

# Nutrition and Health in Russia

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# STATE POLICY IN HEALTHY NUTRITION



**Enactment “On State Policy in Healthy Nutrition of the Population of the Russian Federation by the year 2005”<sup>1</sup>, adopted by the Government decree № 917 of August 10th 1998**



**Decree of the Government of the Russian Federation № 1891-p of December 22<sup>nd</sup> 2003 “ On approval of realization plan of the second stage of “State Policy in Healthy Nutrition of the Population of the Russian Federation by the year 2005”<sup>2</sup>.”**

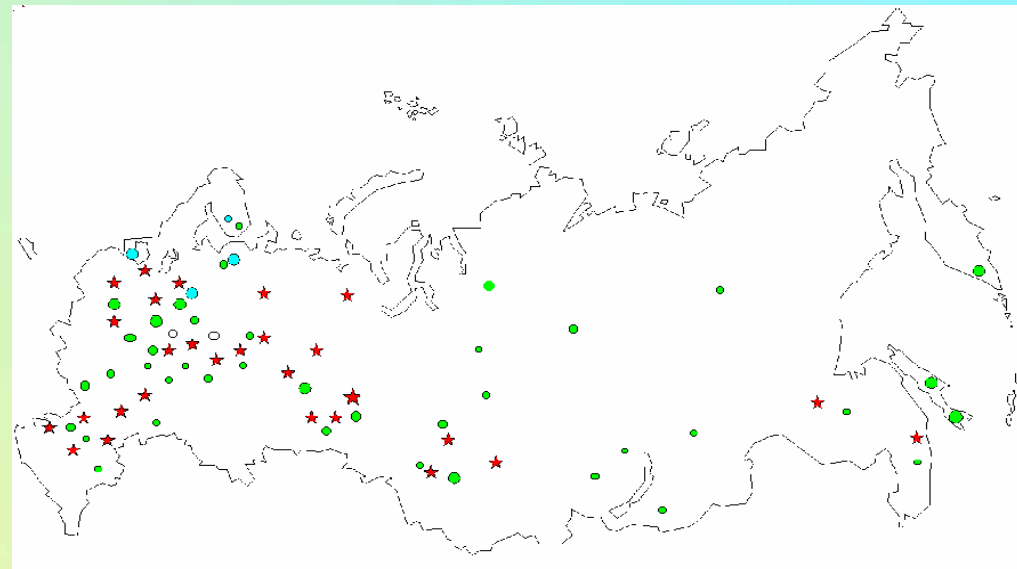


## STATE POLICY HEALTHY NUTRITION

*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

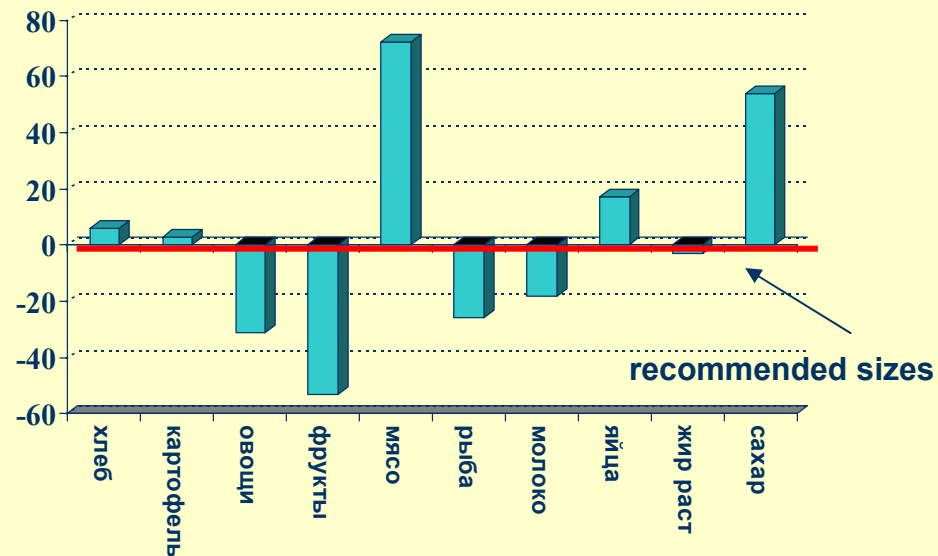


Annually over 15 thousand people are being examined



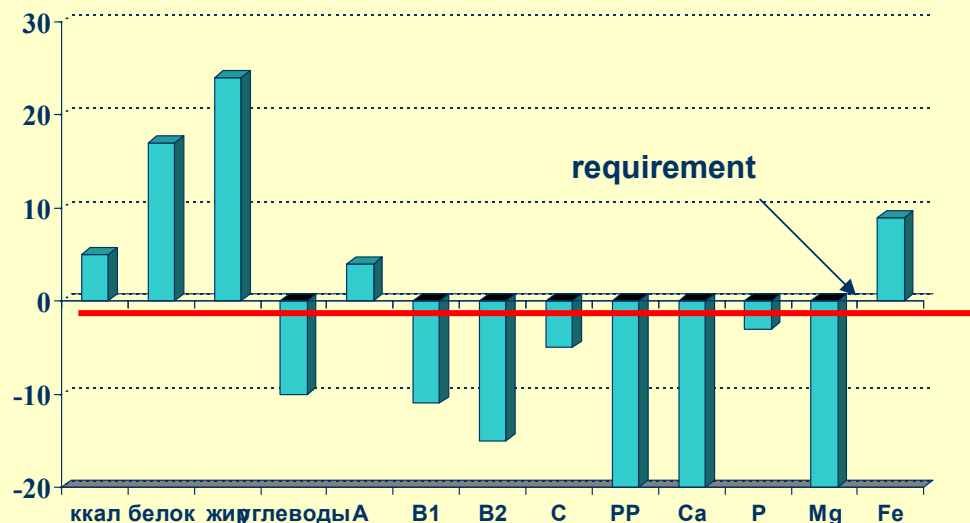
# ABLE-BODIED POPULATION AGE OF 16-60 RUSSIA, 2005

## 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

Elimination of full value protein deficiency

## MICRO-NUTRIENTS

Reconstruction of domestic manufacturing of vitamins-substances  
Creation of food supplements industry and food fortification technologies

Elimination of micronutrients deficiency

## BABY FOOD

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

Optimal physical and mental development of children

## FOOD SAFETY

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.

Provision of domestic and imported foods safety

## EDUCATION

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

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



**FUNDAMENTALS OF STATE POLICY IN THE FIELD  
OF HEALTHY NUTRITION OF THE POPULATION OF  
THE RUSSIAN FEDERATION FOR THE PERIOD OF  
2010-2012**

## 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 construct healthy nutrition (education)**

