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## TECHNICAL SUPPORT FOR NATIONAL FOOD-BASED DIETARY GUIDELINES IN FIJI, MARSHALL ISLANDS, SAMOA, SOLOMON ISLANDS, TONGA AND VANUATU

May 2022

SDGs:



Countries: Fiji, Marshall Islands, Samoa, Solomon Islands, Tonga, Vanuatu

Project Code: TCP/SAP/3708

FAO Contribution: USD 356 000

Duration: 1 April 2020 – 31 December 2021

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### Implementing Partners

*Fiji, Solomon Islands:* Ministry of Health and Medical Services (MHMS); *Marshall Islands:* Ministry of Health and Human Services (MHHS); *Samoa, Tonga and Vanuatu:* Ministry of Health (MoH).

### Beneficiaries

*Fiji, Solomon Islands:* MHMS; *Marshall Islands:* MHHS; *Samoa, Tonga and Vanuatu:* MoH.

### Country Programming Framework (CPF) Outputs

Multi-Country Programming Framework for the Pacific Islands 2018-2022, Output 1: Evidence-based recommendations developed and promoted to incentivize the production and consumption of safe and healthy food.



## BACKGROUND

Pacific Island Countries (PICs) face a serious burden of malnutrition, including acute and/or chronic undernutrition, micronutrient deficiencies, obesity, overweight, and diet-related non-communicable diseases (NCDs). Diet is one of the single most important contributors to malnutrition, which is influenced by many complex and multilayered causes, such as personal preferences, culture, religion, the environment, economics, availability of foods.

Food-Based Dietary Guidelines (FBDGs) provide context-specific guidance on how to make nutritionally balanced food and beverage choices prepared in a safe and hygienic way available for the general population and for vulnerable subpopulations, including pregnant and lactating women and infants and young children.

The Pacific regional FBDGs, which were prepared by The Pacific Community (SPC) in 2002, are used by PICs to provide guidance on healthy food consumption and meals. Subsequently, the SPC published new *Pacific guidelines for healthy living* in 2018, to replace the 2002 Pacific FBDGs.



Six PICs (Fiji, the Marshall Islands, Samoa, Solomon Islands, Tonga and Vanuatu) requested that FAO provide assistance for the next phase, namely to adopt or adapt the new regional Pacific guidelines, develop or endorse national guidelines, and implement them, in order to improve safe and nutritious food choices and have a positive effect on the burden of malnutrition in the region.

## IMPACT

All six PICs made significant progress in developing/implementing their national guidelines. In addition, a great number of people in the six countries increased their awareness, understanding and capacity to make healthy food and lifestyle choices. It is expected that these results will contribute to strengthening the production and consumption of safe, nutritious and healthy food, and improved nutrition in the Pacific region.

## ACHIEVEMENT OF RESULTS

Multiple activities involving the development and implementation of national FBDGs were carried out in each of the six countries. The project enabled five of the participating countries to adapt and modify the *Pacific guidelines for healthy living* to their own national FBDGs, while one country (Fiji), which already had endorsed guidelines, translated these from English into two national languages. All countries made significant progress in developing national guidelines, from the preparation of drafts to achieving ministerial endorsements.

With regard to the implementation of the national FBDGs in the six countries, in Fiji, a comprehensive multisectoral implementation plan disseminating the Food and Health Guidelines for Fiji (FHGF) was agreed by the National Steering Committee. In addition, the FHGF manual was translated into iTaukei and the ten guidelines were translated into Hindi. In the Marshall Islands, 11 new Republic of the Marshall Islands (RMI) Guidelines for Healthy Living were developed and endorsed by the Secretary of Health; and a Cabinet paper for *Nitijela* (Parliament) endorsement of the guidelines was prepared through three workshops. In Samoa, ten new Food and Nutrition Guidelines for Samoa were developed and endorsed by the Ministry of Health (MoH), and translated from English into Samoan. In Solomon Islands, the Solomon Islands Guidelines for Healthy Living (SIGHL) were revised, and are awaiting endorsement by the Ministry of Health and Medical Services (MHMS). In Tonga, the Tonga Guidelines for Healthy Living (TGHL) were revised and approved by the multisector Task Force Committee and endorsed by the Cabinet; and in Vanuatu, 12 new Food and Healthy Lifestyle Guidelines for Vanuatu were prepared and endorsed by the Public Health Unit of the Ministry of Health.

It was not possible to complete all the envisaged activities in the six countries for various reasons, including the COVID-19-related restrictions. However, together with the development/revision of national FBDGs, much was achieved. Twenty-nine workshops were conducted, which were attended by 763 participants; 20 project documents were produced, a number of outreach materials were drafted; four translations were carried out; and a multicountry sharing experiences workshop forum was held, which was attended by 46 participants. The opportunity to use the workshop forum to share experiences and learn new approaches with each of the six countries developing and implementing national FBDGs was highly valued by all participants. In addition, two surveys were conducted, a schools training package was developed; in the Solomon Islands, the *Helti KaiKai Kit* (a suite of participatory nutrition resources and materials) and training package was revised; and implementation plans for 2021 and onwards were prepared.

### IMPLEMENTATION OF WORK PLAN AND BUDGET

The project was extended by six months, as the development and endorsement of guidelines activities, involving nationwide consultation during the COVID-19 pandemic, took longer than envisaged. Chronologically, the guidelines needed to be developed before guidelines implementation activities could be completed. However, many activities increasing awareness of the guidelines, facilitating their endorsement, and disseminating and communicating them were completed.

Although the financial report was not yet available at the time of writing this report, it is understood that the project was implemented within the planned budget; however, guidelines implementation activities were curtailed in some countries by the need not to overspend the budget. In addition, budget limitations prevented some of the planned workshops from being conducted, and reduced the amount of outreach material that could be produced. The COVID-19 pandemic broke out during the project, and national borders in all six countries were closed. Risks to the project were mitigated by transferring resources from unattainable international travel to increased national and international consultant resources. Meetings and forums were established using remote modality where necessary. However, some national consultants did not have suitable computer devices for strong remote modality communications, or were in areas that did not have good Internet connections. This was managed by using the FAO or ministry office for meetings, where possible. It often gave rise to delays in communications, especially when consultants were travelling for public consultation workshops to outer islands.

Additional COVID-19 restrictions were imposed by governments as precautionary public health measures, such as not permitting physical meetings and reducing the size of meetings at times. This was managed by conducting surveys when participants could not attend consultation workshops, and by developing capacity for in-country remote training workshops.

For health ministry staff, COVID-19 awareness, vaccine roll-out, deployment to outer islands, and assisting with managed isolation and quarantine at the border were prioritized. Given that health ministries were the main government counterpart, it was challenging for the project to obtain staff input when they had been assigned to these important priorities. This was managed by increasing national consultant input in all six countries. In Tonga, the Ministry of Agriculture and Food, Forests and Fisheries (MAFFF) stepped into a lead role with staff resources.

### FOLLOW-UP FOR GOVERNMENT ATTENTION

#### Fiji

It is recommended that the MHMS conduct the physical and remote workshops developed for COVID-19 modality. In addition, the MHMS should validate the iTaukei and Hindi outreach material developed during the workshops, and print and make available the final translated materials.

#### Marshall Islands

*Nitijela* (Parliament) should endorse the RMI Guidelines for Healthy Living, led by the Ministry of Health and Human Services (MHHS).

#### Samoa

The MoH should formally launch the Food and Nutrition Guidelines for Samoa to multisectors and stakeholders.

#### Solomon Islands

It is recommended that the MHMS: i) endorse the SIGHL; ii) translate the SIGHL into Pidjin; and iii) conduct the SIGHL training programme for school food vendors and cooks, including training of trainers (ToT) and roll-out to schools.

#### Tonga

It is advised that the Cabinet endorse both the TGHL and the training manual for the TGHL, led by the MoH.

#### Vanuatu

It is recommended that the Public Health Unit of the MoH submit the Food and Healthy Lifestyle Guidelines for Vanuatu to the Department of Public Health (DOPH) for final approval.



## SUSTAINABILITY

### 1. Capacity development

In terms of relevant policies and legal framework being in place or under development to support the sustainability of the project outcome: i) in Fiji, the Food and Health Guidelines for Fiji have already been endorsed by the MHMS; and Hindi and iTaukei translations have been prepared for wide dissemination; ii) in the Marshall Islands, RMI Guidelines for Healthy Living have been endorsed by the Secretary of Health, and the Cabinet paper for *Nitijela* endorsement has been prepared; iii) in Samoa, Food and Nutrition Guidelines for Samoa have been endorsed by the MoH; iv) in Solomon Islands, Solomon Islands Guidelines for Healthy Living are pending MHMS endorsement. Priority for health staff was given to COVID-19 and Cyclone Harold recovery activities, and it was difficult to engage with decision-makers; v) in Tonga, the TGHL have been endorsed by the MAFFF, the MoH and the Cabinet. The training manual for the Guidelines for Healthy Living has been prepared for training workshops in 2022; and vi) in Vanuatu, the framework for the Food and Healthy Lifestyle Guidelines for Vanuatu have now been included in the Nutrition Unit's annual work plan and the four-year Corporate Plan for the MoH (2022 to 2025).

With regard to partnerships and alliances being created or strengthened that will contribute to the project's sustainability, at all times partnership with the SPC was maintained and strengthened, where possible; for example, the SPC were acknowledged for their decades of work developing and supporting the *Pacific guidelines for healthy living*, its participation at the Output 3 shared experiences workshop, and assisting two countries with drafting their guidelines resource manual using SPC templates.

In terms of the project having a solid exit strategy and clearly defined follow-up actions, the project was ambitious and some of the work is ongoing. Ongoing implementation has been identified. However, all seven project consultants (six national and one international) will no longer be available to continue with the momentum and support. National project coordinators (NPCs) were closely involved, and are aligned with the appropriate ministries. As mentioned above, in three countries (Marshall Islands, Samoa, Vanuatu), NPCs often appeared to be overcommitted with other priorities.

### 2. Gender equality

The guidelines address nutritional and lifestyle needs for men and women equally. They are guidelines for the general population, and children may have special nutritional needs which have not been addressed, as well as the needs of pregnant and breastfeeding women. Infant needs have been considered by all countries, with breastfeeding recommended until six months of age. The guidelines benefit both men and women. However, more participation by men during the development, dissemination and communication of the guidelines could contribute to better informing equitable government food and nutrition policies. It could also reduce the work burden on women, who make healthy food choices and provide appropriate food for others, by equally sharing this responsibility.

### 3. Environmental sustainability

This cross-cutting area was not applicable to the project.

### 4. Human Rights-based Approach (HRBA) – in particular Right to Food and Decent Work

This cross-cutting area was not applicable to the project.

### 5. Technological sustainability

In terms of the technology used/introduced by the project being appropriate/flexible, computer technology is essential now for COVID-19 remote modality. National consultants did not all have computer devices and software at a standard high enough for the work expected. When a national consultant could sit in an FAO office (e.g. Samoa), or work at a ministry (e.g. Fiji), the technological support was available. However, in the Marshall Islands, Solomon Islands, Tonga and Vanuatu, national consultants had to adapt as well as they could to the available equipment/conditions. This was an impediment to the project, which worsened during extensive consultative travel to outer islands.

With regard to the project contributing to the development of local knowledge, capacity, resources and good practices, knowledge and capacity building on food, nutrition and healthy living in multiple ministries and nationwide in six Pacific countries were enhanced during extensive consultations, including ways in which this knowledge can be used to improve food choices and consumption behaviour for improved health outcomes.

In terms of the capacity of stakeholders and beneficiaries to pursue the project activities without further technical assistance, in-country technical experts are few and far between and already very committed with other government work.

However, the SPC is available for technical advice, and countries are aware of this. In addition, the United Nations International Children's Emergency Fund (UNICEF) may be available to assist in Vanuatu.

However, the national FBDGs have been developed and made available in Fiji, the Marshall Islands, Samoa, Solomon Islands and Tonga, and this is a huge step forward towards disseminating and communicating them widely. Fiji, Solomon Islands and Tonga have national guidelines, and training manuals ready to go. Samoa and the Marshall Islands have further work to do to complete their training manuals, which may be challenging for busy health ministry staff, and they could benefit from further support. Vanuatu would benefit from support to finalize national guidelines, including further advocacy work and the development of training manuals; and the Marshall Islands, Solomon Islands and Tonga should have the national guidelines endorsed by *Nitijela*, the MHMS and the Cabinet respectively, to achieve stronger credibility for nationwide implementation of the guidelines in these countries.

#### 6. Economic sustainability

Few additional financial resources been allocated/mobilized as a result of the project. It is not clear which countries have allocated operational budgets to the national FBDGs. There are no more donor funds available in most countries. Some have small funds that can be accessed by experienced experts who are aware of funds availability.

In terms of the products and services developed by the project being affordable to beneficiaries and stakeholders, the national FBDGs involve no cost to beneficiaries and stakeholders, and have been made available to governments in all countries. However, cost may be a barrier to further disseminating and communicating the national FBDGs in some of the six countries.

In addition, the foods the guidelines recommend may sometimes be too expensive or not readily available for some beneficiaries. It is already well-known that low-priced and low-nutritional value ultraprocessed foods are often less expensive and/or more available than locally grown fresh produce. Although food cost and availability improvements were not directly addressed by the project, the guidelines were informed by knowledge of nutritious, affordable and available food in each country. The foods recommended are relevant in each country, however disparity in people's ability to obtain suitable food could make this challenging for some.

## DOCUMENTS AND OUTREACH PRODUCTS

### Fiji

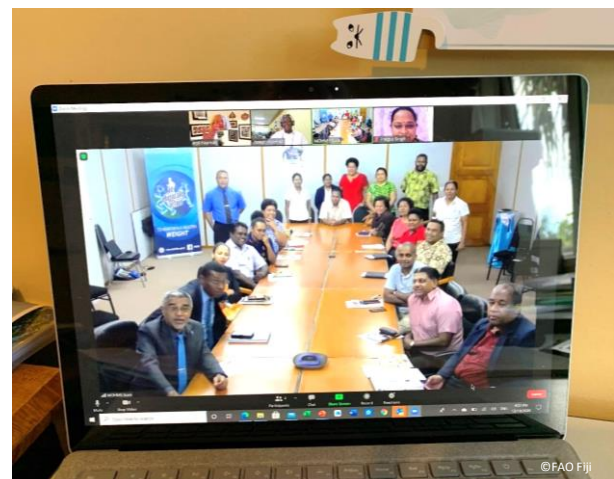
- ❑ **Ministry of Health and Medical Services.** 2021. *Food and Health Guidelines for Fiji – iTaukei version manual* (print-ready). 10 pp.
- ❑ **Ministry of Health and Medical Services.** 2021. Ten FHGF Guidelines Hindi version poster (print-ready).

### Marshall Islands

- ❑ **Ministry of Health and Human Services.** 2021. Final one-page version of RMI Guidelines for Healthy Living, endorsed by the Secretary of Health. 1 pp.
- ❑ **Ministry of Health and Human Services.** 2021. *Draft RMI Guidelines for Healthy Living Resource Handbook*. 11 pp.

### Samoa

- ❑ **Ministry of Health.** 2021. *Implementation Action Plan for the Samoa Food and Nutrition Guidelines – September-December 2021*. 8 pp.
- ❑ **FAO.** November 2021. *Draft resource manual on the Food and Nutrition Guidelines for Samoa*. 15 pp.
- ❑ **Ministry of Health.** 2021. Poster – Food and Nutrition Guidelines for Samoa in Samoan language. Ministry of Health. 2021. A2 Poster – Food and Nutrition Guidelines for Samoa in English.
- ❑ **Ministry of Health.** 2021. Food and Nutrition Guidelines for Samoa – Pull-up Banner in English.
- ❑ **Ministry of Health.** 2021. 3 Food Groups in Samoan poster.
- ❑ **Ministry of Health.** 2021. 3 Food Groups poster in English.
- ❑ **Ministry of Health.** 2021. Healthy Eating for Samoa (plate) poster in English – graphics draft.
- ❑ **Ministry of Health.** 2021. Local Dark green leafy Vegetables (Amounts of Vitamin A, Iron and Calcium) poster in Samoan – graphics draft.
- ❑ **Ministry of Health.** 2021. Eat Less poster in Samoan – graphics draft.



Solomon Islands

- ❑ **Ministry of Health and Medical Services.** 2021. *Solomon Islands Country Situation Analysis and Evidence for National FBDGs.*
- ❑ **Ministry of Health and Medical Services.** 2021. *Implementation Action Plan for the Solomon Islands Guidelines for Healthy Living 2021-2023.* 10 pp.
- ❑ **Ministry of Health and Medical Services.** 2021. *Solomon Islands Guidelines for Healthy Living training manual.* 15 pp.
- ❑ **Ministry of Health and Medical Services.** 2021. Poster: Solomon Islands Guidelines for Healthy Living.
- ❑ **Ministry of Health and Medical Services.** 2021. Solomon Islands Guidelines for Healthy Living – Pull-up Banner.
- ❑ **Ministry of Health and Medical Services.** 2021. School training package – Food Cards.
- ❑ **Ministry of Health and Medical Services.** 2021. School training package – resource and activity package.
- ❑ **Ministry of Health and Medical Services.** 2021. *Helti kaikai kit - Food Cards.*
- ❑ **Ministry of Health and Medical Services.** 2021. *Helti kaikai kit - resource and activity package.*



Tonga

- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. *Manual: Tonga Guidelines for Healthy Living.* Nuku'alofa, Tonga. 18 pp.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Poster of the 10 Key Guidelines for Healthy Living for Tonga. Nuku'alofa, Tonga.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Poster of the Tonga Food Shell (Pyramid). Nuku'alofa, Tonga.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Poster of Protective Foods. Nuku'alofa, Tonga.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Poster of Body Building Foods. Nuku'alofa, Tonga.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Poster of Energy Foods. Nuku'alofa, Tonga.
- ❑ **Ministry of Agriculture and Food, Forests and Fisheries & Ministry of Health.** December 2021. Print-ready Poster of Tongan Plate Food Portions

Vanuatu

- ❑ **Ministry of Health.** 3 September 2021. Final Draft of Vanuatu Food and Healthy Lifestyle Guidelines. 13 pp.
- ❑ **Ministry of Health.** 15 December 2021. Draft Resource Booklet for the Vanuatu Food and Healthy Lifestyle Guidelines. 8 pp.

## ACHIEVEMENT OF RESULTS - LOGICAL FRAMEWORK

Expected Impact	Strengthened production and consumption of safe, nutritious and healthy food, and improved nutrition in the Pacific region		
Outcome	Implementation of national FBDGs in Fiji, Marshall Islands, Samoa, Solomon Islands, Tonga and Vanuatu with guidance from the <i>Pacific Guidelines for Healthy Living 2018</i>		
	Indicator	New/revised national FBDGs implemented in each of the 6 PICs.	
	Baseline	0	
	End Target	Implementation of at least two activities of the Country Implementation Action Plan have commenced in each country by project end.	
	Comments and follow-up action to be taken	<p><u>Fiji</u> A comprehensive multisectorial implementation plan disseminating the Food and Health Guidelines for Fiji (FHGF) was agreed by the National Steering Committee. The FHGF manual was translated into iTaukei, and the ten guidelines were translated into Hindi. Print-ready versions were prepared for validation at the workshops.</p> <p><u>Marshall Islands</u> The RMI Nutrition Guidelines (1995) were revised. The Cabinet paper for Nitijela (Parliament) endorsement of the new guidelines was prepared. The draft RMI Guidelines for Healthy Living Handbook were completed.</p> <p><u>Samoa</u> Ten new Food and Nutrition Guidelines for Samoa were endorsed by the MoH and translated from English into Samoan.</p> <p><u>Solomon Islands</u> The SIGHL were revised and are awaiting endorsement by the MHMS.</p> <p><u>Tonga</u> The Tonga Guidelines for Healthy Living (TGHL) were revised and approved by the multisector Task Force Committee and endorsed by the Cabinet.</p> <p><u>Vanuatu</u> Twelve new Food and Healthy Lifestyle Guidelines for Vanuatu were prepared and endorsed by the Public Health Unit of the Ministry of Health. The Guidelines are included in the Nutrition Unit annual work plan and the four-year Corporate Plan for the Ministry of Health (2022-2025). The first draft for the resource booklet for the Food and Healthy Lifestyle Guidelines for Vanuatu was written. Three workshops were conducted to support their implementation.</p>	

National FBDGs developed/ revised with guidance from the <i>Pacific Guidelines for Healthy Living (2018)</i>			
	Indicators	Target	Achieved
<b>Output 1</b>	New/ revised national FBDGs endorsed and available to the public in the targeted countries.	New/ revised national guidelines <sup>1</sup> endorsed and made available on relevant government website by project end: <ul style="list-style-type: none"> <li>– RMI Nutrition Guidelines.</li> <li>– Samoan National Guidelines for Healthy Diet and Lifestyle.</li> <li>– Solomon Islands Guideline for Healthy Living.</li> <li>– Tongan Dietary Guidelines for Healthy Living.</li> <li>– Vanuatu Dietary Guidelines.</li> </ul>	Partially
<b>Baseline</b>	<ul style="list-style-type: none"> <li>– RMI Nutrition Guidelines (1995).</li> <li>– Samoa: The Path to a Healthier Pacific based on the Pacific FBDGs 2002.</li> <li>– Solomon Islands: Solomon Islands FDBD (based on 2002 Pacific FBDGs) and under review with the 2018 <i>Pacific Guidelines for Healthy Living</i>.</li> <li>– Tonga: draft Dietary Guidelines for Healthy Living adapted from 2018 <i>Pacific Guidelines for Healthy Living</i>.</li> <li>– Vanuatu: draft Vanuatu Dietary Guidelines (2013).</li> </ul>		
<b>Comments</b>	<p>The status of endorsement of the guidelines in each country is as follows:</p> <ul style="list-style-type: none"> <li>– RMI Guidelines for Healthy Living were endorsed by the Secretary of Health, and are awaiting endorsement by Nitijela.</li> <li>– Food and Nutrition Guidelines for Samoa were endorsed by the MoH.</li> <li>– The final draft of the SIGHL was completed, and is awaiting endorsement by the MHMS.</li> <li>– The TGHL were completed and approved by the MoH and the MAFFF for submission to the Cabinet, and were endorsed.</li> <li>– The new Vanuatu Food and Healthy Lifestyle Guidelines were prepared and approved by the Public Health Unit of the MoH for consultation at an advocacy workshop, prior to submission to the Director of Public Health for final approval.</li> </ul>		
<b>Activity 1.1</b>	Revise and endorse the RMI Nutrition Guidelines (1995)		
	Achieved	Yes (pending final endorsement by Nitijela).	
	Comments	<ul style="list-style-type: none"> <li>– Eleven new RMI Guidelines for Healthy Living (the final name) were developed and endorsed by the Secretary of Health.</li> <li>– A Cabinet paper for Nitijela endorsement of the guidelines was prepared through three workshops involving 56 people (40 women and 16 men).</li> </ul>	
<b>Activity 1.2</b>	Develop and endorse the National Guidelines for Healthy Diet and Lifestyle for Samoa (NGHDL)		
	Achieved	Yes	
	Comments	Ten new Food and Nutrition Guidelines for Samoa (the final name) were developed and endorsed by the MoH. A total of 202 people (146 women and 56 men) from Upolu and Savai'i were consulted. In addition, ten guidelines posters were translated into Samoan.	
<b>Activity 1.3</b>	Develop and endorse the Solomon Islands Guidelines for Healthy Living (SIGHL)		
	Achieved	Partially (pending final endorsement by the MHMS).	
	Comments	The revision of the Solomon Islands Guidelines for Healthy Living was completed via consultations with 34 people (20 women and 14 men).	
<b>Activity 1.4</b>	Revise, update, and endorse the draft Tongan Dietary Guidelines for Healthy Living (TDGHL)		
	Achieved	Yes (pending final endorsement by the Cabinet).	
	Comments	Revision of Tonga Guidelines for Healthy Living Handbook (the final name) for Health Professionals and Educators was completed and approved by the multisector Task Force Committee (including MoH and MAFFF) and endorsed by the Cabinet. A total of 245 people (187 women and 58 men) were consulted via workshops.	
<b>Activity 1.5</b>	Develop and endorse the Vanuatu Dietary Guidelines (VDG)		
	Achieved	Partially	
	Comments	Twelve new Food and Healthy Lifestyle Guidelines for Vanuatu (the final name) were prepared and endorsed by the Public Health Unit of MoH. A total of 46 people (31 women and 15 men) were consulted via workshops.	

<sup>1</sup> Guidelines' titles may change during development

Technical support for the implementation of and awareness on national FBDGs provided		
Indicators	Target	Achieved
National FBDGs Implementation Action Plan developed for each country.	Country Implementation Action Plan developed for each country (6 in total).	Partially
Workshops/training on the use and implementation of national FBDGs.	<ul style="list-style-type: none"> <li>– Fiji: A 2-day community training workshop on the role of FBDGs in improving food and nutrition security for a) community leaders and b) professional health workers, teachers, agriculture extension officers, women interest officers, FBOs, civil society CSOs, NGOs and academia; A 2-day training w/s on incorporating national Guidelines into school education curriculum;</li> <li>– RMI: A 1-day outreach training w/s for teachers and principals in Majuro and Ebeje (one in each) for facilitating use of the nutrition guidelines in schools; A 1-day outreach training w/s for supermarkets, farmers' markets, restaurants, food vendors, church groups and community groups on the nutrition guidelines in Majuro and Ebeje;</li> <li>– Samoa: 3 x 1-day national ToT w/s for health professionals, education, community and social sector stakeholders to disseminate and use the NGHDL;</li> <li>– Solomon Islands: A 1-day ToT of school food vendors and cooks on the SIGHL in Honiara; 4 x 3-day training on the SIGHL for school food vendors in provincial schools;</li> <li>– Tonga: 3 x 1-day training w/s with community leaders in Tongatapu, Vava'u, Ha'apai and 'Eua linking NCD-Health Protection Unit with outreach programmes and healthy settings;</li> <li>– Vanuatu: A 3-day training for Ministry of Education staff on incorporating VDG; A 3-day training for VCNE nursing staff on incorporating VDG; Training of relevant Ministry of Agriculture staff to incorporate VDG into their national strategic plan.</li> </ul>	
Baseline	– 0 – 0	
Comments	The majority of the project's effort and support focused on developing national guidelines (Output 1), followed by endorsement. Many implementation and awareness successes were achieved, and these are detailed under individual country activities.	
Activity 2.1	Support implementation of the new Fijian National Food and Health Guidelines	
	Achieved	Partially
	Comments	An implementation action plan was developed for the Food and Health Guidelines for Fiji (FHGF [the final name]), and guideline materials were produced. In addition: i) the entire FHGF were translated into iTaukei and were print-ready; ii) ten guidelines were translated into Hindi and were print-ready; and iii) a laptop computer and projector were purchased for physical and remote FHGF training workshops.

Activity 2.2	Support implementation of the new RMI Nutrition Guidelines in Majuro and Ebeye	
	Achieved	Partially
	Comments	An implementation action plan was not developed due to COVID-19-related difficulties. The draft RMI Guidelines for Healthy Living Handbook were written with assistance from the Public Health Division of the Pacific Community Handbook template, and adapted for the eleven new RMI Guidelines and illustrated in country context.
Activity 2.3	Support implementation of the new Samoan National Guidelines for Healthy Diet and Lifestyle	
	Achieved	Partially
	Comments	<p>The implementation action plan for the Food and Nutrition Guidelines for Samoa – September-December 2021 was made, and was used to plan and monitor progress during 2021.</p> <p><u>Outreach materials completed, printed and produced</u></p> <p>After MoH endorsement of the Food and Nutrition Guidelines for Samoa and their translation into Samoan, graphics were prepared, and the following was printed for the 10 guidelines posters and the three food groups posters in English and Samoan:</p> <ul style="list-style-type: none"> <li>– Samoan 10 Guidelines poster x 500 Copies;</li> <li>– English 10 Guidelines poster x 500 Copies;</li> <li>– English 10 Guidelines pull-up banner x 1;</li> <li>– Corflute Samoan 10 Guidelines poster x 2;</li> <li>– Corflute English 10 Guidelines poster x 2;</li> <li>– 3 Food Groups poster – Samoan x 200 copies;</li> <li>– 3 Food Groups poster – Samoan x 500 copies;</li> <li>– 3 Food Groups poster – English x 200 Copies;</li> <li>– 3 Food Groups poster – English x 500 Copies;</li> <li>– 3 Food Groups poster Corflute Samoan x 2;</li> <li>– 3 Food Groups poster Corflute English x 2.</li> </ul> <p>In addition, the following outreach material poster graphics were prepared for validation prior to printing: i) Healthy Eating for Samoa (plate [English]); ii) Local dark green leafy Vegetables (Amounts of Vitamin A, Iron and Calcium) Samoan Poster; iii) Eat Less Poster (Samoan). A first draft of the Guidelines explanatory resource booklet was also prepared in English.</p>
Activity 2.4	Support implementation of the new Solomon Islands Guidelines for Healthy Living	
	Achieved	Partially
	Comments	<p>A comprehensive implementation action plan for the SIGHL 2021-2023 was completed. The implementation plan is for integration with stakeholders and programmes in other sectors, such as schools, agriculture, and incorporation into the MHMS nutrition annual work plan, after endorsement of the SIGHL by the MHMS.</p> <p>Outreach materials were prepared/revised to align with the revised SIGHL, comprising, among others <i>Helti KaiKai</i> Kit, and school training resource and activity package and cards, which were revised to align with the new SIGHL.</p>
Activity 2.5	Support implementation of the new Tongan Dietary Guidelines for Healthy Living	
	Achieved	Partially
	Comments	The Tongan Dietary Guidelines for Healthy Living Implementation Action Plan for 2021 was developed for use during the project. Outreach material was prepared, comprising a training manual for the TGHL, which was completed and endorsed by the Cabinet, and a number of print-ready posters.
Activity 2.6	Support implementation of the new Vanuatu Dietary Guidelines	
	Achieved	Partially
	Comments	The implementation action plan was not developed, due to COVID-19-related difficulties. The initial draft of the Food and Healthy Lifestyle Guidelines for Vanuatu resource booklet was prepared.

<b>Output 3</b>	Lessons learnt on development/revision and implementation of national FBDGs shared		
	Indicators	Target	Achieved
	Lessons learnt by each country on development/revision and implementation of national FBDGs shared.	Each of the 6 PICs share lessons learnt on development/revision and implementation of national FBDGs in their country.	Yes
<b>Baseline</b>	0		
<b>Comments</b>	The original project plan was to hold a last-quarter lessons-learned physical workshop in Apia, Samoa, with delegates representing each country. However, owing to the COVID-19-related restrictions in place, a remote forum contingency was organized, providing participants with the opportunity to connect, engage, discuss and learn from each other's experiences and expand capacity to develop and implement national FBDGs. The opportunity to use the workshop forum to share experiences and learn new approaches with each of the six countries developing and implementing national FBDGs was highly valued by all participants.		
<b>Activity 3.1</b>	Conduct workshop to share country experiences and lessons learnt on developing, revising, adapting and implementing national FBDGs		
	<b>Achieved</b>	Yes	
	<b>Comments</b>	A seven-country remote workshop forum, chaired by the FAO international nutrition consultant, was held in November 2021 with 46 zoom-linked participants and groups during the two days. National project coordinators, national consultants, the World Health Organization, SPC and FAO shared best practices for developing national FBDGs and learned new perspectives and initiatives for implementing them. The workshop report was completed and shared by the international nutrition consultant.	

**Partnerships and Outreach**

For more information, please contact: [Reporting@fao.org](mailto:Reporting@fao.org)

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