

Albania



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report's chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Voksne og børn
Organisation:	World Health Organisation (WHO)
Linked document:	Download linked document
References:	World Health Organization. Regional Office for Europe. (2024) Commercial Determinants of Noncommunicable Diseases in the WHO European Region. World Health Organization. Regional Office for Europe. https://iris.who.int/handle/10665/376957 . License: CC BY-NC-SA 3.0 IGO

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

National Health Strategy 2017-2020

Development of a new, intersectoral health strategy. Aims to ensure the overarching health policy is aligned with National Strategy for development and integration (NSDI) 2020. There are four strategic priority areas: invest in population health through life course, provision of universal health coverage for all, strengthen people centred health systems and improved governance and cross sector cooperation for health.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2020
Target age group:	Voksne og børn
Organisation:	Ministry of Health
Find out more:	www.euro.who.int
Linked document:	Download linked document
References:	Anon (n.d.) Evidence-informed development of the Albanian National Health Strategy (ANHS) from a Health 2020 perspective. [Online]. www.euro.who.int . Available from: https://www.euro.who.int/en/countries/albania/news/news/2015/08/evidence-informed-development-of-the-albanian-national-health-strategy-anhs-from-a-health-2020-perspective [Accessed: 1 July 2020].

National Program on Prevention and Control of NCDs in Albania 2016-2020

Obesity-related strategies include: - Develop national guidelines on physical activities - Enable the implementation of the training protocols related to physical activity and diet for school health personnel and use of the nutrition modules with special emphasis on rural and remote areas - Increase awareness of healthy nutrition and physical activity among the population - Review and update the national nutrition guidelines - Build on the existing primary care training programs related to the physical activity and nutrition; ensure continuous training of all relevant staff (Available only in English language)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2017-2020
Target age group:	Voksne og børn
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/25898 (last accessed 21.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Voksne og børn
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

Ligji 61/2012 Për Akcizat në Republikën e Shqipërisë

Mandatory volume or weight based specific excise tax on unhealthy food or drink products adopted by the President of the Republic of Albania from May 2012. (Available only in Albanian language)

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2012 (ongoing)
Target age group:	Voksne og børn
Organisation:	President of the Republic of Albania
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/fr/node/82183 (last accessed 11.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Recommendations on healthy nutrition in Albania

This document guides people towards healthy nutrition and aims to protect and promote health. The key objective is to reduce the possibility of diseases generated from food. Albania uses a food pyramid which represents 6 food groups; cereals are at the bottom of the pyramid, fruits/vegetables on the second level; dairy products and animal source foods on the third level; fats and high sugar products at the top.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Voksne og børn
Organisation:	Ministry of Health; Institute of Public Health
Find out more:	www.fao.org
Linked document:	Download linked document
References:	Food and Agriculture Organisation of the United States. http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/albania/en/ (last accessed 11.8.15)

Analysis Of The Situation and National Food and Nutrition Action Plan For Albania 2003-2008

Paper described the progress in the implementation of food and nutrition policy in Albania since 2003. It considered its impacts to date. It identified strategic priorities and critical areas/ priorities for Albania's future policy on improving the national food and nutrition situation. The evaluation of the implementation of the 2003-08 Food and Nutrition Action plan was conducted in 2011-2012. Outcome of assessment was that a lot of barriers were faced in the implementation process. These were a lack of institutional/ infrastructural support; lack of intersectoral coordination and motivation; insufficient knowledge and capacities.

Categories:	Health Effectiveness Reviews (obesity related)
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2003-2008
Target age group:	Voksne og børn
Organisation:	Albanian Ministry of Health
Find out more:	www.moh.gov.al
Linked document:	Download linked document
References:	Ministry of Health. Analysis of the Situation And National Food and Nutrition Action Plan For Albania 2003-2008.

Working Group in Charge of development of recommendations for Healthy Nutrition in Albania

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

Categories:	Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity)
Target age group:	Voksne og børn
Organisation:	Ministry of Health
Linked document:	Download linked document

PDF created on July 16, 2025