most vulnerable to inadequate intakes of these micronutrients include adolescents, ethnic minorities and lower socio-economic groups. Teenage girls and women of childbearing age are of particular concern because of their high requirements for some micronutrients and the impact poor micronutrient intakes can have on the health of their offspring

Sum up

- Imbalanced or inadequate dietary intakes
- Not meeting recommendations
- Continued risk for NCD and ill health
- Current Policy will continue to need strengthening and become more important
- Evidenced based public health interventions

TOWARDS SUSTAINABLE GROWTH:

An Action Plan for the Food and
Drink Industry 2014-2020



Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk



BYNTO A CIDD CYMRU
FOOD AND DRINK WALES



Health Policy in Wales

Together for Health - Our Vision for the Welsh NHS in 2016

Health will be better for everyone in Wales

- more children will have a good start in life
- the gap between those with best and worst health will narrow
- obesity, smoking, and drug and alcohol abuse will level off and fall
- people will be enjoying more years of high quality life

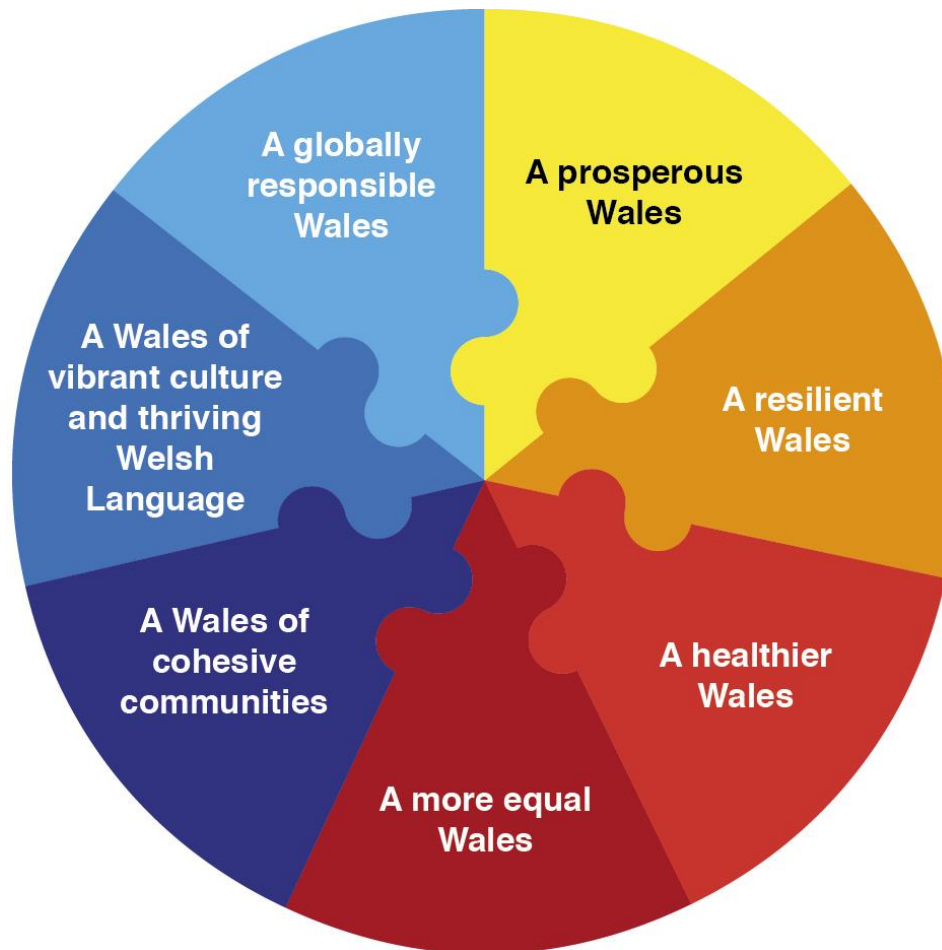
Health Legislation in Wales

- The Wellbeing of Future Generations Bill will set ambitious, long-term goals to reflect the Wales we want to see, both now and in the future.



Well-being

goals



Economic, social, environmental and cultural well-being of Wales

The case for investing in public health

- Economic benefits
- Health benefits

Policy actions to improve nutrition

- Legislation and policy impacting on the food environment
 - Nutrition labelling and regulation
 - Public institution and specific settings, healthy environments and nutrition standards
 - Food advertising restriction
 - Improve nutritional quality of food supply: procurement specification, food fortification, sustainability
 - Healthy retail and service environment through incentives
 - Affordability and access

Policy actions to improve nutrition

- Impacts on behaviour

Increase public awareness, nutrition education and skills , nutrition advice and counselling support, food literacy

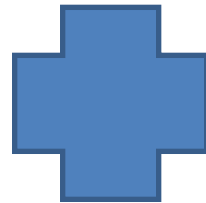
Shift emphasis and continue current approach

Food groups
less fat, sugar,
salt, more fibre

Sustainable diets

Food fortification

Food labelling

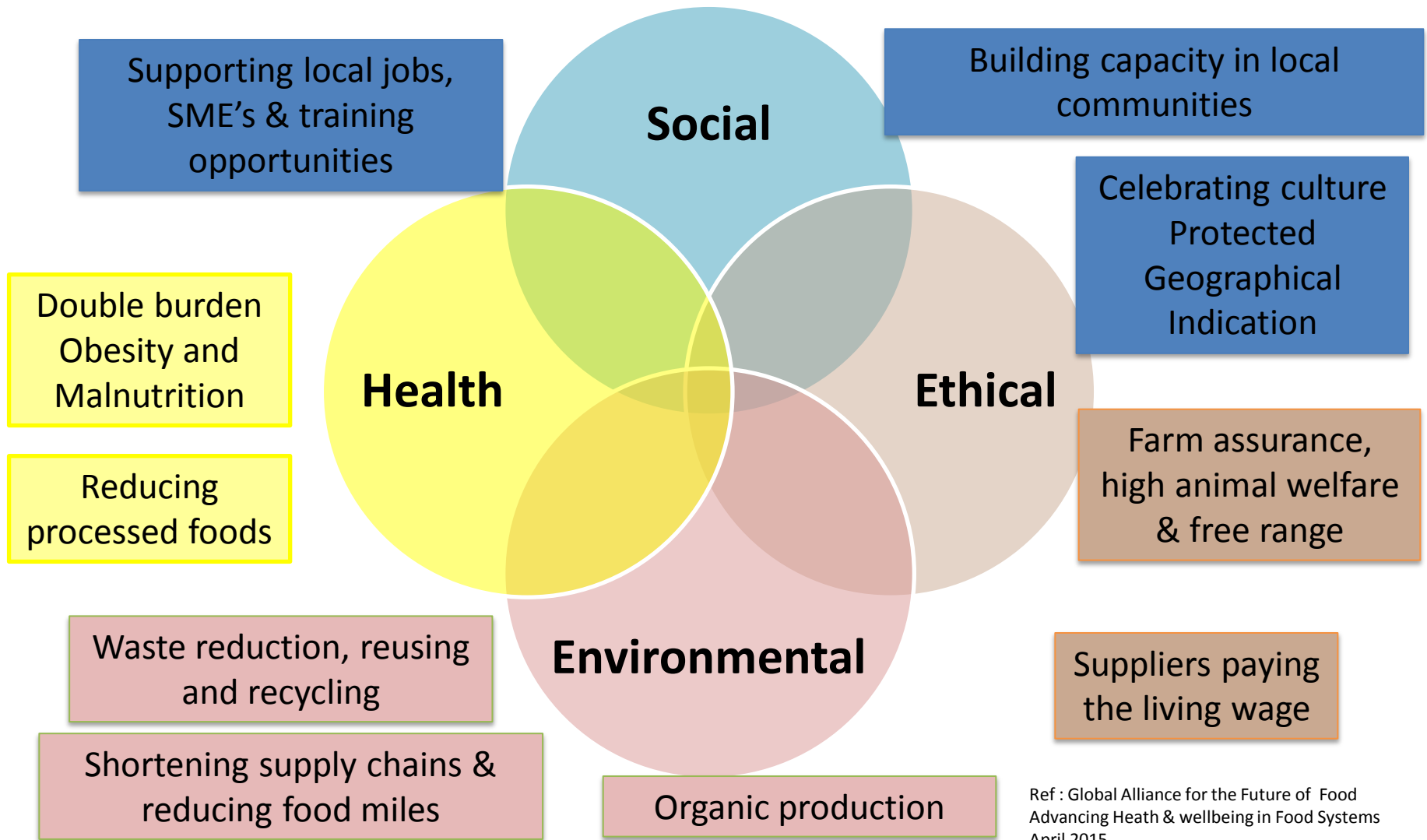


Nutrient density

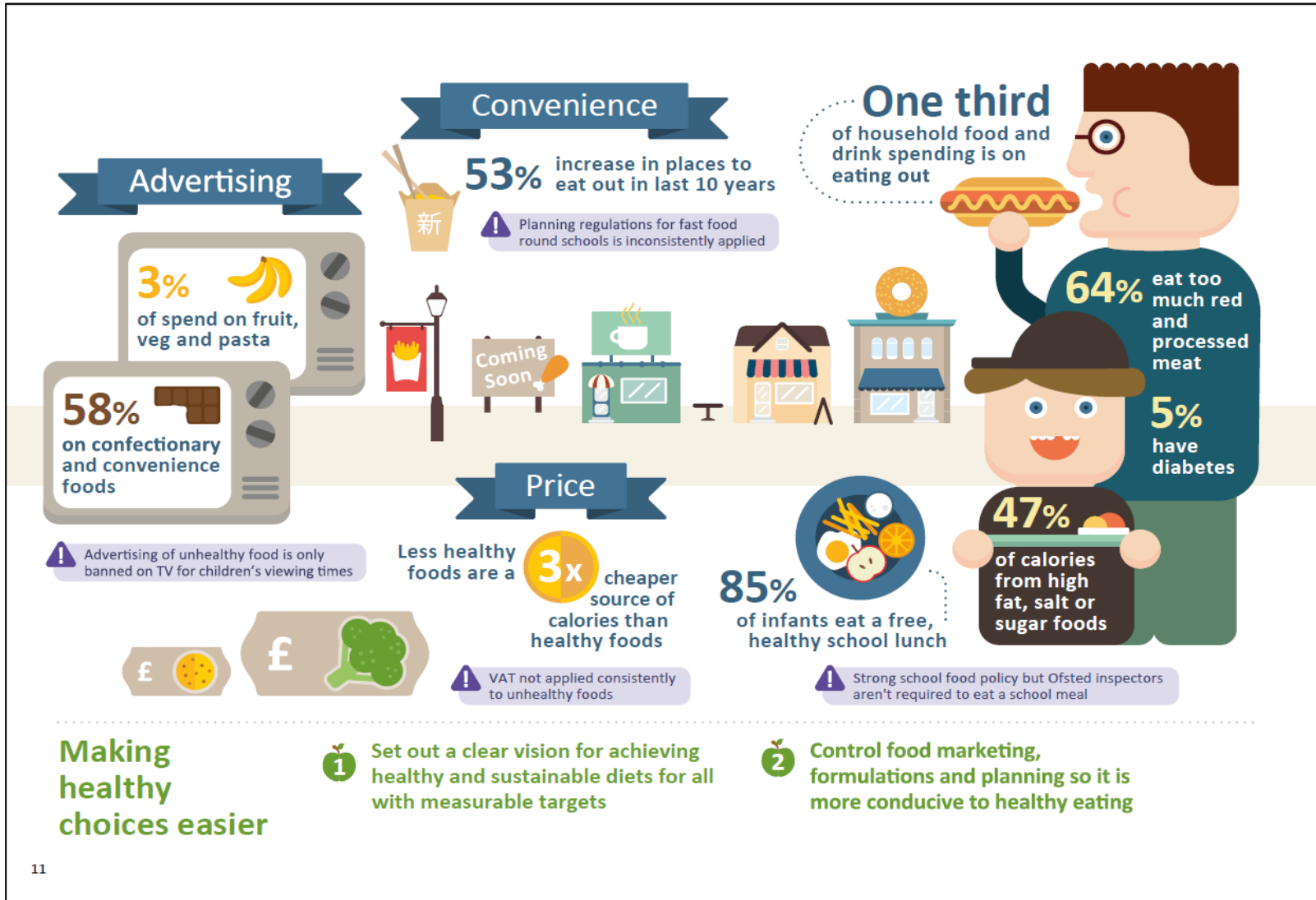
Nutrition
standards

Food security and
affordability

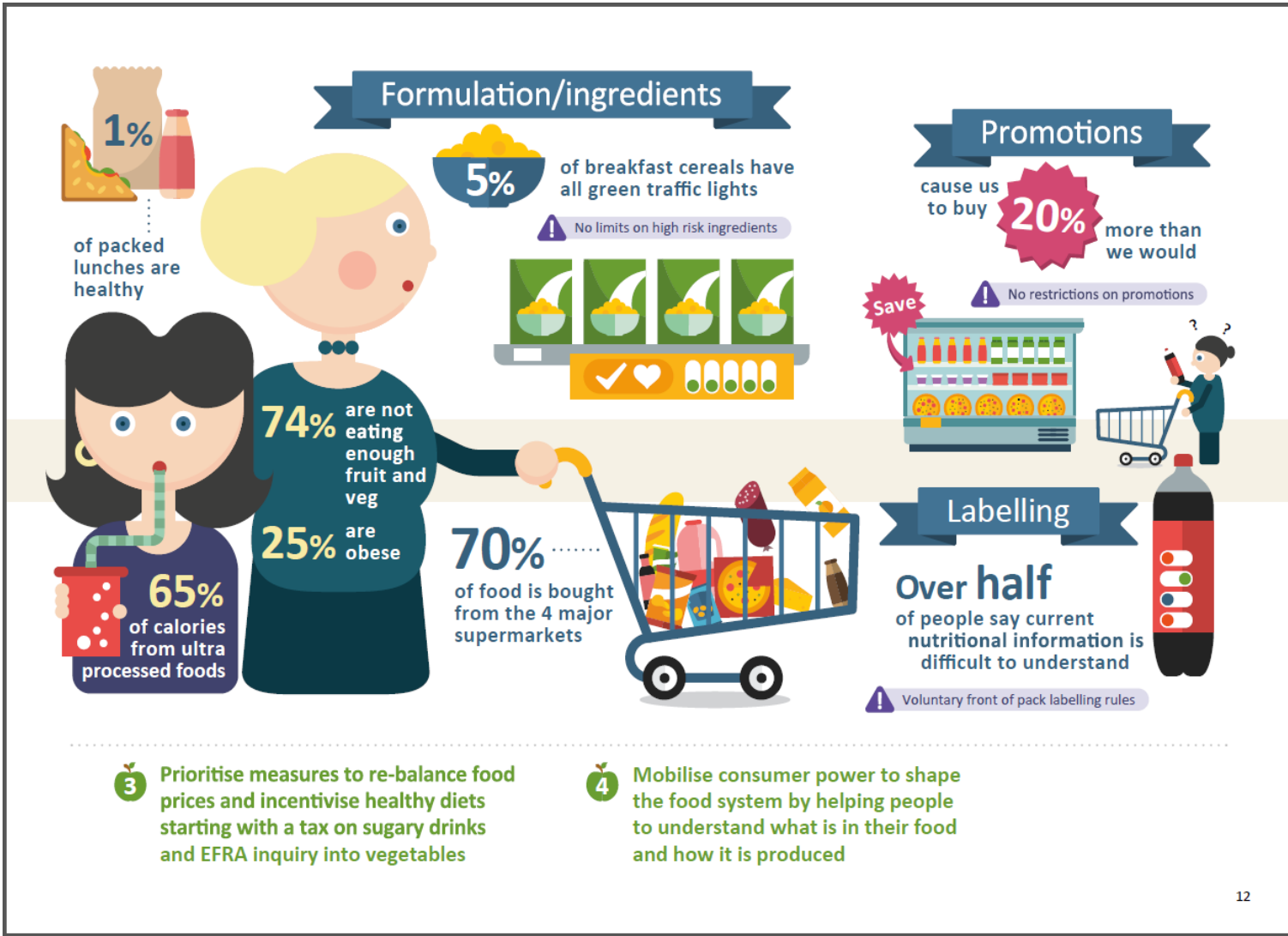
Holistic Approach to our Food System



Ref : Global Alliance for the Future of Food
Advancing Health & wellbeing in Food Systems
April 2015



Ref : The Food Foundation 2016 - 'Force-Fed Does the food system constrict healthy choices for typical British families'



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DIOLCH

THANK
YOU

