

GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q21) - Nutrition education and counselling - Adolescents|Adult men and women|All population groups|Elderly|Lactating women (LW)|Pregnant women (PW)|Women of r...

Programme: GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q21)

Programme Data

Programme Description

These programmes and actions were reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to healthy diets, overweight and diet-related NCDs. More actions and programmes reported can be accessed through the country page.

Program type

References

WHO (2018) Global Nutrition Policy Review. Country progress in creating enabling policy environments for promoting healthy diets and nutrition http://www.who.int/nutrition/publications/policies/global_nut_policyrevi...

The Global Nutrition Policy Review 2016?2017 is the report of the second comprehensive analysis of nutrition-related policy environment, coordination mechanisms, available capacities and actions being taken in 176 Member States (91%) and one area which responded to the survey carried out between July 2016 and December 2017.

Implementing organisations

Action data

Start date
Country(ies): Mexico
Topic: Nutrition education and counselling
Target group: Adolescents
Adult men and women
All population groups
Elderly
Lactating women (LW)
Pregnant women (PW)
Women of reproductive age (WRA)

Implementation details : Nutrition education and counselling is implemented at primary health care, schools, workplaces, community groups, markets or other food outlets. Areas covered include: the health effects of high intake of fats, sugars and salt/sodium; how to consume healthier diets, including how to include more fruits and vegetables in the diet; portion size control; how to use nutrition labels; water consumption; correct traditional food culture; breastfeeding and complementary feeding. Approaches used to deliver education and counselling: IEC ? information, education, communication (usually informative materials, posters, pamphlets, guidelines, etc.); information transfer (mainly talks/presentations and question-and-answer); behaviour change communication (strong focus on behavioural messages and media campaigns with specific target audiences); participatory (based on dialogue, demonstration, practice, feedback, self-monitoring).

Typical problems **Solutions**