



Tervise
Arengu
Instituut

Oleme see, mida sööme — aga kes otsustab, mida sööme?

Tagli Pitsi

Toitumise ja Liikumise osakond

Tervise Arengu Instituut

- Esimeses klassis on **iga neljas õpilane** ülemäärase kehakaaluga. **Üks õpilane kümnest on rasvunud.**



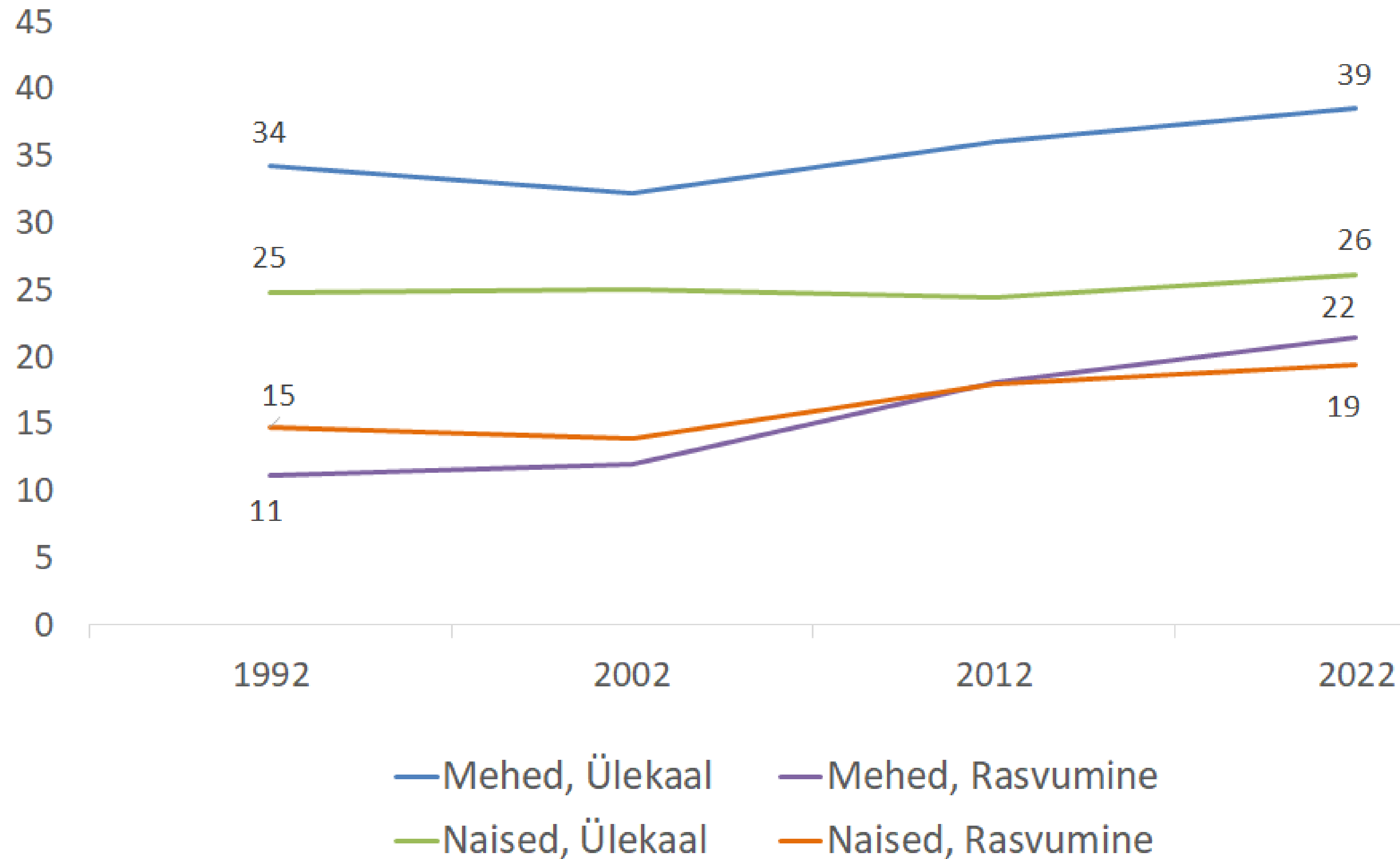
- Neljandas klassis on ülemäärase kehakaaluga juba **iga kolmas õpilane**. **Üks õpilane üheksast on rasvunud.**



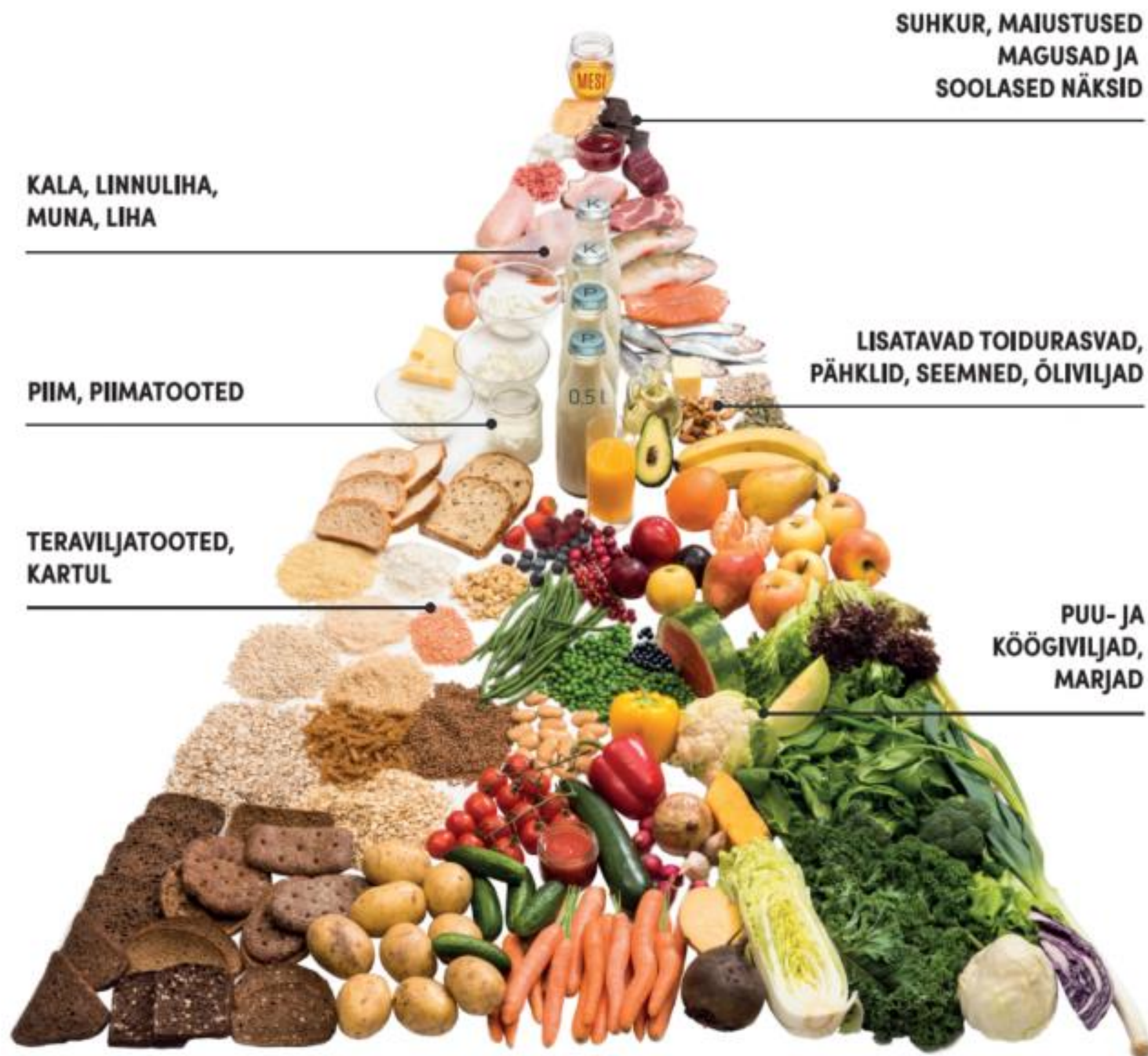
- Neljandas klassis on **rasvunud poisse** **kaks korda rohkem** kui tüdrukuid.



Ülekaal ja rasvumine, %



SOOVITUSLIK EESTI ELANIKU NÄDALA TOIDULAUD



Nädala näitlik toidukogus 2000 kcal energiavajaduse korral

TEGELIK EESTI ELANIKU NÄDALA TOIDULAUD



Keskmiselt 2000 kcal tarbinud täiskasvanud inimese nädalane toidukogus
Rahvastiku toitumise uuring 2014

FRAMEWORK: Set of comprehensive policy actions across **3 domains:**

FOOD ENVIRONMENTS

FOOD SYSTEM

BEHAVIOUR CHANGE COMMUNICATION

DATABASE:

Library of nutrition and diet-related policies

N O U R I S H I N G

POLICY INDEX: Compares country and policy area results generated by the benchmarking tool

BENCHMARKING TOOL: Assesses the quality of policy design based on set criteria

Overview of policy status

NO POLICIES IDENTIFIED

POOR

FAIR

MODERATE

GOOD

EXCELLENT

| | | |
|----------|---|------------------------|
| N | Nutrition label standards and regulations on the use of claims and implied claims on food | FAIR |
| O | Offer healthy food and set standards in public institutions and other specific settings | MODERATE |
| U | Use economic tools to address food affordability and purchase incentives | FAIR |
| R | Restrict food advertising and other forms of commercial promotion | FAIR |
| I | Improve nutritional quality of the whole food supply | NO POLICIES IDENTIFIED |
| S | Set incentives and rules to create a healthy retail and food service environment | NO POLICIES IDENTIFIED |
| H | Harness supply chain and actions across sectors to ensure coherence with health | NO POLICIES IDENTIFIED |
| I | Inform people about food and nutrition through public awareness | GOOD |
| N | Nutrition advice and counselling in healthcare settings | FAIR |
| G | Give nutrition education and skills | FAIR |

Suureneb mõju
rahvastikule

Suureneb
individuaalne
pingutus

