National Food and Nutrition Policy 2013

Goals

Goals, objectives or targets related to nutrition:

1. FOOD, NUTRITION AND HEALTH
   1.1. Inform disaster risk management
   1.2. Promote appropriate infant and young child feeding
   1.3. Prevent malnutrition and micronutrient deficiencies
   1.4. Strengthen food and nutrition education
   1.5. Strengthen promotion of dental health
   1.6. Promote healthy eating and lifestyles
   1.7. Promote healthy food business practices

2. FOOD AVAILABILITY, ACCESS AND USE
   2.1. Improve access to affordable and nutritious food
   2.2. Strengthen the promotion of local food production
   2.3. Strengthen the community’s understanding about the nutritional value of food
   2.4. Collaborate with key partners to promote the preparation of healthy, safe food in the community
   2.5. Advocate for food pricing and taxes to promote healthy food availability
   2.6. Strengthen monitoring and evaluation of food security
   2.7. Collaborate with sector partners to promote sustainable food
   2.8. Collaborate with sector partners on strategies that reduce the negative effects of food production and use on the environment
3. FOOD SAFETY

3.1. Protect the community from public health risk
3.2. Promote awareness about food safety issues
3.3. Prevent and manage food borne disease outbreaks
3.4. Monitor and evaluate food safety

Strategies and activities related to nutrition:

1.1.1 Collaborate with Disaster Advisory Committee on developing operational guidelines for nutrition and infant and young child feeding during emergencies in readiness for first response (during initial rapid assessments)
1.1.2 Contribute technical and expert advice during national disaster relief efforts and monitor food and nutrition related issues for the Disaster Plan procedures
1.2.1 Promote national and community support for and awareness about infant and young child feeding issues
1.2.2 Collaborate with sector partners to ensure IYCF capacity building and continued education for health staff and other relevant stakeholders
1.2.3 Build capacity for and monitor Baby Friendly Hospital Initiative and breastfeeding initiatives in other settings e.g. health centres, workplaces, community settings
1.2.4 Finalise, implement and enforce the draft Food (Marketing of Products for Infants and Young Children) Regulations
1.2.5 Strengthen protection of breastfeeding rights of working women
1.2.6 Encourage research and monitoring of issues related to IYCF

1.3.1 Implement research that establishes rates of malnutrition and micronutrient deficiencies and develops evidence for responding to the deficiencies
1.3.2 Establish routine data collection and reporting for anaemia in pregnant women and young children
1.3.3 Promote community awareness about the causes of and solutions for malnutrition and micronutrient deficiencies
1.3.4 Finalise, implement and enforce the Food Safety and Quality Regulations specific to the fortification of flour, rice and iodisation of salt
1.3.5 Advocate adequate iron supplements for deficient groups based on evidence
1.4.1 Collaborate with education sector on policy strengthening activities for food and nutrition
1.4.2 Develop personal food and nutrition knowledge and skills for pre-school and school age children and families
1.4.3 Build capacity for education sector to respond to health promoting school model
1.4.4 Promote local food education
1.4.5 Advocate for continued strengthening for the existing school curricula on nutrition in food and textiles, health, agriculture, environmental science and physical education
1.4.6 Promote food and nutrition policy to be embedded with national education strategies
1.4.7 Advocate for tertiary scholarships to increase the nutrition skills in the workforce
1.4.8 Collaborate with academic institutions to promote food system understandings
1.5.1 Promote dental health information
1.5.2 Improve maternal dental health information distribution
1.5.3 Advocate price control on dental products
1.5.4 Identify dental research priorities
1.6.1 Advocate for and conduct research about people’s attitudes to food and food consumption
1.6.2 Promote increased uptake of fruit and vegetables in the community
1.6.3 Promote regular physical activity for improved physical fitness
1.6.4 Promote reduced smoking and alcohol consumption in the community
1.6.5 Strengthen nutritional component of sport training
1.6.6 Strengthen nutrition curriculum focus for health and allied health workforce training courses
1.6.7 Provide food and nutrition information to the community about the management NCD with a focus on diabetes
1.6.8 Provide information to the community about the prevention of obesity in children
1.6.9 Implement and monitor salt reduction project strategy (ref. Best Buy)
1.6.10 Implement and monitor strategy to control trans-fatty acids in food supply
1.6.11 Collaborate with sector partners for strengthening community-based approaches for reducing obesity
1.6.12 Develop and promote strategies to control the marketing of foods and non-alcoholic beverages to children
1.7.1 Promote healthy lifestyle improvement projects amongst private and public sectors e.g. healthy workplaces
1.7.2 Promote the business sector understanding of issues related to the food system
1.7.3 Collaborate with food safety partners to build food industry capacity to improve food safety
1.7.4 Promote the use of locally produced foods by all food industry partners e.g. supermarkets, hotels, restaurants, small shops, govt catering, institutions (hospitals, boarding schools)
1.7.5 Strengthen capacity building for food importers, distributors and processors on ways to reduce fat, trans fatty acids, salt and sugar in food products

2.1.1 Strengthen promotion of dietary guidelines
2.1.2 Collaborate with primary health care services sector to strengthen actions that reduce obesity
2.1.3 Strengthen capacity building actions for health workers on issues related to food trade and trade agreements e.g. WTO, PICTA
2.1.4 Conduct a feasibility study to analyse the options for Samoa to consider in addressing nutrition related health problems and advise on policy direction to control diet related health problems
2.1.5 Promote transport systems improvement to link locally produced food to market and to promote economic gain
2.2.1 Collaborate with sector partners on key messages they could utilize to promote locally produced food
2.2.2 Advocate for more locally grown food
2.4.1 Promote food preparation messages to the community focusing on lower fat, salt and sugar and safe food preparation
2.4.2 Advocate for new technology/recipe modification to improve the nutritional quality of locally produced processed foods
2.5.1 Review and adjust import duties, price controls and taxes to increase availability of healthy foods and products that support healthy lifestyles
2.6.1 Advocate for research on access to and availability of food
2.7.1 Collaborate with sector partners on strategic directions for food sustainable systems approach
2.7.2 Collaborate with health sector partners to build capacity for continued sustainable food strategy implementation sector wide
2.7.3 Promote environmental health models that integrate food and nutrients for built, natural, social and economic areas
2.8.1 Promote education and awareness about food waste and its impact on the environment
3.1.1 Finalise and implement Food Bill and regulations
3.1.2 Promote key messages on good hygiene and food preparation practices to reduce food borne related incidence in the community
3.2.1 Promote awareness about the dangers of unsafe pesticide use
3.2.2 Promote water quality awareness in the community
3.3.1 Contribute technical and expert advice during national disaster relief efforts
3.3.2 Build capacity of food businesses on issues related to food safety
3.4.1 Regular and planned testing for food contamination
3.4.2 Monthly data collation of reports of food borne illness
3.4.3 Strengthen services for testing food contamination

M&E Indicators

M&E Indicators related to nutrition:
Indicators are linked to the activities.

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**File upload:**
[Final Food and Nutrition Policy 2013.pdf]

**Reference:**

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**Policy topics:**

- Anaemia
- Anaemia in pregnant women
- Iodine deficiency disorders
- Breastfeeding
- Overweight in children 0-5 yrs
- Overweight in adolescents
- Overweight in school children
- Fat intake
- Sodium/salt intake
- Sugar intake
- Fruit and vegetable intake
- Counselling on healthy diets and nutrition during pregnancy
- Breastfeeding promotion/counselling
- Baby-friendly Hospital Initiative (BFHI)
- Health professional training on breastfeeding
- International Code of Marketing of Breast-milk Substitutes
- Maternity protection
- School-based health and nutrition programmes
- Nutrition in the school curriculum
- Hygienic cooking facilities and clean eating environment
- Dietary guidelines
- Fats
- Trans fat
- Salt/sodium
- Sugars
- Removal of taxes on healthy foods
• Subsidies on healthy foods
• Regulating marketing of unhealthy foods and beverages to children
• Creation of healthy food environment
• Healthy food environment in workplaces
• Healthy food environment in hospitals
• Media campaigns on healthy diets and nutrition
• Iodine
• Iron
• Micronutrient supplementation
• Nutrition education
• Wheat flours
• Rice
• Food grade salt
• Food safety
• Food security and agriculture

**Partners in policy implementation**

- **Government**
  - Health
  - Food and agriculture
  - Education and research
  - Women, children, families
  - Finance, budget and planning
  - Trade
  - Details: more

Ministry of Health, Samoa, and partners. Those partners included in the action plan can work together with MOH to achieve a coordinated approach for implementing the strategies for the Food and Nutrition Policy goals. The key health sector partners are- ?


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**Links**