

**Table 3 Strategic objectives of the national document on food and nutrition security****Outcome targets for 2016**

1. Increasing nutritional literacy of target groups, by  $\geq 50\%$  compared with base year
2. Increasing average amounts of fruit, vegetables, milk and dairy produce, and pulses by 15% compared with base year
3. Increasing access to whole grains and their consumption by 20% compared with base year
4. Decreasing the amounts of salt, sugar and fats in foods and beverages by  $\geq 30\%$  compared with base year
5. Decreasing at least 30% of the main risk factors of agriculture products, by approval of the High Council of Health and Nutrition Security
6. Notifying prioritized standards of the food chain to all responsible for its control, based on risk assessment, in at least 50% of implementing centres, with determination of the priorities by the High Council of Health and Nutrition Security
7. Public announcement of the rank of major food producers, according to the policies of safety and nutritional value
8. Establishing at least 1 nutrition consultation visit for obese children, adolescents, adults, pregnant women and elderly people, in family physician programmes, and follow up visits for 50% of them
9. Maintaining and improving the coverage of iodized and refined salt consumption in  $\geq 99\%$  of households
10. Establishing a system of food and nutrition management in the provincial crisis management systems (designing, justifying, educating and implementing manoeuvres)
11. Full establishment of nutritional labelling for all processed food products, proportionate to the level of people's nutritional knowledge
12. Controlling the required hospital food solutions and supplements, based on current standards
13. Implementing  $\geq 30\%$  of the approved standards of the Ministry of Health and Medical Education on nutrition consultation services at hospitals
14. Standardizing food units of hospitals by end of 2014
15. Notifying and promoting regulation and policies for improving nutrition in public places, with priority for restaurants, kindergartens and schools, and at least 1 monitoring session and presenting feedback
16. Establishing food and nutrition security surveillance system, and publishing annual reports on it (for some indicators, bi- or triannual reports should be published)
17. Establishing of programmes for food fortification and supplementation of iron, zinc and vitamins A and D; both in the food industry and for primary prevention
18. Publishing the desirable food basket (collecting data on food per capita and food consumption patterns for different age and sex groups) in the 4th year of the 5-year development programmes

**Outcome targets for 2021**

1. Decreasing the prevalence of protein-energy malnutrition among children aged  $< 5$  years, pregnant mothers and elderly people, by 30% compared with base year
2. Decreasing the prevalence of food-borne diseases by 20% compared with base year
3. Increasing the chance of people to make informed choices using food labelling, by 50% compared with base year
4. Decreasing the prevalence of overweight and obesity among children, adolescents, adults and elderly people by 30% compared with base year
5. Decreasing the prevalence of common micronutrient deficiencies (iodine, iron, zinc, vitamins A and D) among children aged  $< 6$  years, adolescents, and pregnant and lactating women, by 20% compared with base year
6. Decreasing the prevalence of goitre among children aged 8–10 years, by 10% compared with current situation
7. Improving quality of foods by 50% in restaurants of universities, factories, offices and prisons, etc.
8. Improving the indicators of hospital nutrition by  $\geq 30\%$