The Ethiopian FBDGs

DECEMBER 9, 2021
ADDIS ABABA, ETHIOPIA
Dietary habit can be affected by:

- Urbanization
- Economic growth
- Population growth
- Lifestyle change
- Climate change
Why Ethiopia need Food-based dietary guidelines?

Nutritional deficiencies that stem from inadequate nutrient intakes are highly prevalent in Ethiopia, especially among WRA and children.

<table>
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<tr>
<th>Micronutrient deficiency (%)</th>
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<td>Anaemia PSC = 34.4</td>
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<td>Vitamin A PSC = 14</td>
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<td>Zinc PSC = 35</td>
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<td>Vitamin B12 WRA = 15.1</td>
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<td>Folate WRA = 17.3</td>
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<td>Iodine WRA = 52</td>
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Diet related disease
Obesity & NCDs
What could be the solution?

Improving **diet quality** of the population will support reducing risk for malnutrition and related NCDs.

Food-based dietary guidelines will support the transition to **healthier diets**.
FBDGs address multifactorial issues related to diet and health

**FBDGs:** A set of context specific simple advisory guidelines based on sound evidence which attempts to respond to a country’s public health and nutrition priorities, food production and consumption patterns, socio-cultural influences and related factors. (FAO, 2021)

Globally, over **100** countries have FBDGs and only **7** African countries have FBDGs.

- Benin, **Kenya**, **Nambia**, **Seychelles**, **Nigeria**, **Sierra Leone** and **SA**
FBDGs drive a significant shift in the existing food system: GC 10/22; Actionable, Impactful, Scalable & Sustainable

FBDGs be used as a **policy and programmatic tool**, education and capacity development tools.

Can shape the **food environment**, by setting **standards** for foods offered in public settings (schools, workplaces, hospitals, prisons, social canteens and restaurants).
Goal: Reduce malnutrition and diet-related public health problems of the country through promoting healthy diet among different population groups.

Objectives:

Provide dietary recommendations for the Ethiopian population 2 years and older for increased diet quality including diversity and food safety for optimal health.

Promote broad food system actions supporting diet quality being sensitive to sustainability.
Target audience:

- General pop over 2 years in agrarian and pastoral settings
- Consumers, industries, schools, media
- Government sectors, NGOs and UN organizations
- Universities and research organizations…
Et-FBDGs Development Process

**Phase 1**
1. Planning & sensitization
2. Establishing MSPC & TWG
3. Situation analysis & technical review
4. Setting health/nutrition objectives
5. Setting technical recommendations & key messages

**Phase 2**
6. Diet Modeling
7. Adjustment of technical recommendations
8. Development and testing of messages
9. Correction, adjustment & validation
10. Promotion of SBCC materials and launching
11. Implementation/Piloting
12. Monitoring & Evaluation
13. Revision

Here we are
1. Eat a variety of foods everyday in every meals, days and weeks.

2. Include legumes such as fava beans, chick peas, peas and lentils in your daily meals.

3. Eat a variety of fruits and vegetables of different colors such as bananas, papayas, carrots and tomatoes every day.
4. Diversify your diet with **nuts, oil seeds**.

5. Add animal source foods such as eggs, milk, fish and meat to your every day meal.

6. Drink a minimum of 8-10 glasses of **clean water** every day.
7. Make physical activity for at least 30 minutes as part of your daily routine.

8. Reduce use of fats and oils.

9. Reduce intake of sugar, sweets and sugar sweetened soft drinks you take.
The 11 FBDG key Messages...

‘Healthy Diversified Plate for Active life’

10. Limit the use of Salt

11. Avoid/limit the use of both factory processed and home-made alcoholic beverages
Over the past Four Years

2022 - Piloting, Implementation M & E and Revision

2021 - Translation to Guidelines
- Development & message testing
- Compilation
- Communication tools

2020 - Translation of Tech. recommendations into daily food choice
- Preparation of Food guide/Graphics
- Diet modelling develop daily nutrient recommendations

2019 - Evidence gathering
- Setting nutrition objectives
- Drafting technical recommendations
Next Steps

- Finalizing the Diet modeling work
- Finalizing the Graphic design and other deliverables
- Official Launching will be in January, 2022
- Piloting/Implementation
- Developing M&E frame work
Thank You

‘Healthy diversified plate for active living’