

## Albania' FBDG status communication and evaluation.

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### Food Based Dietary Guidelines status.

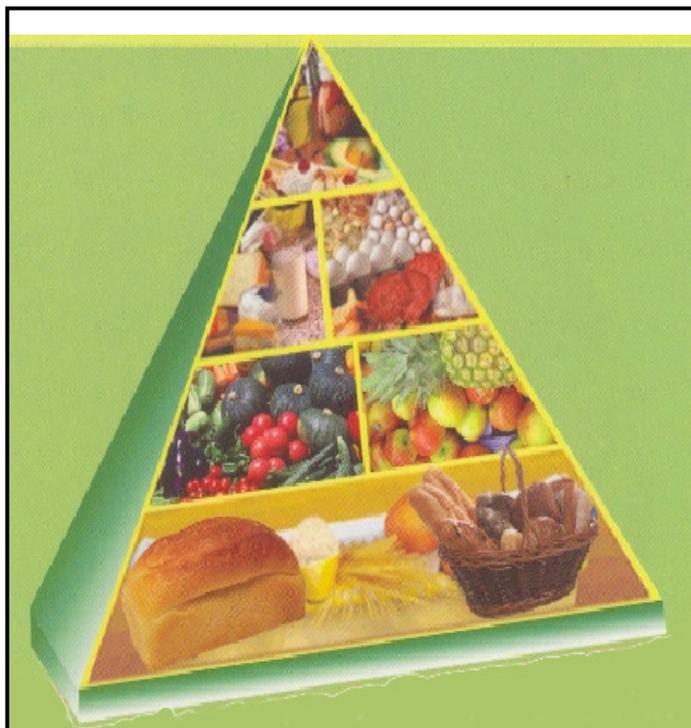


Figure 1. Albanian Food Pyramid.

Albania established, for the first time, FBDG in December 2008. Cindi pyramid and materials published by WHO were used as a model for the FBDG drawing.

Ministry of Health, Ministry of Agriculture Food and Consumer Protection and Ministry of Education and Science were responsible for the development of the FBDG.

Through their development the responsible bodies mentioned above were consulted with health professionals (nutritionists, pediatricians, specialists of public health, Consumers' Protection Organization).

This document aims to decrease the cardiovascular disease and cancer prevalence (these diseases are the major causes of morbidity and mortality in our country) by improving dietary habits of the population.

The target Group for the FBDG is the general population with particular focus on children and pregnant women.

### FBDG implementation and communication.

Directory of Public Health near the Ministry of Health and Department of Health Promotion in the Institute of Public Health have just prepared an action plan for communicating the FBDG to the general population through different ways such as:

- Dissemination of FBDG to all the district's specialists of public health and organization of workshops with them on these issues.
- The specialists of public health in collaboration with the school health professionals will organize interactive educational meetings to give the children advice on healthy eating, and how to choose healthy diet models.
- Posters and food selection guides will be prepared to accompany dietary guidelines; to help people select a diet that is adequate in nutrients and promote food choices.
- TV and advertisement can be used to disseminate information to the public.

### FBDG monitoring and evaluation.

Albanian is still in the first steps of the FBDG implementation and communication.