

26 October 2021**PRESS RELEASE****Resilience and immune health take the spotlight
in new Mind the Gap resource**

The importance of immune health in promoting resilience is the topic of a new 'Mind the Gap' resource developed by IADSA.

Resilience is currently one of the world's most talked-about social concerns. The World Health Organisation has said it has "a very prominent role in essentially all of the Sustainable Development Goals."¹

The new Mind the Gap story is entitled 'Fighting Fit: Building Resilience Through Nutrition' and is available to view at iadsa.org/mind-the-gap/english/resilience#intro.

It explores how supporting immune health through nutrition is central to resilience. It also highlights how two billion people worldwide do not consume adequate nutrients², making it harder for them to maintain a normal functioning immune system and demonstrate resilience.

Simon Pettman, IADSA Executive Director, said: "With inadequate nutrient intakes so widespread, we need to find ways to help people maintain normal immune health and achieve greater resilience. Better nutrition education is key. Acting now could transform the lives of millions of people."

Mind the Gap is an information resource created by IADSA – the International Alliance of Dietary/Food Supplement Associations. It facilitates the sharing of positive stories about the benefits that nutrition offers to consumers all over the world and society at large. It also seeks to fill gaps in our scientific knowledge, while promoting real-life examples of successful national nutrition programmes. Find out more at iadsa.org/mind-the-gap.

Based in London, IADSA is the international association of the food supplement sector, with members from six continents. IADSA is the global platform to guide the evolution of policy and regulation in the sector. Visit iadsa.org for more information.

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¹ https://www.euro.who.int/__data/assets/pdf_file/0005/351284/resilience-report-20171004-h1635.pdf

² <https://academic.oup.com/cdn/article/4/6/nzaa083/5841178>

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About IADSA

Established in 1998, IADSA is an international body comprising member associations and companies operating in the global supplements sector. Bringing together food supplement associations from six continents, IADSA is a trusted source of information and runs regional and national regulatory, scientific and technical programmes in many parts of the world, supporting and advising governments and other stakeholders in relation to the development and implementation of regulation and policy. IADSA also works with companies and authorities to build national associations in countries where they do not already exist. IADSA's full name is International Alliance of Dietary/Food Supplement Associations.