The French National Nutrition and Health Programme
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 santé 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)

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

→ Nutritionnal objectives SMART
Sensitive, Measurables, Achievable, Realistic, Time bound

→ 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)

Adults:

- Hypertension: 31%
- Hyperglycemia: 5% (pic à 75-79 ans 16,5%)
- Obesity: 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

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

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

Huge Health and Nutrition social inequalities
Some characteristics of food consumption according to various criteria

Consommation de BRSA selon le niveau d'étude

Consommation de fruits frais et secs selon le niveau d'étude
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.
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 recommendation « 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
Food system: Analysis scheme to guide improvements in a sustainable way

- **Availability**
  - Supply chain
    - Mode de production
      - Stockage
    - Transport
    - Transformation
    - Emballage
    - Commercialisation

- **Accessibility**
  - Food Environment
    - Disponibilité
      - Accessibilité physique
    - Accessibilité économique
    - Étiquetage
    - Restauration hors domicile
    - Marketing (promotion, pub)
    - Qualité
      - Qualité nutritionnelle
      - Sécurité

- **Use**
  - 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
      - Média/tiques/économiques
      - Niveau de confiance/de notoriété
      - Environnementales
  - Care
    - Dépistage
    - Parcours de soins
    - Financement
    - Structures de santé
    - Structures médico-sociales

**Social Inequalities**

- Facilitating the Healthy choice
  - Coherence messages/environment
  - Sécurité : risque/réglementations contrôles
  - Nutrition : risque/engagements/réglementations

- Information, éducation, communication
  - Base : Repères nutritionnels

- Research, expertise, recommandations
  - Prise en charge médicale

*Source: d’après Comité de la sécurité alimentaire mondiale 2017*
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 professionals 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 Recommendations 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
An European Citizens’ initiative

Launched by european consumer associations from 7 countries

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

Pro Nutriscore

Support this initiative by filling in the form below

All fields are mandatory

Please select the Member State you are national of and/or you reside in:

Please select country

1 000 000 signatures expected till May 2020
Merci