





HEALTHY DIETS SAVE LIVES

Unhealthy eating leads to conditions such as cardiovascular diseases, obesity, diabetes and some types of cancer, which are the leading causes of death and disease in the WHO European Region.

What are the main concerns for the 53 countries in the Region?

WHO RECOMMENDATION		CURRENT SITUATION
WHO recommends less than 5 g per day	SALT 	0 countries meet this recommendation
WHO recommends maximum 10% of total calories consumed per day	SATURATED FAT 	5 countries (estimated) meet this recommendation
WHO suggests, ideally, less than 5% of total calories consumed per day	SUGAR 	In 24 countries , 25% of 15-year-old boys consume sugary drinks daily
WHO recommends a BMI (body mass index) between 18.5–25	OBESITY 	In 46 countries , over half of the population is pre-obese or obese (BMI > 25)

What can be done?

- Advance salt-reduction initiatives
- Eliminate *trans* fats from food supply
- Promote exclusive breastfeeding during first 6 months
- Strengthen policies for healthy school food
- Restrict food marketing to children
- Promote easily visible product labelling
- Provide nutrition counselling in primary care
- Provide support for obesity management