Summary report on

Expert meeting
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Summary report on the expert meeting on protecting children from the harmful impact of food marketing in the Eastern Mediterranean Region, with a focus on digital marketing

Publication date: 2024

To support the Member States of the Region to strengthen their actions to protect children from the harmful impact of food marketing, WHO held an expert meeting on 6 and 7 December 2023 in Cairo, Egypt. The main objectives of the meeting were to update participating country representatives on the new guidance, tools, and other resources to support action to protect children from harmful food marketing; review the existing guidance and tools, with a particular focus on digital marketing, and identify any necessary adaptation to the Regional context; exchange country experience on policy action on food marketing and success stories and challenges faced; and identify country support needs from WHO and/or other partners, and opportunities for country collaboration for mutual support.

English

Summary report on

Meeting on nut in emergencies Eastern Medite Region

Summary report on the meeting on nutrition in emergencies in the Eastern Mediterranean Region

Publication date: 2024

A meeting on nutrition in emergencies was organized by the WHO Regional Office for the Eastern Mediterranean n Amman, Jordan, on 20–21 November 2023. The main objectives of the meeting were to: raise awareness and promote understanding among Member States of the available guidance, tools and resources to support nutrition in different types of emergency contexts; exchange country experience on protecting and promoting nutrition in emergency contexts and share lessons from this experience; and identify country support needs from WHO and/or other partners, and opportunities for country collaboration for mutual support.

English

Summary report on the

Elimination of trans fatty acids in the Eas Mediterranean Regic

Cairo, Egypt
10–11 August 2020

Summary report on the elimination of trans fatty acids in the Eastern Mediterranean Region

Publication date: 2021

The workshop aimed to provide countries with technical guidance from WHO and Resolve to Save Lives (an initiative of the global public health organization Vital Strategies). Its specific objectives were to: identify progress, enablers and barriers to eliminating trans fatty acids in countries; build capacity and relationships with partners working on trans fatty acid regulations in the Region; facilitate cross-regional learning amongst nutrition focal points, experts and stakeholders; and identify specific support needs and create follow-up plans to provide technical support.

English

Food and Agriculture Organization of the United Nations

World Health Organization
Regional Office for the Eastern Mediterranean

FAO/ WHO Multi-stakeholder Policy Workshop:

Leveraging Food Systems to Combat Obesity in the Near East and North Africa Region

Workshop Report

23-24 September 2019
Cairo, Egypt

FAO/WHO multi-stakeholder policy workshop: leveraging food systems to combat obesity in the Near East and North Africa Region

Publication date: 2019

A food systems approach is acknowledged to be key to efforts to combat obesity and eliminate other forms of malnutrition in the countries of FAO's Near East and North Africa Region and WHO's Eastern Mediterranean Region. This report describes the content and outcomes of the two-day regional multi-stakeholder consultation workshop, entitled Leveraging Food Systems to Combat Obesity in the Near East and North Africa Region. The workshop brought together a range of stakeholders to discuss food systems for healthy and sustainable diets.

English

Summary report on the

Regional workshop on healthy diet with focus on trans-fatty a elimination

Beirut, Lebanon
19–21 March 2019

Summary report on the Regional workshop on healthy diet with a focus on trans-fatty acid elimination

Publication date: 2019

A regional workshop on healthy diet with a focus on trans-fatty acid elimination was organized by the WHO Regional Office for the Eastern Mediterranean. The workshop shared WHO policies and strategies on eliminating trans-fatty acids and reducing salt, fat and free sugar intakes and the success stories and progress achieved at the global and regional levels. It also identified challenges and possible solutions to reduce trans-fatty acid, salt, fat and sugar intakes and countries were able to develop/review their national plans for implementing healthy diet and nutrition strategies.

English

WHO events addressing public health priorities

Tackling obesity in the Eastern Mediterranean Reg

Citation: Tackling obesity in the Eastern Mediterranean Region. East Mediterr Health J. 2019;25(2):142–143 htt

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Introduction

The World Health Organization (WHO) Eastern Mediterranean Region has experienced epidemiological and nutritional transitions that have contributed to high rates of overweight and obesity within the Region. Half the Region's adult women (50.1%) and more than two in five men (43.8%) were overweight or obese in 2014 (1). The rates of overweight or obesity among the Region's children are higher than the global average of 7%, and in some countries more than 15% of children are affected (1). In many countries in the Region, more than half of adolescents were reported to be overweight or obese (1). The consequences for the health and well-being of the population are serious, and the social and economic case for investing in prevention of overweight and obesity is clear.

The WHO Regional Office for the Eastern Mediterranean supports the implementation of national strategies and action plans to address overweight and obesity. Countries have struggled, however, to implement multi-sectoral policies or interventions to tackle this major challenge. In 2016, therefore, a process was initiated to assess the situation, identify key challenges and gaps, and come up with a series of proposals on priority areas for action to prevent obesity.

A new regional framework for action on obesity prevention (2019–2023) (2) was endorsed by the 65th session of the Regional Committee for the Eastern Mediterranean in October 2018 (3). A regional meeting to present the regional framework and discuss the promotion of its implementation was held at the University of Sharjah, United Arab Emirates on 26 November 2018 (4). The meeting was held alongside

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the WHO Framework
(FCTC) (6).

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example: new global gu

Tackling obesity in the Eastern Mediterranean Region

Publication date: 2019

This article summarizes the objectives, discussions and recommendations of the Regional meeting on tackling obesity in the Eastern Mediterranean Region with more focus on healthy diet, that was held in Sharjah, United Arab Emirates on 26 November 2018. The aim of the regional meeting was to present the regional framework for action on obesity prevention (2019–2023) and discuss the promotion of its implementation.

English

Summary report on the

Regional meeting t standardize and up food composition t reflecting sugar, tra fat, saturated fat ar contents

Rabat, Morocco
20–22 September 2016

Summary report on the Regional meeting to standardize and update food composition tables, reflecting sugar, trans fat, saturated fat and salt contents

Publication date: 2016

The WHO Regional Office for the Eastern Mediterranean organized a regional meeting to standardize and update food composition tables in the Region, reflecting sugar, trans fat, saturated fat and salt contents. The meeting brought together participants from six countries in the Region, who had shown progress on compiling food composition data. The meeting aimed at reviewing the current regional food composition tables, identifying gaps in data and information and sensitizing on international standards for food composition tables.

English

Summary report on the

Training workshop
treatment of severe
of acute malnutritio
countries in emerge

Islamabad, Pakistan
21–24 February 2016

Summary report on the Training workshop on the treatment of severe cases of acute malnutrition for countries in emergencies

Publication date: 2016

A training workshop on treatment of severe cases of acute malnutrition for countries in emergencies was organized by the WHO Regional Office for the Eastern Mediterranean jointly with Ministry of National Health Services, Regulation and Coordination, Pakistan. The main aim of the workshop was to build capacity of a regional core team to spearhead further training in the management of severe acute malnutrition across the Region with special emphasis on high burden countries such as Afghanistan, Djibouti, Iraq, Libya, Lebanon, Pakistan, Somalia, Sudan, Syria and Yemen.

English

Summary report on the

Training workshop on the Baby Friendl Hospital Initiative f policy-makers in th Eastern Mediterran Region

Amman, Jordan
15–17 December 2015

Summary report on the Training workshop on the Baby Friendly Hospital Initiative for policy-makers in the Eastern Mediterranean Region

Publication date: 2016

The training workshop on the Baby Friendly Hospital Initiative for policy-makers and decision-makers was organized by the WHO Regional Office for the Eastern Mediterranean. The main goal of the training was to further support implementation of the Baby Friendly Hospital Initiative, a global effort to implement practices that protect, promote and support breastfeeding, through training of policy- and decision-makers from ministries of health.

English

Summary report on the

Technical consultati reducing sugar inta the Eastern Medite Region

Amman, Jordan
26–27 July 2015

Summary report on the Technical consultation on reducing sugar intake in the Eastern Mediterranean Region

Publication date: 2015

The WHO Regional Office for the Eastern Mediterranean organized a technical consultation on reducing sugar intake in the Eastern Mediterranean. The objectives of the technical consultation were to review the levels, patterns and sources of sugar consumption in countries of the Region and to develop a regional roadmap to help countries to take action on reducing sugar intake in accordance with WHO guidelines on sugar intake in adults and children through identifying key cost-effective and strategic interventions and priority actions.

English

Summary report on the

Intercountry meeti on nutrition

Amman, Jordan
7–9 June 2015

Summary report on the Intercountry meeting on nutrition

Publication date: 2015

To address nutrition situation in countries of the Region and identify key challenges, the WHO Regional Office for the Eastern Mediterranean held an intercountry meeting on nutrition. The meeting aimed at reviewing the regional and national nutrition strategies and policies and country commitments with regard to the Second International Conference on Nutrition recommendations. It also identified needs for technical support as well as areas where the regional strategy needs to be updated. Expected outcomes of the meeting were roadmaps for implementing the Second International Conference on Nutrition recommendations and for further review and updating of the regional nutrition strategy.

English

Summary report on the

Consultation on development of a dr regional nutrient pro module

Tunis, Tunisia
8–10 December 2014

Summary report on the Consultation on development of a draft regional nutrient profiling module

Publication date: 2015

The WHO Regional Office for the Eastern Mediterranean organized a consultation to develop a regional nutrient profile model based on the regional nutrient profile model that is currently being finalized for the WHO European Region. The main objective of the consultation was to develop both a draft regional nutrient profile model for marketing foods and non-alcoholic beverages to children and an outline for piloting the model in one of the regional countries.

English

Summary report on the

Meeting of nutritio points in the Easter Mediterranean Reg

Muscat, Oman
23–25 September 2013

Summary report on the Meeting of nutrition focal points in the Eastern Mediterranean Region

Publication date: 2014

The WHO Regional Office for the Eastern Mediterranean held an intercountry workshop on nutrition. Participants reviewed the current nutrition situation in all Member States and progress achieved during the past decade and nutrition focal points were oriented on recent global and regional nutrition related initiatives. The meeting also served as a platform to review countries' progress in setting up national monitoring and evaluation systems.

English

Summary report on the

Intercountry meetin for the developmen an action plan for t implementation of International Code Marketing of Breas Substitutes

Cairo, Egypt
21–24 September 2014

Summary report on the Intercountry meeting for the development of an action plan for the implementation of the International Code of Marketing of Breast-milk Substitutes

Publication date: 2014

The WHO Regional Office for the Eastern Mediterranean conducted an intercountry meeting for the development of an action plan for the implementation of the International Code of Marketing of Breast-milk Substitutes. During the meeting, the current regional situation concerning the implementation of the Code of Marketing for Breast-milk Substitutes was reviewed, key challenges and recommend actions were identified in order to review and finalize a regional roadmap and a framework for national action plans for the implementation of the Code.

English

Summary report on the

Regional workshop salt and fat reducti setting up protocol measuring salt and intake and content

Amman, Jordan
10–12 September 2013

Summary report on the Regional workshop on salt and fat reduction and setting up protocol for measuring salt and fat intake and content in food

Publication date: 2014

In follow-up to a series of consultations and workshops which aimed at developing plans to implement the core set of interventions in the "Regional Framework for Action", including salt and fat reduction intake, a workshop on salt and fat reduction was organized by the WHO Regional Office for the Eastern Mediterranean. The workshop was organized and designed to provide guidance on implementing reductions in both fat and salt intakes and on monitoring of salt intake.

English

Summary report on the

Technical workshop on salt and fat intal reduction

Cairo, Egypt
10–11 April 2013

Summary report on the Technical workshop on salt and fat intake reduction

Publication date: 2013

The WHO Regional Office for the Eastern Mediterranean held a technical consultation on salt and fat intake reduction. The overall objective of the workshop was to support countries in developing national action plans on salt and fat intake reduction. The expected outcome of the workshop was the identification of action areas for the implementation of salt and fat intake reduction strategies for countries of the Region.

English

Report on the

Consultati
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and fat re
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Mediterra

Report on the Consultation on developing strategic directions for salt and fat reduction in the Eastern Mediterranean Region

Publication date: 2012

A technical consultation on developing strategic directions for salt and fat reduction was organized by the WHO Regional Office for the Eastern Mediterranean. The purpose of the consultation was to develop a roadmap and action plans for countries of the Region to implement “best buys” related to health and dietary changes through reducing salt intake and replacing trans fatty acids with polyunsaturated fatty acids.

English

Report on the Joint WHO/Flour Fortification Initiative harmonization workshop for wheat and maize flour fortification

Publication date: 2012

The WHO Regional Office for the Eastern Mediterranean in collaboration with the Flour Fortification Initiative and other partners organized a technical workshop for wheat and maize flour fortification. This report provides a summary of presentations delivered during the workshop as well as a set of recommendations which are divided into two parts: Part A comprises regional recommendations targeting countries which have adopted flour fortification, and Part B contains specific recommendations for Afghanistan, Libya and Pakistan.

English

Regional worksh
action for promot

Report on the Regional workshop on developing plans of action for promotion of physical activity and prevention and control of obesity

Publication date: 2011

A workshop on developing national plans of action for promotion of physical activity and prevention and control of obesity was organized by the WHO Regional Office for the Eastern Mediterranean. As an outcome of the workshop, all participating countries devised plans of action according to their national nutrition situation and needs.

English

The first regiona
nutrition, disa

Report on the first regional scientific conference on nutrition, disability and mental health

Publication date: 2011

The first regional conference in nutrition, disability and mental health was organized jointly by the WHO Regional Office for the Eastern Mediterranean and the Amman Arab University. The main objective of the conference was to come up with a set of recommendations to increase the awareness on the importance of best health and nutrition practices for promotion of optimal mental health and prevention of disabilities.

English

Report on the

First and second meetings
regional advisory committee on

Cairo, Egypt
1–2 June 2009
13 December 2009

Report on the first and second meetings of the regional advisory committee on nutrition

Publication date: 2010

The first meeting of the WHO Regional Advisory Committee on Nutrition was held at the WHO Regional Office for the Eastern Mediterranean. During the meeting, situation reports were given from the Region and lessons learned were shared. Next steps and strategic priorities were identified and the process for developing the regional nutrition strategy was agreed upon. The second meeting was held immediately following the launch of the draft regional nutrition strategy. The meeting revolved around discussing next steps and way forward for implementing the nutrition strategy.

English

Report on the technical consultation to establish a regional nutrition surveillance system with focus on micronutrient malnutrition

Publication date: 2010

The WHO Regional Office for the Eastern Mediterranean held a technical consultation to establish a regional surveillance system with focus on micronutrient malnutrition. The overall objective of the consultation was to strengthen the regional nutrition monitoring and evaluation system. The report includes a way forward for countries to establish and implement a functioning nutrition surveillance system.

English

Related links

Other WHO guidelines on nutrition

WHO publications repository on nutrition

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