

Nutrition policy in I.R. of Iran

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NCDs : global public health problem priority

- Non communicable diseases (NCDs) are the leading causes of death and were responsible for 38 million of the world's 56 million deaths in 2012.
- Of the major NCDs, cardiovascular disease (CVD) was the leading cause of NCD mortality in 2012 and was responsible for nearly half of all NCD deaths
- Saturated fatty acids are found in foods from animal sources such as butter, meat, and some plant-derived products such as coconut oil and palm kernel oils are of particular concern as high levels of intake are correlated with increased risk of CVD.

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Main cause of death in Iran

- **From 380000 registered deaths in 2011:**
- **135 000 deaths by CHD**
- **31000 deaths by Accidents**
- **30000 deaths by cancer**

Main risk factors of NCD's in Iran

- **Unhealthy diet(high consumption of salt , sugar and fat /oil)**
- **Hypertension**
- **Obesity**
- **Physical inactivity**
- **Smoking**
- **Diabetes**
- **Hypercholesterolemia**



Mean intake compare to recommended food basket

	Mean intake (gr /d)	Recommended (gr/d)	Difference (gr)
Oil	46	35	+11
Sugar	66	40	+26
Fruits	212	280	- 68
Vegetables	228	300	- 72
Dairy	190	250	-60

Mean intake of
salt: 10-12 gr/d



WHO Fat/Oil guideline 2015

- **Less than 30% of total energy intake from fats**
Unsaturated fats (should be replaced with saturated fats (e.g. found in fatty meat, butter, palm oil and coconut oil,...
- **Saturated fats has to be reduced to less than 10% of total energy intake,**
- **Trans fats has to be reduced to less than 1% of total energy intake**



Iran's guideline of Fat/Oil intake

- 25-30% of recommended daily energy intake from fat/oil
- Up to 10% of energy intake from SFA in general population
- Up to 7% of energy intake from SFA in high risk groups
- Less than 1% of energy intake from TFA



Policy /programs in Iran

- Nutrition and food security policy statement (2015 -2025)developed and approved by Supreme Council of Health and Food Security
- The road map of nutrition policy, focused on prevention and control nutritional risk factors of NCDs by at least 30%:
 - Reducing salt and sugar intake
 - Reducing fat/oil intake with at least amount of SFA and TFA



Nutrition governance in I.R. of Iran

- **In 2004, the Supreme Council of Health and Food Security (SCHFS) was established at national level and there are similar structures in all provinces of the country.**
- **Law /Legislation on food and nutrition would be implemented just after their approval by SCHFS**



HCHFS Members

- **Excellency President (Chairman)**
- **Minister of Health and Medical Education (Secretary)**
- **Vice president of Management & Planning Organization**
- **Minister of Industry, Mine and Trade**
- **Minister of Cooperatives, the labor and social welfare**
- **Minister of Education**
- **Minister of Agriculture**
- **Minister of Sport and Youth**



HCHFS Members

- **Head of Environmental Protection Organization**
- **President of I.R. Iran Broadcasting Organization**
- **Head of Imam Khomani charity foundation**
- **Head of Iranian National Standards Organization**
- **A delegate as the representative of scientific and professional committees of Health. Proposed by Health minister and approved by the high council**
- **Two delegate as the representative of scientific and professional committees in Food security and Nutrition. Proposed by Health minister and agricultural Jihad and approved by the high council chairman**



Legislations of SCHFS on edible oils:

Act II of the Second session (2004) :

- an executive committee composed of MOHME, Industry, Agriculture, Commerce and National Standard Organization was established to:
- develop an operational plan for reducing SFA and TFA in edible oils, within 1 year

Act V of the Third session (2005) :

- ministry of Commerce was obliged to gradually replace the hydrogenated oils as the subsidized ones, by non-hydrogenated (especially olive oil) and liquid frying oils.



Act II of the Sixth session (2008) :

- **National Standard Organization (NSO) was obliged to revise standard NO.9131, so that **Saturated and Trans fatty acids contents of the edible oils (both imported and locally produced ones) are limited to 25% and 5%, respectively.****
- **MOHME and NSO were obliged to revise the instructions of packaging and should obligate the manufacturers and importers to fix labels to all food products, especially edible oils.**

Act I of the Tenth session (2011) :

- MOHME, Industry, Agriculture, Commerce and National Standard Organization must develop a national policy of edible oil safety and modify the consumption pattern of edible oils with lower amount of SFA and TFA.

- In 2014, again, the High Council of Health and Food Security approved to revise the standards of trans fatty acids to less than 1% and saturated fatty acid to less than 30%.
- In order to reduce saturated fatty acid , ministry of trade was asked to reduce the amount of palm oil import according to MOH health policies
- with emphasized on suitable fractions such as super palm oil and palm olein

Next steps

- To revise and reduce the standard of SFA from 30 % to 20%
- Using suitable fractionated edible oil such as super palm olein , palm olein ,... under control imported by Government

Thank you

