Goals, objectives or targets related to nutrition:

To achieve the Vision for 2050 in health and nutrition, the following goals are presented according to the key domains that will impact most on public nutrition by the year 2050: Health and Nutrition, Food and Nutrition Security, and Physical fitness through active living. In all domains, Ministry of Health is the lead.

Health and Nutrition:
- Reduce the prevalence of overweight and obesity to < 5% of the population through exercise and a balanced diet of fresh vegetables and fruits.
- Reduce levels of stunting and low birth weight to < 3% of the population through improvement of all women’s health and nutrition before, during and after pregnancy, and emphasis on
- Raise exclusive breastfeeding rates at 6 months to >90% to improve nutritional and cognitive potential of children
- Reduce anemia and all micronutrient deficiencies through consumption of appropriate micronutrient rich foods

Food security and quality:
- Increase diet of non-obesogenic fresh fruits and vegetables by reducing importation of cardiotoxic processed, high-density foods to <30% of all intake through cooperative agreements with regional suppliers, and increased regulation and import tariffs on nonhealthful foods.
- Increase local food self-sufficiency and dietary diversity through organically grown vegetables and fruits by introducing high-tech (i.e., nutrient and water efficient) rural and urban gardens in 80% of all households.

Physical fitness through active living:
- Improve physical fitness of the population at all ages through measures to increase active living to 1 hour / day of aerobic heart-friendly exercise (i.e., walking, jogging, bicycling, gardening).
- Create urban green-spaces and pedestrian transport routes (e.g., biking, walking, jogging paths) in all cities that are pedestrian friendly and open for safe exercise and intra-city travel throughout the day and night.

**Strategies**

**Strategies and activities related to nutrition:**

**Health and Nutrition:**

- Reduce the prevalence of overweight and obesity to < 5% of the population through exercise and a balanced diet of fresh vegetables and fruits.


- Reduce levels of stunting and low birth weight to < 3% of the population through improvement of all women’s health and nutrition before, during and after pregnancy, and emphasis on

  Strategy: Focus health and nutrition programs primarily on pre-pregnant, prenatal, and lactating women in order to improve potential for normal height and cognitive development.

  Strategy: To reach pre-pregnant women, collaborate with other ministries who reach adolescent girls and women in the community (e.g., Education, Agriculture, etc.)

  Strategy: Improve NMIS through digitized record keeping that records all birth weights and transmits them to central servers; and laser height measures for calculating height and length, and BMI.

  Strategy: Reduce unmet need for contraception and increase birth spacing; continue progress on reduction of TFR to reach replacement rates.

- Raise exclusive breastfeeding rates at 6 months to >90% to improve nutritional and cognitive potential of children

  Strategy: Strengthen education and assessment of all hospitals and clinics so that 100% are Baby Friendly.

  Strategy: In collaboration with Ministry of Labor, ensure adequate space for continued breastfeeding in all workplaces.

- Reduce anemia and all micronutrient deficiencies through consumption of appropriate micronutrient rich foods

  Strategy: Collaborate with MoAG and Academia to develop and promote biofortified foods (including increasing bioavailability of iron) to provide adequate micronutrients to children > 2 years of age, pre-pregnant and pregnant women.

**Food security and quality:**

- Increase diet of non-obesogenic fresh fruits and vegetables by reducing importation of cardiotoxic processed, high-density foods to <30% of all intake through cooperative agreements with regional suppliers, and increased regulation and import tariffs on non-healthy foods.

  Strategy: Through regional conferencing and cooperation on a multi-sectoral basis, develop regional guidelines, policies, and sourcing for importation of nutritious foods (i.e., low in carbohydrates, trans-fats, and other non-nutritious additives)

- Increase local food self-sufficiency and dietary diversity through organically grown vegetables and fruits by introducing high-tech (i.e., nutrient and water efficient) rural and urban gardens in 80% of all households.

  Strategy: Through multi-sectoral collaboration with Ministries of Health, Agriculture, Municipalities and Water Resources, and academic centers, scale up models of rural and urban agriculture using water and nutrient efficient technologies (e.g., hydroponics, aquaponics) to facilitate adoption of home and business gardens in 80% of establishments for local production of vegetables, fruits, (and fish).

Physical fitness through active living:

- Improve physical fitness of the population at all ages through measures to increase active living to 1 hour/day of aerobic heart-friendly exercise (i.e., walking, jogging, bicycling, gardening).

Strategy: Public transport would be expanded for ecological as well as health reasons. Auto or bicycle trains that allowed transportation of a personal vehicle to an area outside of the cities could reach tourist destinations. The concept of ?city bikes? short use bike rentals (Pick up ? use ? Drop off) used in many cities in the Europe and North America would be introduced.

Strategy: In new structures consider ways to increase use of staircases by making them cool and clean, and by having elevators (other than for emergencies or disabilities) originate on the second floor or be discretely placed behind open staircases.

- Create urban green-spaces and pedestrian transport routes (e.g., biking, walking, jogging paths) in all cities that are pedestrian friendly and open for safe exercise and intra-city travel throughout the day and night.

Strategy: Harmonize local tradition with modern technology to create ?green tunnels? with indigenous or drought-tolerant trees and shrubs to link government buildings and parks within major cities, for use by pedestrians in all seasons; Arabian wind towers to funnel cooling desert breezes to pedestrian walkways or shaded shopping areas styled after ancient Souks to reduce air conditioning needs; batteries of solar energy panels that reflect sunlight and heat to keep shaded spaces cool.

Strategy: Create pedestrian walkways and bikeways through wind-tunnels that extend above traffic (with elevated cross walks) without interruption that join new green spaces (i.e., parks and gardens of indigenous vegetation) as social and fitness centers in the city.
• Maternal, infant and young child nutrition
• Growth monitoring and promotion
• Breastfeeding promotion/counselling
• Baby-friendly Hospital Initiative (BFHI)
• International Code of Marketing of Breast-milk Substitutes
• Maternity protection
• Promotion of healthy diet and prevention of obesity and diet-related NCDs
• Dietary guidelines
• Fiscal policies
• Taxation on unhealthy foods
• Vitamin and mineral nutrition
• Vitamin A
• Micronutrient supplementation
• Food vehicles (i.e. types of fortified foods)
• Staple foods
• Biofortification
• Nutrition sensitive actions
• Food security and agriculture

Partners in policy implementation

• Government
  ○ Details: more
  Department of Nutrition Ministry of Health Sultanate of Oman Ministry of Education, Social Affairs, Commerce, Municipality, Consumer Protection

• UN agencies
  ○ Details: more
  UNICEF

Links