



# CEFROHT

## Quarterly Newsletter 2024

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### World Food Day 2024

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### Lawyers as Advocates for Front-of-Pack Nutrition Labelling

CEFROHT held a workshop with lawyers and officials from the Uganda Human Rights Commission in Uganda on Constitutionalism and Front of Pack Nutrition Labelling.



### CEFROHT, Ministry of Health, UNICEF, and WHO Join Forces for Comprehensive Data Collection on Food and Beverages in Uganda

In our ongoing efforts to improve public health in Uganda, CEFROHT, in collaboration with the Ministry of Health, UNICEF, and the World Health Organization (WHO), has embarked on a crucial data collection initiative. This focuses on gathering comprehensive data on the types and nutritional content of food and beverage products available in Uganda, including those crossing the country's border points.

# ADVOCACY AND PARTNERSHIPS PROGRAM

In the third quarter of 2024, CEFROHT's Advocacy and Partnerships Program achieved significant milestones in advancing food safety, nutrition, and public health through strategic legal advocacy and partnerships. Our focus has been on advocacy towards promoting healthy diets and

addressing the growing burden of Non-Communicable diseases (NCDs) in Uganda. We engaged key policymakers, collaborated with stakeholders, and enhanced our media presence, reaching over 1,000,000 people through various platforms.

## World Food Day 2024.

An urgent call for an evidence-based Nutrient Profiling Model in Uganda.

According to the WHO Steps Survey, 35% of death in Uganda are caused by Ncds like cancer diabetes, heart disease among others. These are due to consumption of unhealthy food high in salt, fat and sugar. Leveraging on the World Food Day, on 16th October 2024, CEFROHT and the Uganda National CSO Coalition Front of Pack Warning Labelling (UNCC-FOPWL) were joined by several key stakeholders from Ministries, Departments and Agencies, smallholder farmers, Members of Parliament, Legal practitioners, Academia. and other professionals to celebrate under the theme "Right to foods for a better life and a better future". This theme sparked discussions around Uganda's rising burden of NCDs and the need for having regulation of unhealthy food on our markets. Experts and advocates signed the petition to the Ministry of Health to pass an evidence based Nutrient Profiling Model (NPM) in Uganda as a tool to support other policies like; Front of Pack Warning Labelling, Restriction of marketing of unhealthy diets to children to combat the rising burden of diet related Non-Communicable Diseases (NCDs) . With energy and urgency, stakeholders at the event committed to taking collective action toward building a healthier food environment for all Ugandans. They stressed that access to nutritious food is a fundamental right that must be protected through robust laws and well-coordinated advocacy efforts. The message was clear: the time for reform is now to secure a healthier, more sustainable future.

Please see the links to various publications that were written as a result of these celebrations <https://youtu.be/hB3gcKFo8kU?si=zK9A9xBLNKscVzsJ>

[https://www.shiftmedianews.com/world-food-day-2024-food-scientists-make-urgent-call-for-nutritional-awareness-and-reform-in-uganda/#google\\_vignette](https://www.shiftmedianews.com/world-food-day-2024-food-scientists-make-urgent-call-for-nutritional-awareness-and-reform-in-uganda/#google_vignette)

[https://www.youtube.com/live/kodOK2Ccnb8?si=vl\\_-Whts4uXA50fC](https://www.youtube.com/live/kodOK2Ccnb8?si=vl_-Whts4uXA50fC)



## Uniting Forces to Advocate for Nutrition Labelling to Protect Ugandans

Recently in the Daily Monitor, it was reported that Uganda National Bureau of Standards doesn't have the capacity to detect cancer causing substances in food and beverage products. CEFROHT thereafter convened an Advocacy Working Group Meeting online, bringing together civil society organizations (CSOs) and key stakeholders from various Ministries, Departments and Agencies, development partners to explore what challenges are faced by UNBS and how we can use the existing legal frameworks to ensure that UNBS is able to do its work.

Collaboration is key, as participants emphasized that we need to be united and strategically advocate for protection of the right to safe food and protecting vulnerable populations from misleading marketing by companies that produce ultra-processed food. UNBS has the standards it should enforce to improve Front-of-Pack Nutrition labeling and restrict the marketing of unhealthy foods to children, adolescents, adults including persons with Disabilities.

Together, we are pushing for a stronger regulatory environment that prioritizes public health and child well-being over profits.

**See here the link for the daily monitor publication.**

<https://www.msn.com/en-xl/africa/top-stories/audit-unbs-cannot-detect-cancer-causing-substances/ar-BB1pWlob?ocid=socialshare>

## Empowering Media to Champion Healthy Diets and Fight NCDs

As a trusted voice, CEFROHT understands, the critical role media plays as champions for healthy diets and over the last two years, CEFROHT has trained more than 100 journalists. CEFROHT hosted another workshop in Kampala, bringing together media practitioners from TV, radio, print, and online media platforms to strengthen their capacity to communicate effectively and advocate for healthy diets and physical activity.

With expert presentations from nutritionists like Mr. Bwambale Benard and Makerere University's Ms. Florence Tushemerirwe, the workshop emphasized the critical role of media in promoting policy, regulatory, and fiscal measures to tackle diet-related Non-Communicable diseases (NCDs). From discussing Uganda's unlabeled and mislabeled food products to the significance of Front-of-Pack Nutrition Labelling, the event equipped media influencers with tools for evidence-based communication to raise public awareness.

We had interactions that enabled knowledge exchange, and by the end, media practitioners narrate the journey on how they've applied skills from previous trainings to advocate for healthier lifestyles across Uganda. Together, we're empowering the media to drive change and reduce the NCD burden in Uganda.



On the left, Mr. Bwambale Benard explains the evidence based tools for effective communication and on the right, Dr. Florence Tushemerirwe explains the Front of Pack Nutrition Labelling and its benefits to the Consumers in Uganda

## Lawyers join the fight to advocate for Evidence-Based Nutrient Profiling Model (NPM) and Front of Pack Warning Labels.



Lawyers are critical actors while advocating for the right to adequate food in Uganda. CEFROHT had the opportunity to attend a workshop for lawyers organized by FIAN-Uganda at the Grand Global Hotel in Kampala. This workshop, focused on mobilizing lawyers and academia to coordinate strategies for advocating an evidence-based Nutrient Profiling Model (NPM) that will enable formulation of laws like Front of Pack Warning Labels and also Restriction of marketing of unhealthy food high in salt, fat and sugars to children and all Ugandans.

The event strengthened lawyers' capacity to influence food policy, laying the groundwork for developing a comprehensive legal strategy for the NPM project. Our efforts will continue to ensure that food industry regulations align with best practices, ultimately promoting healthier diets across Uganda.

We greatly look forward to delivering a lawyers' petition.



*At the top, Dr. Kabanda David explains the need for an evidence based NPM to the legal practitioners and at the bottom, Dr. Florence Tushemerirwe discusses and demonstrates the WHO Afro NPM model in relation to products on the Ugandan Market.*

## Shaping the Future of Uganda's Food and Nutrition Security

This September 2024, we had the privilege of attending a key meeting organized by the Uganda Parliamentary Alliance for Food and Nutrition Security. Focused on the Food and Nutrition Bill, the event featured a roundtable with the Deputy Speaker of Parliament, fostering discussions on how to strengthen Uganda's legislative framework for food security. The theme, "Fostering Legislative Excellence for Sustainable Food and Nutrition Security in Uganda," highlighted the need for robust policies. We shared insights on best practices and evidence-based strategies to improve food safety and nutrition standards, contributing to discussions that will shape future health outcomes in Uganda.



*On top, participants including members of parliament and other stakeholders and at the bottom, partners pose with the Deputy Speaker of Parliament of Uganda after the retreat*

## Join Us in Advocating and Supporting an Evidence-Based Nutrient Profiling Model (NPM)

The UNCC-FOPWL initiated a petition under the Uganda Law Society (ULS) Food and Nutrition Cluster aimed at advocating for the adoption of an evidence-based Nutrient Profiling Model (NPM) in Uganda. This model is essential for setting clear conditions to evaluate food products and will play a critical role in regulating unhealthy, ultra-processed foods high in salt, fat and sugar.

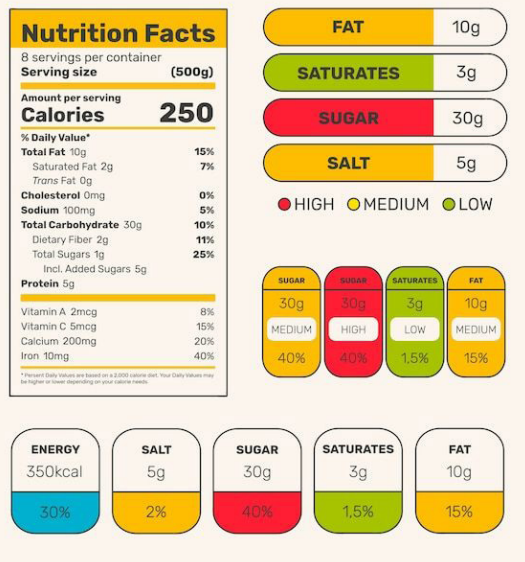
By adopting an evidence-based Nutrient Profiling Model, we can advocate for Front of Pack Warning Labels which clearly show customers which food is high in salt, sugar and fat. Consumers are able to know what to eat to ensure that they are healthy. This enables the government to safeguard public health, and uphold the right to adequate and safe food all Ugandans.

The petition seeks to gather signatures from Ugandans to demonstrate a unified call for policy reforms that align with international best practices.

**We invite you to be part of this important initiative. Please sign the petition here:** <https://chng.it/LJfHb2cR4s> and support us as we advocate for a healthier future for Uganda. Your support is instrumental in pushing for this much-needed change!

**SCAN THE QR CODE TO SIGN  
PETITION**





# Lawyers as Advocates for Front-of-Pack Nutrition Labelling

C EFROHT held a workshop with lawyers and officials from the Uganda Human Rights Commission in Uganda on Constitutionalism and Front of Pack Nutrition Labelling. Dr. Daniel Ruhweza made an informative presentation on this while drawing from the 1995 Constitution of Uganda and International Treaties that Uganda is signatory to.

He emphasizes that lawyers play a vital role in safeguarding the right to health and life by advocating for Front-of-Pack Nutrition Labelling (FoPNL). This labelling system ensure that food and beverages have clear information on critical nutrients like sugar, salt, and fat, helping consumers make informed food choices and reducing the risk of non-communicable diseases (NCDs) like diabetes, cancer, hypertension etc.

By advocating for evidence-based policies, laws and regulations, lawyers can support the enforcement of FoPNL regulations. Their advocacy ensures public health interests are prioritized, promoting healthier food environments and empowering Ugandans to make better nutritional decisions. FoPNL is not just a public health tool but a legal and human rights obligation, and lawyers have a crucial role in ensuring its implementation and enforcement.

**NUTRITION LABEL BREAKDOWN**

**LOOK**  
At the serving sizes especially how many serving there are in the food package. If you're eating more or less than the serving listed, you'll need to multiply or divide the numbers listed.

**LIMIT**  
These nutrients: Eating to much fat, trans fat, cholesterol and sodium may increase your risk for certain chronic diseases.

**GET MORE**  
- Dietary Fiber  
- Vitamin D  
- Calcium  
- Iron  
- Potassium  
Select foods that are more nutrient dense and a good source of fiber.

**Nutrition Facts**  
8 servings per container  
Serving size 2/3 cup (55g)  
Amount per serving  
**Calories 230**

% Daily Value*	
10%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
13%	Total Carbohydrate 37g
14%	Dietary Fiber 4g
20%	Total Sugars 12g
	Includes 10g Added Sugars
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
6%	Potassium 235mg

**CHECK**  
Calories provide a measure of how much energy you get from a serving of that food item. The number of calories you need daily depends on your age, gender and level of physical activity.

**%DV**  
Percent Daily Value (%DV) helps determine if the serving of foods is high and low in nutrients. Generally, 5% DV is considered low and 20% and more is high.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)



On the left, Dr. Daniel Ruhweza making a presentation to the lawyers on Constitutionalism and Front of Pack Nutrition labelling and on the right, the lawyers pose for a group photo after the workshop

# CEFROHT's Role in Transforming Uganda's Food Systems



On the left, Ms. Agnes Kirabo CSO Food Systems Workshop, emphasizing the importance of collaboration and coordinated efforts to drive sustainable food system reforms in Uganda. On the right, the team poses for a group photo.

CEFROHT joined Oxfam, Food Rights Alliance and other CSOs at the forefront of efforts to build sustainable food systems in Uganda, collaborating with key ministries such as Health, Agriculture, Water, and Gender. This workshop reaffirmed our commitment to addressing food insecurity, malnutrition, and inequities within the food system and provided a platform to align strategies with national and global goals for a healthier and more sustainable food environment.

As part of the Food Systems Coordination Committee, CEFROHT has taken an active role on safe and nutritious food, sustainable consumption patterns, and equitable livelihoods. We are working alongside organizations like YADNET, NYAP, LANDNET, and CSBAG, with CARE International. These partnerships are instrumental in developing and advocating for policies that promote sustainable agricultural practices and public health.

Our collaboration extends to ministries and other stakeholders to ensure a multisectoral approach in transforming Uganda's food systems. By engaging diverse actors, CEFROHT is driving conversations on food security, advocating for equitable access to nutritious food, and supporting the adoption of evidence-based practices. These efforts are critical in creating inclusive and sustainable solutions that benefit all Ugandans, especially vulnerable communities that suffer from NCDs, malnutrition, stunting and other food related conditions.

Through our participation and leadership, CEFROHT continues to make an impact in Uganda's food systems. By influencing partnerships, and addressing where every Ugandan nutritious, and affordable our partners, we remain resilient and sustainable all.



Uganda's food sys- policy, fostering part- systemic challenges, strides toward a future can access safe, nu- food. Together with dedicated to creating a food environment for

## Advocating for Nutrition Regulation to Protect Uganda's Children

**C**EFROHT recently participated in the Nutrition Technical Working Group meeting with the Ministry of Health, WHO, and UNICEF, addressing the alarming state of child nutrition in Uganda. UNICEF data highlights that over 2.4 million children in Uganda suffer from stunting, an irreversible condition caused by chronic undernutrition. Furthermore, nearly half of children under five face anaemia, with undernutrition responsible for four in ten child deaths under five in the country.

The discussions emphasised the urgent need for a regulation to restrict the marketing of unhealthy diets to children and adolescents. Research from UNICEF shows how aggressive marketing of processed, unhealthy foods directly contributes to poor eating habits and rising non-communicable diseases (NCDs) among Uganda's youth. By implementing such regulations, Uganda can shield its children from harmful food influences and foster a culture of healthy eating. Children should eat a balanced diet daily, including fruits, vegetables, whole grains, proteins, and milk to provide essential nutrients for growth, brain development, and overall health.

CEFROHT remains committed to collaborating with stakeholders to drive impactful changes in nutrition policies. This includes advocating for restrictions on unhealthy food marketing and supporting broader initiatives to improve child nutrition. Together, we can help secure a healthier future for Uganda's children and break the cycle of malnutrition and poverty. Your continued support is vital in these efforts. Let us work together to create a stronger foundation for Uganda's next generation.



Partners from Ministry of Health, CEFROHT, WHO and UNICEF at the Technical Working Group Meeting at WHO Offices

## The Legal and Regulatory Frameworks on Healthy Diet.

**A**s vocal advocates and champions for healthy diets, CEFROHT was recently featured in a live session hosted by family TV to have a discussion on the Legal and Regulatory Frameworks on Food and Nutrition in Uganda. Our programs Associate, Mr. Wambona Martin highlighted the urgent need for stronger policies and regulations to promote healthy diets and address malnutrition and non-communicable diseases (NCDs) and called out to Ugandans to embrace laws on food and nutrition like taxes on unhealthy foods and beverages.

The session also highlighted the importance of collaborative efforts in driving policy changes, such as introducing Front-of-Pack Nutrition Labeling (FoPNL) and restricting the marketing of unhealthy food to children. It provided a platform to share best practices, advocate for impactful legislation, and inspire action among stakeholders at local and global levels.

Watch the insightful discussion here:

<https://www.youtube.com/live/kodOK2Ccn-b8?si=vl-Whts4uXA50fC>





## Building Capacity for Effective Advocacy: CEFROHT's Participation in the IDLO Regional Coordination Meeting

CEFROHT is a partner with the International Development Law Organization who recently held a Regional Coordination meeting to build capacity of partners for effective advocacy as a critical component for advancing policies that promote healthy diets and physical activity, especially in countries like Uganda.

Effective advocacy for public health requires a mix of skills, including the ability to compile and analyze policy-relevant data, communicate persuasively with stakeholders, and mobilize grassroots support for policy changes.

By developing these competencies, we increase our influence and drive systemic changes to improve public health, such as the introduction of Front-of-Pack Nutrition Labeling (FoPNL) and restrictions on the marketing of unhealthy foods to children.

For CEFROHT, attending the IDLO Regional Coordination Meeting was a crucial step in enhancing its capacity for such advocacy. The meeting not only facilitated knowledge exchange but also equipped CEFROHT with the tools and strategies needed to advocate for stronger food policies. Successful capacity-building initiatives improve long-term outcomes by fostering stronger relationships, increasing the ability to identify policy opportunities, and mobilizing resources effectively

With this enhanced capacity, CEFROHT is better positioned to collaborate with ministries like Health, Agriculture, and Gender, Justice and other in ensuring that Uganda's food systems are transformed to support sustainable and equitable access to healthy diets for all.



*The team poses for a group photo*



*The Executive Director, Dr. Kabanda David makes a presentation on CEFROHT's Experience working with the Judiciary in Uganda.*

## CEFROHT, Ministry of Health, UNICEF, and WHO Join Forces for Comprehensive Data Collection on Food and Beverages in Uganda

The Ugandan market is a hub for many unhealthy food and beverages high in salt, sugar and fat which are the leading cause of diet related NCDs that are causing 5 in ten deaths. In our ongoing efforts to improve public health in Uganda, CEFROHT, in collaboration with the Ministry of Health, UNICEF, and the World Health Organization (WHO), has embarked on a crucial data collection initiative.

This focuses on gathering comprehensive data on the types and nutritional content of food and beverage products available in Uganda, including those crossing the country's border points.

This data collection will provide valuable insights into the quality, safety, and nutritional value of food products on the Ugandan market. It is a vital step in addressing the rising rates of malnutrition and non-communicable diseases (NCDs) related to poor dietary habits.

The collaboration with key health and development organizations ensures that the collected data is accurate, credible, and can inform the creation of an evidence based Nutrient Profiling Model and stronger food regulations and policies to protect the health of Ugandans.

By monitoring the food and beverage supply across border points, the initiative also seeks to enhance food safety and prevent the arrival of substandard or unhealthy products into the country. This data will help identify gaps in the enforcement of existing standards and highlight areas for improvement in policy, regulation, and consumer awareness campaigns.

Through this collective effort, CEFROHT and its partners aim to create a more robust legal framework on the food system in Uganda, ensuring that every Ugandan has access to safe, nutritious, and affordable food.



*Partners from Ministry of Health, CEFROHT, WHO and UNICEF at the Technical Working Group Meeting at WHO Offices. A lively discussion among data collectors on strategies for capturing accurate and reliable information, setting the stage for impactful insights into Uganda's food systems*



# CEFROHT

## Publications



## About us

CEFROHT aims to create awareness on the current state of Food and Nutrition in Uganda. This quarter, we published an article on Front-of-Pack Warning Labelling (FOPWL), available on our website and Medium account. The article aimed to boost public understanding of FOPWL and its critical role in combating diet-related Non-Communicable diseases (NCDs) in Uganda.

By explaining the evidence-based Nutrient Profiling Model, the article highlighted how FOPWL can help consumers identify unhealthy food products and make informed choices that reduce their risk of NCDs. Drawing on success stories from countries like Chile, where mandatory warning labels led to a noticeable decline in the purchase of unhealthy foods, we made a strong case for adopting similar policies in Uganda.

This initiative is part of a broader push to align Uganda's food policies with global health recommendations, ensuring that consumers are equipped with the knowledge to choose healthier diets. As we continue to advocate for FOPWL, the potential impact on public health is immense, offering a tangible solution to reduce the burden of diet-related NCDs and promote a healthier, more informed population. Please see here attached a link for the article on our website. <https://cefroht.org/understanding-front-of-pack-warning-labeling-nutrient-profile-models-and-implementation/>