

# Putting children and young people at the centre of recovery

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# Nutrition and the Sustainable Development Goals

## 2 ZERO HUNGER



### TARGET 2.1

#### **TARGET 2.1 UNIVERSAL ACCESS TO SAFE AND NUTRITIOUS FOOD**

By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.



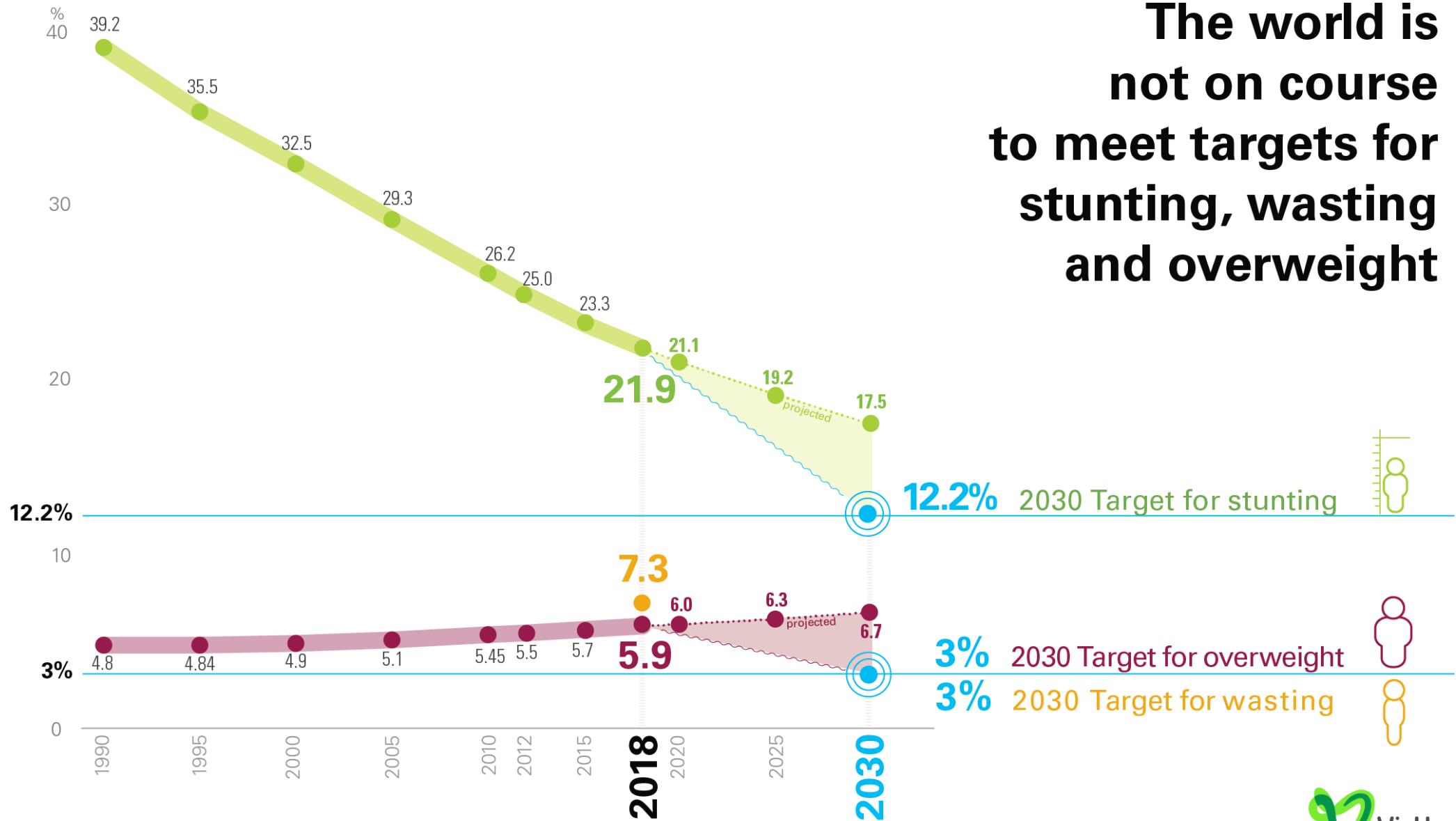
### TARGET 2.2

#### **END ALL FORMS OF MALNUTRITION**

By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.

UN SDGs 2015

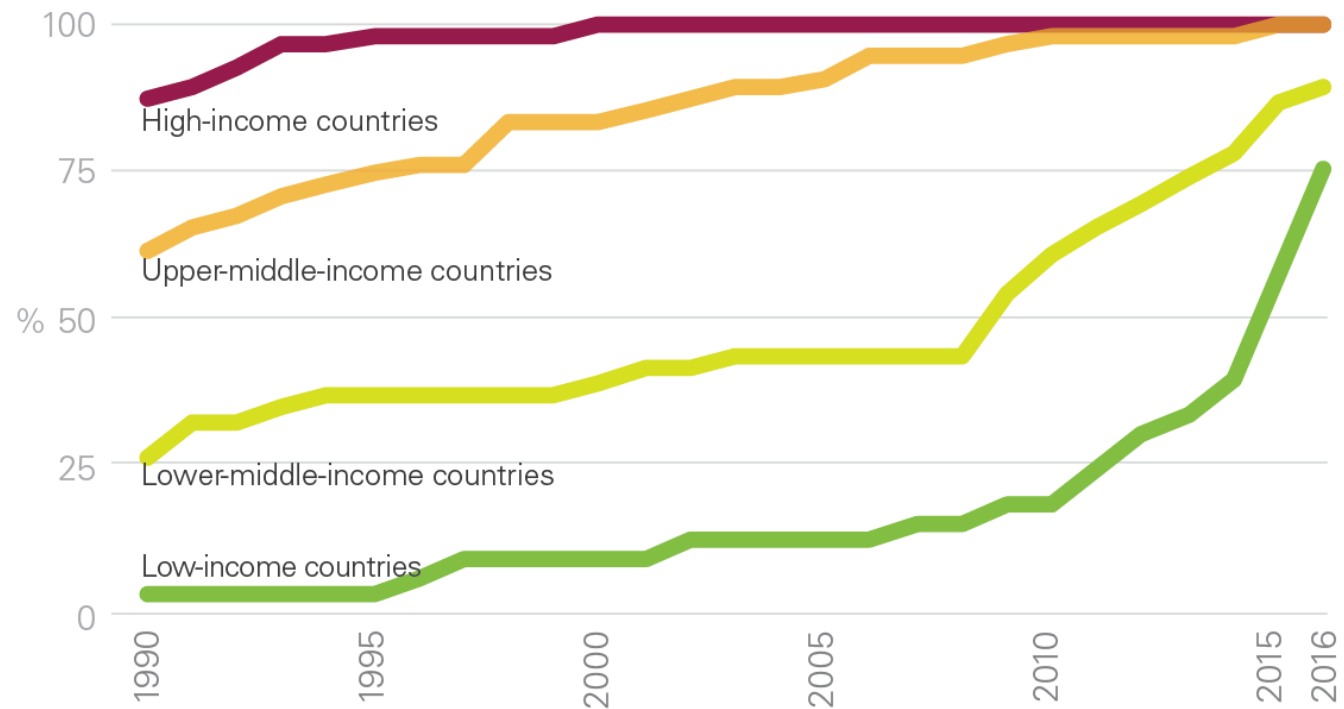
FIGURE 1.2 | Projections for malnutrition in children under 5 compared to 2030 targets



\*UNICEF 2019

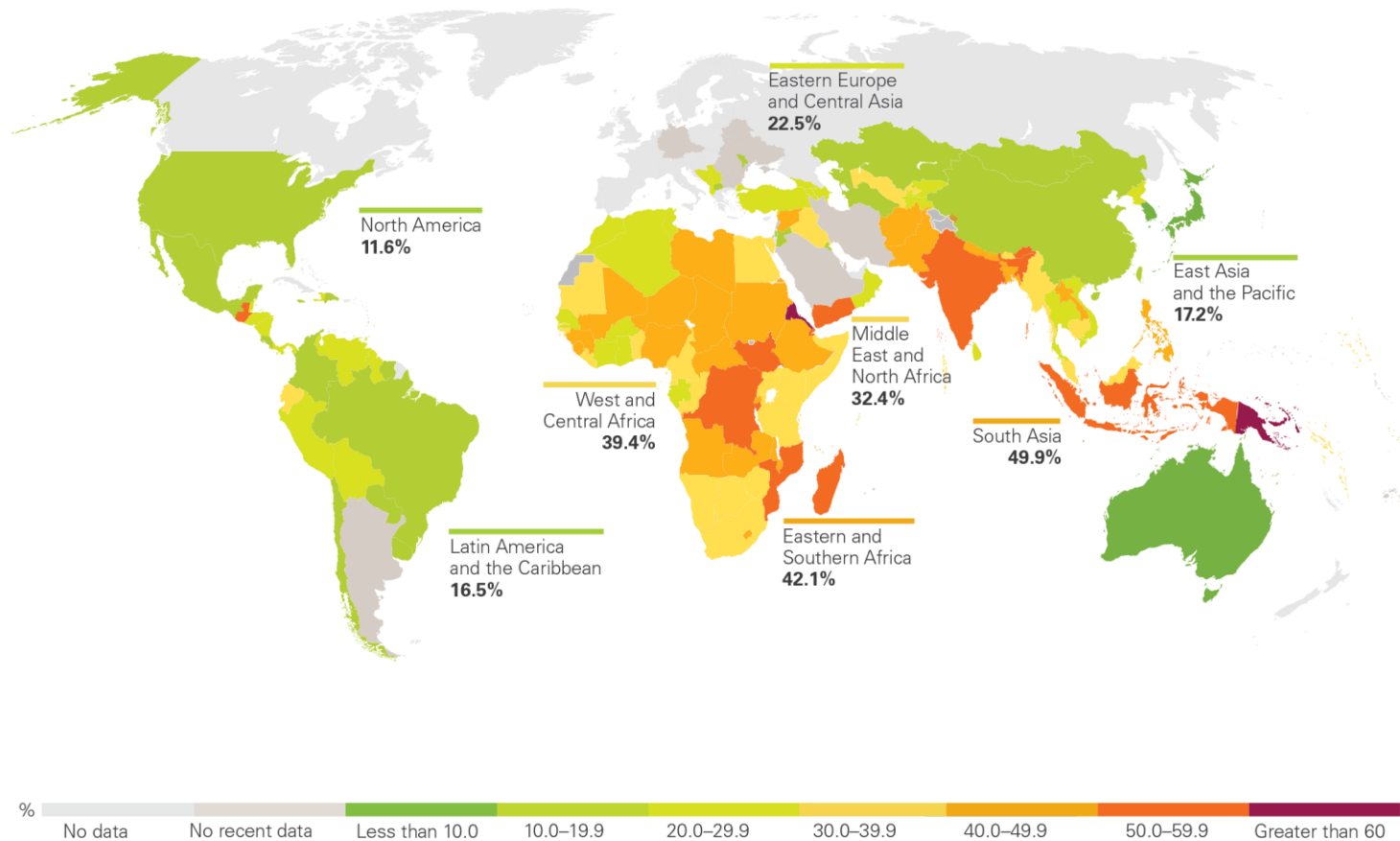
**FIGURE 1.6 | Trend in percentage of countries by World Bank income group where at least 10 per cent of children aged 5–19 years are overweight**

Low- and lower middle-income countries have seen a significant rise in overweight over the past decade.



# Where are children not growing well?

FIGURE A.1 | Prevalence of children under 5 who are not growing well (stunted, wasted or overweight), 2018



“At least 1 in 3 children under 5 is undernourished or overweight and 1 in 2 suffers from hidden hunger, undermining the capacity of millions of children to grow and develop to their full potential.”

# How many countries face a triple burden of malnutrition?

**101**  
countries had at least a medium **stunting** prevalence

**77**  
countries had at least a medium **overweight** prevalence

**124**  
countries had moderate **anaemia** prevalence

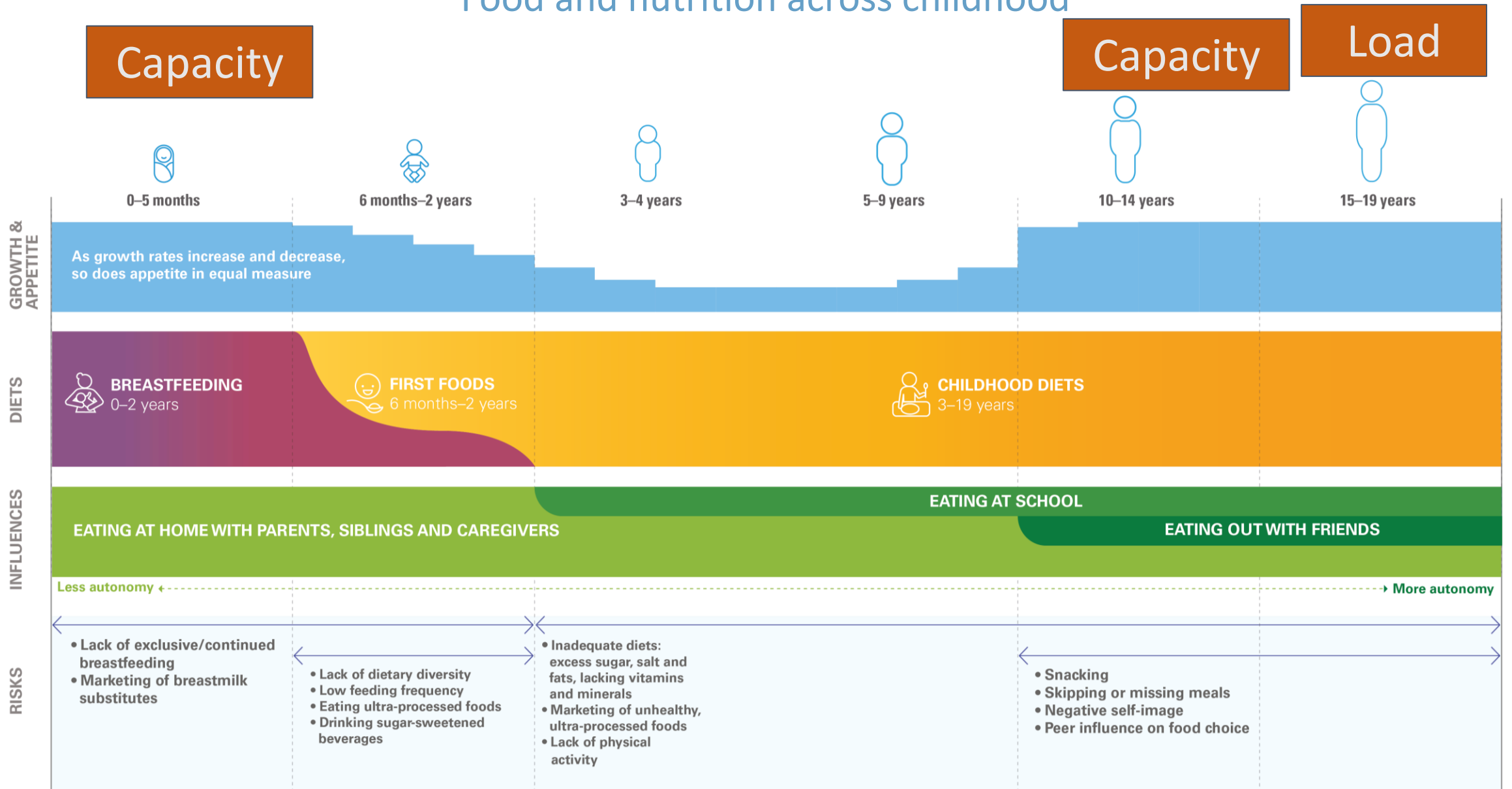
**62**  
countries had at least a medium **wasting** prevalence



Note: A medium stunting prevalence is defined as >10%; a medium overweight prevalence is defined as >5%; a medium wasting prevalence is defined as >5%; a moderate anaemia prevalence is defined as >20%. Analysis is based on 134 countries with recent estimates for at least three indicators.

Source: UNICEF, WHO, World Bank Group (2019). *Joint Child Malnutrition Estimates*. WHO, Geneva. Source for anaemia data: Global Health Observatory, World Health Organization (2019). *Anaemia in children <5 years – Estimates by country* [Data table]. Retrieved from <http://apps.who.int/gho/data/view.main.ANEMIACHILDRENREGv>.

# Food and nutrition across childhood



Source: Elizabeth Fox, 'Characteristics of children's dietary needs, intake patterns, and determinants that explain their nutrition behaviors' (unpublished).

# How the triple burden of malnutrition harms children, adolescents and women

## ● **Undernutrition: stunting and wasting**

- Poor growth, infection and death
- Poor cognition, school-readiness and school performance
- Poor earning potential later in life

## ● **Hidden hunger: deficiencies in micronutrients**

- Poor growth and development
- Poor immunity and tissue development
- Poor health and risk of death

## ● **Overweight (including obesity)**

- Short-term: cardiovascular problems, infections and poor self-esteem
- Long-term: obesity, diabetes, and other metabolic disorders



CHILDREN AND ADOLESCENTS



PREGNANT WOMEN

## ● **Undernutrition: stunting and underweight**

- Perinatal complications
- Prematurity and low birth weight
- Chronic diseases for child in later life

## ● **Hidden hunger: deficiencies in micronutrients**

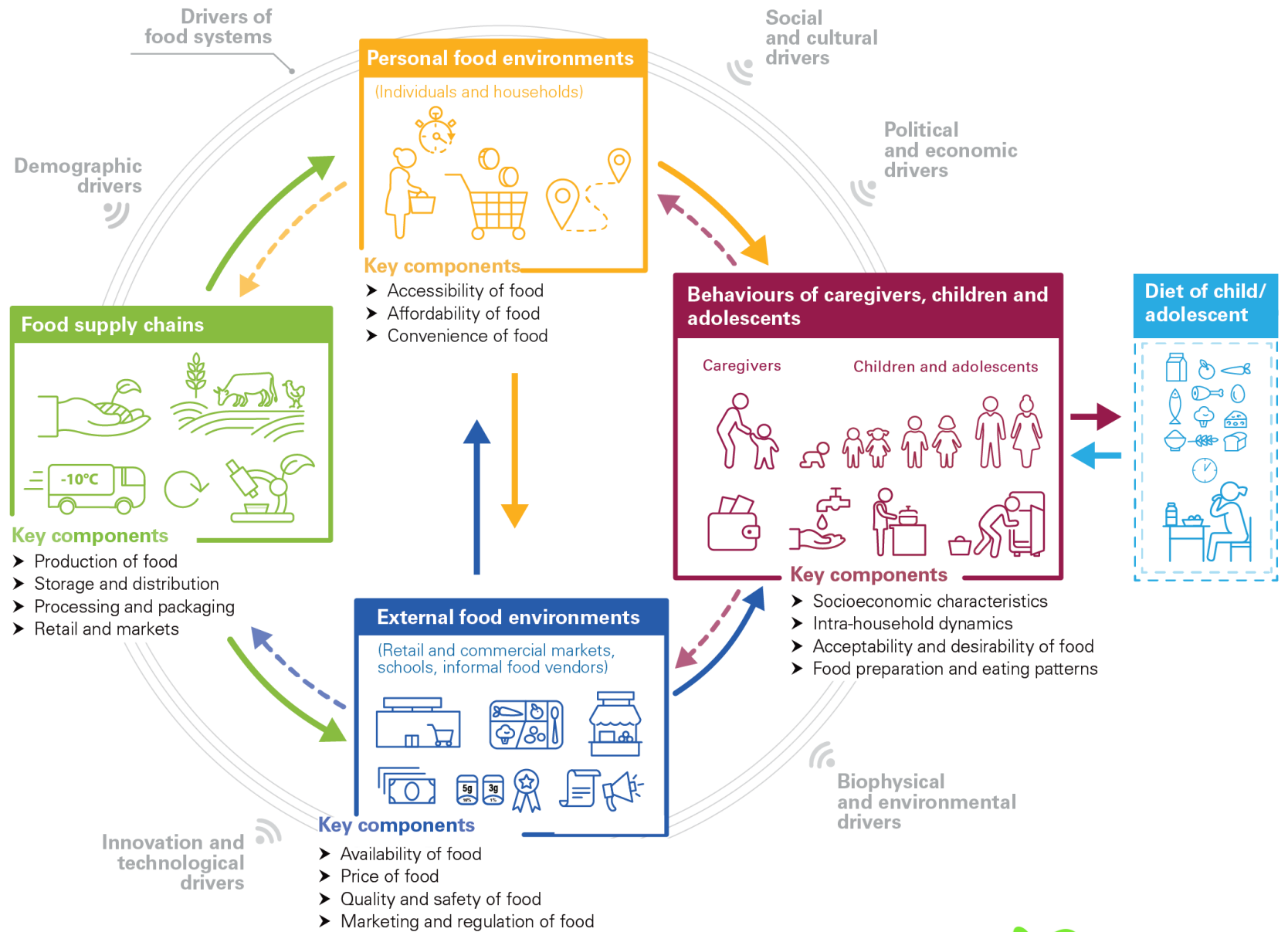
- Maternal mortality and morbidity
- Neural tube defects in newborns
- Prematurity, low birth weight and impaired cognitive development in newborns

## ● **Overweight (including obesity)**

- Gestational diabetes and pre-eclampsia
- Obstetric complications
- Overweight and chronic disease for child in later life



# Innocenti Framework on Food Systems for Children and Adolescents



Children in rural, regional and remote areas are more likely to be **developmentally vulnerable** than children in metropolitan areas

**Dental health** among 12 year olds was **significantly poorer in 2010 than in 2002**, with the national mean number of decayed, missing or filled permanent teeth rising from 1.0 to 1.3

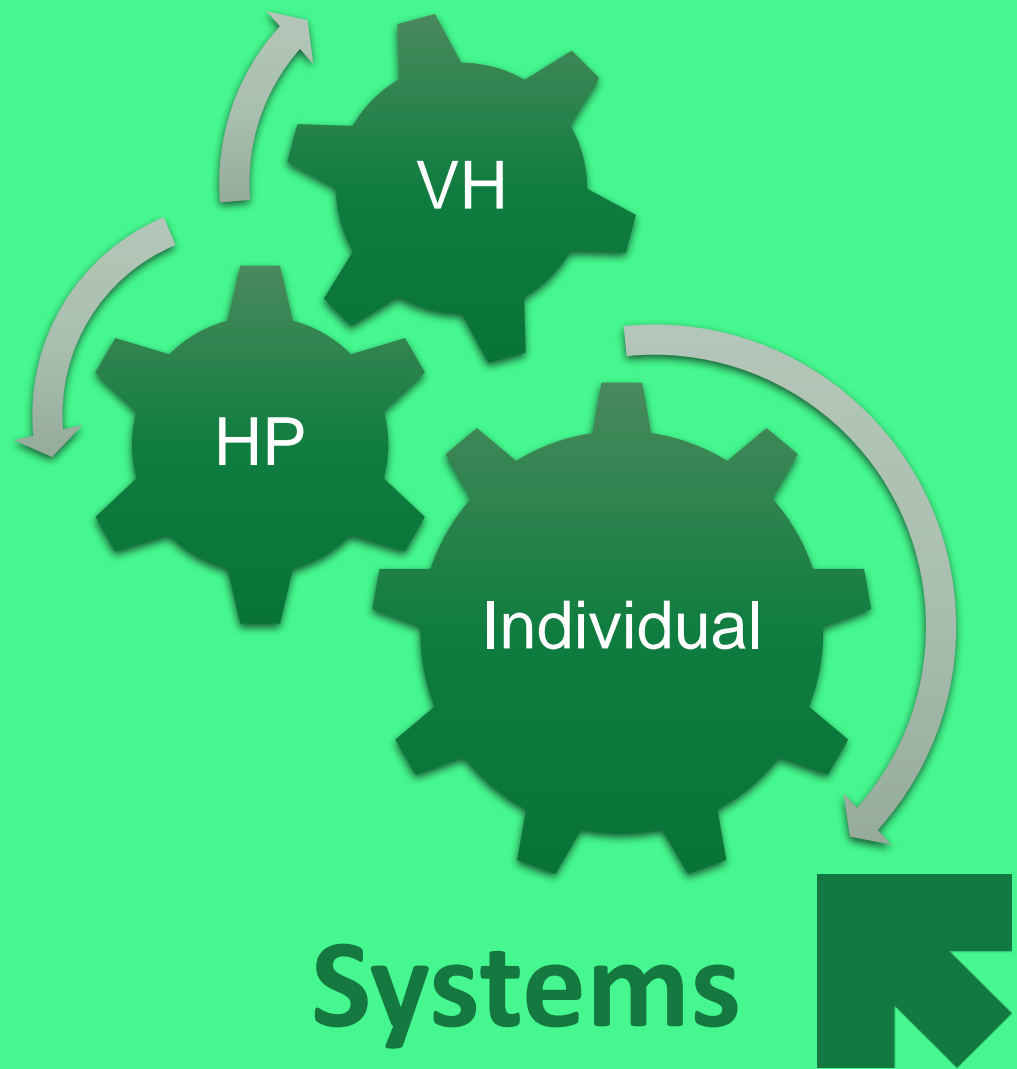
**26% of children** aged 5-14 and **22% of young people** aged 15-24 are **overweight or obese**

**Only** 2.5% of children aged 5-14 and 3.3% of young people aged 15-24 **eat enough fruit and vegetables**

**22% of children** were **living in households with housing stress** in 2016. An estimated **7,300 children** aged 0-14 years were listed as **homeless** in 2016

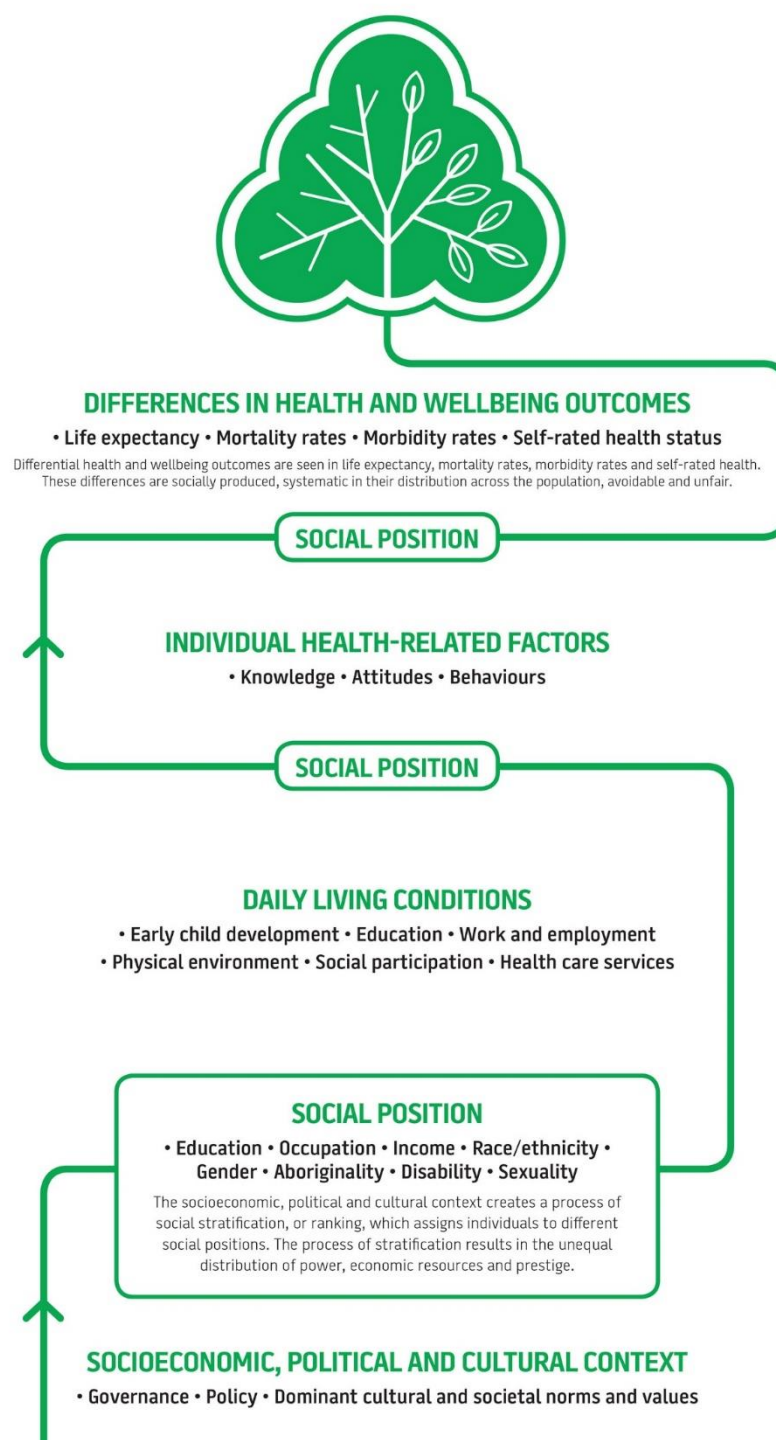
In 2013-14, **10% of children aged 4-12** were classed as having **abnormal social and emotional wellbeing**

*National Action Plan for the Health of Children and Young People, 2019*



# Fair Foundations: The VicHealth framework for health equity

The social determinants of health inequities: The layers of influence and entry points for action



# VicHealth Local Government Partnership

*Young people leading healthier communities*



# VicHealth Local Government Partnership components

**Our aim:** *Partnering to set our kids up for their best possible future by creating communities where children and young people grow up active, connected and healthy*

## Health Promotion Modules

- Foundation, core and stretch modules provide policy and practice guidance specific to local government, developed with expert partners
- Modules include impact streams and recommended implementation actions, how-to guides and resources.
- All Victorian councils can register at the website below to find out more

## Fast-track councils

- Focus on amplifying children and young people's voices for healthy food systems, active neighborhoods and connected communities
- Fast-track councils receive funding, capacity building and participate in Community of Practice with councils and expert partners
- There are 16 fast-track councils now with intake for new, modified fast-track councils opening on 29 October

# Building Better Food Systems for Healthier Communities

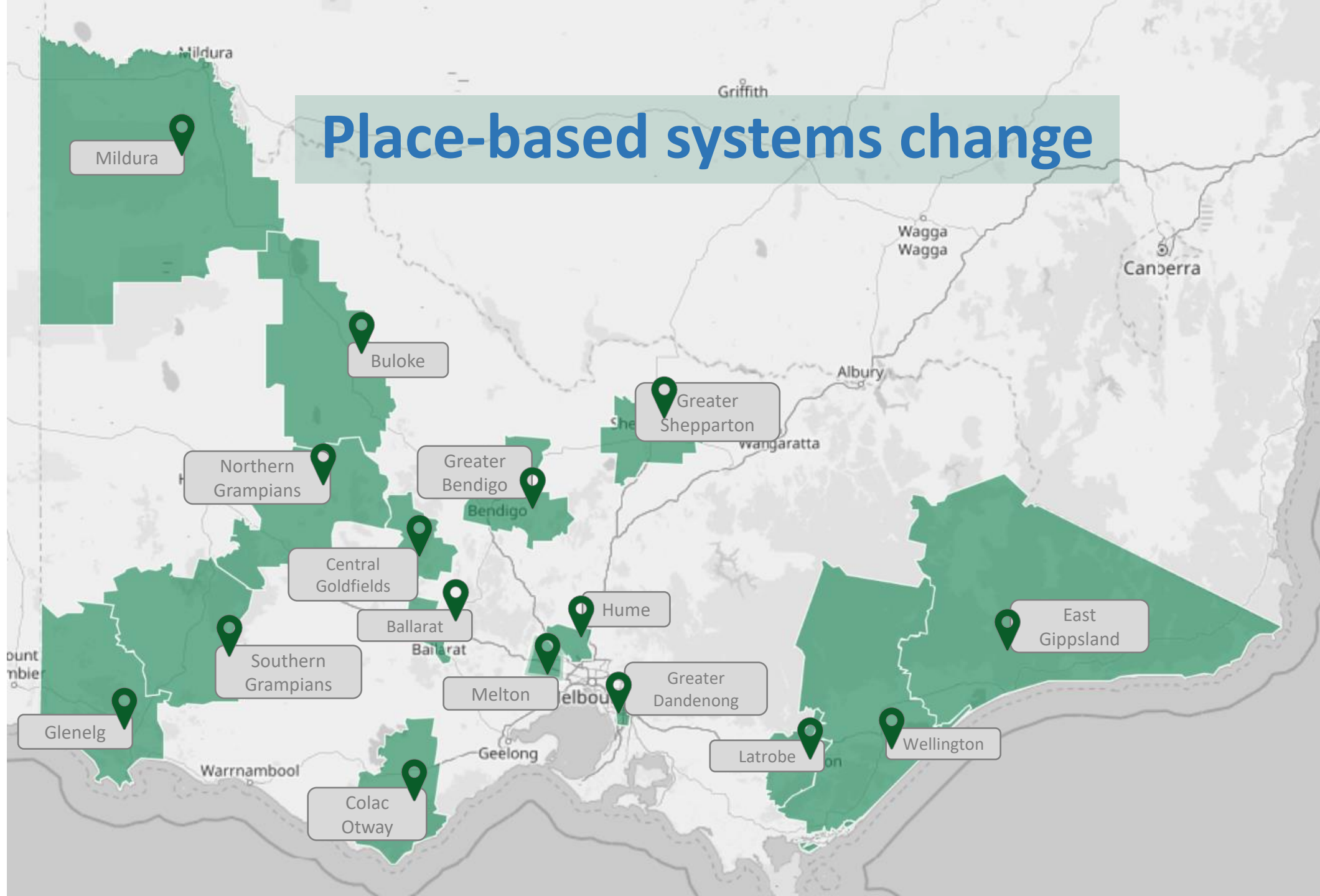
This module covers:

## Impact Streams

- Creating thriving local food systems
- Embedding healthy food and drink options in council owned and operated places
- Using healthy rewards and sponsorships in community activities
- Enabling healthy partnerships

Coming in 2022:  
Early years and  
First Nations  
module  
supplements

# Place-based systems change





# SUGARY DRINKS ARE **FIZZ**TORY



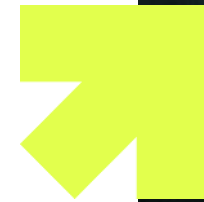
All sugary drinks will be banned at Melbourne Museum to improve the health of visitors. Charlie, 9, says no to sugary drinks.  
Picture: NICKI CONNOLLY



# Healthy and Sustainable Food Systems



- Thoroughly understanding how families (particularly marginalised families) are navigating the food systems to determine where further investments are needed to make the current food system more accessible and suitable to their needs.
- Supporting the food relief sector to ensure they are able to provide nutritious, dignified and culturally appropriate food to families across Victoria
- Addressing the foundational causes of food insecurity, by working with partners to eradicate ‘food deserts’ in Victoria and lower the cost of nutritious foods.
- Advocate at all levels of government to better protect children from the harmful marketing of unhealthy food.
- Work across the food system (could include [Innocenti Framework](#)) to meaningfully reduce the inequitable gap between families who are able to enjoy nutritious foods easily and regularly and those who have to work much harder and overcome structural barriers to do the same.

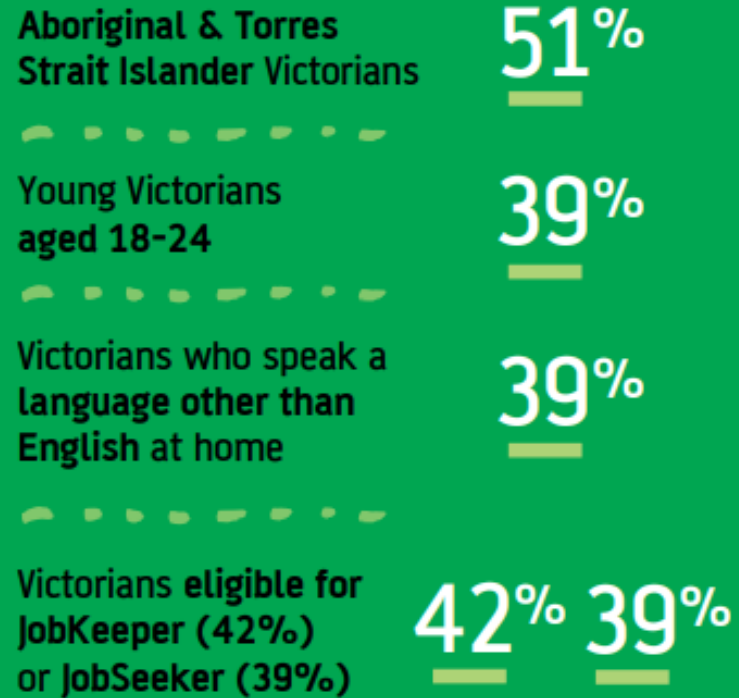




# VicHealth Coronavirus Victorian Wellbeing Impact Study



Staying connected to others during the first lockdown was most difficult for:



Bushfire affected communities

41%

41% experienced high psychological distress compared to 16% in the rest of the state

↑ 16%  
(Rest of state)

Young people aged 18-24



23%

23% experienced high psychological distress compared to 16% in the rest of the state

**BUILD BACK ↗  
BETTER  
& FAIRER  
FOR THE HEALTH AND  
WELLBEING OF ALL  
VICTORIANS.**



**Our vision is of a Victoria where  
no young person is denied a  
future that is healthy.**

**We have a once-in-a-generation  
opportunity and we're investing  
\$45m over 3 years to build back  
better and fairer.**





# THE PLAN



Make it Happen grants

Big Difference grants

Move the Dial investments

Community movement

Stakeholder support & advice

Evaluation & Learning

 Local Government Partnership modules & packages

Research Grants and Fellowships



# Community Champions



We're working with young people and parents right across the state who are just as passionate as us about creating healthier communities.

Our 14 Community Champions are generously sharing their stories and ideas to help shape the solutions for the future. Together, we are on a mission to support Victoria's young people to lead healthier, happier lives.





# TO ACHIEVE GREATEST IMPACT, PARTNERSHIPS ARE CRITICAL



# International partnerships



# **Build back healthier, fairer and more sustainably**

- Invest early, for lifelong returns
- Build it for young people, build it for everyone
- Healthy children is a healthier tomorrow