

## INTRODUCTION

In the last few decades, there has been a drastic shift in the diet and activity pattern throughout the world, with people changing from a traditional basic starchy staples and high-fiber diet, to one with more of fat and calories. With advances in medical sciences, increased purchasing power and mechanized lifestyle, there has been a sharp rise in the prevalence of diet-related non-communicable diseases (NCDs), like obesity, diabetes, hypertension, and cardiovascular disease (CVD). There is a need to evolve effective policies and strategies to influence supply and demand for food to control the undesirable effects of shifts to diets that cause NCDs. The two important factors which need to be addressed, initiated and propagated through programme level for overcoming the Diet Related NCDs are adequate regular physical exercise and sustained dietary discipline which need to be promoted in order to prevent obesity & other NCDs. Any meaningful public health programme designed to control the prevalence of NCDs must rest on this strategy. Vital to the success of this approach will be participation of health officials, educators, Nutrition professionals, legislators, employers and planners in various health promoting actions. The prevention will need not only public education, but a concerted effort on the part of policy makers, the private sectors, health care workers & the public themselves. To effectively combat the NCDs we need strategies and actions in the areas (a) policy formulation (b) private sector involvement (c) health sector involvement (d) public education (e) on school education (f) at various workplaces (g) communities & (h) research institutions.

If strategy and actions are planned under the above eight domains, the synergistic effect will certainly reduce the prevalence of NCDs and then ultimately result in a higher quality of life through healthy nutrition. We need to move forward with our past experiences, of converging all the available avenues pertaining to health promotion through healthy nutrition if we want a healthy India by 2020. Keeping all these aspects in mind a two-day workshop was planned. The workshop focused on four key dietary components, namely, promoting the consumption of vegetables and fruits, whole foods and coarse grains and healthy oils, promoting healthy processing of foods and reducing the intake of salt and trans fats. The objective was to discuss the policies and strategies that are required for the adoption of healthy diets in populations. The availability, affordability, accessibility and acceptability issues were discussed and stakeholders identified. Following that action plans were also formulated based on the recommendations of the working groups.