



Comité économique et social européen
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A Life-Course Approach to the Health of Women and their Families

Nutritional Issues for Women

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Celebrating 21 Years of Setting the Agenda in Women's Health



Background



- Women - Gatekeepers of the Family's Nutrition
- EU most severely affected by NCDs
- 77% disease burden: CVD, Diabetes, Cancer, Resp Disease

- Excess body weight (BMI>25kg/m²)
- Over consumption of energy, sat fat, trans fat, sugar, salt
- Low consumption of veg, fruit and wholegrains (fibre)
- Double challenge of Overweight and Nutrient Deficiencies (Iron, Ca, Vit D, Folic acid, Iodine)



Undernutrition



- Rapid acceleration of overweight and undernutrition.
- Children of less educated families are most affected.
- One in 3 children (5-9yrs) overwt / obese, low muscle mass.

- Exclusive breastfeeding rates stalling
- Inappropriate feeding practices
- Growth stunting more prevalent
- Vitamin D Supplementation scheme
- Allergy , Immune health and Microbiome



Recommendations



Support Vulnerable Groups

- Build resources to enhance food literacy, skills and knowledge. Start with pregnant mums. By making a healthy, affordable and varied diet possible, future generations benefit throughout their life-course

Create healthy food and drink environments for all.

- Ban Trans Fats from EU food. Transition period for Industry. Strengthen governance, alliances and networks for a health-in-all-policies approach.

Support surveillance, evaluation & research. Vit D Supp.

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