

Action Plan to Reduce the **Double Burden of Malnutrition** in the Western Pacific Region (2015–2020)



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ABBREVIATIONS

BF	breastfeeding
BFHI	Baby Friendly Hospital Initiative
BMI	body mass index
CIP	Comprehensive Implementation Plan for Maternal, Infant and Young Child Feeding
CF	complementary feeding
CRC	Convention on the Rights of the Child
EBF	exclusive breastfeeding
FAO	Food and Agriculture Organization of the United Nations
ILO	International Labour Organization
MDG	Millennium Development Goal
NCD	noncommunicable disease
SD	standard deviation
SPC	Secretariat of the Pacific Community
SUN	scaling up nutrition
TB	tuberculosis
UHC	universal health coverage
UNDAF	United Nations Development Assistance Framework
UNICEF	United Nations Children’s Fund
WHO	World Health Organization
WRA	women of reproductive age

FOREWORD

In the Western Pacific, our Member States are beset by the double burden of malnutrition. The problem starts early. Undernutrition contributes to 187 000 preventable deaths of children under 5 years of age. Another 11.6 million children are stunted and 4.7 million underweight. At the same time, more than 6.7 million children under 5 are overweight. Nearly 60% of adolescents are overweight in some parts of the Region, such as Pacific island countries.

With an unhealthy start to life, people's health prospects as adults turn bleak. They face increased risks of both communicable and noncommunicable diseases, because malnutrition in all its forms leads to an increased risk of sickness and premature death.

The Regional Committee for the Western Pacific urged Member States in 2012 to implement *Comprehensive Implementation Plan on Maternal, Infant and Young Child Nutrition*, considering country contexts. This *Action Plan to Reduce the Double Burden of Malnutrition in the Western Pacific Region (2015–2020)* calls for accelerated efforts to improve nutrition.

The action plan proposes coordinated strategies to reduce malnutrition risk factors and promote healthy diets within the context of the Region's changing nutritional landscape amid rapid globalization, urbanization and trade liberalization. In addition, the action plan embraces core international health principles of human rights, health in all policies, evidence-informed practices and multisectoral engagement.

With the support of the World Health Organization, Member States should use this action plan as a guide to help ensure that food is available, accessible, affordable and acceptable to all the people of our Region, so that they may lead healthy and productive lives.



Shin Young-soo, MD, Ph.D.
Regional Director

EXECUTIVE SUMMARY

Member States in the Western Pacific Region face a double burden of malnutrition: undernutrition – including wasting, stunting, micronutrient deficiencies and low birth weight – coexisting with overweight and obesity, as well as an increase in nutrition-related noncommunicable diseases (NCDs).

The *Action Plan to Reduce the Double Burden of Malnutrition in the Western Pacific Region (2015–2020)* brings together nutrition-related actions from global and regional guidance documents to address diet-related diseases and reduce nutritional risk factors. The plan aims to achieve eight nutrition targets: the six global nutrition targets and two of the nine voluntary NCD targets – to reduce salt intake and halt the increase in obesity and diabetes – endorsed by the World Health Assembly in 2012.

This plan describes the magnitude of the double burden of malnutrition in the Region in changing nutritional landscapes. The plan highlights the achievements in reducing undernutrition and the need to halt the rise in overweight, obesity and diet-related NCDs.

The necessary conditions to improve nutrition include:

- sustainable and health-promoting food systems;
- the provision of quality health services; and
- optimal care-giving practices in homes and communities.

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