National Plan of Action for Nutrition for China

Goals

General goal
Ensuring food supply and implementation of appropriate interventions to alleviate hunger and food shortage, reduce the incidence of energy-protein malnutrition, prevent, control and eliminate micronutrient deficiencies. Through proper guidance to food consumption behavior, improvement of dietary patterns and promotion of healthy life style, improve the general nutrition status of the people and prevent nutrition-related chronic disease.

Specific objectives

1. The average per capita daily energy intake is reach 2,600 kcal, protein intake 72 grams, and fat intake 72 grams, in poverty areas it should reach 2,600 kcal, 67 grams and 51 grams respectively.

2. Lower the prevalence of iron deficiency anemia among children and pregnant women by one third of that in 1990.

3. Raise the exclusive breastfeeding rate of 4-6 month infant, and achieve breastfeeding rate to reach 80% at provincial basis by the year 2000.

4. By the year 2000, reduce the prevalence of moderate and severe malnutrition among children aged under five by 50 % of that in 1990.

5. It is to basically eliminate vitamin A deficiency among children aged under five by the year 2000.


7. Decrease incidence increase of nutrition-related chronic diseases that are on the increase.

8. The targets set forth for production of agricultural products are as following:

<table>
<thead>
<tr>
<th>Products</th>
<th>production (in million tons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains (including soybean)</td>
<td>490-500</td>
</tr>
<tr>
<td>Soybean</td>
<td>17.8</td>
</tr>
<tr>
<td>Meats</td>
<td>68</td>
</tr>
<tr>
<td>Eggs</td>
<td>22</td>
</tr>
<tr>
<td>Milk and milk products</td>
<td>8</td>
</tr>
</tbody>
</table>
Aquatic products          40  
Oilseeds             25  
Sugar crops         90-110  
Vegetables         260  
Fruits               62  

9 The proportion of processed food to be increased from the current 30% of total food production to 40% in the future. 
10 Increase the production of micronutrient-rich processed cereal products and nutrient-fortified food in compliance with national standards. 
11 Provide iodized salt universally.

Strategies

Strategies and activities related to nutrition:

Strategies

1 Incorporate nutrition goals into relevant laws, regulations, policies and plans. 
   (1) Include related nutrition policies in the national economic and social development program, to which, financial department at all levels should provide necessary financial input where appropriate. 
   (2) Relevant nutrition goals and measures shall be reflected in the working plans of all departments concerned. 
   (3) In accordance with this Plan and in the light of the working plan of the relevant sectors, local plan and action for nutrition shall be formulated as per the local conditions, and nutrition goals shall be enlisted in the general program of economic and social development.

2 Strengthen the legislation in relation to nutrition and food hygiene. 
   (1) Conscientiously implement the ((Regulation for marketing of breastmilk substitute)). 
   (2) Develop ((regulation for labeling of special nutrition foods)) 
   (3) Formulate the ((Regulations for nutrition labeling)). 
   (4) Formulate nutrition-and public nutrition-related laws and regulations. 
   (5) Formulate the ((regulation for infant food)). 
   (6) Formulate the ((Program for prevention and control of child malnutrition)). 
   (7) Further improve and perfect the existing laws, regulations and standard system on food safety to approach international standards by year 2000.

3 Develop food production and improve household food supply. 
   (1) While continuing to accelerate grain production and raising grain quality, the agriculture departments shall also accelerate the pace of raising cattle, poultry and aquatic foods which are low grainconsuming and with high feed-conversion rate. By the year 2000, pork is expected to constitute 67% of total meat consumption, and poultry, beef/mutton 19% and 12% respectively; the proportion of artificially breeding aquatic products shall increase from current 56% to more than 60% in the future. Production of beans and bean products will encouraged and other protein resources will be exploded. Green Food production will be promoted to protect environmental ecology for agriculture.
Further strengthen the two-level grain and side-line product stock system emphasizing the support for the commodity-grain production bases. Strengthen macro modulation of food pricing on grain, meat, egg, milk, aquatic food, vegetables and fruits to keep the market stable; and ensuring food security and food supply for low-income population and population affected by natural calamities.

Actively develop the food processing industry, and raise the proportion of processed food from 30% of the diet to around 40% in the future.

Constantly update food technology to improve food quality by reducing the nutrition losses during process, transportation, distribution and storage to the maximum. By the year 2000. The shortage techniques for grain, meat and fresh vegetables should attain or approach to international standards.

Government at all level shall implement conscientiously the national poverty alleviation policies, and encourage the cadres and people in poverty areas to keep the spirit of self-reliance, plain-living and hard-struggle. With the support of the State, the food security will be achieved through depending on the progress of science and technology, exploring and using local resources, and rational planning of household food production and consumption.

Government at all levels shall organize the extension of scientific techniques on planting and breeding to increase agricultural, livestock and fishery production, and to diversity household food, thereby improve the quality of the diet. To continue the efforts on (Food Basket program) to maintain the urban/rural market for agriculture product and side-line production.

Adjust the supply of alcoholic drinks, by shifting it from grain to fruit in origin, from distilled into non-distilled in technology, from high alcohol to low alcohol in content, and from inferior quality to predominantly superior quality, so that along with meeting the market demand, grains consumed by alcoholic drinks shall be greatly reduced.

Upgrade the food quality and drinking water quality to prevent infectious diseases.

Strengthen food safety control in taking serious action, in a legal context, against the adulterated food production and marketing. Gradually expanding the coverage of food safety inspection; by the year 2000, increasing compliance rate of food utensils sterilization in the catering (not including street food) up to 90%.

Perfect the (Good manufacturing Practices) (GMPs) for food establishments and to implement GMP System fully at the major food industry. Build management system for quality control of food manufactures and food handling enterprises. Hazard Analysis Critical Control Point (HACCP) System is to be introduced, in a planned manner, to the process of food production and food handling. Special attention will be given to the safety management and cold-chain development in preparation, storage, transportation and distribution of meat product and by the year 2000, the cold-chain coverage of meat production in the urban areas should reach up to 80%.

Strengthen the management and gradually introduce dietetics to the food catering establishments.

Strengthen the training and formulate standards for the qualification and job descriptions of food safety inspectors and supervisors, administrative staff and food handlers of food enterprises, and laboratory technicians.

Strengthen the sanitation management and inspection of street food and the foods with low food safety compliance rate to reduce the incidence of food poisoning and food-borne diseases. Food safety compliance rate shall approach 88% by the year 2000.

Promote the sustainable development of agriculture and reduce the application of pesticides. Strengthen management and inspection, and emphasize on technical training on pesticide use, so that the pesticide residues of agricultural crops decline.

Strengthen the management of toxic chemicals for prevention of food contamination.

Better environment sanitation to further expedite water resource Development in the rural areas, to protect water source and reduce drinking water contamination and water-borne diseases both in urban and rural areas.

Reduce mortality of diarrheal diseases by increasing the coverage of oral rehydration therapy to 80% among diarrheal patients.

Encourage breastfeeding and improve child health.

Health department is to develop training materials on breastfeeding, complementary food and proper preschool children care and
feeding practices and to train health workers for health education to parents and in the communities.

2. Promote the baby-friendly hospital program and introduce breastfeeding practice in obstetrics department in the hospital and among women delivering at home.

3. Advocate scientifically home-made complementary food to prevent malnutrition and iron deficient anemia of children aged under five.

4. Promote school lunches in a planned manner.

5. Strengthen the development and production of weaning food, nutritious food for children, fortified food safety inspection of these foods and the supervision of infant formula and home-made foods.

6. Prevent micronutrient deficiencies.
   1. Taking micronutrient deficiencies situation in the community into account, health sector is to develop proposals, measures and recommendations.
   2. Formulate a program for control of micronutrient deficiencies.
   3. Implement the program for universal salt iodization.
   4. To meet the demand of the consumer, food industry shall develop priority nutrient fortified food and cereal products. To advocate growing of micronutrient-rich vegetable in home garden.
   5. Based on the pilot experiences of the pilot sites, health sector is to promote the supplementation of vitamin A among children aged under three.
   6. Prevention of rickets among children is to be strengthened.

7. Protection of vulnerable population
   1. Effective measure shall be taken for ensuring food supply to the people affected by natural calamities.
   2. Adequate attention shall be given to nutrition for the elderly. Supply of nutritious food and development of health education on healthy life style shall meet the demand of people of different ages and with various health conditions, aimed at the prevention of chronic non-communicable disease and the reduction of occurrence of nutrition deficiencies.
   3. Program for nutrition improvement of the disabled shall be formulated by department concerned.

8. Strengthen nutrition manpower training and nutrition education.
   1. Accelerate nutrition manpower training. Along with the improvement of nutrition professional education in medical college/universities and paramedical schools, nutrition education of various types shall be developed. Nutrition curriculum in universities of agriculture/light industry/commerce/ and grains shall be gradually established.
   2. Strengthen on-the-job training for nutrition professionals. Formulate training plans and establish corresponding regulations to guarantee appropriate use of nutrition manpower.
   3. Conduct nutrition training, in a planned manner, of relevant working staff in agriculture, commerce, grains, light industry and planning sectors.
   4. Nutrition knowledge is to be included in curriculum of primary as well as secondary schools, to which, a fixed class hours are to be allocated to help students acquire better understanding of the principles of balanced diet, and to develop good dietary habits, and enhance their own capacity for health care.
   5. Integrate nutrition activities into primary health care services. To improve nutrition knowledge of primary health care workers, so that guidance to the residents on nutrition improvement by appropriate and rational use of local resources can be accomplished.
   6. Develop through mass media of all forms nutrition education, to introduce rational dietary pattern and healthy life style and to change the unhealthy diet habits.
9 Conduct, evaluation, analysis and monitoring.

(1) Establishment of nutrition surveillance system and nutrition surveillance and information centers within the existing health and anti-epidemic centers with available necessary staff, perfect the nutrition survey and evaluation system to provide basis for policy making.

(2) Based the local conditions, nutritional indicators are to be integrated into local economic development indicator system.

(3) Annual nutrition surveillance is to be jointly conducted by Ministry of Health and State Statistic Bureau, and medium scale nationwide sampled nutrition surveys will be carried out every 5 years, and large scale sampled surveys or screening will be carried out at 10 year interval.

Reference:
WHO Global Database on National Nutrition Policies and Programmes

Policy topics:
- Wasting in children 0-5 years
- Underweight in women
- Baby-friendly Hospital Initiative (BFHI)
- International Code of Marketing of Breast-milk Substitutes
- School-based health and nutrition programmes
- Provision of school meals / School feeding programme
- Food labelling
- Micronutrient supplementation
- Staple foods
- Food distribution/supplementation for prevention of acute malnutrition
- Food security and agriculture
- Food fortification regulations

Partners in policy implementation:
- Government
  - Health
  - Food and agriculture
  - Education and research
  - Finance, budget and planning
  - Trade
  - Other
  - Details:
    - more
- Other
  - Details:
    - more