

Opportunities for Collaboration
with the Pan American Health
Organization (PAHO) in the
Inter-American Education Agenda
Overweight and childhood obesity

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PAHO

INTER-AMERICAN TASK FORCE ON NONCOMMUNICABLE DISEASES



AG/RES. 2919 (XLVIII-O/18)

STRENGTHENING MULTI-SECTORAL RESPONSES TO THE CRISIS OF
NON-COMMUNICABLE DISEASES (NCDs) IN THE AMERICAS

(Adopted at the second plenary session, held on June 4, 2018)

Resolution on noncommunicable diseases (NCDs) approved by the General Assembly of the Organization of American States (OAS) to strengthen the multisectoral response to NCDs in the Americas



PAHO



Epidemic of overweight and obesity

How does it affect children?

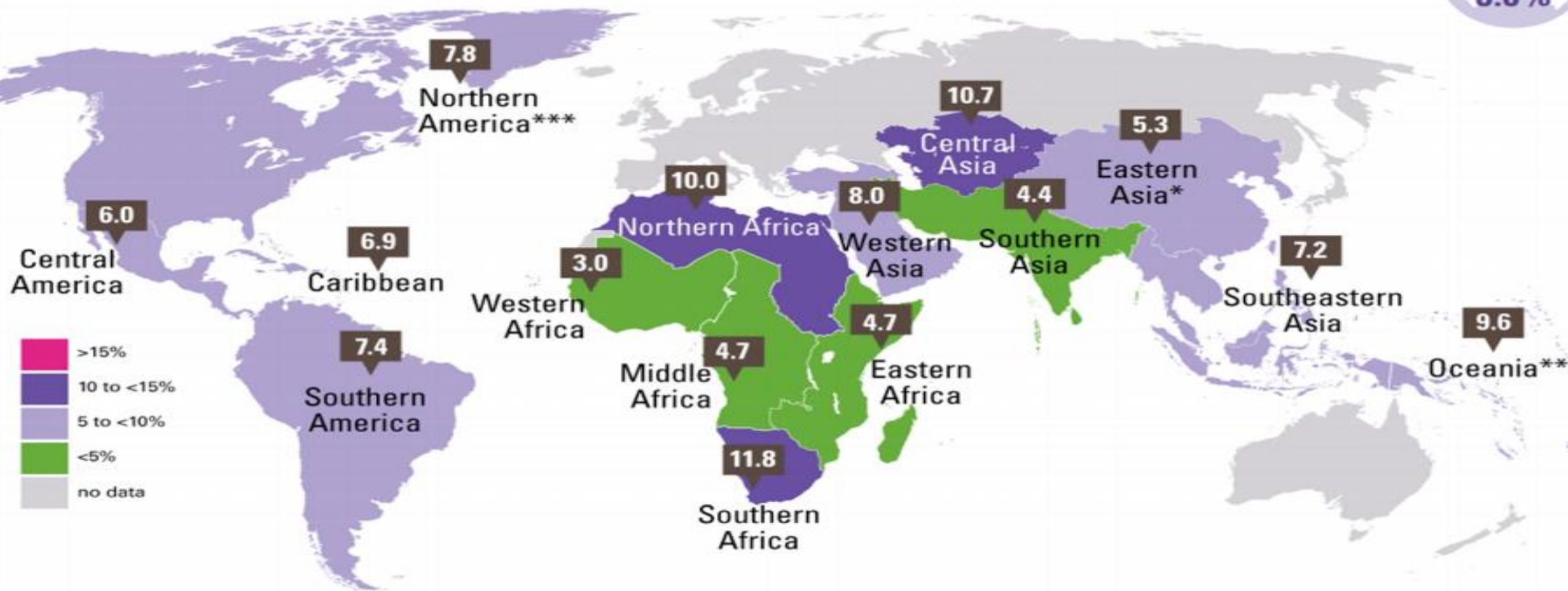


Overweight PREVALENCE

In three sub-regions, at least one in every ten children under five is overweight

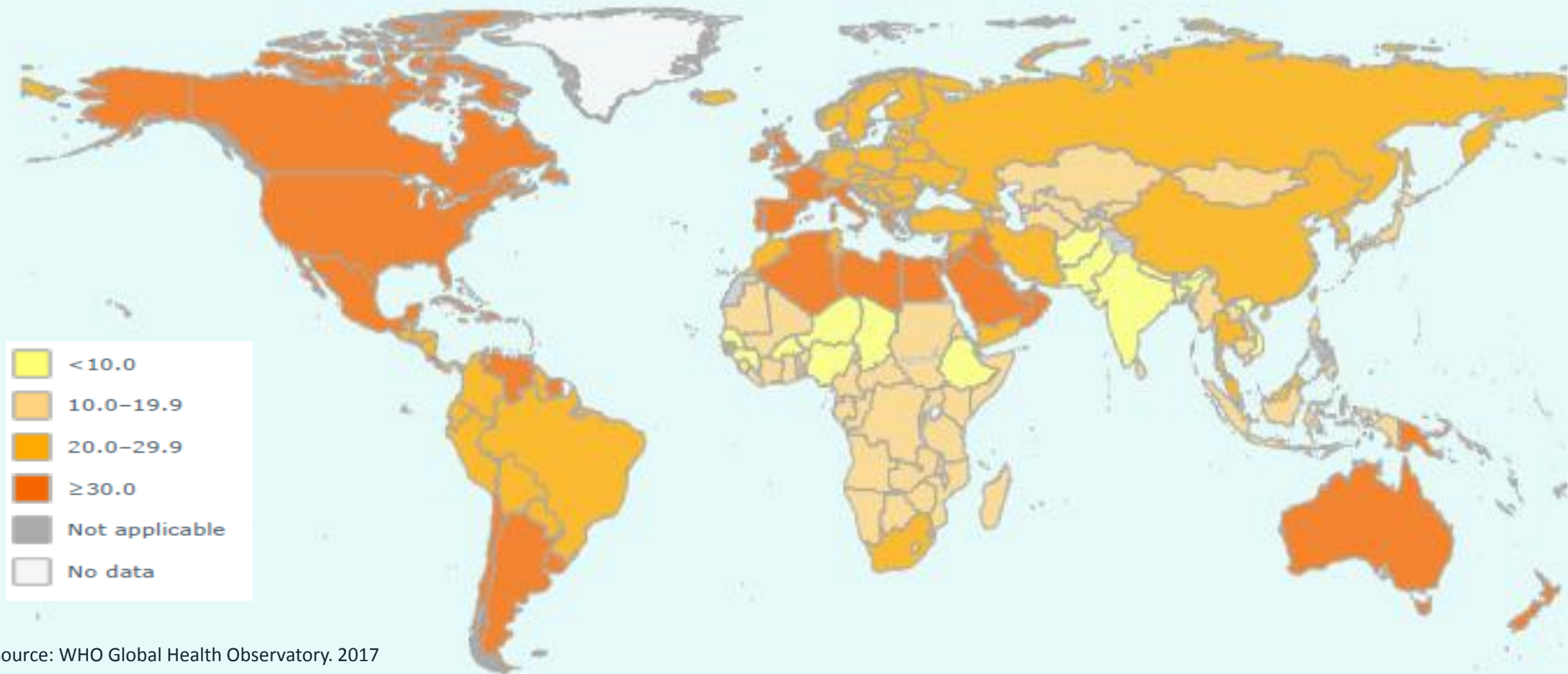
Percentage of overweight children under 5, by United Nations sub-region, 2016

GLOBAL
6.0%



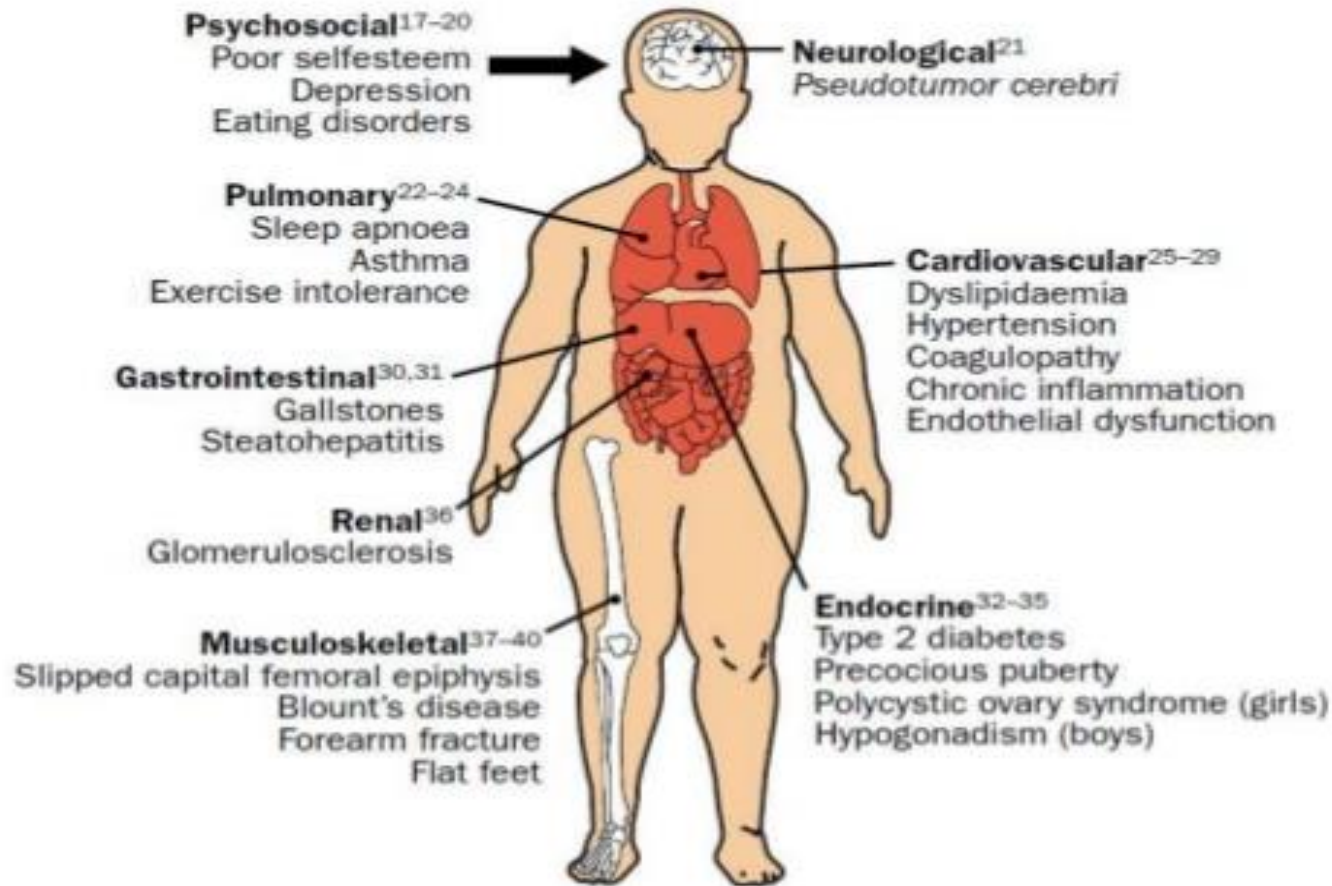
Source: UNICEF, WHO, World Bank Group joint malnutrition estimates, 2017 edition. Note: *Eastern Asia excluding Japan; **Oceania excluding Australia and New Zealand, ***Northern America regional average based on United States data. These maps are stylized and not to scale and do not reflect a position by UNICEF, WHO or World Bank Group on the legal status of any country or territory or the delimitation of any frontiers. The legend contains a category for >15 per cent (pink) but there is no sub-region with a rate this high.

Overweight in children and adolescents (5-19 years old) PREVALENCE



Source: WHO Global Health Observatory. 2017

How does obesity affect children?



Ebbeling, Pawlak, Ludwig (2002) Childhood obesity: public-health crisis, common sense cure Lancet, p 475

PAHO/WHO



Programs and policies in school settings

Why?

REPORT OF THE COMMISSION ON

ENDING CHILDHOOD OBESITY



World Health Organization

PROMOTE INTAKE OF HEALTHY FOODS



PROMOTE PHYSICAL ACTIVITY



ENDING CHILDHOOD OBESITY

WEIGHT MANAGEMENT



PRECONCEPTION AND PREGNANCY CARE



HEALTH, NUTRITION AND PHYSICAL ACTIVITY FOR SCHOOL-AGE CHILDREN



EARLY CHILDHOOD DIET AND PHYSICAL ACTIVITY



PAHO

Suitability of the school environment to improve the health of children

Life course approach

Opportunity to influence the family and the community

There are school feeding programs



It allows long-term interventions and permanence

Learning space-
Development of
knowledge, attitudes
and practices

School does not cause hunger but can cause obesity!

PAHO/WHO



Programs and policies in school settings

Countries Experience

Brazil National School Feeding Program

At least:

- 70% fresh food products
- 30% of small family farmers



42 million students

160,000 schools



Dominican Republic School feeding program



Guarantee the right to food



Educate in healthy eating



Improve school attendance
and academic performance



Improve health status and
nutrition

- 1.8 million children
- 4.8 million food rations
- 20 million national budget

Chile

Food and physical activity

Law of healthy eating



Bill of physical activity in schools



Opportunities for Collaboration in the Inter-American Education Agenda

School environment as a great opportunity

There is so much to do!

Opportunities for Collaboration in the Inter-American Education Agenda



Strategic action line 2: **Improvement of the environment** with respect to **nutrition and physical activity in schools**

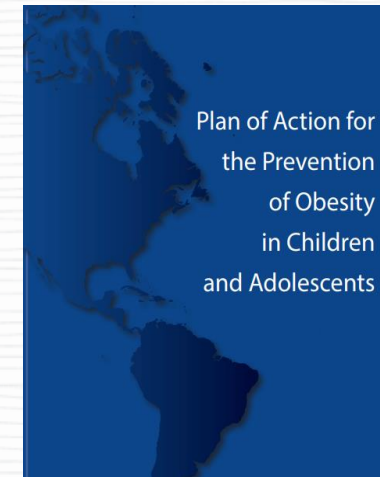
Strategic action line 4: Other **multisectoral measures**.

3.3 **Comprehensive care** for early childhood

Objective 1: To know and **exchange policies, programs and experiences** related to **comprehensive attention** to early childhood, by modalities of **institutional, community and family care**.

Objective 2: Strengthen **teacher training** and other agents and actors involved in comprehensive early childhood care.

Objective 3: Exchange experiences and information on **standards and curricula** for comprehensive attention to early childhood.



Role of PAHO for the prevention of childhood overweight and obesity in school settings

- Raise awareness among the Member States
- Develop policies and regulatory frameworks (nutrition and physical activity)
- Update feeding, nutrition, and health programs
- Coordinate inter-programmatically and multi-sectorially

Opportunities for Collaboration in the Inter-American Education Agenda

1. Promote **clear guidelines and recommendations, based on the best available evidence** to improve feeding, nutrition and promote physical activity
2. Promote **healthy eating** during childhood and adolescence, ensuring that it includes a wide **variety of healthy foods and the appropriate size of portions.**
3. Support the development, application, and monitoring of **regulatory measures** that make **school environments consistent** with healthy eating and physical activity

Opportunities for Collaboration in the Inter-American Education Agenda

4. Support the development, application, and monitoring of **public procurement policies for food** aligned with **healthy and sustainable food**, that encourage family farming, agro-ecological production methods, and local food culture
5. Incorporate into the educational agenda **cooking and growing food** in school and community gardens
6. Support the **mainstreaming of food, nutrition, physical activity, and health issues** in the school curriculum and teacher training

Thank you

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