

FOOD SYSTEMS FOR CHILDREN AND ADOLESCENTS (ХАРЧОВІ СИСТЕМИ ДЛЯ ДІТЕЙ ТА ПІДЛІТКІВ)

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У доповіді йде мова про проблему харчування в дітей та підлітків, її причини, наслідки та способи боротьби, про покращення раціону.

Improving children and adolescents diets remains a major challenge in the 21st century. In many parts of the world, children and adolescents do not receive the diets they need – in quality – to survive, grow, and develop to their full potential.

Children and adolescents physiological and psychosocial characteristics and their experiences with their interpersonal and socio-ecological environments change as they get older, with increasing independence, children and adolescents become principal actors in securing their diets.

What are the age-specific characteristics and nutritional needs of children and adolescents? What do we know (and no know) about healthy diets for children and adolescents? Why are children and adolescents not receiving the diets they need for optimal development? What is a food systems approach?

Numerous factors influence the diets that children and adolescents receive. These include both interpersonal and socio-cultural factors, as well as economic, physical and environmental factors.

Broader food system issues need to be addressed to improve the diets of children and adolescents.

Food systems are essential to delivering nutritious, safe, affordable, and sustainable diets, but the nutritional needs of children and adolescents (both of present and future generations) are often not prioritized. To better align food systems and the diets of children and adolescents, the Innocenti Framework on food systems for children and adolescents was developed. The framework comprises a set of drivers, plus four determinants:

- food supply chains,
- external food environments,
- personal food environments,
- behaviours of caregivers, children and adolescents, which together influence the diets of children and adolescents.