

The United Nations presents:

## *Fed Up*



### **Sonja Kimpen**

For more than twenty years Sonja has been coaching people towards a healthy lifestyle, along with her husband Marc De Jonck, at their coaching and fitness centre Synergie Wellness Point. She has developed the powerful 'Biosynergy' coaching method, a synergetic combination of movement, diet and mental coaching. She has a Master's in Movement Science from the University of Leuven, taking this as a basis for further training in nutrition and mental coaching with the people who have inspired her most. She is a researcher at VUB in Brussels and already has fifteen bestselling health books to her name, as well as presenting several health-related television programmes.



### **Peter Glasauer**

Peter Glasauer travelled the US for 6 months in 1974/75 as a young and undecided man, and became a nutritionist perhaps because of the poor nutritional status he noticed (already then) in the world's richest nation. He completed his PhD studies in Human Nutrition in Developing Countries at Giessen University (Germany) in 1993, with a thesis on "The integration of nutrition aspects in projects of development assistance". In 1993, he joined FAO Headquarters (Rome, Italy) and has worked for more than 15 years in the field of Nutrition Education and Consumer Awareness; in particular, on school-based nutrition interventions.



### **Roberto Bertolini**

Roberto Bertolini, M.D., M.P.H. is WHO Representative to the EU in Brussels and Chief Scientist of the WHO Regional Office for Europe. Dr. Bertolini holds a degree in medicine and a postgraduate degree in paediatrics, as well as a Master in Public Health. His main professional interests concern the environmental influences on health; health effects of lifestyle and socioeconomic determinants including tobacco, alcohol and nutrition; the use of epidemiology for public health policy development; and evaluation of public health programmes and practices.



### **Carlos Jimenez**

Carlos Jimenez is a Desk Officer at the United Nations Regional Information Centre in Brussels. Mr. Jimenez started his career at the United Nations in 1984 and has since worked at UN offices in New York, Madrid and Geneva. He studied journalism at the School of Communications of American University in Washington and was a correspondent at EFE, Spanish News Agency.

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## 2nd International Conference on Nutrition: Countries vow to combat malnutrition through firm policies and actions

Ministers and senior officials responsible for health, food or agriculture and other aspects of nutrition adopted the Rome Declaration on Nutrition, and a Framework for Action, which set out recommendations for policies and programmes to address nutrition across multiple sectors.

FAO Director-General José Graziano da Silva said: "We have the knowledge, expertise and resources needed to overcome all forms of malnutrition. The push to improve global nutrition must be a joint effort, with Governments leading the way whilst involving civil society organizations and the private sector."

While the prevalence of hunger has fallen by 21% since 1990-92, over 800 million people in the world still go hungry. Over 2 billion people are affected by micronutrient deficiencies, or "hidden hunger", due to inadequate vitamins or minerals. Meanwhile, the burden of obesity is growing rapidly, with around half a billion people now obese, and 3 times as many overweight. Some 42 million children under the age of 5 are already overweight.

The role of food systems – the way food is produced, processed, distributed, marketed and prepared for human consumption – is crucial in the fight against malnutrition. Many of the recommendations adopted by ministers today focus on ensuring that food systems become more sustainable and promote diverse and healthy diets.

Governments are urged to educate and inform their citizens about healthier eating practices, and also to introduce social protection measures, such as school-feeding programmes, to provide nutritious diets to the most vulnerable. Initiatives to combat obesity should be reinforced by the creation of healthy environments that also promote physical activity from a young age.

Global nutrition problems require global solutions, while nutrition deserves much greater attention on the international development agenda.

The Declaration and Framework for action are available online- <http://www.fao.org/about/meetings/icn2/documents/en/>

Sonja  
Kimpfen  
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"Everyone runs the risk of becoming addicted. Addictions are habits that seem to make life easier. It is a routine that causes us to do things automatically, without thinking too much about it. However, this can be dangerous sometimes. Sugar may seem innocent, but it controls millions of people every day. If you can't say no to cookies because your urge for sweets has become stronger than your will-power, the quality of your life will be affected. Sugar then becomes the cause of many diseases. Your diet is no longer an innocent way to entertain yourself, it becomes deadly. The good news is that your diet can also be used in a positive way, as a medicine. All natural food products– yes, also the ones we can buy in the supermarket – have an important healing effect on our body. When you combine your healthy diet with enough exercise, you have all the ingredients to get yourself in the best shape possible."

Sonja Kimpfen