

# CGCSA SUMMIT

Legislative approaches to reduce Nutrients  
that South Africans need LESS of

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**Penny Campbell**  
**Directorate: Food Control**

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TYPE 2 DIABETES

HEART DISEASE

HYPERLIPIDEMIA

HYPERTENSION

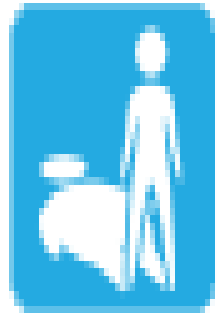
OBSTRUCTIVE SLEEP APNEA

OBESITY

OSTEOARTHRITIS

OTHER DISEASES

# Policy Context



- World Health Organisation
- Global Health Agenda & Reporting thereon
- RSA is a member country and subscribes to implement WHO/WHA guidance, resolutions and to report on progress to achieve targets
- A number of instruments have either been adopted, ratified or instated into policy instruments (2003-2018- Nutrition, NCDs & Obesity)



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# Scientific Evidence Base



- Countries are encouraged to adopt and implement recommended measures to achieve/reverse ill health
- REGULATORY FRAMEWORKS- “Better” Cost Benefit Ratio

Digital Era -  
App available



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# WHAT IS FOOD CONTROL (WHO)



*“A mandatory regulatory activity of enforcement by national or local authorities to provide Consumer Protection and ensure that all foods during production, handling, storage, processing and distribution are Safe, Wholesome and Fit for Human Consumption; conform to Quality and Safety requirements; and are honestly and accurately Labelled as prescribed by law”*



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# HEALTH'S FOOD CONTROL LEGISLATION: DEPARTMENT OF HEALTH (DOH)



Foodstuffs Cosmetics and Disinfectants Act, (Act 54 of 1972):

- To control the Sale, Manufacture, Importation and Exportation of Foodstuffs, Cosmetics and Disinfectants; and to provide for incidental matters
- Administered by the Directorate: Food Control at national level
- Control of imported foodstuffs by National (3 Regions)
- Enforcement of manufacturing, sale and export of foodstuffs by 52 Metro/ District Municipalities
- Approximately 50 sets of Regulations



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# IN SUMMARY



- **Forbid sale of F, C & D that may be detrimental/harmful to health**
- **Endeavours to protect consumer from exploitation by false / misleading claims**
- **Attempts to provide consumer with information – make informed & HEALTHY choices**



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# PHILOSOPHY (1) REACTIVE



- Places onus on:  
**Manufacturer/Seller and Importer to comply**
- Law enforcer to establish whether product complies (*Enforcer reacts to particular situation*)



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# PHILOSOPHY (2) PROHIBITIVE



- TRADEMARKS
- False Description-  
nature, origin,  
contents etc



DIET WATER

Because normal water is full of calories.



# PHILOSOPHY (3) PRESCRIPTIVE & RESTRICTIVE



- **Labelling-format, appearance, size etc**
- **Exemptions**
- **Unavoidable presence of foreign substance: (e.g. Allergens)**
- **Standard for composition, strength, purity, quality**
- **Standards for foodstuffs**
- **Standards for Premises**
- **Standards for Persons**



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# Foodstuffs Cosmetics & Disinfectants Act, 1972 (Act No. 54 of 1972)



## Regulations for :

- **Food Safety -foodstuffs & premises**
- **Nutritional Composition & Labelling :**
  - **Information for Decision Making**
- **Health/Nutrition Outcomes :**
  - **Levels e.g. Trans Fats/Na**
  - **Fortification & Iodation**

LEGISLATION IS IN SUPPORT OF  
GOOD NUTRITION  
& POSITIVE/OPTIMUM HEALTH OUTCOMES  
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# Legislative approaches to reduce Nutrients that South Africans need LESS of



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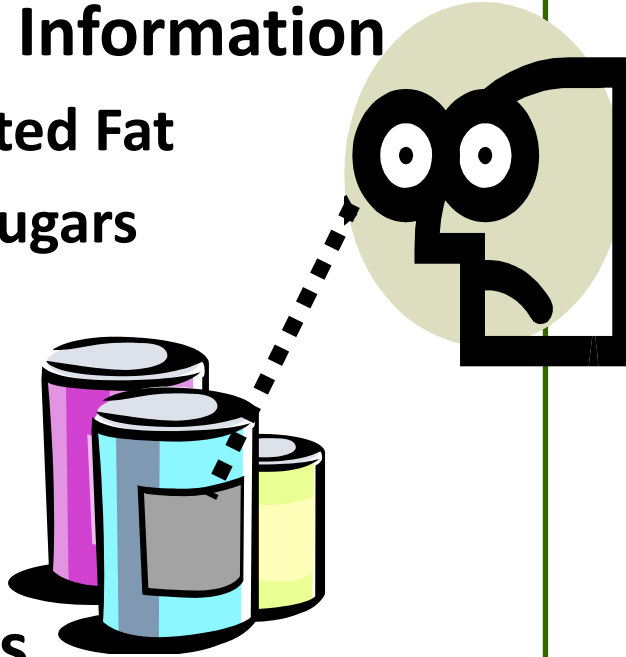
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# FCD Legislation



- **Labelling**
- **Nutrient Information**
  - Saturated Fat
  - Total Sugars
- **Claims**
- **Levels**
- **Warnings**



- ✓ 1977
- ✓ Voluntary unless a claim is made
- ✓ R146
- ✓ Trans Fats
- ✓ Sodium
- ✓ Alcohol
- ✓ Caffeine



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# What is Missing/In Process



- ‘Phase 2’ - (R429)

Claims & Nutrient Profiles

Mandatory Nutrient Information

Saturated Fats

“Free Sugars”



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# What is Missing/In Process



Marketing to Children

Front of Pack Labelling

Linkages to other Policies

Foods for Special Medical Purposes

Foods for Special Dietary Purposes



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# What is Missing/In Process



- Compliance & Enforcement
- CODEX & WHO updated developments
- The Digital Era



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# Other Regulatory Measures



- Taxation & levies on foods to reduce consumption, e.g.
  - Sweetened Beverage Tax
  - Fat Tax





**"Don't you know how bad those things are for you?"**

# Thank You!!!



# THANK YOU, for your attention! Food Control Webpage Details



**Go to:** [www.doh.gov.za/www.health.gov.za](http://www.doh.gov.za/www.health.gov.za) and click on 'About us'

Drop down: "Health Regulation & Compliance Management"

Drop Down: "Food Control & Pharmaceutical Trade & Product Regulation"

Food Control Web Page: click on "Legislation" or "Information Documents"



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