

# NUTRITION ADVOCACY IN PUBLIC INTEREST-India (NAPi)

September 1, 2020

**Dr. Harsh Vardhan,**  
**Minister of Health and Family Welfare**  
**Government of India,**  
**Chairman, Executive Board,**  
**World Health Organisation (WHO),**  
**Nirman Bhawan,**  
**New Delhi.**

**Sub: Ultra-Processed foods: Suggestions on Policy and Awareness**

Dear Dr. Harsh Vardhan,

Greetings from NAPi and BPNI !

On the occasion of the 'Rashtriya Poshan Maah' NAPi and BPNI are happy to share with you a "Statement and call to action on consumption of ultra-processed foods", which is in line with the Prime Minister Modi's advice in his "[Mann Ki Baat](#)" on 30 August 2020, to everyone to "eat nutritious food and stay healthy" and advised people to include local food grain, fruits and vegetables in their diet plans.

We, the Nutrition Advocacy in Public Interest in India (NAPi), are a national think tank on nutrition –comprising independent experts in epidemiology, human nutrition, community nutrition, pediatrics, medical education, administration and management; having decades of experience in respective fields; along with BPNI, the Breastfeeding Promotion Network of India,

We would like to draw your attention to an important subject regarding consumption of Ultra-Processed Foods and its negative impact on human health. To review this evidence and how food systems are transitioning, NAPi and BPNI organised a Webinar "What you need to know about Ultra-Processed Foods (UPFs)? The science, policy responses and politics in global context" on 20 July, 2020; in collaboration with Deakin University Australia and NUPENS / UPS Brazil. More than 300 persons from 36 countries attended and discussed. All the details/discussions are up on the website. <https://www.bpni.org/ultra-processed-foods/>

As a follow up to this work, we developed a "Statement and call to action on consumption of ultra-processed foods", which draws your attention to several policy and awareness actions required. More than 120 old, young and budding scientists from 27 States have endorsed the Statement.(Annexure-1)

We are aware that obesity is rising in India at a pace that needs to be controlled. We are also aware of the rising trend of consumption of UPFs, that should be halted to look forward to a healthy food transition in the globalised world.

To make people aware of the consumption of ultra processed foods we have developed an advocacy document "The Unseen Dangers of Ultra-Processed Food"

## **CHAIR**

Sh. Keshav Desiraju  
Former Secretary, Health, GOI

## **MEMBERS**

Prof. HPS Sachdev  
Senior Pediatrician &  
Epidemiologist

Dr. Vandana Prasad  
Community Pediatrician  
Mobile: 9891552425

Dr. Arun Gupta  
Child Health & Nutrition  
Advocate  
Mobile: 9899676306

Prof. KP Kushwaha  
Pediatrician & Former  
Principal, BRD Medical  
College Gorakhpur

Dr Prasanta Tripathy  
Co Founder Ekjut

Prof. Umesh Kapil  
Professor, Dept of  
Epidemiology,  
Biostatistics And Clinical  
Research, I LBS

Dr. J.P. Dadhich  
Child Health & Nutrition  
Advocate

Ms. Nupur Bidla  
Social Worker

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This is available in several languages on our website. Hindi and English are in Annexure-2 and 3.

## CHAIR

Sh. Keshav Desiraju  
Former Secretary, Health, GOI

A draft regulation on labelling and display has been put up by FSSAI since 2018 and has not seen the light of the day probably due to concerns and pressures of the food industry.

## MEMBERS

Prof. HPS Sachdev  
Senior Pediatrician &  
Epidemiologist

We believe that India could adopt the “Nova Classification” of Food groups as developed and being used by Brazil, it can be game changer as it helps in identifying harmful foods easily and quickly and labelling can take off from there.

Dr. Vandana Prasad  
Community Pediatrician  
Mobile: 9891552425

It is our earnest plea to you to **initiate both a policy dialogue and specific awareness** campaign on UPFs to move in the right direction and put public health above the other interests. New awareness campaigns on Ultra Processed foods may be launched in local languages within the Health Ministry’s Urban Health and NHM.

Dr. Arun Gupta  
Child Health & Nutrition  
Advocate  
Mobile: 9899676306

Your utmost attention to this subject would be very valuable to the health of people of India.

Prof. KP Kushwaha  
Pediatrician & Former  
Principal, BRD Medical  
College Gorakhpur

We look forward to a positive response from your end.

Dr Prasanta Tripathy  
Co Founder Ekjut


With best wishes,

Prof. Umesh Kapil  
Professor, Dept of  
Epidemiology,  
Biostatistics And Clinical  
Research, I LBS


Sincerely,

Members of NAPi

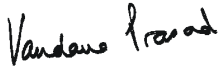
Dr. J.P. Dadhich  
Child Health & Nutrition  
Advocate



Sh. Keshav Desiraju



Dr. Arun Gupta

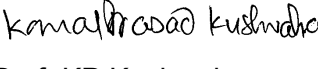


Dr. Vandana Prasad

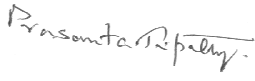
Ms. Nupur Bidla  
Social Worker



Prof. HPS Sachdev



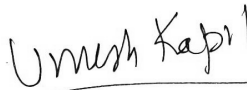
Prof. KP Kushwaha




Dr Prasanta Tripathy

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**Encl:** Statement endorsed by people from 27 States, and Awareness Document in English and Hindi. (Other languages are on website). [English](#), [Hindi](#), [Gujarati](#), [Punjabi](#), [Assamese](#), [Bangla](#), [Kannada](#), [Marathi](#), [Manipuri \(Meetei mayek\)](#), [Manipuri \(Bengali Script\)](#)

## **Copy to:**

Sh. Rajesh Bhushan, Secretary MOHFW, Government of India.  
Sh. Ram Mohan Mishra, Secretary MWCD, Government of India.  
Smt. Rita Teotia, Chairperson, FSSAI.