

**Bosna i Hercegovina
Federacija Bosne i Hercegovine
Federalno ministarstvo zdravstva**



***Policy for Improving
Child Nutrition
in Federation of
Bosnia and Herzegovina***

***Politika za unapređenje
ishrane djece
u Federaciji
Bosne i Hercegovine***

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PREDGOVOR

Pravo na odgovarajuću ishranu i pristup sigurnoj i nutricionistički vrijednoj hrani, jedno je od osnovnih ljudskih pa, tako, i dječijih prava, zacrtanih Konvencijom o pravima djeteta Ujedinjenih nacija. Odgovarajuća ishrana je osnovni preduslov postizanju optimalnog rasta i razvoja i dostizanju najvećeg mogućeg standarda zdravlja. Shodno Konvenciji o pravima djeteta UN-a, preporukama Svjetske zdravstvene organizacije (SZO) i UNICEF-a, Politika definiše prioritetne pravce djelovanja, i to: podizanje javne svijesti, osiguranje dostupnih i kvalitetnih usluga i informacija, provedbu integrisanih programa, edukaciju, obezbjeđenje sigurnog i zdravog snabdijevanja hranom te unapređenje sistema praćenja i evaluacije.

Federacija Bosne i Hercegovine suočava se s dvostrukim izazovom u vezi s ishranom i stanjem uhranjenosti djece, posebno one iz marginalizovanih grupa i one koja su izložena riziku od različitih oblika pothranjenosti, ali i riziku od prekomjerne težine i gojaznosti, kao vodećih rizika za nastajanje masovnih nezazasnih hroničnih oboljenja. Budući da oba stanja ozbiljno remete pravilan rast i razvoj djeteta te prijete da dovedu do nastanka niza oboljenja u kasnijoj životnoj dobi, pokrenute su aktivnosti za donošenje Politike ishrane djece Federacije BiH, koja ovom Politikom postavlja temelje za akciju, rukovodeći se principima jednakosti, pravičnosti, cjeloživotnog i intersektorskog pristupa i porodicom u centru interesa (u unapređenju zdravlja i ishrane djece).

Politika ishrane djece u Federaciji BiH nastala je kao rezultat vrijednog rada stručnjaka iz sektora zdravstva, uz stručnu podršku UNICEF-a u BiH i SZO, i predstavlja ključni okvir za izradu strategije i akcionih planova i programa za unapređenje stanja uhranjenosti i ishrane

djece u Federaciji BiH. Njome se obavezujemo na unapređenje i intenziviranje aktivnosti kojima će se unaprijediti ishrana i stanje uhranjenosti djece od rođenja, s posebnim naglaskom na buduće majke, dojilje, djecu dobi do pet godina te djecu iz marginalizovanih skupina.

Navedeni pravci djelovanja služiti će kao okvir, kako pri izradi Strategije ishrane djece u Federaciji BiH, tako i za kreiranje specifičnih akcionih planova s intervencijama koje će se realizovati u porodici, lokalnoj zajednici, jaslicama, vrtiću, školi, primarnoj zdravstvenoj zaštiti i drugim kapacitetima za smještaj, brigu i boravak djece.

S obzirom na to da će jedino kroz intersektoralni pristup biti moguće realizovati aktivnosti u okviru ove Politike, zajedničko učešće svih relevantnih aktera u ostvarivanju ciljeva ove Politike bit će od presudnog značaja za njen uspjeh.

FEDERALNI MINISTAR ZDRAVSTVA
Prof. Dr. Rusmir Mesihović

UVOD

Problem ishrane djece, kako na međunarodnom planu tako i kod nas, još uvijek je jedan od vodećih javnozdravstvenih izazova. Stanje uhranjenosti djece je odraz njihovog cjelokupnog zdravlja. Kada je djeci dostupna odgovarajuća hrana i izbalansirana ishrana, kada nisu izložena čestim oboljenjima i kada su dobro zbrinuta, ona dostižu svoj puni potencijal rasta i razvoja, zdravlja i stanja uhranjenosti.

Neodgovarajuća ishrana dojenčadi i djece je velika prijetnja socijalnom i ekonomskom razvoju kao i ozbiljna prepreka u postizanju i održavanju optimalnog zdravlja. Također, uz zdravlje, ishranu i stanje uhranjenosti djeteta, neodvojivo se veže i zdravlje, ishrana i stanje uhranjenosti majke.

Milenijski razvojni cilj je da se u periodu od 1990. do 2015. godine broj gladnih ljudi u svijetu prepolovi. Cilj globalne inicijative „Svijet po mjeri djeteta“ je da između 2000. i 2010. godine smanji prevalenciju pothranjenosti među djecom mlađom od pet godina, i to najmanje za jednu trećinu, s posebnom pažnjom usmjerenom ka djeci mlađoj od dvije godine. Smanjenje prevalencije pothranjenosti i drugih poremećaja nastalih usljed nepravilne ishrane će pomoći u postizanju cilja koji se odnosi na smanjenje smrtnosti djece.

Konvencijom o pravima djeteta UN-a zacrtana su osnovna dječija prava, među kojima su i pravo na odgovarajuću ishranu i pristup sigurnoj i nutricionistički vrijednoj hrani, kao osnovnim preduslovima za ostvarenje njihovog prava na postizanje optimalnog zdravlja.

Svjedoci smo, nažalost, da preduslovi za to kod nas, kao ni drugdje u svijetu, nisu ni približno ostvareni. Naime, kada je riječ o problemima s ishranom, postoji niz izazova s kojima se potrebno suočiti: siromaštvo, prirodne katastrofe, zagađenje životne sredine, zdravstveni sistemi koji investiraju primarno u kurativne umjesto u preventivne usluge, nejednakost polova, porast stope nezaposlenosti i sl.

Zato je na međunarodnom planu usvojena Globalna strategija za ishranu dojenčadi i male djece (2002.). U Federaciji BiH se, uz pomoć UNICEF-a, aktivnosti za unapređenje ishrane djece dobi 0-5 godina provode dugi niz godina, ali još uvijek situacija nije u skladu s postavljenim ciljevima. Svjesni toga, a u cilju unapređenja ishrane djece i harmonizacije pravnog okvira s međunarodno usvojenim sličnim politikama i određenim domaćim političkim i strateškim dokumentima, pristupili smo razvoju Politike ishrane djece u Federaciji BiH, koja je zasnovana na međunarodno usvojenim politikama, ali i na nizu domaćih političkih i strateških dokumenata.

Problem ishrane djece je već istaknut u Protokolu ishrane djece u BiH, kojeg je još 2000. godine, uz podršku UNICEF-a, donijelo Federalno ministarstvo zdravstva i Inicijativni odbor za promociju prirodne ishrane FBiH. Potom je pripremljen niz dokumenata koji podcrtavaju potrebu donošenja posebno usmjerene politike za ishranu dojenčadi i male djece, kao što su: Strateški plan zdravstva 2008.-2018., Politika mladi i zdravlje FBiH, Strategija mladi i zdravlje FBiH, Akcioni plan za djecu Bosne i Hercegovine (2011.-2014.), Politika ranog rasta i razvoja djece u FBiH, i Politika i akcioni plan Hrana i ishrana Federacije Bosne i Hercegovine (2000.-2005.)

Ovaj dokument predstavlja ponovnu posvećenosti unapređenju i intenziviranju aktivnosti za osiguranje pravilne ishrane djece s posebnim naglaskom na buduće majke, dojilje, djecu dobi do pet godina i djecu iz marginalizovanih skupina.

1. VIZIJA

Federacija BiH odlučna je u nastojanju da svakom djetetu osigura ishranu u skladu s domaćim i međunarodnim preporukama i standardima, čime će se unaprijediti stanje uhranjenosti i zdravlje djece u Federaciji Bosne i Hercegovine.

2. IZJAVA

Federacija BiH se zalaže za stvaranje okruženja i drugih neophodnih uslova za optimalan početak života svakog djeteta, što se posebno odnosi na ishranu budućih majki, dojilja, djece dobi do pet godina te djece iz marginalizovanih skupina.

Federacija BiH podstiče integrisani pristup u djelovanju svih sektora koji svojim direktnim ili indirektnim učestvovanjem utiču na ishranu djece. Ovo podrazumijeva posvećenost i određenost svih sektora da svojim politikama i djelovanjima doprinesu optimalnom rastu, razvoju i zdravlju djece.

Zato Vlada Federacije BiH poziva sve sektore i partnere da zajednički, po principu „zdravlje u svim politikama“, učestvuju u donošenju i provođenju politika, strategija, standarda i pravilnika koji će predstavljati pravni osnov za osiguranje optimalne ishrane djece. Time će se omogućiti njihov pravilan rast, razvoj i zdravlje.

Federacija BiH se zalaže za poboljšanje dostupnosti kvaliteta informacija i usluga koje štite, promovišu i podržavaju odgovarajuću ishranu i način ishrane u skladu s domaćim i međunarodnim preporukama i standardima.

Federacija BiH se posebno zalaže za zaštitu i promovisanje isključivog dojenja djece do šest mjeseci, blagovremenu i odgovarajuću nadopunu, kao i usvajanje i primjenu Internacionalnog Koda o marketingu zamjena za majčino mlijeko.

Podrška unapređenju ishrane djece ostvarivat će se kroz postojeći sistem zdravstvene zaštite, s naglaskom na širenje mreže bolnica - prijatelja beba i djece, rada savjetovališta, te unapređenjem integrisanih usluga iz oblasti ranog rasta i razvoja djece, kao i kroz druge sektore u okviru njihovih nadležnosti.

Federacija BiH se zalaže za kontinuirano praćenje stanja ishrane, uhranjenosti i zdravlja dojenčadi i djece, kao i za evaluaciju postignuća poduzetih mjera s ciljem unapređenja istih.

Da bi se spriječile bolesti uzrokovane neodgovarajućom ishranom, uključujući i bolesti nastale zbog nedostatka mikronutrijenata, Federacija BiH će posebnu pažnju posvetiti izradi specifičnih programa i mjera za smanjenje rizika od navedenih bolesti. Kako bi se ovo ostvarilo, neophodno je učestće djelatnika svih sektora, šire zajednice i roditelja koji imaju uticaj na ishranu dojenčadi i djece.

3. PRINCIPI

Politika za unapređenje ishrane djece u Federaciji Bosne i Hercegovine rukovodi se sljedećim principima:

1. Jednakost i pravičnost. Svakom djetetu osigurati jednak pristup zdravstvenim, obrazovnim i uslugama socijalne zaštite. Pravo na zdravlje, odnosno na sigurnu i nutricionistički vrijednu hranu, obrazovanje i socijalnu zaštitu su fundamentalna prava svakog djeteta i moralna je i legalna obaveza prema svakom djetetu i porodici.

2. Cjeloživotan i sveobuhvatan pristup. Politika i programi će biti usmjereni na izazove svake faze razvoja djeteta. Cjeloživotni pristup ne samo da prepoznaje različite faze razvoja djeteta, nego podrazumijeva i stvaranje temelja zdravlju, obrazovanju i produktivnosti tokom budućih životnih faza.

3. Zdravlje u svim politikama i intersektorski pristup. Društvo u cjelini, a naročito sektori zdravstva, obrazovanja i socijalne zaštite imaju važne i specifične uloge u osiguranju optimalnih uslova za pravilnu ishranu, rast i razvoj djeteta, zbog čega je nužno koordinirano i integrirano međusektorsko djelovanje. Zdravlje treba biti na prvom mjestu u politikama svih sektora.

4. Aktivno uključivanje javnosti je neophodno u planiranju programa, usluga i nadzora, s ciljem poboljšanja dječijeg zdravlja i ishrane u skladu s dječijim potrebama, mogućnostima i interesima. Važnu ulogu u senzibiliziranju javnosti imat će mediji i javno zdravstvo.

5. Jačanje uloge i značaja porodice. Posvetiti odgovarajuću pažnju djeci i roditeljima/starateljima, to jest, porodici u cjelini, promovisati i afirmisati prakse koje stavljaju dijete i porodicu u središte pažnje.

4. KLJUČNI NALAZI IZ SITUACIONE ANALIZE

Situaciona analiza iz oblasti ishrane djece ukazala je na sljedeće:

- u Federaciji BiH nema dostupnih podataka o kontinuiranom praćenju stanja uhranjenosti, praksama i navikama djece u ishrani, kao ni podataka iz drugih oblasti vezanih za ishranu djece, koji bi poslužili kao osnov za izradu specifičnih programa budućeg djelovanja s ciljem informisanja javnosti, podizanja svijesti i unapređenja znanja, stavova i vještina profesionalaca i roditelja o značaju odgovarajuće ishrane za pravilan rast i razvoj, prevenciju nezaraznih oboljenja koja mogu nastati u kasnijoj životnoj dobi,
- samo 22% djece isključivo doji do navršenih šest mjeseci života, a svega 17% djece dobi 0 - 11 mjeseci je odgovarajuće hranjeno¹
- 3% djece dobi mlađe od pet godina u FBiH je loše uhranjeno. Ovaj problem posebno je prisutan među ranjivom populacijom, naročito među romskom djecom (24%)²
- 17% djece dobi mlađe od pet godina u FBiH je preuhranjeno ili gojazno, djevojčice češće nego dječaci³

- 16% školske djece nikada ne doručkuje, samo 55,8% svakodnevno konzumira voće, dok povrće jede samo 45,8% školske djece⁴
- u FBiH se bilježi blagi stepen jednog deficita s prevalencijom gušavosti 9,5 %, dok podaci o poremećajima koji mogu nastati zbog deficita mikronutrijenata u ishrani nisu na raspolaganju⁵
- aktivnosti certifikovanja bolnica - prijatelja beba ne provode se sistemski niti kontinuirano
- internacionalni Kod o marketingu zamjena za majčino mlijeko nije zakonski osnažen niti se primjenjuje dobrovoljno, kao što je to preporučeno od SZO-a.
- standardi i normativi za ishranu djece u predškolskim i školskim ustanovama nisu usklađeni s važećim međunarodnim standardima i za njihovu upotrebu ne postoji odgovarajuća legislativa
- institucije, posebno one iz zdravstvenog sektora, imaju limitirane kapacitete, znanje i vještine za suočavanje sa problemima koji kod djece nastaju

1. Istraživanje višestrukih pokazatelja BiH, MICS 2006
 2. Istraživanje višestrukih pokazatelja BiH, MICS 2006
 3. Istraživanje višestrukih pokazatelja BiH, MICS 2006
 4. Istraživanje višestrukih pokazatelja BiH, MICS 2006
 5. Istraživanje za ocjenu jednog deficita i njegovih posljedica u BiH, 2005-06

5. CILJ I PRIORITETNI PRAVCI DJELOVANJA

5.1 Cilj

Unaprijediti ishranu i stanje uhranjenosti djece u FBiH, kao značajan preduslov za pravilan rast i razvoj te prevenciju oboljenja izazvanih neodgovarajućom i neizbalansiranom ishranom, s fokusom na masovna nezarazna hronična oboljenja.

5.2 Pravci djelovanja

Politika će se ostvarivati koordiniranim i integrisanim međusektorskim djelovanjem kroz sljedeće pravce:

- zagovaranje i podizanje svijesti profesionalaca, donosilaca odluka i javnosti o značaju odgovarajuće ishrane djece za njihov pravilan rast i razvoj, prevenciju bolesti posebno masovnih nezaraznih hroničnih oboljenja koja su posljedice neadekvatne ishrane te dostizanju punog razvojnog potencijala djece
- osiguranje dostupnih i kvalitetnih usluga, savjeta i informacija budućim trudnicama, trudnicama, majkama i djeci, kao i provođenje integrisanih programa i aktivnosti za unapređenje ishrane djece, s fokusom na zaštitu i unapređenje dojenja, praksi sigurne, pravovremene i odgovarajuće dohrane, kao i programa ishrane koji će se provoditi u jaslama, obdaništima, školama i drugim institucijama u saradnji sa zdravstvenim sektorom
- edukacija i informisanje profesionalaca posebno iz sektora zdravstva, obrazovanja, kao i iz sektora koji imaju veze s proizvodnjom i prometom hrane, medijai potrošača

- obezbjeđenje sigurne i kvalitetne - nutricionistički vrijedne hrane putem održive proizvodnje i sistema snabdijevanja hranom, hrane odgovarajućeg nutritivnog sastava namijenjene dojenčadi i djeci, kao i jačanje segmenta koji se odnosi na sigurnost i kvalitet hrane
- zaštita djece i njihovih porodica od efekata marketinga kojim se propagira hrana bogata soli, šećerima i mastima te podržavanje inicijativa kojim će se reformulisati prakse u cilju unapređenja nutritivnog sastava obrađene hrane
- jačanje i unapređenje sistema praćenja i evaluacije ishrane i stanje uhranjenosti djece, s fokusom na dječiji rast i razvoj i stanje uhranjenosti koji su u vezi s praksom i navikama u ishrani

5.2.1 Obrazloženje pravaca djelovanja

Zagovaranje i podizanje svijesti profesionalaca, donosilaca odluka i javnosti o značaju odgovarajuće ishrane djece za njihov pravilan rast i razvoj, prevenciju bolesti (posebno nezaraznih oboljenja) te doseganje punog razvojnog potencijala djece

Neophodno je akcije zagovaranja provoditi unutar pojedinih sektora, kao i međusektorskom saradnjom usmjerenom ka zajedničkim ciljevima unapređenja ishrane i stanja uhranjenosti djece. Ključni partneri u ostvarenju ciljeva u okviru ovog pravca su zdravstvo, posebno javno zdravstvo, obrazovanje, mediji i nevladin sektor, koji će, širenjem odgovarajućih informacija o značaju zdrave hrane i ishrane za pravilan rast i razvoj djece, u saradnji s ostalim relevantnim sektorima kontinuirano zagovarati i podizati svijest javnosti, profesionalaca i donosilaca odluka, doprinoseći, tako,

formiranju i prihvatanju pozitivnih stavova o ishrani, kao i donošenju određenih mjera i usmjerenih programa i akcija za buduće djelovanje.

U provođenja efikasnog zagovaranja neophodno je obezbjeđiti relevantne podatke i pokazatelje o stanju ishrane i uhranjenosti djece u FBiH, koji će biti prikupljeni sistemom praćenja i evaluacije. Sprovodit će se edukacije, promotivne kampanje i ostali vidovi djelovanja kojim se utiče na formiranje pozitivnih stavova i stilova života, navika i odnosa prema značaju optimalne ishrane i zdravog rasta i razvoja djece te važnosti stvaranja zdravog okruženja u kojima djeca rastu i razvijaju se.

Osiguranje dostupnih i kvalitetnih usluga, savjeta i informacija za trudnice, majke i djecu i provođenje integrisanih programa i aktivnosti za unapređenje ishrane

Pravilna ishrana trudnica, dojlja i djece ima veliki značaj za njihovo zdravlje. Stoga, osiguranje dostupnih i kvalitetnih usluga u skladu s međunarodno propisanim standardima i normativima, te pružanje savjeta i informacija u vezi s ishranom trudnica, dojlja i djece, predstavlja prioritet djelovanja.

Shodno važećim preporukama i standardima SZO i UNICEF-a, bit će razrađeni ciljni programi za daljnje unapređenje dojenja, pravilne dohrane i ishrane djece, zdravih životnih stilova, prevenciju oboljenja i stanja koji su posljedica nepravilne ishrane, a posebno za prevenciju mikronutrijentnih deficijencija.

Informacije i usluge pružat će se, prvenstveno, kroz sistem primarne zdravstvene zaštite, i to poticanjem integrisanog pristupa u pružanju usluga iz oblasti ranog rasta i razvoja, bolnice-prijatelje beba i bolnice-prijatelje djece, kao i putem drugih sektora a posebno odgojno obrazovnog, koji mogu dati doprinos realizaciji ovog pravca

U cilju unapređenja kvaliteta usluga, neophodno je unaprijediti vještine profesionalaca putem kontinuirane edukacije zaposlenih u službama za zdravstvenu zaštitu trudnica, majki i djece i socijalnim službama, kao i edukacijom prosvjetnih radnika i drugog osoblja zaduženog za ishranu djece.

Važno je uspostaviti kontinuirano zagovaranje među relevantnim sektorima o značaju optimalne ishrane za zdravlje, pravilan rast i razvoj djece.

Veoma je značajno osnaženje rada inspeksijskih službi u ovoj oblasti, koje u sklopu svojih nadležnosti trebaju dati kvalitetnu i pravovremenu informaciju u vezi s ispravnošću i kvalitetom hrane. Također, za unapređenje usluga važno je prilagoditi i unaprijediti postojeću legislativu, kako bi ista osigurala okvir za unapređenje ishrane djece.

Edukacija i informisanje profesionalaca iz sektora u vezi s proizvodnjom i prometom hrane, sektora medija, potrošača te profesionalaca iz sektora odgoja i obrazovazovanja

Stvaranje društveno odgovornog okruženja neophodnog za unapređenje ishrane djece je moguće samo zajedničkim djelovanjem svih odgovornih sektora, uz senzibilizovanje javnosti.

Zdrave navike, odgovorno ponašanje i životni stilovi koji uključuju i pravilnu ishranu, primarno se stiču u porodičnom okruženju, ali i u predškolskim i školskim ustanovama te u lokalnoj zajednici. Stoga, veoma je značajno kontinuirane edukativne, savjetodavne i promotivne aktivnosti o značaju zdrave ishrane usmjerene ka porodici i djetetu provoditi u saradnji s profesionalcima iz oblasti proizvodnje i prometa hrane, medijima i profesionalcima iz sektora obrazovanja. Ovo podrazumijeva edukaciju, informisanje i podizanje svijesti profesionalaca iz navedenih sektora o značaju pravilne ishrane za zdravlje. Zdravstveni sektor imat će centralnu ulogu u iniciranju i podržavanju akcija koje će se ostvarivati kroz razne sektore, a sve s ciljem da se podrži zdravlje i ishrana djece

Zdravlje na prvom mjestu mora biti fokus intersektorskog djelovanja. Shodno tome, aktivnosti je potrebno intersektorski planirati i implementirati. Jačanjem sektora međusobno i dijeljenjem odgovornosti, ne samo za pripremu, nego i za implementaciju, može se podići svijest i odgovornost te postići željeni cilj. Razumijevanje zdravstvenog uticaja svih relevantnih sektorskih politika će pomoći fokusiranju pažnje na one mjere koje će koristiti unapređenju ishrane djece, poboljšanju zdravlja i dobrobiti budućih generacija.

Obezbjedenje sigurne i kvalitetne - nutricionistički vrijedne hrane putem održive proizvodnje i snabdijevanja hranom, kao i jačanje segmenta koji se odnosi na sigurnost i kvalitet hrane

Promocija isključivog dojenja beba do šest mjeseci ostaje imperativ. Zato većina napora treba biti usmjerena ka unapređenju prirodne ishrane dojenčadi. No, s obzirom na važnost zdravog rasta i razvoja beba koje iz različitih razloga ne doje, kao i na važnost rasta i razvoja djece nakon dojenačke dobi, potrebno je obezbijediti da nadomjesci za majčino mlijeko, kao i sva ostala raspoloživa hrana, budu zdravstveno ispravni i nutricionistički vrijedni, to jest, da sadrže sastojke i mikronutrijente koji će pogodovati zdravom rastu i razvoju djeteta. Posebno je značajno ograničiti marketing zamjenske hrane za majčino mlijeko, kao i ostale hrane koja često sadrži velike količine soli, šećera ili masti. Intersektorska saradnja je od presudnog značaja u obezbjeđivanju nutricionistički vrijedne i zdravstveno ispravne, odnosno sigurne hrane, u skladu sa standardima Codex Alimentarius.

Intersektorska saradnja je potrebna i za usvajanje i primjenu Internacionalnog Koda o marketingu zamjena za majčino mlijeko, kao i za praćenje njegove primjene.

Ovo podrazumijeva uključenje svih relevantnih sektora, među kojima su poljoprivreda, industrija, trgovina, transport, distribucija, obrazovanje, marketing/mediji i inspeksijske službe. Potrebno je primijeniti "politiku prilagođenih cijena" kojom bi se promovisala zdrava hrana koja je u skladu sa starosnim i razvojnim grupama djece te njihovim

starosnim i razvojnim grupama djece te njihovim potrebama. Na ovaj način cijene bi bile sredstvo kojim bi se stimulisala konzumacija zdrave hrane kao što su voće i povrće, odnosno destimulisala proizvodnja i distribucija hrane za djecu koja sadrži veće količine soli, šećera ili masti.

Veoma je važno pažnju posvetiti etiketiranju proizvoda, pravilnom i jasnom informisanju javnosti, s posebnim naglaskom na marketinški i obrazovni segment. Jednako je važno kroz različite aktivnosti podržati poslodavce u davanju podrške mladim majkama. Potrebno je osnažiti ulogu inspekcije koja mora osigurati provođenje legislative, kada je riječ o sigurnosti i nutricionističkoj kvaliteti hrane.

Jačanje i unapređenje sistema praćenja i evaluacije koji se odnosi na ishranu i stanje uhranjenosti djece

U cilju praćenja unapređenja ishrane i stanja uhranjenosti djece potrebno je unaprijediti kvalitet i dostupnost podataka koji se prikupljaju sistemom nadzora i evaluacije. Podaci o zdravlju, rastu i razvoju djece u svim njihovim razvojnim fazama prikupljat će se na osnovu sistematskih pregleda, putem redovne zdravstvene statistike, kao i provođenjem ciljnih istraživanja o stanju ishrane i uhranjenosti djece u FBiH. Na osnovu aktuelnih podataka, propisat će se odgovarajuće mjere i smjernice za izradu specifičnih programa i akcija za unapređenje ishrane i stanja uhranjenosti djece.

Kako bi se ovo postiglo, potrebno je ojačati postojeće resurse, harmonizovati standarde za praćenje rasta i razvoja djece sa standardima koji su preporučeni od

SZO te, kroz zdravstveni sistem, uspostaviti redovan i kontinuiran monitoring. Ciljna istraživanja bit će usmjerena na posebne grupacije djece i problematiku koja se ne može pratiti sistemom redovne statistike te će se za njihovu izvedbu vršiti pravovremeno planiranje potrebnih resursa.

Potrebno je da se FBiH pridruži postojećem mehanizmu SZO za Evropski region za nadzor i praćenje statusa uhranjenosti djece, u kojem bi se podaci iz FBiH mogli porediti s podacima prikupljenim iz drugih zemalja-članica, i tako bi predstavljali dio jedinstvene baze podataka, te bi bili sastavni dio zajedničkog izvještaja.

ZAKLJUČAK

Prihvatajući ove pravce djelovanja za unapređenje zdravlja i stanja uhranjenosti djece u Federaciji Bosne i Hercegovine, stvorene su pretpostavke i okvir za izradu Strategije za unapređenje ishrane i stanja uhranjenosti djece, koje će detaljno definisati ciljeve, mjere i akcioni plan, kao i indikatore za praćenje napretka u realizaciji svake pojedinačne mjere i aktivnosti.

PREFACE

Right to adequate nutrition and access to safe and quality nutritious foods is one of fundamental human, and thereby children's rights as well, as set forth by the Convention on the Rights of the Child. Adequate nutrition is the essential prerequisite for achieving optimal growth and development and for reaching the highest possible standard of health. Pursuant to the Convention on the Rights of the Child, the World Health Organisation (WHO) and UNICEF recommendations, this Policy defines the priority courses of action, including: raising awareness; providing accessible and high quality services and information; implementing integrated programmes; training; providing safe and healthy food supply; and improving the system of monitoring and evaluation.

Federation of Bosnia and Herzegovina is facing a double challenge when it comes to diet and nutritional status of children, particularly those from marginalised groups and at risk of different kinds of malnutrition as well as risk of overweight and obesity, as leading risks of mass non-communicable chronic diseases. Since both conditions seriously affect proper growth and development of a child and threaten to cause a number of diseases later in life, the activities have been initiated to pass a Child Nutrition Policy in FBiH. With this Policy, Federation BiH sets standards for action, guided by the principles of equality, equity, life-long and cross-sectoral approach, and family-centred approach (in improving child health and nutrition).

Child Nutrition Policy in FBiH is a result of hard work of professionals from the health sector, supported by UNICEF BiH and WHO, and it represents a key

framework for development of the Strategy and Action Plans and Programmes for improvement of the nutritional status and diet of children in FBiH. This Policy commits us to improve and intensify activities that will improve diet and nutritional status of children from the moment of birth, with particular emphasis on pregnant women, nursing mothers, children under five years of age, and children from marginalised groups.

The aforementioned courses of action will serve as a framework, both for development of the Child Nutrition Strategy in FBiH, and for development of specific Action Plans with interventions that will be carried out in family, local community, crèche, kindergarten, school, primary health care and other facilities for placement, care and accommodation of children.

Given that the activities within this Policy will be possible to implement only through cross-sectoral approach, joint participation of all relevant actors in implementation of this Policy will be of critical importance for its success.

FEDERAL MINISTER OF HEALTH
Prof. Rusmir Mesihović PhD

INTRODUCTION

The issue of child nutrition, both internationally and nationally, is still one of the main public health challenges. A child's nutritional status is a reflection of her/his overall health. When children have access to adequate food within a balanced diet, when they are not exposed to frequent illnesses, and when they are well cared for, they reach their full potential for growth and development, health and nutritional status.

Inadequate nutrition of infants and children is considered a major threat to social and economic development and one of the most serious obstacles to the achievement and maintenance of health. Also, health, diet and nutritional status of a child is inextricably linked to health, diet and nutritional status of a mother.

One of the Millennium Development Goals is to halve, between 1990 and 2015, the proportion of people who suffer from hunger. The goal of the global initiative "A World Fit for Children" is to reduce the prevalence of child malnutrition among children under five years of age by at least one third between 2000 and 2010, with special attention to children under two years of age. Reducing the prevalence of malnutrition and other conditions resulting from inadequate nutrition will help in achieving the goal of reducing child mortality.

The Convention on the Rights of the Child sets forth the fundamental rights of children, including the right to adequate feeding and access to safe and nutritious foods, as essential prerequisites for realisation of their right to achieving optimal health.

Unfortunately, we are witnessing that prerequisites for this, either here or elsewhere in the world, have not even closely been realised. Namely, when it comes to nutrition problems, there are a number of challenges to be faced: poverty, disasters, environmental pollution, health systems that primarily invest in curative rather than preventive services, gender inequality, rising unemployment rate, etc.

This is why the Global Strategy for Infant and Young Child Feeding was adopted internationally in 2002. In Federation BiH, the activities to improve nutrition of children aged 0-5 have been implemented for many years, with support from UNICEF, but the situation is still not in line with the set goals. Being aware of this, and in order to improve child nutrition and harmonise legal framework with internationally adopted similar policies and specific national policy and strategic documents, we started to develop the Child Nutrition Policy in Federation BiH, which is based on internationally adopted policies as well as a number of national political and strategic documents.

The issue of child nutrition has already been treated in the Protocol on Nutrition for Children in BiH, issued as far back as 2000 by the Federal Ministry of Health and the Steering Committee for Promotion of Natural Nutrition in FBiH. Subsequently, a number of documents were prepared which underline the need for a nutrition policy specifically targeting infants and young children, such as: Strategic Health Development Plan 2008-2018, Youth and Health Policy of FBiH, Youth and Health Strategy of FBiH, Action Plan for Children of Bosnia and Herzegovina (2011-2014), Early Childhood Development Policy in FBiH, and Food and Nutrition Policy and Action Plan of FBiH (2000-2005).

Therefore, this document is a reaffirmation of the commitment to improving and intensifying activities for ensuring adequate nutrition of children with special emphasis on pregnant women, nursing mothers, children under five years of age, and children from marginalised groups.

1. VISION

Federation BiH is committed to ensure optimal nutrition to every child, in line with national and international recommendations and standards, and thereby improve the diet and nutritional status of children in Federation BiH.

2. DECLARATION

Federation BiH is committed to creating an environment and other necessary conditions for best start in life for every child, including particularly nutrition of pregnant women, nursing mothers, children under five years of age, and children from marginalised groups.

Federation BiH is encouraging an integrated approach in activities of all sectors which, through their direct or indirect involvement, affect the nutrition of children. This includes both commitment and responsibility of all sectors to contribute by their policies and activities to optimal growth, development and health of children.

For this reason, the Government of the Federation BiH calls on all sectors and partners to jointly participate, following the principle “health in all policies”, in creating and implementing policies, strategies, standards and rulebooks, which will constitute a legal basis for ensuring

optimal nutrition of children, and thereby enable their proper growth, development and health.

Federation BiH is committed to improving access to and the quality of information and services that protect, promote and support optimal nutrition and eating habits, in line with national and international recommendations and standards.

FBiH is particularly committed to protection and promotion of exclusive breastfeeding of infants up to six months of age, timely and adequate complementary feeding, as well as the adoption and implementation of the International Code of Marketing of Breast-milk Substitutes.

Support to improving child nutrition will be achieved through the existing health care system, with an emphasis on expanding the network of baby-friendly and child-friendly hospitals, counselling services, and promotion of integrated early childhood development services, as well as through other sectors within their respective scopes of remit.

Federation BiH is committed to the continuous monitoring of diet, nutrition and health status of infants and children, as well as evaluation of the results of the measures undertaken with the aim of their improvement.

In order to prevent diseases resulting from inadequate nutrition, including diseases caused by lack of micronutrients, Federation BiH will pay particular attention to development of specific programmes and measures to reduce the risk of these diseases. In order to achieve this, it is necessary to involve participants from all sectors, wider community and parents who have an impact on the nutrition of infants and children.

3. PRINCIPLES

Policy for improvement of children's nutrition in the Federation of Bosnia and Herzegovina is guided by the following principles:

1. Equality and equity. Equity means ensuring that all children have equal access to health, education and social protection services. The rights to health, i.e. safe and nutritious foods, to education and to social protection are fundamental human rights of every child as well as both moral and legal obligation towards each and every child and family.

2. Lifecycle approach. Policy and programmes will focus on challenges of every stage in child's development. Not only does the lifelong approach recognise different stages in child's development, but it also involves the creation of foundations for health, education and productivity in future life.

3. Cross-sectoral approach. Society as a whole, particularly sectors of health, education and social welfare, play important and specific roles in providing optimal conditions for proper early childhood nutrition and development, which requires cross-sectoral coordination and integrated action. Health should be given priority in all sectoral policies.

4. Participation. The public must be involved in the planning of programmes, services and monitoring with the aim of improving child health and nutrition in accordance with children's needs, abilities and interests. Media and public health sector will be instrumental in raising public awareness.

5. Family-centred services. Give adequate attention to children and parents/caregivers, i.e. family on the whole, and promote and advance child- and family-centred practices.

4. KEY FINDINGS OF THE SITUATIONAL ANALYSIS

Situational Analysis in the area of children's nutrition showed the following:

- In FBiH there are no available data on continuous monitoring of the nutritional status, feeding practices and dietary behaviour of children and no data in other areas related to child nutrition that could serve as a basis for developing specific programmes for future action aiming at informing the public, raising awareness and improving knowledge, attitudes and skills of professionals and parents on the importance of adequate nutrition for proper growth and development, and prevention of later-in-life NCDs,
- Only 22% of children are exclusively breastfed for the first six months of age, and only 17% of children 0 - 11 months of age are adequately fed,¹
- 3% of children under five years of age in FBiH are malnourished; malnutrition is widespread among vulnerable groups of population, particularly Roma children (24%),²
- 17% of children under five years of age in FBiH are overweight or obese, girls more so than boys,³
- 16% of school children never have breakfast, only 55.8% eat fruit every day, while only 45.8% of school children eat vegetables,⁴

- In FBiH there is a slight degree of iodine deficiency with goitre prevalence 9.5%, while no data is available on disorders that may occur due to deficiency of other micronutrients,⁵
- Activities of certification of baby-friendly hospitals are not carried out systemically and continuously,
- The International Code of Marketing of Breast-milk Substitutes is not legally empowered and neither is it implemented voluntarily, as recommended by WHO.
- Standards and norms for nutrition of children in preschools and schools do not comply with applicable international standards and there is no adequate legislation for their use.
- Institutions, particularly those in the health sector, have limited capacity and training to deal with nutrition related problems in children (such as undernutrition, micronutrient deficiencies, overweight and obesity).

1. Multiple Indicator Cluster Survey BiH, MICS 2006
 2. Multiple Indicator Cluster Survey BiH, MICS 2006
 3. Multiple Indicator Cluster Survey BiH, MICS 2006
 4. Multiple Indicator Cluster Survey BiH, MICS 2006
 5. Study into Iodine Deficiency and Its Consequences in BiH, 2005-2006

5. OBJECTIVE AND PRIORITY COURSES OF ACTION

5.1 Objective

Improve feeding and nutritional status of children in FBiH, as an important prerequisite for proper growth and development, as well as prevention of diseases caused by inadequate nutrition and unbalanced diets with a focus on mass NCDs.

5.2 Action areas

The Policy will be implemented through cross-sectoral coordination and integrated action through the following action areas:

- Advocacy and raising awareness of professionals, decision-makers and the public on the importance of adequate child nutrition for proper growth and development, prevention of diseases, particularly mass non-communicable chronic diseases resulting from inadequate nutrition, as well as achievement of full development potential.
- Ensuring accessible and high quality services, counselling and information for pre-pregnant and pregnant women, mothers and children, and implementation of integrated programmes and activities for improvement of child nutrition, with a focus on breast feeding protection and improvement as well as appropriate, safe and timely complementary feeding practices alongside nutrition programmes that will be implemented in crèches, preschools, schools and other institutions in collaboration with the health sector.

- Training and informing professionals, particularly in the health sector, education sector as well as sectors important for food production and trade, media and consumers.
- Providing safe and good quality nutritious foods through sustainable food production and supply system, proper nutritional composition of foods aimed at infants and children as well as strengthening the segment pertaining to food safety and quality.
- Protecting children and their families from the pervasive effect of marketing of foods that are high in salt, sugar and fat, and supporting initiatives to changing existing practices with the aim of improving the nutritional profile of processed foods.
- Strengthening and improving the information system for monitoring and evaluation pertaining to food and nutritional status of children, with a focus on child growth and nutritional status that are related to the dietary habits and behaviours.

5.2.1 Description of Action areas

Advocacy and raising awareness of professionals, decision-makers and the public on the importance of adequate child nutrition for proper growth and development, prevention of diseases (particularly NCDs), and achievement of full development potential

Advocacy actions need to be implemented within individual sectors as well as through cross-sectoral cooperation directed towards common goals of improving feeding and nutritional status of children.

Key partners in this course of action are the health sector, particularly public health sector, education sector, media and non-governmental sector, which will all, in collaboration with other relevant sectors, continuously advocate and raise awareness of the public, professionals and decision-makers by disseminating adequate information on the importance of healthy food and nutrition for proper growth and development of children, and thereby contribute to forming and adopting positive attitudes on nutrition as well as adoption of specific measures and targeted programmes and activities for future action.

In order for advocacy to be effective, it is necessary to ensure that relevant data and indicators on the feeding and nutritional status of children in FBiH are collected through the monitoring and evaluation system. Trainings, media campaigns and other actions will be implemented in order to contribute to the forming of positive attitudes and lifestyles, habits and relation towards the importance of optimal nutrition for healthy growth and development of children, as well as the importance of creating a healthy environment in which children grow and develop.

Ensuring accessible and high quality services, counselling and information for pregnant women, mothers and children, and implementation of integrated programmes and activities for improvement of child nutrition

Adequate nutrition of pregnant women, nursing mothers and children is of crucial importance for their health. Therefore, provision of accessible and high quality services, compliant with the internationally prescribed norms and standards,

internationally prescribed norms and standards, as well as counselling and information related to nutrition of pregnant women, nursing mothers and children represents a priority course of action.

In accordance with the latest WHO and UNICEF recommendations and standards, targeted programmes will be developed for further promotion of breastfeeding, adequate complementary feeding and child nutrition, healthy lifestyles, prevention of diseases and conditions associated with inadequate nutrition, and in particular, prevention of micronutrient deficiencies.

Information and services will be provided primarily through the primary health care system by encouraging the integrated approach in provision of services related to early childhood development, baby-friendly and child-friendly hospitals, as well as through other sectors that can contribute to implementation of this course of action, particularly the preschool and education sector.

In order to improve the quality of services, it is necessary to improve skills of professionals through continuous training of staff working in services for health protection of pregnant women, mothers and children, social services, as well as education of teachers and other staff dealing with nutrition of children.

It is necessary to develop continuous advocacy among relevant sectors on the importance of optimal nutrition for health, proper growth and development of children.

It is very important to strengthen the work of inspection services in this field, which should, as part of their competences, be in charge of providing high quality and timely information about food quality and safety. Also, in order to improve the services, it is important to

adapt and improve the current legislation so that it can provide a framework for the promotion of the children's nutrition.

Training and informing professionals from sectors important for food production and trade, media, consumers, and professionals from the education sector

Creating a socially responsible environment necessary for improvement of child nutrition is possible only by joint action of all relevant sectors, accompanied by public awareness raising.

Healthy habits and lifestyles including adequate nutrition, are primarily acquired in family environment, but also in pre-school institutions and schools, as well as local community. It is, therefore, essential that continuous educational, counselling and promotional family- and child-centred activities focusing on the importance of healthy nutrition are implemented in collaboration with professionals from food production and trade, media, and education sectors. This includes training, informing and raising awareness of professionals from the aforementioned sectors on the importance of proper nutrition for health. Health sector will have a leading role in initiation and provision of support to actions that will be undertaken by other relevant sectors with the common goal of ensuring health and adequate nutrition of children.

Health must be the primary focus of cross-sectoral actions. In accordance with this, the activities should be planned and implemented in cross-sectoral cooperation. Strengthening sectors and mutual sharing of

mutual sharing of responsibilities for both preparation and implementation can raise awareness and accountability and lead to achieving the desired objective. Understanding the impact of health of all relevant sectoral policies will contribute to the focussing of attention on the measures that will help improve children's nutrition, and health and wellbeing of future generations.

Providing safe and good quality nutritious foods through sustainable food production and supply system, as well as strengthening the segment pertaining to food safety and quality

Promotion of exclusive breastfeeding up to six months of age remains the imperative. Therefore, most and the efforts must focus on improving the natural feeding of infants. However, considering the importance of healthy growth and development of babies that are, for various reasons, not breastfed, as well as the importance of growth and development of children after the period of infancy, it is necessary to ensure that breast-milk substitutes, as well as other available foods, are safe for health and nutritious, i.e. that they contain ingredients and micronutrients that are beneficial for healthy growth and development. Particularly important is to limit the marketing of infant formulas and baby food products which often are too high in salt, sugar or fat. Cross-sectoral cooperation is instrumental in ensuring nutritious and safe food, in compliance with standards of Codex Alimentarius.

Cross-sectoral cooperation is also necessary for the adoption and implementation of the International Code of Marketing of Breast-milk Substitutes, as well as monitoring of its implementation.

This includes involvement of all relevant sectors, such as agriculture, industry, trade, transport, distribution, education, marketing/media, and inspection services. It is necessary to use "price policies" to promote healthier foods at all ages and stages of development. In this way prices would be a means of stimulating the consumption of healthy foods such as fruits and vegetables and discouraging the production and distribution of food products for children which are high in salt, sugar or fat.

It is very important to pay attention to the labelling of products and ensuring proper and clear information to public, particularly marketing and education sectors. It is equally important to use various activities aimed at supporting socially responsible employers to provide support to young mothers. It is important to empower the role of inspection that has to ensure implementation of legislation pertaining to food safety and quality.

Strengthening and improving the monitoring and evaluation system pertaining to food and nutritional status of children

In order to monitor the improvement of the feeding and nutritional status of children, it is necessary to enhance the quality and availability of data collected through the monitoring and evaluation system. Data on health, growth and development of children in all stages of their development will be collected through general medical check-ups, regular health statistics, as well as by conducting targeted surveys into the feeding and nutritional status of children in FBiH. On the basis of evidence-based data, specific measures and guidelines for development of specific programmes and actions for improving diet and nutritional status of children will be

and actions for improving diet and nutritional status of children will be developed.

In order to achieve this, it is necessary to strengthen the existing resources, to harmonise standards for monitoring growth and development of children with the standards recommended by WHO, and to establish regular and continuous monitoring through the health system. Targeted surveys will focus on specific groups of children and issues that cannot be monitored through the regular statistics system. The resources required for conducting these surveys will be planned in timely manner.

FBiH is advised to join the WHO European Region existing mechanism to monitor children's nutritional status, where FBiH data could be compared with those of other Member States and, as such, would form an integral part of the single database and joint report.

CONCLUSION

The acceptance of these courses of action to improve health and the nutritional status of children in Federation of Bosnia and Herzegovina has created the basis and framework for development of the Strategy for Improvement of Feeding and Nutritional Status of Children, which will set out detailed objectives, measures and an action plan, as well as indicators for monitoring progress of each individual measure and activity.

Politika za unapređenje ishrane djece u Federaciji Bosne i Hercegovine
Policy for Improving Child Nutrition in Federation of Bosnia and Herzegovina

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