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

Judith John - Food for the Future
25 02 2016
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.
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

Food labelling

Nutrition standards

Sustainable diets

Food fortification

Nutrient density

Food security and affordability

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Holistic Approach to our Food System

- Social
  - Supporting local jobs, SME’s & training opportunities
  - Building capacity in local communities
  - Celebrating culture Protected Geographical Indication
- Ethical
  - Farm assurance, high animal welfare & free range
  - Suppliers paying the living wage
- Environmental
  - Waste reduction, reusing and recycling
  - Shortening supply chains & reducing food miles
  - Organic production
- Health
  - Double burden Obesity and Malnutrition
  - Reducing processed foods
  - Supporting local jobs, SME’s & training opportunities

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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