

# Bahrain



## Policies, Interventions and Actions

### Strategy on nutrition for the Eastern Mediterranean Region 2020-2030

The WHO strategy on nutrition for the Eastern Mediterranean Region (2020-2030) sets objectives and plans to improve nutrition in the region by 2030. This includes preventing overweight, obesity, and diet-related NCDs. The strategy sets targets to reduce the prevalence of overweight in children under 5, halt the rise in diabetes and overweight in adults, halt the rise in overweight in children and adolescents, and eliminate industrially-processed trans fats from the food supply. A framework for countries to reach these goals is provided.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2020-2030
Target age group:	Dorośli i dzieci
Organisation:	World Health Organization
Find out more:	<a href="https://iris.who.int">iris.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Strategy on nutrition for the Eastern Mediterranean Region, 2020–2030. Cairo: WHO Regional Office for the Eastern Mediterranean; 2019. Licence: CC BY-NC-SA 3.0 IGO

## National Action Plan for control and prevention of Non communicable diseases (2019-2030)

The mission is to reduce the burden of morbidity, mortality and disability due to Non-communicable diseases through an effective multi-sectorial collaboration at the national level, to reach the highest attainable standards of health and productivity in all age group category, in order to achieve wellbeing, social and economic development and quality of life. The main objective of the plan is to achieve a 25% relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases among adults (age 30-70 years) by 2025. This is inspired by SDG 3.4

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019-2030
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## Mandatory measures to reduce sodium in in baked goods: Resolution No. (28) of 2018

Resolution No. (28) of 2018 mandated a limit on the proportion of table salt allowed in popular bakery products. Salt reduction in Arabic breads: a 20% annual reduction of salt level in traditional Arab breads from their current levels for five years until reaching the required percentage of 0.5% salt on a dry flour weight basis. Reduction in the amount of added salt in baked products during three years starting in 2018 and reaching a percentage of 0.5% salt.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2018 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/39382">https://extranet.who.int/nutrition/gina/en/node/39382</a> (Accessed 27.01.2022) 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Marketing and Promotion of Breast-milk Substitutes

In 2018, Bahrain strengthened its measures to regulate procedures and control on the use, marketing and promotion of breast milk substitutes in line with the International Code of Marketing of Breast-milk Substitutes.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Dzieci

## National strategy for the diet and physical activity

National strategy for the diet and physical activity

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## Bahrain excise tax on soft and energy drinks

Excisable goods Excise tax rate Soft drinks 50% Energy drinks 100% Article 1 of the Implementation Regulations defines the excisable goods as: Soft drinks: Any aerated beverage except unflavored aerated water. Soft drinks include any concentrates, powder, gel, or extracts intended to be made into an aerated beverage. Energy drinks: Any beverages marketed or sold as an energy drink that may contain stimulant substances that provide mental and physical stimulation, which includes without limitation caffeine, taurine, ginseng and guarana. This also includes any substance that has an identical or similar effect as the aforementioned substances. Link to news article included

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	States of the Gulf Cooperation Council (GCC)
Find out more:	<a href="https://taxinsights.ey.com">taxinsights.ey.com</a>
Linked document:	<a href="#">Download linked document</a>
References:	Wam (n.d.) Bahrain announces Excise Tax on cigarettes, energy drinks from December 30. [Online]. Khaleej Times. Available from: <a href="https://www.khaleejtimes.com/business/economy/bahrain-announces-excise-tax-on-cigarettes-energy-drinks-from-december-30-">https://www.khaleejtimes.com/business/economy/bahrain-announces-excise-tax-on-cigarettes-energy-drinks-from-december-30-</a> [Accessed: 7 July 2020].]

## 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:	Dorośli i dzieci
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## Mandatory standard for food in school: 2016/2017 Food Canteen List

The Ministry of Health of Bahrain has a list of permitted, prohibited and conditionally allowed food for public elementary and secondary schools. The standards apply to all foods and beverages being sold in school shops/stores and foods and beverages available at school events. Criteria to determine which foods are prohibited, limited or encouraged are based on nutrient content. According to the 2016–17 Food Canteen List, only unsweetened 100% fruit juice, water, milk and milk drinks are permitted; fruit drinks, soft drinks and energy drinks are prohibited. Fresh fruits and vegetables are on the list of permitted foods. Conditionally allowed foods must comply with certain criteria, such as not using trans-fats, using low fat cheese instead of cream cheese for sandwiches and limiting portion size. Prohibited foods include processed meat, potato chips, mayonnaise, puff pastries, and confectionery.

Categories:	Evidence of School Food Regulations
Year(s):	2016 (ongoing)
Target age group:	Dzieci
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/63348">https://extranet.who.int/nutrition/gina/en/node/63348</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Standard relating to trans-fatty acid elimination

In 2015, the Gulf Cooperation Council (GCC) approved TFA limits of 2% of total fat in vegetable oils and soft spreadable margarines, and 5% of total fat in other foods. In 2016, the Bahrain government approved the implementation of the regulation. The standard specifies a maximum level of 2% in vegetable oils and soft spreadable margarines and 5% in all other foods, including ingredients sold to restaurants (bakery products, fast food, restaurant frying oil, biscuits and cakes, and salty snacks).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>
References:	. Countdown to 2023: WHO report on global trans fat elimination 2021. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.

## National Strategy for Control and Prevention of Non - communicable Diseases in Kingdom of Bahrain 2014 – 2025

National Strategy for Control and Prevention of Non - communicable Diseases in Kingdom of Bahrain 2014 – 2025

Categories:	Evidence of NCD strategy
Year(s):	2014-2025
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## Gulf Technical Regulation: Labeling of prepackaged food stuffs

Gulf Cooperation Council countries namely adopted the standards GSO (09/2013) Amd 2016 and GSO (150-2/2013) for labeling of pre-packaged foods and shelf life. According to this GCC-wide standard, prepackaged food product labels should be in Arabic or include an Arabic language translation of the label. Producers and retailers are also mandated to provide a list of the nutrient content of pre-packaged food products, even in the absence of a nutrition or health claim.

Categories:	Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Gulf Cooperation Council
Find out more:	<a href="http://www.gso.org.sa">www.gso.org.sa</a>
Linked document:	<a href="#">Download linked document</a>

## Bahrain's Health Agenda: health improvement strategy

In order to strengthen the prevention and control of NCDs, the Ministry has developed a national policy framework of laws, directives and regulations. These are designed to protect public health through measures such as restrictions on smoking in public and other designated areas, ensuring food safety and the labelling of food and drinks so that purchasers are aware of the content of what they are buying. Other measures will include fiscal policies that encourage the consumption of healthy goods over unhealthy ones. To ensure a comprehensive approach to disease prevention and control, the Ministry will focus on taking consultative measures to encourage participation and endorsement by representatives of key sectors in the policy making process.

Categories:	Evidence of NCD strategy
Year(s):	2012-2014
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Anon (n.d.) Policy - Bahrain's Health Agenda. Health Improvement Strategy   Global database on the Implementation of Nutrition Action (GINA). [Online]. extranet.who.int. Available from: <a href="https://extranet.who.int/nutrition/gina/en/node/17830">https://extranet.who.int/nutrition/gina/en/node/17830</a> [Accessed: 7 July 2020q]. []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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Clinical Guidelines on Evaluation and Management of Paediatric Overweight and Obesity

### Clinical Guidelines on Evaluation and Management of Paediatric Overweight and Obesity

Categories:	Evidence of Management/treatment guidelines
Year(s):	2012 (ongoing)
Target age group:	Dzieci
Organisation:	Nutrition section - public health
Linked document:	<a href="#">Download linked document</a>

## Nutrition Clinics - Management and Prevention of Obesity

The nutrition clinic project aims to provide high standards of obesity management to all adults living with overweight and obesity in the Kingdom of Bahrain in the primary care set-up and to ensure that patients who suffer from weight related problems will receive early, appropriate and long-term management of obesity and its associated morbidities.

Categories (partial):	Evidence of Management/treatment guidelines Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2012 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health, Directorate of Public Health Nutrition Section
Find out more:	<a href="http://www.moh.gov.bh">www.moh.gov.bh</a>
Linked document:	<a href="#">Download linked document</a>
References:	Gharib, N., Mariam, M., Amer, A. & Al-Salehi, S. (2012) Nutrition Clinics Managment & Prevention of Obesity Together for Better Life Ministry of Health Directorate of Public Health Nutrition Section. [Online]. Available from: <a href="http://www.moh.gov.bh/Content/Files/Publications/X_217201413620.pdf">http://www.moh.gov.bh/Content/Files/Publications/X_217201413620.pdf</a> [Accessed: 7 July 2020].]

## Guidelines on fast food menu labelling

There are voluntary menu labelling recommendations for fast food chain restaurants.

Categories:	Labelling Regulation/Guidelines Industry/Government regulations - voluntary /pledges
Year(s):	2010 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Find out more:	<a href="#">Unable to locate further details if you have access please email us at <a href="mailto:obesity@worldobesity.org">obesity@worldobesity.org</a></a>



## Health Bus Bahrain

The main aim of the project in Bahrain is to enable young people and children to practise physical activity. The project focuses solely on physical activity promotion and is targeted at children and young people, particularly those from low socioeconomic groups.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Dorośli i dzieci
Organisation:	Ministry of Health
Find out more:	<a href="http://www.emro.who.int">www.emro.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	World Health Organisation. <a href="http://www.emro.who.int/health-education/physical-activity-case-studies/dr-amal-bus-bahrain.html">http://www.emro.who.int/health-education/physical-activity-case-studies/dr-amal-bus-bahrain.html</a> (last accessed 2 March 2016)

## Responsible Food and Beverage Marketing to Children Pledge

The Responsible Food and Beverage Marketing to Children Pledge, initially adopted in the GCC in 2010, is a voluntary commitment by the signatory companies to conduct responsible food and beverage marketing to children. The pledge informs and benchmarks how food and beverage products are marketed in a responsible way to children under the age of 12 in the region. In 2016 the pledge was enhanced by applying a set of nutrition criteria to define 'better for you options'. The pledge was endorsed by the Advertising Business Group in 2018.

Categories:	Industry/Government regulations - voluntary /pledges
Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Dzieci
References:	<a href="https://campaignme.com/global-food-beverage-companies-in-the-gcc-achieve-100-commitment-to-restrict-marketing-to-children/">https://campaignme.com/global-food-beverage-companies-in-the-gcc-achieve-100-commitment-to-restrict-marketing-to-children/</a>

## Strategy to combat Obesity 2010-2015

A strategy providing useful guidelines for each Arab country, allowing them to prepare their own strategy/plan for prevention and control of obesity. The strategy includes 9 target areas: child-care centers for preschool children, schools, primary health care, secondary care, food companies, food preparation institutes, media, public benefit organizations, and the workplace.

Categories:	Evidence of Community Interventions/Campaign Non-national obesity strategies
Year(s):	2010-2015
Target age group:	Dorośli i dzieci
Organisation:	Arab Task force for Obesity and Physical Activity
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Musaiger et al 2011. Strategy to combat obesity and to promote physical activity in Arab countries. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy. 4. pp. 89-97.

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Dorośli
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions ("the Code") in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Dorośli
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

## School Nutrition Programme

Continuous training are provided to decision-makers to promote healthy school nutrition, and educational activities on nutrition are regularly organized for school children in all public schools.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Dorośli i dzieci
Organisation:	FAO
Find out more:	<a href="http://www.fao.org">www.fao.org</a>
Linked document:	<a href="#">Download linked document</a>
References:	"Anon (n.d.) FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS NUTRITION COUNTRY PROFILE KINGDOM OF BAHRAIN Bahrain Nutrition Profile -Nutrition and Consumer Protection Division, FAO, 2007 2. [Online]. Available from: <a href="http://www.fao.org/3/aq036e/aq036e.pdf">http://www.fao.org/3/aq036e/aq036e.pdf</a> [Accessed: 7 July 2020]. [?]

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