PNNS

The French National Nutrition and Health Programme

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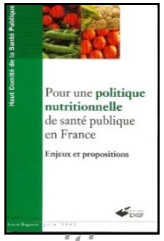
The development of the PNNS in France

1998-1999 *Rapport DGS (Hercberg & Basdevant)*
Objectifs nutritionnels de santé publique pour la France

1999-2000 *Rapport du HCSP (Hercberg & Tallec)*
Pour une politique nutritionnelle de sante publique: Enjeux et propositions



→ Improve the health of the population by acting on Nutrition (food and physical activity), one of its main determinants

2001-2005 ***PNNS1***

2006-2010 ***PNNS2***
(Public Health Code article L3231-1, 2010,
link to the Rural code article L1-III)

2011-2018 ***PNNS3 (+ PO 2010-2013)***

→ Nutritionnal objectives SMART

Sensitive, Measurables, Achivable, Realistic, Time bound

2019-2023 ***PNNS4 (related SNSS, PNA, obesity roadmap)***

→ Prévention / screening / treatment (care)

Some basics

- Nutrition : food and physical activity

  Metabolic aspects, nutrients , social, cultural, economic, sensorial and cognitive determinants of food and physical activity behaviors.

- Permanent evolutions
  - The « lifestyle » (urbanism- work- leisure- communications)
  - Food offer, purchase, food and physical activity behaviors
  - Demography : ageing population

Health indicators linked to the nutrition determinant

(source : various national studies on representative samples)

Data 2007 : INCA2/ENNS . Update 2017 : INCA3/Esteban DREES SpF

Adults :

- Hypertension : 31%
- Hyperglycemia : 5% (pic à 75-79 ans 16,5%)
- Obesity : 17% 17%
- Overweight and obesity : 49% (men 54%, women 44%)
- Undernutrition among old people at home 4-10 %
- Undernutrition among old people in institution : 45%
- Physical activity >150mn/week : men 65% 70% women 62% 53%

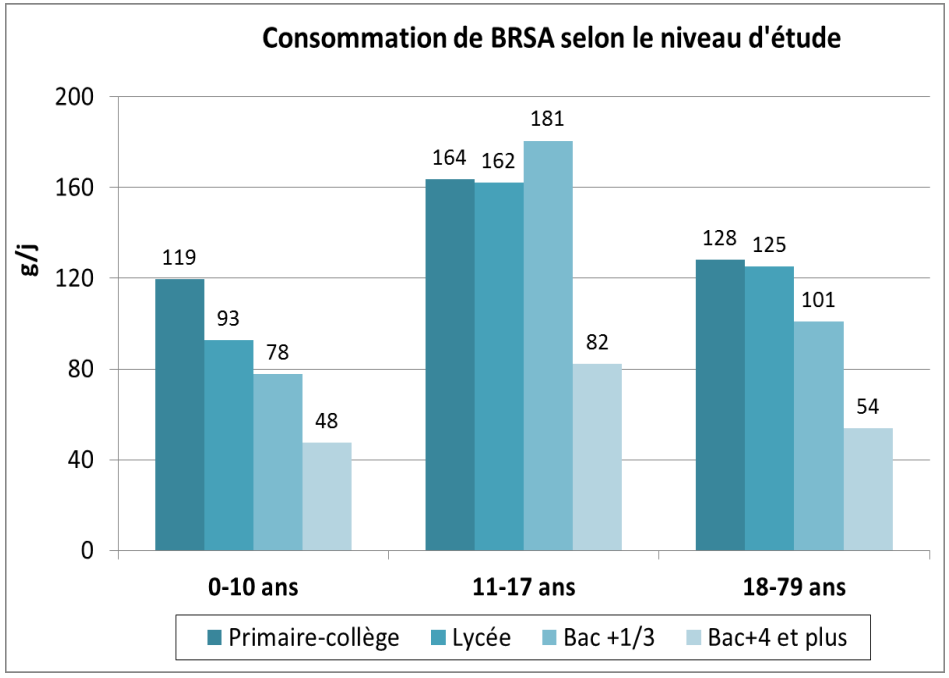
- Daily salt intake : men 9,2 g ; women 7,1g

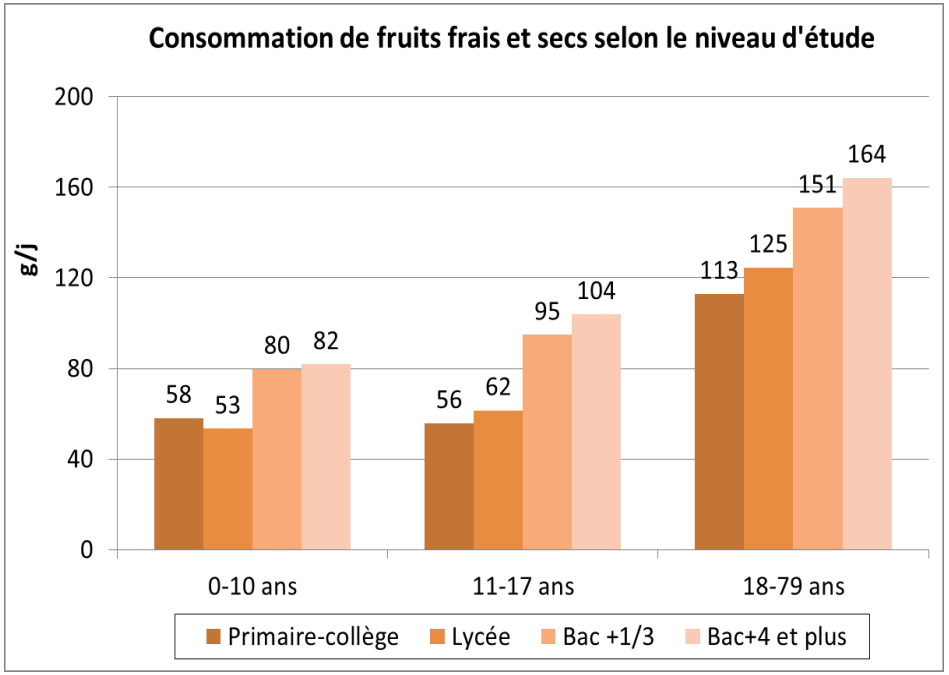
Huge Health and Nutrition social inequalities

Children (6-17 years) (0-17 years):

- Obesity : 4% 4%
- Overweight and obesity : 17% 13%
- Enough physical activity : 28% boys, 18% girls
- Time on screens > 3h/d : 61% (+2h since 2006 for adolescents):

Some characteritics of food consumption according to various criteria





Since 2001

GENERAL OBJECTIVE

Improve the health of the whole population by acting on Nutrition (food and physical activity), one of the main determinants of health

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Objectives of the PNNS4 (examples)

Food

- Objectives related to food consumption
  - Ex: at least 80% consume at least 3.5 servings of fruit and vegetables / day
    100% of adults in poverty consume at least 1 fruit and vegetable / day
    100% consume a maximum of 1 glass of sweet drink / d (including fruit juice)
- Objectives related to nutritional intake
  - Ex: 90% of adults consume less than 7.5 g of salt / d
    and 100% at least consume less than 10g of salt / d
- Objectives related to cross-sectional benchmarks
  - Ex: increase organic products; reduce ultra processed products (NOVA classification)
- Objectives related to nutritional status
  - Ex: decrease the prevalence of obesity in adults by 15%,
    the overweight and obesity rate of minors from disadvantaged families by 10%
    Ex: reduce by 20% at least the percentage of hospitalized patients malnourished at the end of hospitalization
- Objectives related to breastfeeding
  - Ex: Increase by 15% at least the percentage of children breastfed at birth to reach a rate of 75% of children breastfed at birth

75 % of the population knows the recommandation « at least 5 fruit and vegetables per day » (INCA3 2016)

43 % of the adults (*ESTEBAN, 2016*) eat at least 5 fruit and vegetables a day

We need

COHERENCE

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Food system: Analysis scheme to guide improvements in a sustainable way

Supply chain

Mode de production
Stockage
Transport
Transformation
Emballage
Commercialisation

Food Environment

Disponibilité
Accessibilité physique
Accessibilité économique
Etiquetage
Restauration hors domicile
Marketing (promotion, pub)
Qualité
Qualité nutritionnelle
Sécurité

Consumption behavior

Choix sous contrainte
Prix
Priorités
Acceptabilité
Connaissances
Habitudes/culture
Préférences
Compétences culinaires
Quotidien/exception

Diet

Quantité
Qualité nutritionnelle
Diversité
Sécurité
Partage

Consequences

Individuelles
Morbi mortalité
Bien être
Productivité
Sociales
Pertes de revenus
Coûts directs/ indirects
Médiatiques/ économiques
Niveau de confiance/ de notoriété
Environnementales

Care

Dépistage
Parcours de soins
Financement
Structures de santé
Structures médico-sociales

Source : d'après Comité de la sécurité alimentaire mondiale 2017

Social Inequalities

Facilitating the Healthy choice
Coherence messages/environment

Research, expertise, recommandations

Promotion de modes de productions durables
Circuits de proximité, circuits courts
Réduire le gaspillage

Sécurité : risque/ règlementations contrôles
Nutrition : risque/ engagements/réglementations

Information, éducation, communication
Base : Repères nutritionnels

Prise en charge médicale

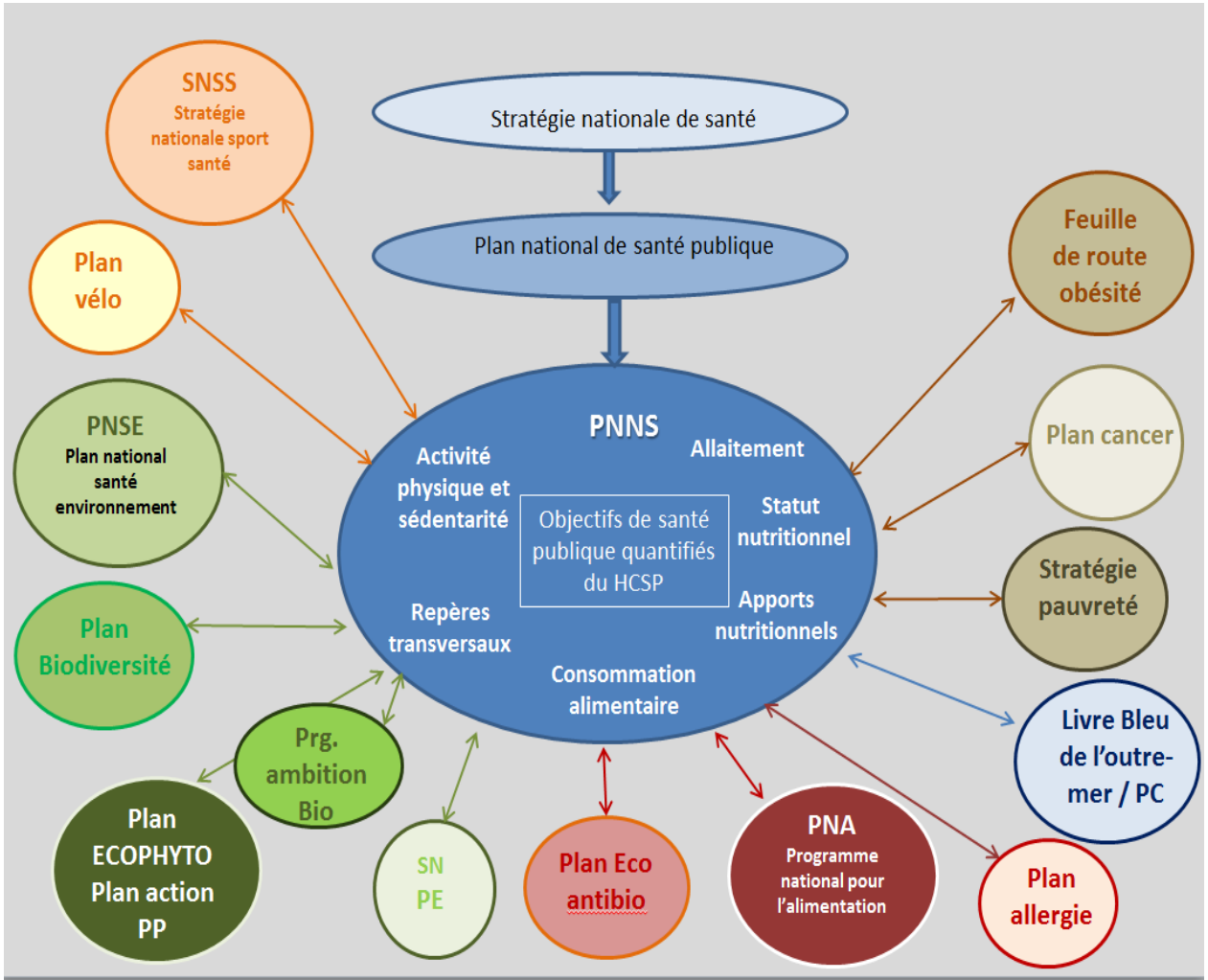
PNNS Strategic lever

- ⇨ Information, Communication and Education to guide dietary and physical activity behaviours for all ;
- ⇨ Improvement of the food and physical activity environment to facilitate the implementation of healthy behaviours for all ;
- ⇨ Organisation of the Health system to improve the screening and treatment of nutritional disorders ;
- ⇨ Training of profesionals whose activity influence the food and physical activity behaviours of the population;
- ⇨ Monitoring and evaluation to allow for an operational and strategic management of the Programme and research to prepare the future.

- **Act through** :
  - The law and the regulation
  - National policies linked to Nutrition
  - *Local public* initiatives *(through local authorities)*
  - Controlled Private initiatives

Projet PNNS 4 : An Intersectorial Public Health Programme

An articulation with **16 plans and strategies**



A close link with

- ✓ **The PNA** (national programme for food) :

- ✓ **The SNSS** (National Strategy for sport and Health) :

PNNS 4 Project – 2019-2023

Axis 1: Improve food and physical environment to make it more health-oriented.

Axis 2: Promote positive health behaviours.

Axis 3: Better care for overweight individuals, undernourished individuals, and people with chronic diseases.

Axis 4: Foster a territorial dynamic.

Axis 5: Develop research, expertise, and surveillance:

- **Scientific grounds:**

- At national level: detailed targets, prevalence and consumption studies.

- At international level: WHO, European Commission

- **Cross-cutting principles:**

- ISS reduction (proportioned universalism)

- An independent scientific expertise

- Health, pleasure, and conviviality

- **A governance:**

- National: CIS, Copil, C. Suivi

- Regional: ARS, in cooperation with other regional administrations

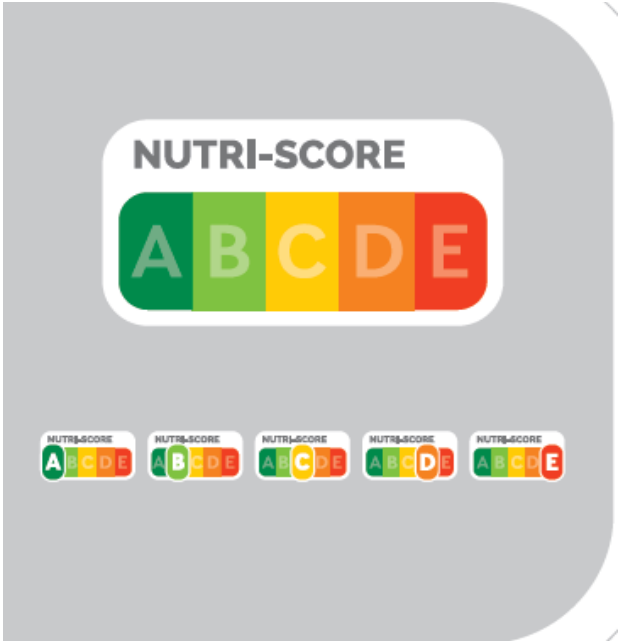
Screening, care, and care pathways

- **Early detection of at-risk individuals** (weight and height entry in Shared medical folder [*Dossier médical partagé*]).
- **Refer obese individuals**: pathways adapted to each situation according to referentials (polypathologies/MCC, disability, precarious conditions…)
- **Various ongoing experimentations** to prevent the risk of obesity in 3-8 year-old children. Offer a care pathway for children with severe obesity.
- **Improve the readability** of the offer on territories and patient information. Make obesity surgery activity (rapidly growing) conditional on a prior autorisation.
- **Reinforce CSO** (animation and coordination of the care sector and support for professionnals, as a reference for severely obese individuals).
- **Prescription of adapted physical activity** (APA) for individuals suffering from long-term illness: platform to identify APA offers.
- **Prevent undernutrition** through raising awareness of the general public, health professionnals and social sector, via the implementation of a « national week of undernutrition » each year.

Nutritional Recommandations for the population

A long scientific process

A process initiated in 2012; still going on for children pregnant women and the elderly



Nutri score :

help consumers make healthy choices

help producers improve their products

Exercise

NUTRI-SCORE A B C D E

NUTRI-SCORE A B C D E

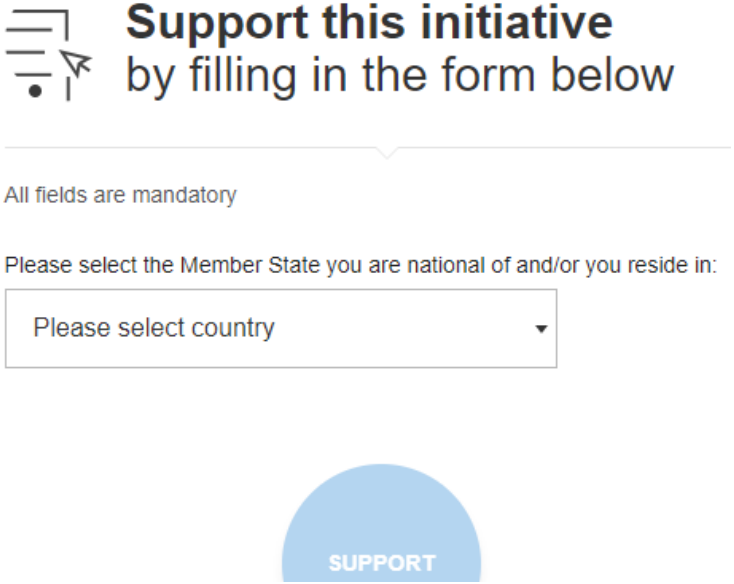
NUTRI-SCORE A B C D E

NUTRI-SCORE A B C D E

An European Citizens' initiative

Launched by european consumer associations from 7 countries

https://eci.ec.europa.eu/009/public/#/initiative



1 000 000 signatures expected till May 2020

Merci