



World Health
Organization

NUTRITION IN

UNIVERSAL HEALTH

COVERAGE

2

ZERO
HUNGER



3

GOOD HEALTH
AND WELL-BEING





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KEY MESSAGES

Good nutrition is a basic need, a human right and is fundamental to health and well-being.

Universal health coverage cannot be achieved without ensuring everyone has access to quality nutrition services.

Malnutrition in all its forms increases the risk of disease and death. More than half of deaths in children under 5 years of age, and one in five adult deaths worldwide can be attributed to dietary risk factors.

The cost of addressing malnutrition and nutrition-related diseases is significant, but losses to the wider economy are even larger, amounting to almost US\$ 3.5 trillion annually. Business as usual is no longer an option.

Many nutrition interventions are highly cost-effective to prevent disease and reduce mortality and should be a central part of all comprehensive health systems.

Essential nutrition actions benefit the poorest, most vulnerable and marginalized populations and are, therefore, critical to fulfilling the promise of the 17 Sustainable Development Goals, leaving no one behind.

Primary health care is an important platform to achieve universal health coverage. However, essential nutrition actions are required at multiple levels of health service delivery, including secondary and tertiary care.

Governments and partners are encouraged to make policy and financial commitments to more fully integrate nutrition interventions into national health systems, as an important component for achieving quality universal health coverage.

Concrete measures are proposed to integrate nutrition-related actions into national health systems, to improve the coverage and quality of essential nutrition actions.

Coherent multisectoral action is required to make meaningful progress towards achieving the nutrition- and health-related Sustainable Development Goals, especially to make universal health coverage a reality.

CALL TO ACTION

2020

a critical year to integrate essential nutrition actions into health systems
by leveraging the drive towards universal health coverage



We call on countries and their partners from the public,
not-for-profit and private sectors to:

ENGAGE

To highlight nutrition in all high-level meetings where political leaders will discuss universal health coverage

COMMIT

To make policy and financial commitments in public fora, such as the 2020 Global Nutrition Summit

ACT

To implement all concrete measures to integrate nutrition into health systems



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INTRODUCTION

Good nutrition is fundamental for achieving the right to health, embodied in article 25 in the Universal Declaration of Human Rights (1). No country can achieve universal health coverage (UHC) without investing in essential nutrition actions, and good nutrition for all cannot be achieved without UHC.

UHC is achieved when all people receive the quality health services they need without suffering financial hardship. Out-of-pocket payments for health services push 100 million people into extreme poverty every year (2). Suboptimal diet is the single largest driver of morbidity and mortality in the world, more than tobacco smoking or high blood pressure (3). Malnutrition in all its forms significantly increases the risk of infectious diseases such as pneumonia, diarrhoea, measles and tuberculosis; noncommunicable diseases such as heart disease, cancer and diabetes; and maternal and neonatal deaths (4). The cost of treating malnutrition and nutrition-related diseases is significant, but losses to the wider economy are even larger, amounting to almost US\$ 3.5 trillion annually (5). Thus, integrating essential nutrition actions into health systems is foundational to meeting people's health needs and achieving UHC.

Actors from every sector have a critical role to play in supporting governments to deliver on UHC plans

Building on the 2019 High-Level Meeting on Universal Health Coverage, political leaders around the world will gather at the 2020 Global Nutrition Summit, to discuss new financial and policy commitments for nutrition and UHC. As we are in the middle of the United Nations Decade of Action on Nutrition (2016–2025) (6), this is a historic opportunity to accelerate action on nutrition and transform health systems towards the integration of essential nutrition actions, delivering on the promise of people-centred health systems for UHC. We must seize this opportunity to ensure nutrition is part of the discussion on health policy and financing. The clock is ticking, and the time to deliver on the promises of the 2030 Agenda for Sustainable Development (7) is now.

MALNUTRITION IS REAL, IS EVERY WHERE AND HAS CONSEQUENCES

Malnutrition is a significant problem in every country. Nearly one in three people around the world has at least one form of malnutrition (8). Despite continuous improvements in health outcomes and economic development, rates of malnutrition remain unacceptably high and progress towards reducing its burden is too slow. Part of the reason for this is that nutrition has not been systematically addressed in health systems.

There are three key characteristics of malnutrition:

1

It can take many forms, namely undernutrition (including wasting, stunting and micronutrient deficiencies) and overweight, obesity or diet-related noncommunicable diseases (8). This is referred to as “the double burden of malnutrition” (see Fig. 1).

2

It is ubiquitous, as malnutrition in all its forms can be found everywhere and **often coexist** within individuals, households, communities and countries.

3

It has immediate, lifelong and intergenerational consequences, jeopardizing the development of people, communities and nations.

A child with severe acute malnutrition is nine times more likely than a well-nourished child to die from common infections such as malaria, pneumonia or diarrhoea (13).

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_24980

