

# INTERNATIONAL GUIDELINES ON HUMAN RIGHTS, HEALTHY DIETS AND SUSTAINABLE FOOD SYSTEMS

## Illustrative areas of focus

### GLOBAL GOVERNANCE AND ACCOUNTABILITY

- Strengthen international assistance and cooperation, including through the United Nations, to ensure inclusive, multisectoral governance processes to respect, protect and fulfil human rights and ensure healthy diets and sustainable food systems.
  - Recognize that the private sector has a responsibility to act to prevent diet-related diseases pursuant to the UN Guiding Principles on Business and Human Rights (the 'Ruggie Principles') and relevant codes of conduct.
  - Reform international trade and investment rules, where necessary, to enable governments to implement evidence-based policies for ensuring food security and the prevention of diet-related diseases consistent with international human rights obligations, and without fear of reprisal.
  - Promote accountability of the State and private sector through monitoring, review and remedial action to guarantee the protection of rights and ensure healthy diets and sustainable food systems.
- and address the need for financing, monitoring and accountability of actions to support healthy diets, address obesogenic environments and sustainable food systems.
- Regulate and enforce the formulation, production, taxation, promotion and marketing (particularly to children) of food and beverages, including alcoholic beverages. This could include mandatory front-of-pack labelling, restrictions on the use of claims and implied claims on food, restrictions on promotional characters, toys and games targeted at children, restrictions on promotion of breast milk substitutes, and restrictions on unhealthy foods (including ultraprocessed foods) such as those containing excessive salt, sugar, or saturated fat.
  - Ensure supportive and enabling food environments that provide access to a diversity of affordable, culturally appropriate, nutritious foods including in public and private institutions (e.g. workplaces, hospitals, schools, prisons) as well as for children, adolescents and indigenous populations.
  - Ensure the fullest possible civil society participation, including of youth and consumer protection groups, in the process of policy and standards development at the national and sub-national level.

### ESTABLISH OR STRENGTHEN NATIONAL FOOD LAWS AND POLICIES

- National food policies should include mechanisms for coordinating action across sectors and levels of government

- Recognize the role that gender and poverty play throughout the lifecourse in the marketing, promotion, production, preparation and consumption of healthy and unhealthy foods.
- Ensure effective management of conflicts of interest in the policy-making process, including appropriate regulation of the private sector, based on evidence-informed standards, with independent transparent reporting of performance and mechanisms for enforcement, as well as a register of lobbyist activity in international and national fora.

#### TREATMENT AND CARE

- Ensure care, treatment and support for people living with diet-related NCDs, including safe and effective medication at an affordable price, and provision of disability benefits or social security for those disabled by illness.
- Protect people living with obesity and diet-related diseases from

discrimination, and strengthen the capacity of human rights entities to address related discrimination.

#### HEALTH PROMOTION

- Acknowledge the important role that discourse and framing play in shaping public opinion on interventions to promote and protect population health, and build communications campaigns that portray sustainable food systems and health regulation as aspirational, beneficial and equalizing.

#### RESEARCH

- Support research on evidence-informed healthy diets and malnutrition in all of its forms, noting the need for full transparency and accountability, including avoidance of conflicts of interest and research on understanding better and stimulating change in commercial food systems, as well as on the pathways to, and effectiveness of human rights approaches to improving human nutrition.