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## HOW TO ACT?

It is necessary to act not only on the knowledge of children and adolescents but also on all the factors that influence their diet.



## AT THE INDIVIDUAL LEVEL

- Food preferences and pleasure
- Autonomy
- Beliefs, attitudes, values, perceptions
- Knowledge, skills



## EDUCATIONAL COMMUNITY

- Teachers, parents, peers, etc.



## LIVING ENVIRONMENT

- Advertising
- Cultural norms,
- Media influence
- Recreational facilities, parks
- Information available,
- Food accessibility (cost, availability)
- Workplaces, schools



## SYSTEM, LAWS, POLICIES

Governing health, food, food industry, media

- By demanding the **elaboration of standards for the preparation of foods for sale in schools** and prohibition of the sale of foods high in sugar or salt in schools.
- By encouraging the **development of an integrated national school health strategy** that puts an accent on nutrition education.
- By **promoting the cultivation, production and marketing of good quality foods** (regulation of pesticide use, quality control of manufactured and imported foods, etc.).

### B. Contribute to increasing the awareness of communities and other stakeholders :

- By acting as **ambassadors for healthy eating and physical activity** to government and local authorities, the media, and in community actions throughout the country.
- By Including a **nutrition program** in political party manifestos.

### C. Encourage scientific research on nutrition and food systems related problems :

- By **demanding the allocation of more funding for health and nutrition research** based on local foods and culinary practices .



## NUTRITION EDUCATION IN SCHOOLS IN CAMEROON

*Adressing the double burden of malnutrition and obesity*

**What can parliamentarians do?**

## 5

## PARLIAMENTARIANS COULD :

### A. Influence laws and policies that promote healthy eating and physical activity for children and adolescents :

- By requiring an **end to the advertisement of foods high in fat, sugar and salt** that condition children to make unhealthy choices .

# 1

## THE BURDEN OF OBESITY, DIABETES, HYPERTENSION IN CAMEROON

- **30% of the population** (22% of men and 37% of women) is **overweight or obese**.
- **18% of girls aged 15 to 19 years** are **overweight or obese**.

2 men out of 10 are overweight or obese.

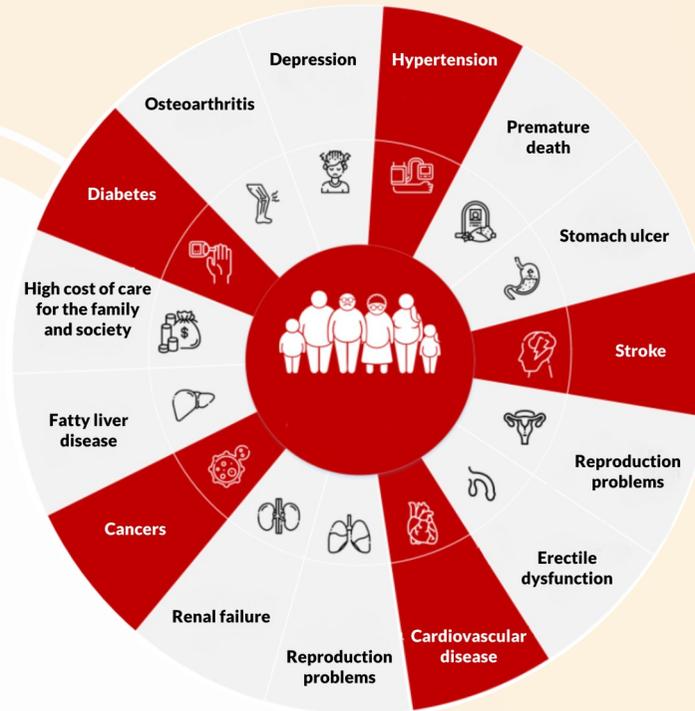


4 women out of 10 are overweight or obese.

- The prevalence of **obesity** in the **Cameroonian adult population** has increased from 5% in 2000 to 10% in 2016 (5% in men and 14% in women). If nothing is done, this prevalence will increase to 20% in 2025.
- The prevalence of **diabetes** among adults has **tripled in 20 years** (2% in 1998 and 6% in 2018).
- 31% of the population (1 in 3 adults) has **hypertension**.

# 2

## OBESITY AND ITS CONSEQUENCES



The consequences of overweight and obesity



- **Obese children** are **more likely** to develop **asthma or hypertension**. They have an **impaired quality of life and a reduced life expectancy**.
- **Obesity increases the risk** of developing a **severe form of COVID-19** by **30%**.

# 3

## NUTRITION EDUCATION

**Poor eating habits and physical inactivity are the main causes of NCDs.**

**There is an urgent need to change eating habits and promote physical activity at the individual, family and community level.**

**"NUTRITION EDUCATION** is a set of educational strategies that can be implemented at different levels, aiming to help populations achieve positive and sustainable changes in their eating behaviors"

**Nutrition education must be provided from childhood onwards :**

- Childhood and adolescence are the developmental phases of the individual; during which the lifestyle habits that will influence health and well-being in adulthood are developed. Good eating habits acquired during this period will be maintained in adulthood.
- Establishing healthy behaviors during childhood and adolescence is easier and more effective than trying to change unhealthy behaviors and treat diseases in adulthood.
- School is an ideal setting to teach and empower students to improve their eating behaviors.