Setting the tone for the discussion, Chair Michal Rutkowski presented several overarching themes from the conference. He encouraged conference participants to keep in mind their target populations and the importance of multi-sectoral cooperation. In addition, M. Rutkowski hit upon the first main resonating point of the session: collaboration between the public and private sectors is necessary to successfully improve nutritional outcomes. In his presentation, Robert Mwadime elaborated that despite such multi-sectoral work, governments cannot shirk their individual responsibility and political commitment to improving nutrition. Holding various parties accountable along with branding nutrition is critical for completing these goals. R. Mwadime and panelists felt that the recruitment of passionate individuals to work towards nutritional policies and programs would yield the best outcomes.

Second, Harriet Friedmann brought the session’s attention to the need for a sustainable food system. All speakers recognized the connection between economics and food production. H. Friedmann defined a sustainable food system as one that promotes a healthy ecosystem and biodiversity. The trend of increased food insecurity within the modern food system reflects a history of agriculture and health developing separately from one another. Of the proposed solutions, one was to shift how farmers’ services are viewed. Farmers provide much more than basic crops. Farmers are waste managers and major proponents of sustainable resources, and therefore, should be compensated for those services as well as for their crops.

Third, evidence-based advocacy was acknowledged as essential for progress. Programs must have a human face. Cheryl Jackson-Lewis focused the session on examples from Nigeria of how evidence-based advocacy
encourages the linkages between policies, programs, and actions. She highlighted the necessity of the leadership at the national, provincial/state, and local levels to coordinate efforts in order to organize multi-sectoral teams, develop policies, and implement actions. Under such circumstances, panelists agreed that evidence-based advocacy could further garner the multi-directional “top-down” and “bottom-up” support needed for success. Manoj Kumar summarized this point in his discussion about how programs in India to restore the 3 G’s (greens, grains, and grams) have demonstrated that the advocacy and support of politicians across all levels of involvement is an essential component for achieving nutritional progress.

Finally, all speakers agreed that dedicated efforts to educating target populations on proper nutrition are necessary for perpetuating these ideas. Manoj Kumar raised the point that in many cultures, education means teaching women to assess each of their family member’s individual nutritional health. During the discussion, conference participants discussed the education of women, in particular, as a cornerstone for improving nutrition. In practice, governance and inclusion levers should keep in mind that their policies affect real human lives.