

Meeting the challenges of a new era for achieving healthy diet and nutrition in Finland

Sirpa Sarlio-Lähteenkorva

Ministry of Social Affairs and Health, Finland

Some general approaches/ principles

- Community and population-based action rather than risk group approaches
- Mostly long/term structural measures, very little projects or campaigns
- Inter-sectoral co-operation important, horizontal committees, Health in all Policies



Some examples of long term on-going activities

- Fortification since 1940's (iodine, selenium, vitamin D)
- Monitoring on dietary intake since 1982 with FinnDiet survey every 5 years, including health status
- Cooking skills, nutrition and health education are part of educational system, mandatory to all (but very popular!)
- Support for breastfeeding, healthy food habits, weight management at maternity and child health clinics to all families free of charge
- “Better choice” heart symbol indicates foods and meals with less salt, less saturated and transfats, less sugar and more fibre
- EU school milk subsidies are given only to low fat, low salt products

Some milestones since ICN2

- 2014 Dietary guidelines including sustainability, programme for climate friendly agriculture
- 2015 Government programme with healthy lifestyle and sustainability, development program with food insecurity
- 2016 Dietary guidelines for families and for students, implementation of best practices in nutrition, consumer info on unpacked foods
- 2017 Guidelines for meals at school and preschool, tools to promote reformulation

- Improving sustainability of Finnish food system, integrating different policies
- Addressing whole food system
- Changes towards more plant-based diet
 - reducing meat consumption
 - implementing nutrition recommendations
 - communication of sustainable choices
 - traceability and responsibility systems, local foods, less food loss





Food services

- Free school meals since 1948: improving health, school attendance, learning and supporting families
- Subsidised meals for students and at work places
- Quality criteria for procurement of meals (nutrition ==> sustainability)
- New dietary guidelines coming in 2017 for schools and kindergarden, includes also food education

Health, well-being and sustainability are part of governments strategic programme

- Restructuring health care system
- Implementation of best practices to improve lifestyles and mental health during 2017-2018: tools to health care professionals and others to support families, patients & communities





Improving nutrition globally

Priorities of our new development policy emphasize rights of women and girls and include food security, better access to water and sustainability

- 50 videos of healthy choices utilizing local foods to improve complementary feeding and family diets
- Targeted at mothers, also illiterate audiences
- Effectiveness tested in Kenya, produced by University of Helsinki, available in multiple languages www.glocalnutrition.com



Tools for better diet: easily accessible information for consumers

Gradually setting tighter limits for "highly salted" warning labels and expanding the system to certain unpacked foods 13.12.16 →

| | New, includes natural Na and also unpacked foods (13.12.16 →) | Current since 2009 (added Na, prepacked only) | 1992-2009 (added Na, prepacked only) | Before 1992 (added Na, prepacked only) |
|----------|---|---|---|---|
| Bread | 1,1 | 1,2 | 1,3 | 1,7 |
| Cheese | 1,3 | 1,3 | 1,4 | No limit |
| Sausages | 2,0 | 1,7 | 1,8 | 2,2 |
| | | | | |
| | | | | |

Kestävä kehitys ja Suomi

Valtioneuvoston selonteko eduskunnalle
kestävään kehitykseen tähtäävistä toimin

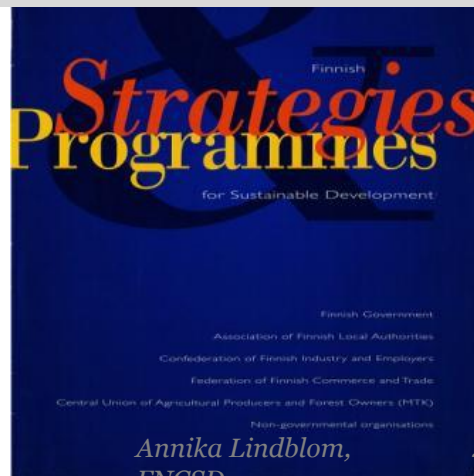
Finnish Action for SUSTAINABLE Development



Finnish Government Programme for Sustainable Development

Council of State Decision-in-Principle on
the Promotion of Ecological Sustainability

Finland has a long tradition of sustainable development policies: 1990 → 2017 we plan to have a tool for nutrition commitments for stakeholders as part of sustainability committments



MEKÄSTÄVÄN
TYKSEN TOIMIKUNTA
NDSS KOMMISSION
HÄLLBAR UTVECKLING
FINNISH NATIONAL COMMISSION
ON SUSTAINABLE DEVELOPMENT

BUILDING BLOCKS FOR A VERSATILE DIET!

