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## ECONOMY WIDE IMPACT OF HEALTHY DIET AND NUTRITIONAL REQUIREMENT IN MEXICO

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Mexico is currently going through a nutrition transition. Mexicans are moving away from a traditional diet to a highly processed diet making them particularly vulnerable to chronic disease. Trade liberalization plays a huge role in this regard. After NAFTA had been implemented in 1994, the number of unhealthy food products from the United States to Mexico increased substantially. According to FAO and the OECD, Mexico has one of the highest obesity rates in the world. According to a national nutrition survey, Mexico is leading the world in childhood obesity with 30% under 15 years, 40.8% are overweight, over 15+, and 32.2% are obese, placing the country's second in the world. The indigenous population suffers from a higher nutritional risk and the over 33 percent chronic malnutrition rate for children under five. It is a central challenge for policymakers worldwide. The prevalence of nutrition-related chronic disease would decrease by adopting "healthier diets" as recommended by the World Health Organization. Mexico's Department of Nutrition and Health Promotion uses The Plate of Good Eating (includes vegetables and fruits; cereals; and legumes and animal products) aims to provide recommendations for proper nutrition among the general population. Against this background, it is urgent to assess the impact of adopting a healthy diet in Mexico following the guidelines set by the Health Department of Mexico. The objective of the study is to calculate the macroeconomic impact of actual and recommended consumption of a healthy diet in Mexico. It also estimates the actual and recommended nutritional requirements across different age groups. It is an integrated exercise combining both Input-Output and Global CGE model. Finally, the study suggests some policy options to promote healthy eating for preventing obesity and chronic diseases.

## COMMUNITY HEALTHY LIFESTYLE INTERVENTIONS: THE IMPACT OF THE CAN DO COMMUNITY PROGRAMME ON MENTAL WELLBEING

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**Background:** In the current climate of obesity and its numerous associated risks, healthy lifestyle interventions are becoming increasingly relevant. The Can Do Community Programme is an example of a resident-led, healthy lifestyle intervention to attain public health outcomes. The programme provides organisational and financial support to individuals with a community project idea targeting healthy nutrition or physical activity. Healthy lifestyle and mental wellbeing are inextricably linked such that changes in one routinely reflect changes in the other. There is growing evidence that wellbeing correlates with increased life expectancy, as well as primary and secondary prevention of illness, both physical and mental. The objective of this study is to explore community healthy lifestyle interventions by assessing the impact of the Can Do Community Programme 2015-16 on mental wellbeing.

**Methodology:** The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS), validated for monitoring population wellbeing, was utilised. The minimum and maximum scores of the scale are 7 and 35 respectively. It was administered, alongside a demographic capture questionnaire, to Can Do project participants at baseline and at follow-up. All responses received were subject to pre-specified inclusion and exclusion criteria.

**Findings:** In total, 90 responses were used in the data analysis. Overall, the mean population SWEMWBS score increased from 23.9 (baseline) to 26 (follow-up). This increase was statistically significant,  $p < 0.001$ , and remained true when the data was stratified by age group as well as by gender.

**Conclusions:** The findings suggest that the Can Do Community Programme was successful in improving mental wellbeing. It is a commendable example of a healthy lifestyle intervention. This study offers a valuable insight into the measure of wellbeing. Moreover, it highlights the benefits of grass roots, community approach to improving nutrition and physical activity.