



Nutrition and Food Safety News

- October 2023 -

Dear Subscribers,

Please find below some of our key activities from July-September. Since July was a particularly productive month, we spread it over two columns.

***As usual, please click on the related hyperlinks if you wish to dive deeper into specific subjects,**

****and please feel free to share this newsletter widely!**

*** JULY (1) ***

Protecting children from food marketing

Early July, we launched the new WHO guideline recommending [stronger policies to protect children from the harmful impact of food marketing](#).

The guideline can be accessed by clicking on the cover below:

*** JULY (2) ***

Healthier Diets

On 13 July, together with FAO, we hosted a joint [Launch event for WHO healthy diet guidelines and FAO-WHO concept of healthy diets](#)

The three new WHO guidelines on fats and carbohydrates contain recommendations that aim to reduce the risk of unhealthy weight gain and diet-related noncommunicable diseases, such as type 2 diabetes, cardiovascular disease and certain types of cancer.

*** AUGUST & SEPTEMBER ***

Breastfeeding Week



Let's make breastfeeding and work, work!

Have a look at this year's Breastfeeding campaign [World Breastfeeding Week 2023](#) and read the

[Joint statement by UNICEF Executive Director and WHO Director-General on](#)

Policies to protect children from the harmful impact of food marketing

WHO guideline



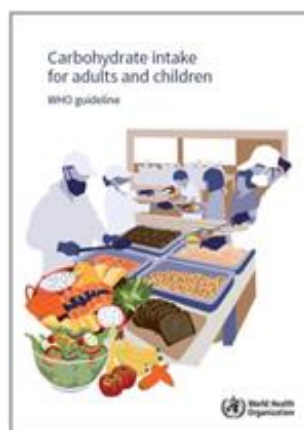
Together with UNICEF, we also released a new joint [toolkit to help countries protect children from harmful food marketing](#) based on children rights. Please access the publication by clicking on the cover below:



Obesity Prevention & Management



Please click on the covers below to access the three guidelines:



We also published the [Healthy diet metrics: a suitability assessment of indicators for global and national monitoring purposes \(who.int\)](#)

[the occasion of World Breastfeeding Week](#)

Healthier Food Environments & Food

Together with the Ministry of Health of Qatar, we [launched the guide on healthy food at sports events on 24 August](#).

To access the guide itself, please click on the cover below:



This initiative was followed by two webinars, the first on

26 September:
[Calling for healthier food and food environments at sports events: civil society and academia](#)

and a second one on

3 October:
[A conversation with sports event organizers: Introducing healthier foods and food environments at sports events](#)

We also released a digressive brochure summarizing the key points of the [WHO acceleration plan to stop obesity](#)

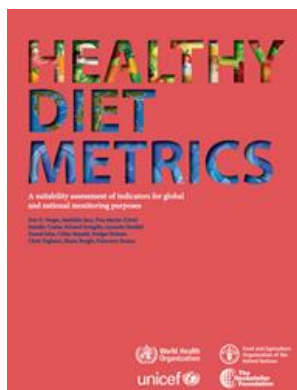
Food Safety

We published in July a new Fact Sheet: [Nine things to know about food safety aspects of cell-based food \(who.int\)](#)



as well as the report of the [Joint FAO/WHO Expert Meeting on Microbiological Risk Assessment of Listeria monocytogenes in foods. Part 2: Risk Assessment Models](#),

and a timely **Information Brief** giving a quick overview on what the main issues and gaps are on the role of red and processed meat for human and planetary health: [Red and processed meat in the context of health and the environment: many shades of red and green \(who.int\)](#).



First UN Food Systems Summit Stocktaking Moment (UNFSS+2) Rome, 24-26 July

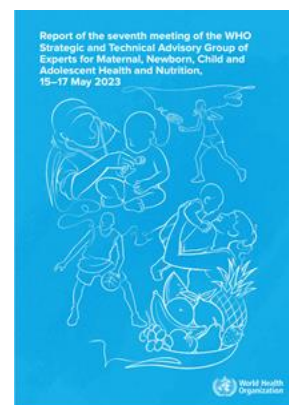


At the [UNFSS+2](#), we continued advocating to ensure that nutrition and health are central within the food systems transformation agenda.

On the opening day of the UNFSS+2, our WHO Director-General provided the keynote remarks in the high-level [Leadership Dialogue on Healthy Diets, Cultures, and Traditions: Lessons from the Mediterranean Diet](#). His remarks can be read [here](#).

On the second UNFSS+2 day, WHO together with UNICEF, FAO and WFP organized the high-level [Leadership Dialogue on Food Systems for People's Nutrition and Health \(who.int\)](#), discussing how current food systems need to serve people's health and the planet, providing examples from champion countries such as Kenya, Mexico and others.

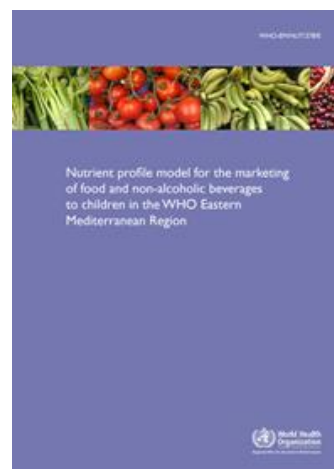
Publications of interest in August/September:



28 AUG: [Report of the seventh meeting of the WHO STAGE for MCA and Nutrition, 15-17 May 2023](#)

14 SEP: [INFOSAN Quarterly Summary, 2023 #2](#), showing that our INFOSAN Secretariat was involved in 53 food safety incidents concerning 58 WHO Member States and territories from all WHO regions between April-June 2023.

29 SEP: [Nutrient profile model for the marketing of food and non-alcoholic beverages to children in the WHO Eastern Mediterranean Region](#)



We also released together with IARC and our [Joint FAO/WHO Committee on Food Additives \(JECFA\)](#) the latest [Aspartame hazard and risk assessment results](#),

and published a new video about non sugar sweeteners with regard to weight loss: [WHO's Science in 5: Do sweeteners help with weight loss?](#)

On 13 July, WHO and FAO celebrated together the [WHO 75th and Codex 60th anniversary of the joint FAO/WHO Codex Alimentarius programme](#)

Food (In)Security

The 2023 edition of the annual report jointly prepared by FAO, IFAD, UNICEF, WFP and WHO revealed that [122 million more people were pushed into hunger since 2019 due to multiple crises](#).

Please click on the cover below to access the full report:



Four official side events were held on both days with the support of the [Coalition of Action on Healthy Diets from Sustainable Food Systems for Children and All](#) (HDSFS) hosted by WHO:

24 JUL: [City, local and national governments join forces to accelerate transition towards healthy, inclusive, sustainable, and resilient food systems](#) ([who.int](#))

[Towards healthy and sustainable food systems: agroecology, soil and healthy diets](#) ([who.int](#))

25 JUL: [Food Systems transformation amid a poly crisis: Addressing climate, food insecurity, malnutrition, and conflicts](#) ([who.int](#))

[National Pathways: Spotlight on nutrition, gender and food system policy actions](#) ([who.int](#))

Recordings and outcomes of these events are available in the [4th newsletter of the HDSFS Coalition](#) ([mailchi.mp](#))

Meetings we held in September:

18 SEP: [Integrating Essential Nutrition Actions in Universal Health Coverage](#)

18-22 SEP: [Joint FAO/WHO Expert Meeting on microbiological risk assessment of viruses in foods - Part 1: food attribution, analytical methods and indicators](#)

Interested in contributing?

[Call for authors - Systematic reviews on donor human milk banking processes](#) ([who.int](#)) - **DL 5 Nov**

[Call for experts - WHO expert group to develop guideline on consumption of tropical oils](#) - **DL 16 Nov**

[First global call for data on gestational weight gain](#) - **DL 1 Dec**

[Request for data on cadmium and lead in quinoa and quinoa-based products, including foods for infants and young children](#) - **DL 15 Dec**

[Call for data - Joint FAO/WHO Meeting on Pesticide Residues 2024 meeting](#) – **DL 20 Dec**

News from NFS Collaborating Centres

WHO/Cochrane/Cornell Summer Institute for Systematic Reviews in Nutrition for Global Policy Making, July 2023



The 2023 edition of the Summer Institute in July was a success, with 25 participants from all WHO regions. This year included a virtual component in addition to an in-person classroom with faculty and facilitators. The Institute brought together experts from the World Health Organization (WHO), Cochrane, and Cornell University to train participants in the development of systematic reviews of nutrition interventions in populations. The Editor-in-Chief of Campbell Collaboration Dr Vivian Welch, attended and updated all participants on ongoing work in equity methods. The Deputy Editor-in-Chief of Cochrane from London, Dr Toby Lasserson thanked everyone for the opportunity and commented on the fruitful collaboration between WHO and Cochrane. Faculty from WHO and PAHO, along with other regular faculty, were particularly engaging, including Dr Luis Gabriel Cuervo (PAHO), Dr Lee Hooper, Dr Damian Francis, Dr Hector Pardo-Hernandez (WHO Consultant), and Dr Juan Pablo Peña-Rosas (he, him, his), Head, Global Health Initiatives (cross-cutting) in the WHO Department of Nutrition and Food Safety. Ms Tiffany Gust Duque, Senior Officer Geographic Groups, Networks, & Fields from Cochrane's Central Executive Team also participated as faculty. As a Cochrane Associate Centre in the US Cochrane Network, the Division of Nutritional Sciences, Cornell University builds on an ongoing collaboration with Cochrane and the World Health Organization to train nutrition scientists to produce systematic reviews in nutrition in support of global policymaking.

This unique Institute took place during two weeks in July, with one virtual week followed by one week on the Cornell University campus. The first virtual week was primarily asynchronous instruction (work at participants own pace, in teams) with about three synchronous (live, collaborative and interactive) sessions between 10:00 am and 1:30 pm EDT. The second week of the 2023 Summer Institute was a residential week at Cornell University, Ithaca Campus.

Systematic reviews following the Cochrane methodology are used to ensure that WHO recommendations are based on sound evidence. Participants learn Cochrane methods, including applying the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) tool to assess the overall certainty of evidence.

The annual summer institute was first established in 2014 and has already produced reviews that contributed to global policies and guidelines as well as a network of more than 140 graduates worldwide. Dr Pat Cassano, Alan D. Mathios Professor and Director, Division of Nutritional Sciences, and Professor, Department of Population Health Studies, Division of Epidemiology Weill Cornell Medicine, and Director of Graduate Studies for the Minor Field of Epidemiology in the Cornell University Graduate School serves as director of the summer institute. The [WHO/PAHO Collaborating Center](#) on Nutrition Research for Health in the Division of Nutritional Sciences, supports WHO's mission to provide training and education to nutrition scientists, while providing technical advice to WHO and aiding in the development of guidelines. More Info about the summer institute can be found here: [WHO Cochrane Cornell Summer Institute | Division of Nutritional Sciences | Cornell College of Human Ecology](#)



**Wishing you a healthy,
nutritious and colourful
autumn!**



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