
Monitoring of nutrition structure of population and development of steps of its implementation (1992-2006)

Nutrition monitoring system

✓ Food balance
✓ Family budgets
✓ Epidemiologic studies of nutrition and health

Annually over 15 thousand people are being examined
Basic foods consumption profile

Nutrients consumption profile
Using the system of food status disturbances multilevel diagnostics “Nutritest –IP”
THE MOST IMPORTANT NUTRITION DISORDERS IN RUSSIAN POPULATION (1995-2005 ГГ.)

- Excess animal fats consumption
- Polyunsaturated fat acids deficiency
- Full value proteins deficiency (population with low income)
- Deficiency of C, B1, B2 vitamins, folic acid, retinol, B-carotene, etc.
- Minerals deficiency: Ca, Fe
- Microelements deficiency: J, F, Se, Zn
- Food fiber deficiency
- Excess consuming of added sugar
MEDICAL PRIORITIES IN HEALTHY NUTRITION.
FEDERAL LEVEL PRIORITIES

PROTEINS
- Creation of production of proteins from non-traditional sources and technologies of its use in food industry
- Reconstruction of domestic manufacturing of vitamins-substances
- Creation of food supplements industry and food fortification technologies

MICRONUTRIENTS
- Fulfillment of breast feeding program. Special foods industry:
  - For pregnant women
  - For prematurely born children
  - Breast milk substitutes
  - Feeding up
  - For different categories of sick children
  - Enteral feeding manufacturing

BABY FOOD
- Creation of legal base.
- Reinforcement of manufacturing control in agro-industrial complex, including small enterprises creation of modern instrumental base and provision of state surveillance bodies.

FOOD SAFETY
- Professional programs for higher and post-graduate education.
- Development of educational programs for secondary schools and mass media

EDUCATION
- Fulfillment of breast feeding program.
- Provision of domestic and imported foods safety
- Increase of education level on healthy nutrition in population

NATION’S HEALTH
Ministry of Health and Social Development of the Russian Federation
Presidium of the Russian Academy of Medical Sciences and Russian Academy of Agriculture

The basic tasks of state policy in healthy nutrition

• Domestic manufacturing of basic foods and raw materials, meeting modern quality and safety requirements, and creating food safety of the country.
• Development of domestic manufacturing of food ingredients, necessary for modern producing of foods, including foods, fortified by irreplaceable factors, functional foods, special medical and prophylactic foods;
• Support for baby breast feeding and domestic manufacturing of special baby food, totally meeting the requirements of healthy babies.
Basic tasks of state policy in healthy nutrition

• To create a nutrition system in children’s organized groups;
• To organize and address food aid for pregnant and breast-feeding women, as well as for children from indigent families according to medical indications;
• To organize nutrition of working population irrespective of enterprises property forms;
• To educate and teach different population groups for healthy nutrition, including with participation of Healthy Nutrition Centers;
• Population food status monitoring.
Priorities for joint EC-Russia cooperation

- Epidemiological monitoring of tendencies in condition of nutrition and health of the population of Russia with special attention to development alimentary-dependent diseases (obesity) and estimation of influence of life, social-economic and other factors.

  Revealing of risk factors for health and development of offers on correction of nutrition of groups of risk
Priorities for joint EC-Russia cooperation

- In the field of biotechnology.
  Medico-biological assessment of GMO
  Creation of the Joint Committee for:
  - to assess development and use
  - to create normative base
  - to assess new GM food sources
Priorities for joint EC-Russia cooperation

- Falsification of foods and drinks
Priorities for joint EC-Russia cooperation

- Development of system for estimation of risk of food contamination for health children's and adult population and preventive maintenance of separate consequences connected to contaminant of chemical and biological origin.
Components of healthy nutrition

- Range of foods (market)
- Availability of foods (pocket)
- Knowledge and ability to construct healthy nutrition (education)