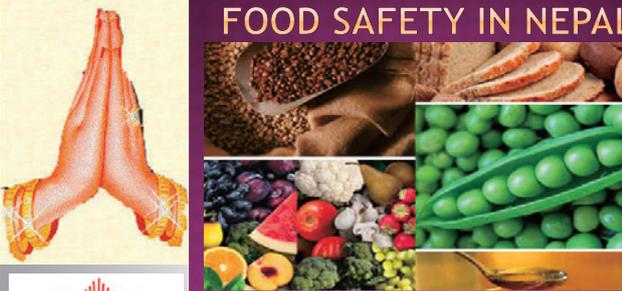


[Nepal]

Food Safety in Nepal*1

Prakash BUDHATHOKY,¹ Mukti Ram SHRESTHA²



FOOD SAFETY IN NEPAL

Dr. Prakash Budhathoky
Executive Member
Nepal Medical Association
Siddhi Sadan, Kathmandu

Dr. Mukti Ram Shrestha
General Secretary
Nepal Medical Association
Siddhi Sadan, Kathmandu



FOOD SAFETY

- defined as assurance that food will not cause harm to consumer when it is prepared and/eaten according to its intended use (FAO/WHO, 1997).
- Governance: Act of governing Food hygiene is important aspect of food safety.
- Five major principles of food hygiene as per WHO:
 - Prevent contaminating food with pathogens spreading from people, pets, and pests.
 - Separate raw and cooked foods to prevent contaminating the cooked foods.
 - Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
 - Store food at the proper temperature.
 - Do use safe water and cooked materials.



Knowing the truth,



- Over 200 diseases are caused by unsafe food containing harmful bacteria, parasites, viruses, chemical substances.
- 2 million deaths occur every year from contaminated food or drinking water.
- At least 56 million people globally suffer from one or more foodborne trematodiasis.
- Access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health.

MAJOR ISSUES IN FOOD SAFETY ISSUES IN NEPAL

- Microbiological hazards
- Chemical hazards
- Surveillance of foodborne disease
- New technologies
- Capacity building

*1 This article is based on a presentation made at the Symposium “Ensuring Food Safety: An Important Challenge Today” held at the 30th CMAAO General Assembly and 51st Council Meeting, Yangon, Myanmar, on September 23-25, 2015.

¹ Executive Member, Nepal Medical Association (mail@nma.org.np).
² General Secretary, Nepal Medical Association (mail@nma.org.np).

1. **Microbiological hazards**
 - significant increase have been reported over the past few decades.
 - *Salmonella spp.*, *Campylobacter spp.*, enterohaemorrhagic *Escherichia coli*
 - bovine spongiform encephalopathy
2. **Chemical hazards**
 - Chemicals are significant source of foodborne illness - associated with immune, endocrine and developing nervous systems in the human system.
 - natural toxicants such as mycotoxins
 - environmental contaminants such as mercury, lead, radionuclides and dioxins
 - naturally occurring chemicals in plants, such as glycoalkaloids
 - pesticide and veterinary drug residues

3. **Surveillance of foodborne disease**
 - Most of foodborne disease cases are not reported- implementation of effective solutions often fail.
 - Effective control of food-borne disease must be based on evaluated information.
4. **New technologies**
 - potential public health effects of new technologies have raised concern.
 - New technologies such as genetic engineering, irradiation of food, ohmic heating and modified - atmosphere packaging.
5. **Capacity building**
 - developing countries are poorly equipped to respond to existing and emerging food safety problems.
 - lack technical and financial resources, an effective institutional framework, trained manpower
 - sufficient information about the hazards and risks involved.

In Nepal

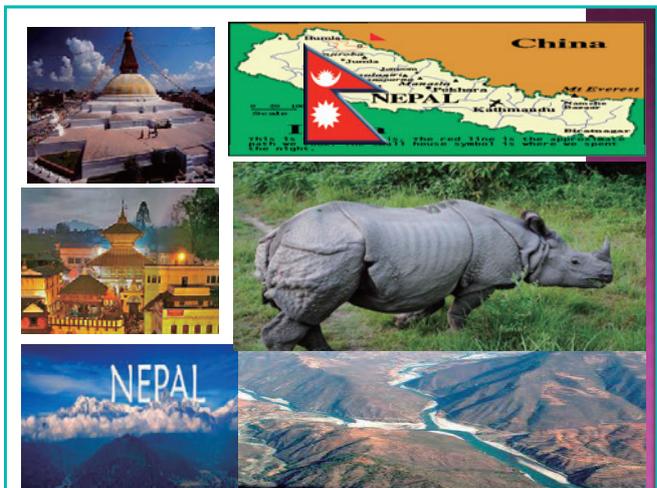
- system based on a multiple agencies executing different legislations related to food safety.
- the government agency for execution of food legislation (Food Act 1967) is Department of Food Technology and Quality Control.
- existing food legislation is not adequate to address the present day realities of food safety issues, because.
- not directed by the risk assessment principles.
- human resource in food control inadequate.
- food contaminants analysis facility is poor.
- food adulteration rate in Nepal is 15.6% for the fiscal year 2011, increasing with years and reached 25.
- 80 percent packed food items imported.

FOOD SAFETY-ACT/RULES AGENCIES/INSTITUTES

- Food Act 1966 DFTQC, MoAC
- Food Regulation 1970 DFTQC, MoAC
- Consumer protection Act 1998 DoC, MoCS
- Consumer protection Rules 2000 DoC, MoCS
- Slaughterhouse and Meat Inspection Act 1998 DLS, MoAC
- Slaughterhouse and Meat Inspection Rules 2000 DLS, MoAC
- Local self-governance Act 1999 Local Govts, MoLD
- Local self-government Rules 2000 Local Govts, MoLD
- Nepal Standards (Certification mark) Act 1980 NBSM, MoI
- Nepal Standards (Certification mark) Rules 1983 NBSM, MoI
- Standard weights and Measures Act 1968 NBSM, MoI
- Standard weights and Measure Rules 1978 NBSM, MoI
- Animal health and livestock service act 1998 DLS, MoAC
- Animal health and Livestock service Rules 2000 DLS, MoAC
- Breast feeding substances (Sales & Distribution control) Act 1992 DH/DFTQC, MoHP/MoAC
- Breast feeding substances (Sales & Distribution control) Rules 1994 DH/DFTQC, MoHP/MoAC
- Iodized Salt (Production, Sale and Distribution) Act 1999 DH/DFTQC, MoHP/MoAC
- Feed Act 1976 DFTQC, MoAC
- Pesticide Regulation Act 1991 DoA, MoAC

GAPS - NEPAL

- Awareness to consumers and producers.
- Food safety policy.
- Surveillance systems of food-borne diseases.
- Risk assessments.
- Risk communication and advocacy.
- Capacity building.
- International and national cooperation.



CASTE, RELIGION AND TRADITIONS

. Nepal has a great and rich variation in languages, religions, ethnic groups, culture and traditions.

. but has a strong unity among these variations.

- 123 languages and
- 128 ethnic groups

. Hence, we can find unity in diversity in Nepal.



HEARTLY THANK YOU FOR YOUR KIND ATTENTION AND PATIENCE.



Long Live CMAAO-NMA Relationship