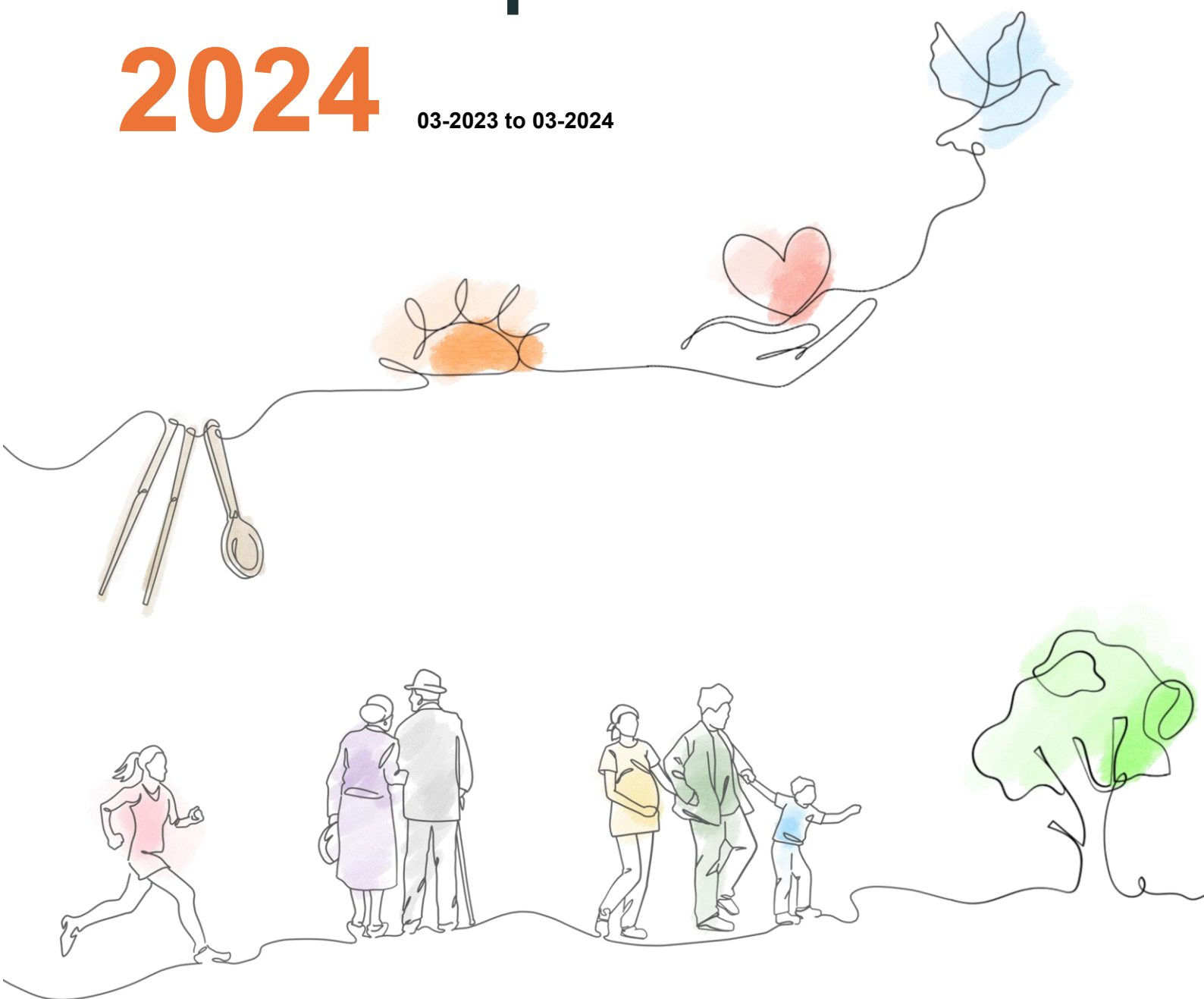


WHO Collaborating Centre for Nutrition and Physical Activity

Annual Report

2024

03-2023 to 03-2024



National Institutes of Biomedical Innovation, Health and Nutrition
Unit for International Collaboration on
Nutrition and Physical Activity



WHO Collaborating Centre
For Nutrition and Physical Activity

WHO Collaborating Centre for Nutrition and Physical Activity

Annual Report on the Terms of Reference (TOR) for the Third Term (March 19, 2022–March 18, 2026)

This report summarizes the work conducted by the WHO Collaborating Centre during the 12-month reporting period.

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About this Annual Report

The National Institute of Health and Nutrition (NIHN) has been designated as the WHO Collaborating Center for Nutrition and Physical Activity (JPN-88) for the third term (March 19, 2022–March 18, 2026). WHO Collaborating Centers (WHOCCs) are institutions that carry out cooperative projects with the World Health Organization (WHO) and are required to conduct activities in accordance with the measures promoted by the WHO. Each WHOCC has its own action plan.

The purpose of this activity report is to present the outcomes of NIHN research on health and nutrition, conducted through its activities as a WHOCC, and to promote greater international recognition of NIHN's contributions.

The activities that the Institute undertakes as a WHOCC are based on the following Terms of Reference (TOR):

- TOR1** Upon the WHO's request, provide technical input and support to the WHO and its Member States on national policy and strategy on nutrition and food-based dietary guidance for Sustainable Healthy Diets as part of the implementation of Regional Nutrition and noncommunicable disease (NCD) strategies and action plans toward global nutrition targets.
- TOR2** At the WHO's request, support the WHO's work in providing technical support to Member States to strengthen the capacity for nutrition and physical activity surveillance as part of the subnational/national monitoring system for the double burden of malnutrition.

— Terms of Reference (TOR) 1

Upon the WHO's request, provide technical input and support to the WHO and its Member States on national policy and strategy on nutrition and food-based dietary guidance for Sustainable Healthy Diets as part of the implementation of Regional Nutrition and NCDs strategies and action plans toward achieving global nutrition targets.

Activity 1

As requested by WHO, provide input and support to WHO on policy and strategy of food-based dietary guidance documents for Sustainable Healthy Diets and Shokuiku.

ID 34658

Description

Technical support, as indicated by the WHO, is needed to support Member States experiencing gaps in their capacity to develop national food-based dietary guidelines.

The deliverables will be made available to Member States for use and/or adoption, aligning with the WHO strategic plan (GPW13)¹ and its Program Budget to reduce malnutrition through multisectoral actions and prevent diet-related NCDs by promoting a healthy diet.

Alignment with GPW13 programmatic outputs:

3.1.1: Countries enabled to address social determinants of health across the life course

3.2.1: Countries enabled to develop and implement technical packages to address risk factors through multisectoral action



WHOCC Activity Targets

- Review existing evidence based on food-based dietary guidance documents.
- Provide technical input based on this review that may be used to develop operational guidance materials for food-based dietary guidance that can be adapted to other countries in the Region.
- Provide technical support to the WHO to inform the development and adaptation of national food-based dietary guidance documents.

¹ The Thirteenth General Program of Work (GPW 13) defines WHO's strategy for the five-year period, 2019-2023. It focuses on the ["triple billion targets"](https://www.who.int/about/general-programme-of-work/thirteenth) measurable impacts on people's health at the country level.

(Reference) <https://www.who.int/about/general-programme-of-work/thirteenth>

- Provide technical support for the adaptation of the “Shokuiku” nutrition and food education concept in collaboration with the relevant sectors.



Role of WHO

- Coordinate the activity according to the needs of Member States.
- Select Member States to engage with this activity and lead the liaison and communication with Member States.
- Disseminate and share the outputs of its activities with other Member States in the Region.



Status: ongoing



Activity Highlight 1

Review of existing food-based dietary guidance

- Review of food-based dietary guidelines and optimization methods in other countries:

As a project of the National Health and Labor Sciences Research Grants, two studies were initiated in the financial year (FY) 2024. One study aims to review existing literature on the development of theories and utilization of dietary guidelines in various countries, with a particular focus on conducting surveys based on formulated guidelines. The other study aims to review the purpose, subjects, constraints, optimized nutrients, foods with intake, and limitations of studies that used optimization methods and data envelopment analysis to determine optimal food intake. These reviews will serve as foundational data for the development of new dietary guidelines for Japan. Both research projects are currently in progress in collaboration with local universities.

✓ Next Steps

To compile research, disseminate information widely, and provide techniques that can be used to develop operational guidance methods for food-based dietary guidelines that are adaptable to the WHO Western Pacific Region (WPRO).



Activity Highlight 2

Informational and technical assistance for the development and adaptation of national food-based dietary guidelines

- Development of the Nutrition Profile Models in Japan (NPM-J):

Research on the first edition of the Japanese version of the Nutrition Profile Model was a project of the National Health and Labor Sciences Research Grants. Two models each for both processed food [Takebayashi et al. 2024] and dishes [Tousen et al. 2024], were proposed as a reference that guides food business operators in their manufacturing processes as well as consumers in their food choices. Energy, saturated fatty acids, sugars, and sodium were positioned as nutrients that should be restricted (restricted nutrients) in view of their tendency to be consumed in excess.

Fruits, vegetables, nuts, beans, mushrooms, algae, protein, and dietary fiber were positioned as nutrients that should be recommended for consumption (recommended nutrients), in view of their tendency to be insufficiently consumed. A scoring standard (scoring algorithm) was developed based on the Health Star Rating algorithm, adapted to reflect standard values for the Japanese population.

Next Steps

Work with food-related businesses to improve the Japanese version of the Nutrition Profile to make it more usable.

Publications

- 1) Takebayashi J, Takimoto H, Okada C, Tousen Y, Ishimi Y. Development of a Nutrient Profiling Model for Processed Foods in Japan. *Nutrients*. 2024 Sep 7;16(17):3026. doi: 10.3390/nu16173026. PMID: 39275341; PMCID: PMC11397564.
- 2) Tousen Y, Takebayashi J, Okada C, Suzuki M, Yasudomi A, Yoshita K, Ishimi Y, Takimoto H. Development of a Nutrient Profile Model for Dishes in Japan Version 1.0: A New Step towards Addressing Public Health Nutrition Challenges. *Nutrients*. 2024 Sep 6;16(17):3012. doi: 10.3390/nu16173012. PMID: 39275327; PMCID: PMC11397037.

- Establishment of the National Dietary Reference Intakes 2025:

The report of the working group for the Development of Dietary Reference Intakes for Japanese (2025 Edition) was published on the website of the Ministry of Health, Labor, and Welfare on October 11, 2024. Five researchers from our institute contributed to this publication as members of the working group.

✓ Next Steps

To develop further guidance for its use as a tool to guide people to “healthy diets” and to provide evidence that contributes to the development of food-based dietary guidelines.



https://www.mhlw.go.jp/stf/newpage_44138.html  (Accessed July 25th 2025)



Activity Highlight 3

Technical assistance in adapting nutrition and nutrition education concepts related to “Shokuiku”

- FY2024 Shokuiku White Paper

The following activities were highlighted in the FY2024 Shokuiku White Paper (published on June 7, 2024):

- 1) The 2023-2024 NIHN Fellowship Program for Asian Researchers hosted two researchers, one from Indonesia and the other from Lao PDR. Their research focused on disaster-related malnutrition in newborns in Indonesia and seasonal variations in nutritional status among young people in the Lao PDR.
- 2) The 11th Asia Network Symposium on Nutrition was held on January 24, 2024. The four country reports presented at the symposium and shared accurate knowledge about intervention methods for improving health and nutrition, and implementation research.

This is an opportunity to promote an understanding of the current status and issues of nutrition and physical activity in the Asia and Western Pacific Region to the Japanese public. In addition, the 11th Asian Nutrition Network Symposium, held on January 24, 2024, introduced reports from four countries on intervention methods and implementation research to improve health and nutrition.

Next Steps

To include the continued dissemination of the Institute's activities related to Shokuiku.

Website

https://www.maff.go.jp/j/syokuiku/r5_index.html  (Accessed July 25th 2025)



- Promotion of Shokuiku to local communities

On June 1, 2024, the institutes organized an event, "Wakuwaku EXPO with the National Convention for the Promotion of Food Education," aligned with the Osaka Expo's concept of "a laboratory for future societies." During the event, the institutes provided information on healthy diets and guidance on how to achieve a healthy diet for approximately 30,000 people, including children. Additionally, our institutional staff estimated the vegetable and fruit consumption of participants using a special device, the Veggie Meter®, that measures skin carotenoids. Two representatives of the institutes lectured at this event on the following topics: "Disaster Food and Space Food: Considering the Importance of Nutrition" and "Creating a Food Environment Where Everyone Can Naturally Become Healthy, Regardless of Health Consciousness, and Effortlessly Lead Healthier Lives."



Website

<https://www.maff.go.jp/j/syokuiku/taikai/19th/index.html> (Accessed July 25th 2025)



Activity Photos



Booth activity at the event



Staff interaction with visitors

Activity 2

As requested by WHO, provide input and support to WHO for sharing and facilitating exchanges of knowledge, experiences, lessons, and best practices on healthy diet and double burden of malnutrition

ID 34659

Description

As part of WHO's efforts to develop and implement policy options to address the double burden of malnutrition and prevent diet-related NCDs, it is necessary to advocate and facilitate dialogue and the exchange of knowledge, experiences, lessons, and best practices among Member States. The deliverables will be used by the WHO for advocacy to support Member States in their national efforts to promote Sustainable Healthy Diets, aligning with the WHO strategic plan (GPW13) and its program budget. These efforts aim to reduce malnutrition and prevent diet-related NCDs through multisectoral actions.

Alignment with GPW13 programmatic outputs:

3.1.1: Countries enabled to address social determinants of health across the life course

3.2.1: Countries enabled to develop and implement technical packages to address risk factors through multisectoral action

3.2.2: Multisectoral determinants and risk factors addressed through engagement with public and private sectors, as well as civil society



WHOCC Activity Targets

- Provide support for the coordination and provision of workshops with the aim of supporting the WHO in facilitating exchanges of knowledge, experiences, lessons, and best practices among Member States identified by the WHO.
- Identify and coordinate experts and speakers for WHO's consideration.
- Facilitate and prepare the workshop report
- Disseminate workshop information.



Role of WHO

- Provide inputs on the agenda, topics, and concept notes of the Asian Network Symposium on Nutrition.
- Present and participate in the Symposium.
- Lead the liaison and communication with Member States.

 **Status: ongoing**

Activity Highlight 4

The 12th Asia Network Symposium on Nutrition in FY2025

We are currently preparing for the 12th Asia Network Symposium on Nutrition to be held in FY 2025. The tentative theme of the symposium is to discover and discuss common strategies for implementing research evidence to improve the environment for nutrition, physical activity, and population health in Asia and the Western Pacific countries.

As part of the theme development process for the symposium, the following WHO publication was translated into Japanese with the aim of promoting national understanding of the policies and strategies promoted by WHO: “What are healthy diets? Joint statement by the Food and Agriculture Organization of the United Nations and the World Health Organization. Geneva: WHO and FAO; 2024”. The translations are available in PDF format on the NINH website. For further dissemination and awareness, the translations were posted on the websites of the respective stakeholders in collaboration with the Japan WHO Association and the Japan Dietetic Association.

Website

<https://iris.who.int/handle/10665/379324>  (Accessed July 25th 2025)

<https://www.dietitian.or.jp/trends/2024/420.html>  (Accessed July 25th 2025)

<https://japan-who.or.jp/jp-service/onestop/>  (Accessed July 25th 2025)



Japanese translation of “What are healthy diets? Joint statement by the Food and Agriculture Organization of the United Nations and the World Health Organization. Geneva: WHO and FAO; 2024”.

— Terms of Reference (TOR) 2

At the WHO's request, to support the WHO's work in providing technical support to Member States to strengthen the capacity for the surveillance of nutrition and physical activity as part of the subnational/national monitoring system for the double burden of malnutrition.

Activity 3

As requested by WHO, strengthen the capacity of researchers and policy makers on surveillance of nutrition and physical activity as part of the national monitoring system to prevent double burden of malnutrition and NCDs

ID 34660

Description

Several Member States are experiencing gaps in their capacity to conduct a surveillance system to monitor action against the double burden of malnutrition. As part of WHO's efforts to develop capacity in the WPR, the deliverables will be made available to Member States for use and/or adoption, aligning with the WHO strategic plan (GPW13) and its Program Budget for reducing malnutrition through multisectoral actions.

Alignment with GPW13 programmatic outputs:

3.1.1: Countries enabled to address social determinants of health across the life course

3.2.1: Countries enabled to develop and implement technical packages to address risk factors through multisectoral action



WHOCC Activity Targets

- Develop and disseminate announcements of capacity-building activities to invite researchers or policymakers for training.
- Select and prepare the participants for training in line with WHO's considerations and prepare the program.
- Provide training on surveillance of nutrition and physical activity for Member States in the WPR.
- Conduct follow-up training on nutrition and physical activity surveillance for Member States in the WPR, using trained monitoring personnel following WHO recommendations, for the double burden of malnutrition and diet-related NCDs.



Role of WHO

- Disseminate announcements of capacity building/training to Member States through WHO country offices.
- Participate in the selection committee for the capacity building.
- Coordinate and lead the liaison with Member States regarding follow-up actions.
- Review proposed participants and ensures alignment with WHO's policies and procedures.



Status: ongoing



Activity Highlight 5

Planning and dissemination of announcements to invite researchers and policymakers to the training for FY2025

The NIHN Fellowship Program for Asian Researchers 2025-2026 has been planned, and its announcement was disseminated to Member States in the WPR through the WHO Regional Office for the Western Pacific (WPRO). The announcement was disseminated through the WHOCC website and the official social networking service (SNS platform X, formerly Twitter).



Website

https://www.nibn.go.jp/activities/news_who/english/info_fellowship.html  (Accessed July 25th 2025)

https://x.com/NIBN_official/status/1894925444409106588  (Accessed July 25th 2025)

https://x.com/NIBN_official/status/1894924523079901275  (Accessed July 25th 2025)



Activity Highlight 6

Implementation of the training for FY2024

In response to the announcement of the NIHN Fellowship Program for Asian Researchers 2024-2025, eight applications were received. Of these, the following applicant was selected and awarded a fellowship from September to November 2024: Mr. PAU Stewart Sarieng from Papua New Guinea, Health Promotion Health Officer, Morobe Provincial Health Authority. Mr. Sarieng conducted a narrative review to provide an overview of the National Nutrition Survey and related surveys conducted in Papua, New Guinea. The study included a comparative review of the National Nutrition Survey in Melanesia in the Solomon Islands, Vanuatu, and Fiji, which have similar ethnic and cultural backgrounds. The results showed that, with the exception of Fiji, the other three countries had conducted their National Nutrition Surveys only one to three times, and at irregular intervals. Additionally, public information on the surveys, such as survey items, was limited. This suggests the importance of enhancing survey items related to diet from the viewpoint of NCD risk prevention. A key point of the FY2024 project was that we were able to directly influence the improvement of the local surveillance system by inviting a policymaker in Papua New Guinea to provide training to improve surveillance analysis techniques.

Next Steps

To continue joint research and further contribute to improving surveillance systems such as the National Nutrition Survey and other health and nutrition surveys in the Melanesian region, including neighboring countries.

Activity Photos



Welcome lunch for the fellow researcher



A seminar held by the fellow researcher

Activity Highlight 7

Follow-up on FY2023 training outcomes

a. Joint research with Lao People's Democratic Republic

Through joint research with Ms. Somphone SOUKHAVONG, a researcher from Laos and Technical Officer at the Food and Nutrition Research Department of the Research Institute of Tropical Public Health on seasonal variations in nutrient intake among young Laotians. The findings were presented at the 95th Annual Meeting of the Japanese Society for Hygiene and Preventive Medicine (March 2025). The results showed that among the highest intake group (third tertile), the protein energy ratio was 1.2% higher in the dry season than in the rainy season, whereas the fat energy ratio of the third tertile was 2.7% lower in the dry season. This trend was observed in young people with higher body mass index, including those who were overweight and obese. The key point of this study is that it suggests the possibility of seasonal differences in access to food among young Laotians, for whom information on nutritional intake status is lacking. This suggests the importance of nutritional education programs that consider seasonal foods. These findings were presented at the 95th Annual Meeting of the Japanese Society for Health Sciences, March 2025.

Next Steps

Following up to analyze data on the nutritional status of young Laotians in order to strengthen the country's nutrition policy.

Activity Photos



A seminar held by the fellow researcher

b. Joint research with Republik Indonesia

As a project commissioned by the Ministry of Agriculture, Forestry, and Fisheries (MAFF), our institutional researcher visited Palu City, Sulawesi, in December 2024 to conduct a field survey on disaster food in an area affected by a triple-complex disaster (caused by a large-scale earthquake in 2018). Specifically, focus group interviews and site visits were conducted with three local government departments (Social Agency, Health Agency, and Board for Disaster Management) in Palu City, Sulawesi, to survey the present situation of set standards and existing systems related to disaster nutrition. The results of the interviews and site visits showed that no standards or certification systems for disaster nutrition existed; however, measures were taken, such as the deployment of large kitchen cars in each municipality and the establishment of a system that could provide approximately 1,000 hot meals in a few hours.

In addition to ongoing collaborative research on disaster nutrition with a former fellowship researcher from Indonesia (Mr. Ansar MURSAHA, National Nutrition Survey Facilitator, Ministry of Health, Indonesia), we conducted a research exchange at an international symposium (hybrid format) held in Indonesia (The 2nd International Conference of Health Polytechnic of Palu, October 2024 University hosted by Poltekkes Kemenkes Palu).

✓ Next Steps

To continue the joint research and further contribute to the establishment of national standards for disaster nutrition that consider the institutional and operational management conditions in the country.

Website

<https://lms.kemkes.go.id/courses/19bb8b64-5bcd-4a67-aef3-c448182ea693>  (Accessed July 25th 2025)



With students of Health Polytechnic of Palu



Cooking room in Health Polytechnic of Palu

Activity 4

As requested by WHO, conduct regional training to strengthen the capacity of Member States on surveillance of nutrition and physical activity as part of the national/sub-national monitoring system to prevent the double burden of malnutrition

ID 34661

Description

Several Member States are experiencing gaps in their capacity to implement national nutrition actions and conduct a surveillance system to monitor actions against double burden of malnutrition. The deliverables will be made available to Member States for use and/or adoption as part of WHO's efforts to develop capacity in the WPR. This aligns with the WHO strategic plan (GPW13) and its Program Budget for reducing malnutrition through multisectoral actions.

Alignment with GPW13 programmatic outputs:

3.1.1: Countries enabled to address social determinants of health across the life course

3.2.1: Countries enabled to develop and implement technical packages to address risk factors through multisectoral action

3.2.2: Multisectoral determinants and risk factors addressed through engagement with public and private sectors, as well as civil society



WHOCC Activity Targets

- Develop training modules for the surveillance of nutrition and physical activity, including case studies on best practices, in line with WHO recommendations.
- Plan the content formats for either online or face-to-face.
- Identify and coordinate with experts to deliver the modules needed for WHO's consideration.
- Develop materials for the training including details and content of each session and PowerPoint slide.
- Provide training on nutrition and physical activity surveillance for Member States in the WPR as identified by the WHO.
- Review/evaluate the training outputs and outcomes.
- Report on the training.



Role of WHO

- Provide inputs and suggestions to the modules and training materials.
- Disseminate the announcement of the training.
- Review and validate the participants proposed.
- Present and participate in delivering the training modules.



Status: ongoing



Activity Highlight 8

Development of training modules for nutrition and physical activity surveillance

- Workshop for the Development of Training Modules

An online workshop on Nutrition and Physical Activity for a Healthy Asia Pacific was held for the first time on November 28, 2024.

Conducting nationwide surveillance on nutrition and physical activity is essential for monitoring the double burden of malnutrition and identifying the corresponding challenges at the national level. However, not all countries have successfully implemented such surveillance. The main objective of the workshop was to “enhance education and training in nutritional and physical activity surveillance”. Twenty-four researchers from seven countries and three from our office participated in the workshop. Dr. Elisa Dominguez of the WHO Nutrition and Food Safety Division delivered a keynote lecture on “Strengthening Nutrition Information Systems (NIS). Dr. Achala Upendra Jayatilleke of the WHO Lao PDR Country Office gave a presentation on “Case Study: Improving Nutrition Data Management and Decision Making by Strengthening the Health Management Information System (HMIS/dhis2) in the Lao People's Republic”. In the group work session, participants shared the current status and challenges of nutrition and physical activity surveillance in their countries in the Asia and Western Pacific region, identified gaps between challenges and goals, discussed measures to address current issues, and exchanged opinions and information regarding education and training plans to achieve these goals. The discussion highlighted the three key measures to be set for “building a standardized and adaptable data system,” “improving survey and analysis techniques and human resource development,” and “promoting and raising awareness of surveys among the public and government.” The participants expressed a desire to hold related projects on an ongoing basis, as it was expected to help them learn about the situation and knowledge of other countries. They also

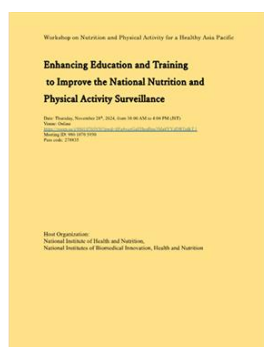
confirmed their commitment to further strengthen international collaboration to implement education and training programs to achieve these goals in the Asia and Western Pacific region.

✓ Next Steps

To build on the discussions of this workshop, our institutes will provide ongoing opportunities for information exchange and networking, and prepare to develop cross-regional training modules in the next term.



https://www.nibn.go.jp/activities/news_who/info_workshop_jp.html  (Accessed July 25th 2025)



Workshop Program



The online workshop



WHO Collaborating Centre for Nutrition and Physical Activity

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