

23rd Annual Meeting

Asia Pacific Parliamentary Forum

Sponsored by: Canada, Chile, Ecuador, Malaysia

OBESITY AND NUTRITION IN ASIA PACIFIC REGION

Concerned about the number of people affected by obesity and overweight, that according to the World Health Organization, amounts to over 1,400 million worldwide, and that it has currently become an epidemic that also affects children, of which, over 42 million are overweight; for this reason, it is expected that this disease will affect more than 1,500 million people in 2015;

Aware that a substantial part of this problem affects countries in the Asia Pacific Region, including low and middle income countries, which, while having improved their nutrition indicators, they have started to face the problems arising from over feeding;

Noting that food sovereignty in the Asia Pacific Region encourages the search for new legislative options and instruments to establish a legal framework capable of promoting the production and trade of healthy, nutritious and culturally appropriate food, produced and traded locally, preserving agricultural biodiversity and ancestral knowledge, as well as the conservation and free exchange of seeds, using family and community agriculture mechanisms to ensure their effective incorporation into the food system;

Committed to scientific research and the promotion of technical expertise as a condition to lay solid foundations for building food systems that enable increased productivity in a sustainable manner and improve the supply chains to increase the availability of healthy and nutritious food, bringing consumers and producers closer together;

Convinced that mechanisms, such as labeling foods with high content of saturated fat, salts and sugars, have proven to be effective for reducing consumption, promoting increased healthy diets, rich in micronutrients, varied and based on traditional foods, thus avoiding heart disease, hypertension, diabetes and cancer, which are directly related to overweight and obesity;

Deeply concerned about the impact that climate change will have on agriculture and fisheries, due to erosion and land degradation, floods, droughts, rising sea levels, increased global temperatures, loss of biodiversity, among others, which will have disastrous impacts on agriculture and fisheries;

Considering resolution APPF22/RES-10 on food safety, adopted at the 22nd Annual Meeting of the APPF, which encouraged that a decision with legal force should be made at the United Nations Framework Convention on Climate Change, in order to ensure the necessary actions to prevent and mitigate the impact of climate change on the production, transportation and trade of food products;

Confirming the 2025 Global Goals on nutrition from the World Health Organization, emphasizing in its target number four, that states no increasing of overweight in girls and

boys, as well as the Action Plan to Prevent Obesity in Childhood and Adolescence; The World Action Plan to Prevent and Control of Non Transmitting Cronic Diseases 2013-2020 from OPS-OMS, and the Sustainable Development Conference from the United Nations Rio+20;

Confirming that strategies as labeling of foods, high in saturated fat, salt/sodium and added sugars; have proven effective to reduce its consumption. Promoting an increase of a healthy feeding, nutritious, innocuous, diverse, adequate and traditional food based, therefore avoiding non transmitting chonical diseases, as heart disease, hypertension, diabetes and cancer, which increase is directly related to overweight and obesity;

RESOLVES TO:

1. **Urge** the legislators of the APPF Member States to support the efforts of governments and societies in ensuring food sovereignty, which guarantees the provision of safe, nutritious, culturally appropriate food, preferably produced locally, while preserving agricultural biodiversity and ancestral knowledge;
2. **Promote** the establishment of national, regional and international strategies for the creation of sustainable food systems that increase productivity and improve supply chains to increase the availability of safe and nutritious food;
3. **Promote** the labeling of foods with high contents of saturated fat, salt or sugar in the countries of the Asia Pacific Region, as a mechanism to reduce the consumption of unhealthy food and beverages that increase the risk of heart disease, hypertension, cerebrovascular disease, diabetes and cancer, among others;
4. **Urge** the governments in the region to engage in the effective fight against global warming using measures for mitigating and adapting to climate change that ensure sustainable food systems, through technological development, the reduction of pollutant emissions, use of clean energy, among others;
5. **Promote** family and community agriculture, where, possible as a mechanism to increase the production of healthy traditional foods to address the epidemic of obesity and overweight affecting the countries in the region, especially children;
6. **Promote** ecological agriculture;
7. **Urge** Member States of the Asia-Pacific region to establish health promotion strategies such as labeling, consumption of drinkable water, physical activity and a healthier lifestyle;
8. **Urge** Member States of the Asia-Pacific region the promotion and usage of sustainable production methods, promoting scientific research and developing technical knowledge to strengthen food systems;
9. **Encourage** APPF Member States to orientate their nutritional health systems to prevent and promote health, stressing obesity and nutrition.

Quito, January 14th, 2015