Public Health Strategy of the Republic of Uzbekistan for the period 2010-2020

**Goals**

Goals, objectives or targets related to nutrition:

Objectives

5. Mortality due to cardiovascular disease in people under 65 years should be reduced by at least 20% between 2010 and 2020.

6. Between 2009 and 2020, improved nutrition should lead to a measurable decrease in anaemia, thyroid dysfunction, malnutrition and over-nutrition.

9. MDG 4 is the reduction of the under-five mortality rate by two-thirds between 1990 and 2015. This rate was 47.8 per 1,000 live births in 1990 and 20.6 per 1,000 in 2005 (source: Health in Uzbekistan - facts and figures, 2006). Therefore the Uzbek rate should be below 16.0? in 2015. An additional indicator for MDG 4 in Uzbekistan is the infant mortality rate.

10. The international MDG 5 is the reduction of the maternal mortality rate by three-quarters between 1990 and 2015. The maternal mortality rate was 65.3 per 100,000 live births in 1991, 34.1/100,000 in 2001, and 31.4/100,000 in 2004 (source: Ministry of Health of the RUz). The objective is a maternal mortality rate of below 163./100,000 in 2015

Existing short to medium term programmes (control of tobacco, tuberculosis and HIV/AIDS, and the nutrition programme) will be evaluated before they expire, to be replaced by new programmes in the framework of the overall public health strategy.

Health promotion will receive more emphasis, especially regarding cardiovascular diseases, but also on nutrition and on the prevention of accidents and communicable diseases. Examples are the increased availability of healthy food (e.g. in canteens), the creation of sport facilities, the establishment of smoke-free zones, and decreasing the access to harmful substances.

Present health protection activities, such as sanitation, environmental control, food safety measures, and occupational safety & health measures will to a large extent continue as before. Examples are improved possibilities for physical exercise to combat cardiovascular disease, flour fortification, protection against passive smoking, and traffic and other safety measures.

**Strategies**

Strategies and activities related to nutrition:

Activities CVD

- The Institute of Health and Medical Statistics and its oblast branches will develop and implement various programmes of health education about nutrition (see objective 6), smoking (see objective 7), and physical exercise, throughout the period 2010-2020. Health education will be provided in the form of national and local campaigns and as individual counselling in primary care.
- Guidelines will be developed and implemented for counselling on the prevention of cardiovascular disease in primary care (including advice on nutrition).
- Public schools will organise regular health promotion activities.
Objective 6 - Nutrition: Between 2010 and 2020, improved nutrition should lead to a measurable decrease in anaemia, thyroid dysfunction, malnutrition and over-nutrition.

Activities

- The existing Action Plan for Healthy Nutrition 2005-2010 will be updated as the basis for a new Action Plan for Healthy Nutrition 2010-2020 that has clear objectives and quantitative indicators.
- The Co-ordination Committee on National Floor Fortification Program under the Cabinet of Ministers will be integrated into the new Public Health Co-ordination Committee in 2010.
- The Institute of Health and Medical Statistics and its partners in various projects and programmes will expand health education in nutrition in various settings.
- The flour fortification programme will be continued and expanded to reach 80% of the population in 2020.
- The iron and folic acid supplementation programme will be continued for children under 5, girls of 12-14 years old and pregnant women. This programme should reach 90% of the target groups in 2020.
- By 2010, at least 90% of households are using salt with a iodine content of 15 parts per million (ppm) or more.
- The vitamin A supplementation programme will reach 100% of children between 6 months and 5 years old in 2020.
- An average daily consumption of vegetables and fruits by adults will reach 200g. in 2010 and 400g. in 2020.

M&E Indicators

M&E Indicators related to nutrition:

Indicators

- The improvement in life style factors will be monitored through regular health population surveys (see objective 4).
- Primary care doctors will provide data on the number of patients with hypertension and hypercholesterolemia under their regular control.
- Data on the real prevalence of hypertension and hypercholesterolemia should come from measurement among population samples.
- In 2020, no more than 5% of children under the age of 5 should have values for height/age and weight/age that are outside the normal range.
- The proportion of children that are fully breast-fed during 6 months should be at least 90% in 2020.
- No more than 20% of women of reproductive age should have a Body Mass Index value outside the normal range (20-25 kg/m2) in 2020.
- No more than 10% of children between 6 months and 5 years and 10% of women of reproductive age should have moderate to severe anaemia in 2020.
- Compared to 2000, the use of folic acid by women in the reproductive age via the flour fortification programme should lead to a 40% decrease in the incidence of neural tube defects in 2020.
- In 2020, median urinary iodine levels examined among sample population are at least 100µg/l and no more than 20% of values are below 50µg/l.
- National statistics on food consumption by the population: iodised salt, fortified flour, proteins, energy from fat, fruits and vegetables.
- Number and type of staff trained.
- Supplementation with iron and folic acid reaches 90% of pregnant women in 2020.
Policy topics:

- Stunting in children 0-5 yrs
- Wasting in children 0-5 years
- Underweight in children 0-5 years
- Underweight in women
- Anaemia
- Anaemia in pregnant women
- Anaemia in women 15-49 yrs
- Iodine deficiency disorders
- Vitamin A deficiency
- Fat intake
- Fruit and vegetable intake
- Growth monitoring and promotion
- Breastfeeding promotion/counselling
- Promotion of exclusive breastfeeding for 6 months
- School-based health and nutrition programmes
- Promotion of healthy diet and prevention of obesity and diet-related NCDs (general)
- Dietary guidelines
- Promotion of fruit and vegetable intake
- Media campaigns on healthy diets and nutrition
- Nutrition counselling on healthy diets
- Physical activity and healthy lifestyle
- Vitamin A
- Micronutrient supplementation
- Nutrition education
- Wheat flours
- Staple foods
- Food safety
- Food fortification regulations

Partners in policy implementation

- Government
  - Health
  - Food and agriculture
  - Education and research
  - Environment
  - Labour
  - Other

- Research / Academia
  - Details:
    - Institute of Health and Medical Statistics; Center for Anemia under the Research Institute for Hematology and Blood Transfusion; National Center for Endocrinology; Tashkent Institute of Post-graduate Medical Training; School of Public Health

- Private Sector
  - Details:
    - Food processing, agricultural, industrial and catering enterprises

- Other
  - Details:
    - Centres of the Sanitary Epidemiological Service

Links: