Technical Consultation on the preparation of
National Food Based Dietary Guidelines
and Nutrition Education for
Promotion of Healthy Diets

9 – 12 May 2016 – Gauteng, South Africa
Programme

Day 1: Monday 9 May 2016

8:30-9:00  Completion of registration of participants and speakers

Coffee / Tea

Opening Session

9:00-10:00  Welcome and Opening Session
**Chair: Dr Ana Islas and Co-chair Prof Ali Dhansay**

- Opening address by Dr Tobias Takavarasha, Representative, FAO South Africa (10 minutes)
- Message from Dr Anna Lartey, Director, ESN, FAO HQ (10 minutes)
- Message from Prof Ali Dhansay, President, NSSA (10 minutes)
- Meeting objectives, programme and introduction of participants by Ms Carol Browne, FAO (15 minutes)
- Group photo (15 minutes)

10:00-10:20  Coffee / Tea Break

Session One

10:20-12:00  The Need for Food Based Dietary Guidelines (FBDGs) in Sub-Saharan Africa
**Chair: Dr Yenory Hernández Garbanzo (Timing 25 minutes per presentation)**

- Diet related public health issues in Sub-Saharan Africa - Prof Ali Dhansay, NSSA
- Dietary patterns, health outcomes and food systems: making the link for preparing FBDGs - Dr Celeste Naude, NSSA
- FBDGs: A public health measure to promote healthy diet and guide healthier food supplies to address the double burden of malnutrition - Dr Hana Bekele, WHO (tbd)
- FBDGs: Global patterns, opportunities and challenges - Dr Mercy Chikoko, FAO SFS and Dr Ana Islas, FAO HQ

12:00-12:20  Discussion
12:20-13:30  Lunch

Session two

13:30-14:50  FBDGs Processes and Countries’ Experiences

*Chair: Dr Hana Bekele (Timing 20 minutes per presentation)*

- FAO/WHO approach for the development of FBDGs - Ms Carol Browne
- Case study South Africa: Experiences developing FBDGs - Ms Maude de Hoop
- FBDGs in Latin America and the Caribbean: Experiences and lessons learned - Ms Verónica Molina
- Case study Sierra Leone: Experiences developing FBDGs - Ms Aminata Koroma

14:50-15:00  Discussion

15:00-15:40  National FBDGs: Group Panel Discussion

15:40-16:00  Coffee / Tea Break

16:00-17:15  Country Group Work

- Situation Analysis & Identifying Challenges and Opportunities for Developing National FBDGs
- Feedback and Discussion

17:15-17:30  Closing Summary - Zimbabwe

Day 2: Tuesday 10 May 2016

7:30-8:00  Coffee / Tea

8:00-8:15  Opening - Kenya

Session Three

8:15-10:20  Information Needs for Preparing FBDGs

*Chair: Ms Angela Kimani (Timing 30 minutes per presentation)*

- Science based health and nutrition information needed for preparing FBDGs - Prof Esté Vorster
- Food and dietary data needed for preparing FBDGs - Prof Edelweiss Wentzel-Viljoen
Case study Thailand- The Thai experience on using food and dietary data for FBDGs- Dr Kitti Sranacharoenpong

Discussion

10:10-10:40 Country Group work

- Revision of information currently available in countries versus the needed to develop FBDGs
- Discussion

10:40-11:00 Coffee / Tea Break

Session Four

11:00-12:30 Developing the FBDGs, Food Guides and Messages

Chair: Dr Mercy Chikoko (Timing 40 minutes per presentation)

- Key principles & effective characteristics of national FBDGs and food guides - Dr Yenory Hernández and Ms Verónica Molina
- The role of consumer research for translating FBDGs recommendations into effective consumer messages - Ms Chantell Witten and Ms Carol Browne
- Discussion

12:30-13:00 Team up on the FBDGs quiz game

- Discussions of quiz answers and agree on a list of typical FBDG characteristics / criteria.

13:00-14:00 Lunch

14:00-16:00 Country Group Work – Ideas to Translate Nutrition Science into FBDGs Guidelines and Messages for Different Population Groups

16:00-16:20 Coffee / Tea Break

16:20-17:15 Feedback of Group Work: Preliminary Results

17:15-17:30 Closing Summary- Malawi

19:00 Group Dinner
Day 3: Wednesday 11 May 2016

7:30-8:00 Coffee / tea

8:00-8:15 Opening – Cameroon

Session Five
Multi-sectoral Implementation of FBDGs and Nutrition Education
Chair: Prof Edelweiss Wentzel-Viljoen, NSSA

8:15-9:45 Case Study USA-Experiences with Implementing FBDGs
- Multi-sectorial actions to implement FBDGs- Ms Angela Tagtow, Center for Nutrition Policy and Promotion (CNPP) at the U.S. Department of Agriculture.
- Discussion

9:45-11:00 Coffee / Tea Break and Poster Viewing

11:00-13:00 Linking Nutrition Education and Communication with FBDGs
(Timing 30 minutes per presentation)
- Nutrition education: basic concepts and strategies - Dr Ana Islas
- Embracing FBDGs as an instrument for nutrition education - Dr Yenory Hernández-Garbanzo
- Capacity development for effective nutrition education - Ms Esi Colecraft
- Opportunities for synergy: home grown school feeding and FBDGs- Ms Josephine Kiamba and Ms Kefilwe Moalosi, NEPAD
- Discussion

13:00-14:00 Lunch

14:00-15:00 Country Group Work- Identification of Entry Points for Implementing FBDGs, Recommendations on Institutional Arrangements & Capacity Development

15:00-16:00 Feedback of Group Work

16:00-16:20 Coffee / Tea Break
Session Six

16:20-17:10  Monitoring and Evaluation of FBDGs  
*Chair: Ms Delilah Takawira (Timing 25 minutes per each presentation)*
- FBDGs: monitoring and evaluation mechanisms – Prof Esté Vorster, NSSA
- Evaluating the USA MyPlate Communication Initiative - Ms Angela Tagtow, USDA

17:10-17:15  Distribution of Technical Consultation Evaluation Forms

17:15 – 17:30  Closing Summary-Tanzania

Day 4: Thursday 12 May 2016

7:30-8:00  Coffee / tea

8:00-8:15  Collection of Evaluation Forms  
Opening-Ghana

Session Seven
Definition of Next Steps and Follow-up Mechanisms  
*Chair: Dr Ana Islas, FAO*

8:15-8:45  Presentation and discussion for effective follow-up on the development of FBDGs and nutrition education in the participating countries- Ms Carol Browne

8:45-9:45  Mixed Country Group work (by country and /or region) - Country FBDGs Roadmaps: development of action plans, next steps and commitments for future work on FBDGs and nutrition education in participating countries  
Tea / coffee served during working group

9:45-11:00  Country feedback (5 minutes per country)

11:00-11:15  Meeting evaluation feedback - Ms Chantell Witten

Closing Session

11:15-11:45  Closing remarks - FAO and NSSA