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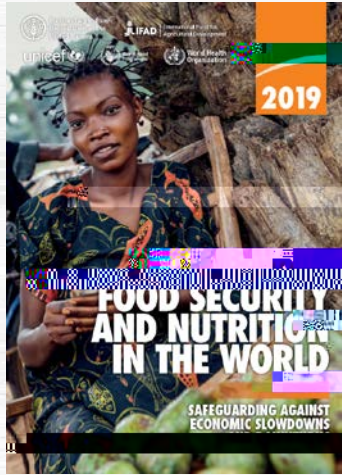
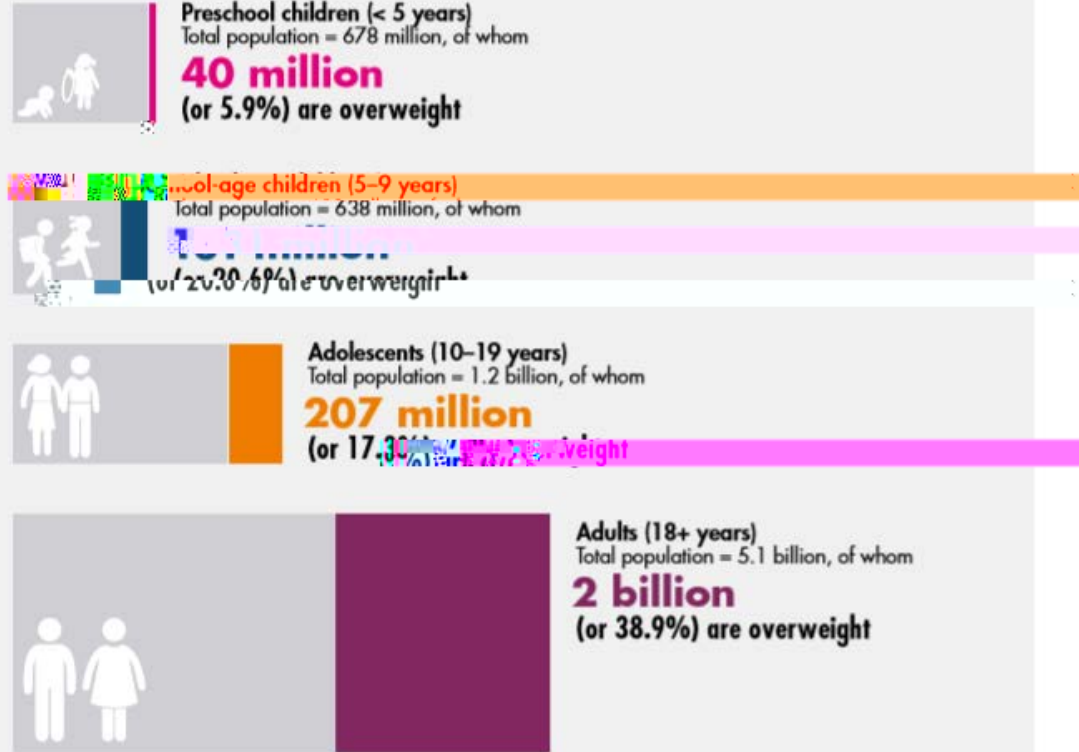


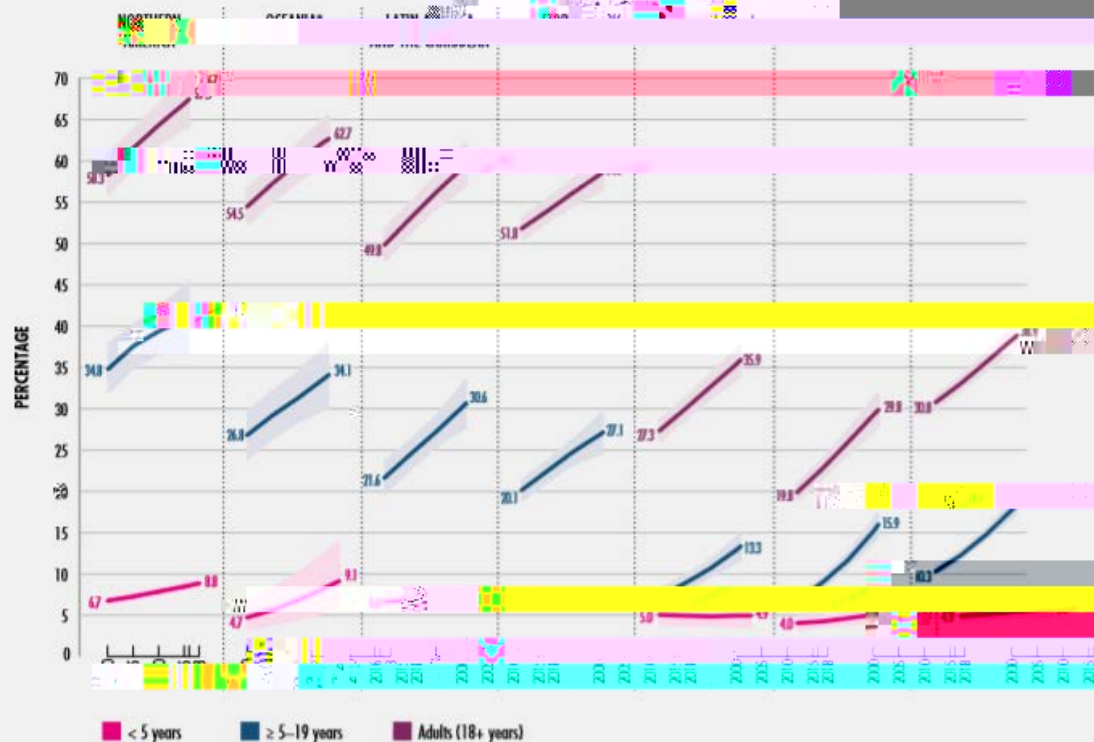
FIGURE 17
OVERWEIGHT PREVALENCE INCREASES OVER THE LIFE COURSE AND IS HIGHEST IN ADULTS



SOURCES: Data for overweight in preschool children are based on UNICEF, WHO and International Bank for Reconstruction and Development/World Bank: *Joint child malnutrition estimates – Levels and trends* (March 2019 edition) [online]. <https://data.unicef.org/topic/nutrition>, www.who.int/nutgrowthdb/worldbank.org; data for overweight in school-age children, adolescents and adults are based on WHO: *Global trends in underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 277 population-based surveys in 117 countries*, *Lancet*, 2017, 390(10113): 2627–2642.



FIGURE 18
ACROSS ALL REGIONS, THE PREVALENCE OF OVERWEIGHT HAS INCREASED IN ALL AGE GROUPS, WITH PARTICULARLY STEEP TRENDS AMONG ADULTS AND SCHOOL-AGE CHILDREN, INCLUDING ADOLESCENTS

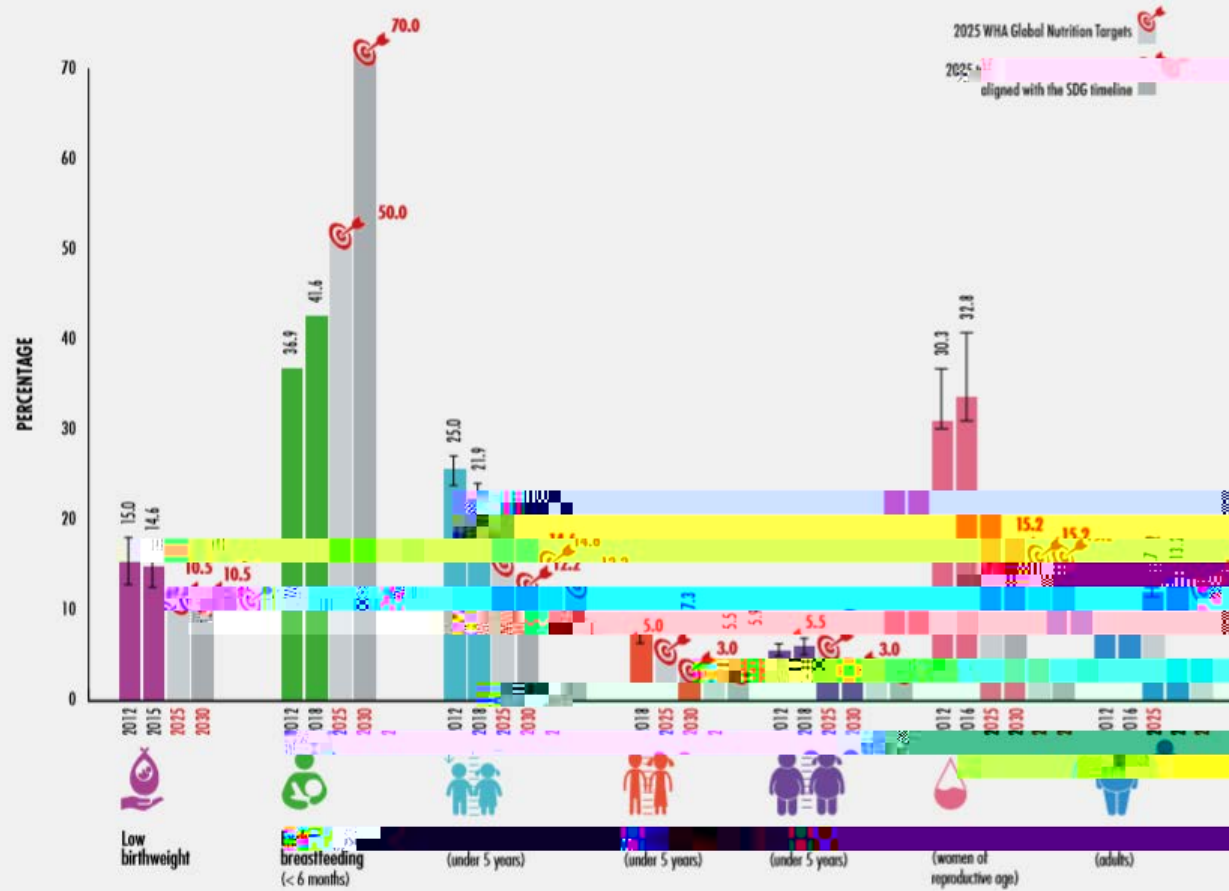


NOTES: * Estimates for children under five for Oceania exclude Australia and New Zealand. ** Estimates for children under five for Europe are not displayed due to insufficient population coverage. Trends in prevalence of overweight for children under five are based on data from 2000 and 2010. Trends for school-age children and adolescents (5-19 years) and adults are based on data between 2000 and 2016.

SOURCES: Data for overweight in preschool children are based on UNICEF, WHO and International Bank for Reconstruction and Development/World Bank. 2019. *UNICEF-WHO-The World Bank: Joint child malnutrition estimates - Levels and trends* (March 2019 edition) [online]. <https://data.unicef.org/topic/nutrition>, www.who.int/outgrowth/estimates, <https://data.worldbank.org/data-catalog/overweight-school-age-children-adolescents-and-adults>. Trends for school-age children and adolescents (5-19 years) and adults are based on NCD Risk Factor Collaboration (NCD-RisC). 2017. *Worldwide trends in body-mass index: overweight, obesity, and obesity from 1975 to 2016: a pooled analysis of 299 population based measurement studies in 128.9 million children, adolescents, and adults*. *The Lancet*, 390(10113): 2627-2642.



FIGURE 15
PROGRESS ON MALNUTRITION
GLOBAL



NOTES: * Wasting is an acute condition ... it can change frequently and rapidly over the course of a calendar year. This makes it difficult to generate reliable trends over time with the least data available and, as such, this report provides only the most recent global and regional data available.
 SOURCES: Data for stunting, wasting and overweight are based on UNICEF, WHO and International Bank for Reconstruction and Development (World Bank): Joint child malnutrition estimates – levels and trends (March 2019 edition) [3.0 edition]. <https://data.unicef.org/topic/nutrition>; www.who.int/nutrition/situation; <https://data.worldbank.org>; data for exclusive breastfeeding are based on UNICEF: 2019 International Year of the Child: Evidence from the Field. Predominant breastfeeding. In: UNICEF Data Monitoring the Situation of Children and Women (online). <https://data.unicef.org/topic/nutrition/infant-and-young-child-feeding>; data for adult obesity are based on WHO: 2017. Global Health Observatory (GHO) Data: World Health Organization (WHO). <http://www.who.int/data/node.main.A900A?lang=en>; and data for low birthweight are based on UNICEF and WHO: 2019. UNICEF, WHO Low Birthweight Estimates: levels and trends 2000–2015. May 2019. In: UNICEF data [online]. New York, USA, UNICEF [Cited 16 May 2019]. <https://data.unicef.org/low-birthweight>

Healthy diet

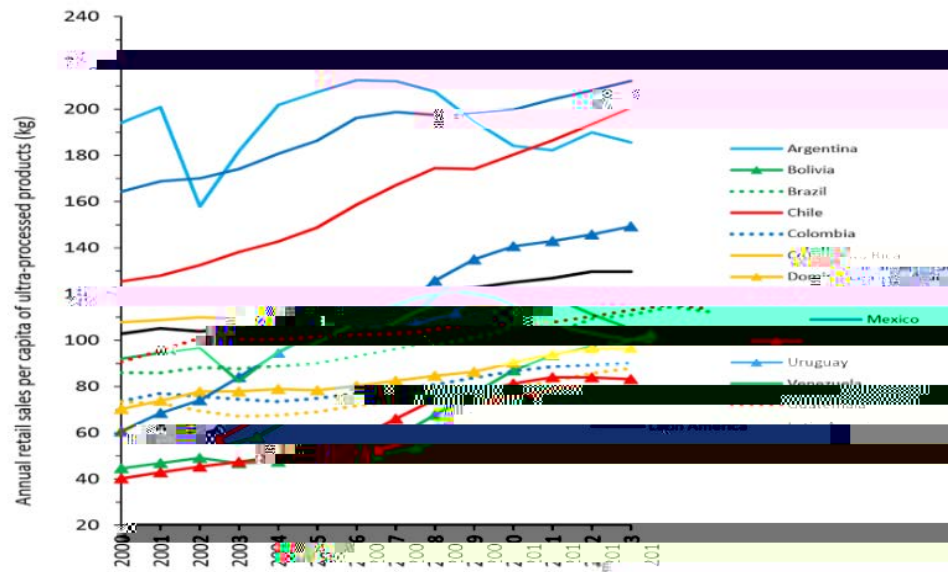
Helps protect against malnutrition in all its forms, as well as noncommunicable diseases (NCDs)

- **Energy intake** (calories) should be in balance with energy expenditure.
- **Total fat** should not exceed 30% of total energy intake to avoid unhealthy weight gain, with a shift in fat consumption away from saturated fats to unsaturated fats, and towards the elimination of industrial trans fats).



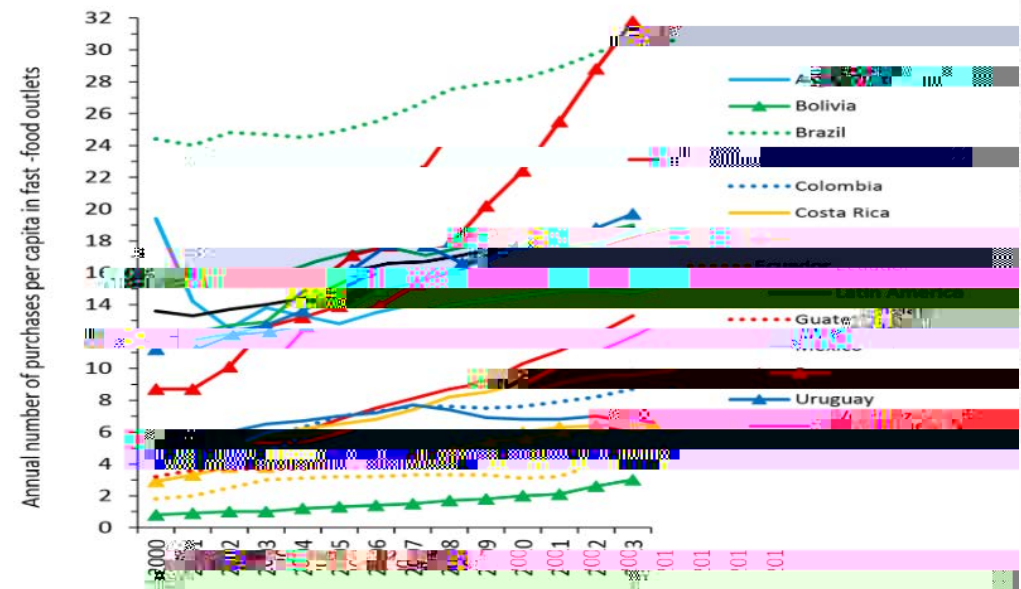
Annual retail sales of ultra processed food and annual number of purchases in fast food outlets in 13 Latin America Countries, 2000-2013

Figure 4
Annual retail sales of ultra-processed products, 2000-2013



Ultra-processed products here include carbonated soft drinks, sweet and savory snacks, breakfast cereals, confectionery (candy), ice cream, biscuits (cookies), fruit and vegetable juices, sports and energy drinks, ready-to-drink tea or coffee, spreads, sauces, and ready-meals. Quantity in liters is converted into kilograms. Sales data are from the Euromonitor Passport database (2014) (11/2014).

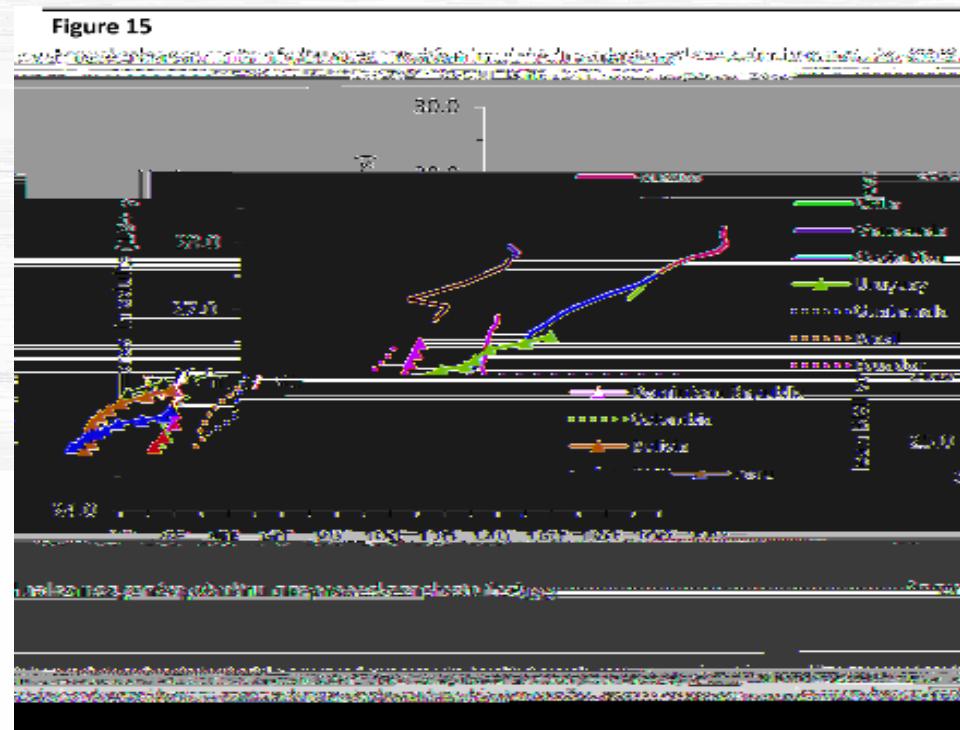
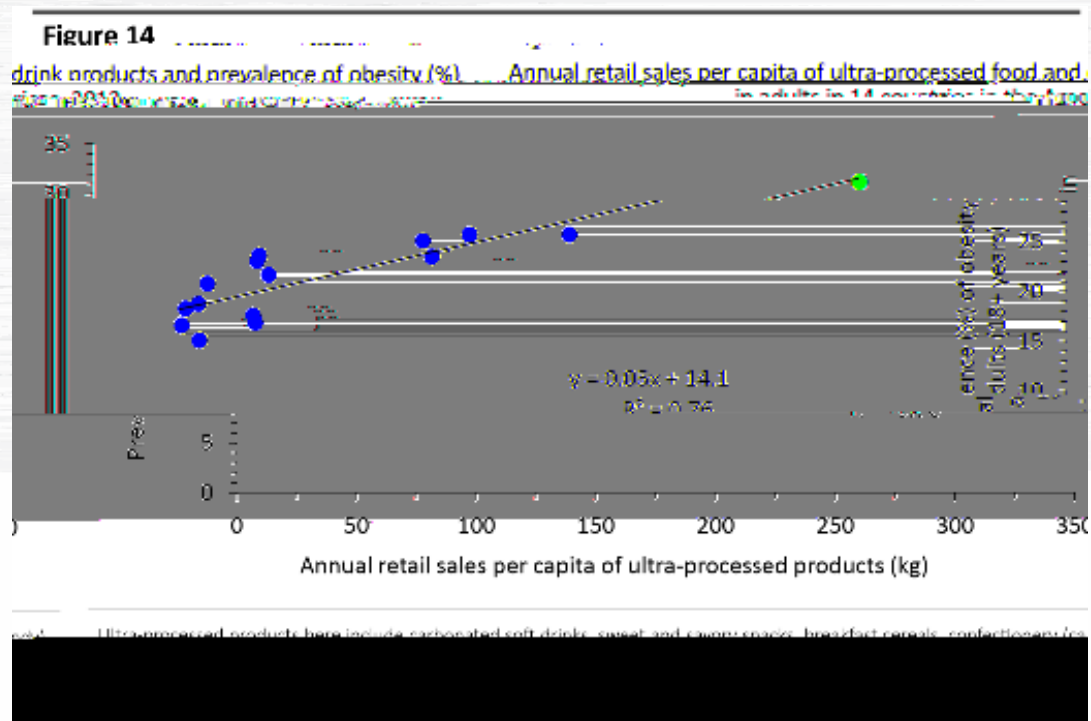
Figure 5
Annual number of purchases per capita in fast-food outlets, 2000-2013



Purchases are defined as purchases in fast-food establishments offering limited menus prepared quickly where customers order, pay, and receive their food. Sales data are from the Euromonitor Passport database (2014) (11/2014).



Annual retail sales per capita of ultra processed food and drinks products and prevalence of obesity and mean body mass index score.



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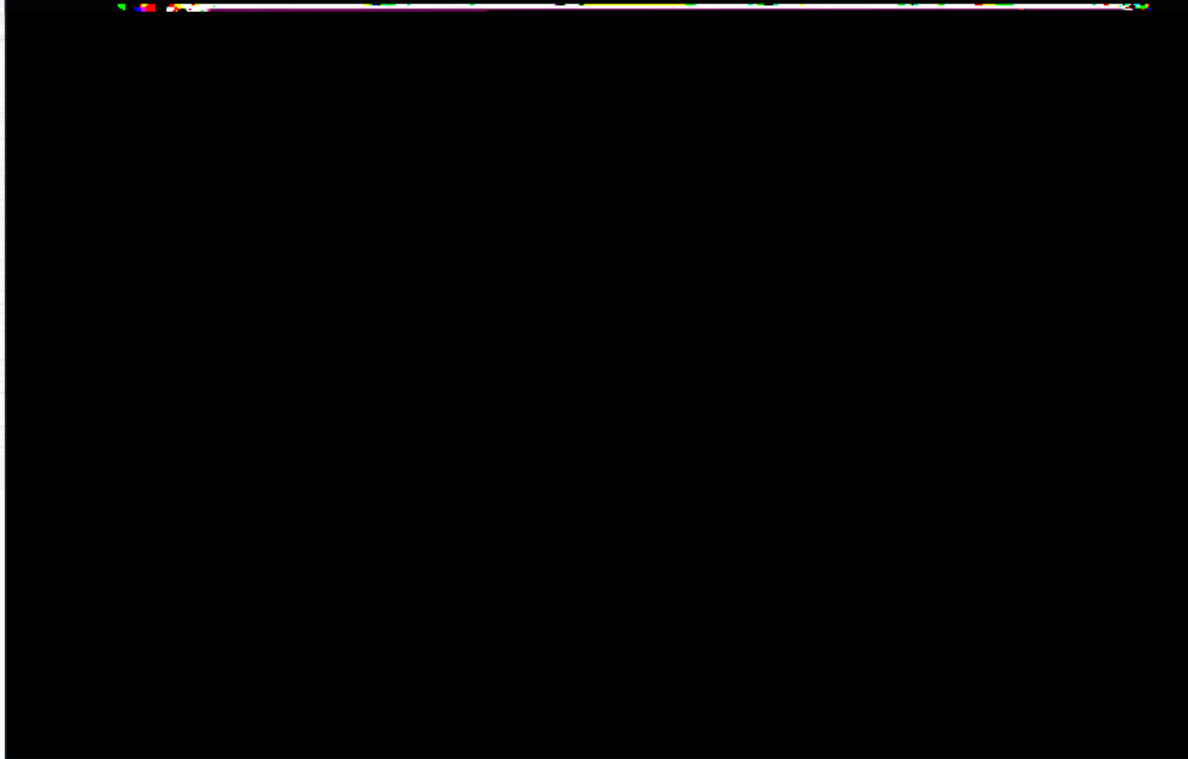
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Policy actions



Figure 1 Conceptual framework of food systems for diets and nutrition



It is imperative to transform the food system



Effective implementations of nutrition actions and nutrition-sensitive interventions

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