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## **SMART commitments to address NCDs, overweight & obesity - UPDATED**



The NCD Alliance has updated the policy brief [Ambitious, SMART commitments to address NCDs, overweight & obesity](#) [1].

Written with [World Cancer Research Fund International](#) [2], the brief illustrates how recommendations in the 2nd International Conference on Nutrition (ICN2) Framework for Action can be translated into policy commitments that are SMART:

- **S**pecific
- **M**easurable
- **A**chievable,
- **R**elevant and
- **T**ime-bound.

It updates our [first SMART nutrition brief](#) [3] (May 2016), focusing on SMART commitments that target overweight and obesity and nutrition-related NCDs and identifying opportunities for 'double-duty actions'.

As defined by the WHO, "double-duty actions include interventions, programmes and policies that have the potential to simultaneously reduce the risk or burden of both undernutrition (including wasting, stunting, and micronutrient deficiency or insufficiency) and overweight, obesity or diet-related NCDs (including type 2 diabetes, cardiovascular disease and some cancers).

'Invest in research on and prioritise double-duty actions' is one of the recommendations to governments in the brief. The others are:

- Set ambition national food and nutrition targets
- Make smart financial and political commitments
- Align national agriculture, nutrition and NCD strategies and related policies
- Develop robust accountability mechanisms.

[Download the SMART brief](#) [1].

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**Tags:** [nutrition](#) [4]

[obesity](#) [5]

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### Links

[1] [https://ncdalliance.org/sites/default/files/resource\\_files/SMARTBrief\\_ShortVersion\\_FINAL\\_Web.pdf](https://ncdalliance.org/sites/default/files/resource_files/SMARTBrief_ShortVersion_FINAL_Web.pdf)

[2] <https://www.wcrf.org/>

[3] <https://ncdalliance.org/news-events/news/new-smart-nutrition-brief>

[4] <https://ncdalliance.org/category/tags/nutrition>

[5] <https://ncdalliance.org/category/tags/obesity>