

Belgium



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:	Adults and children
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

Belgium Association for the Study of Obesity (BASO) treatment guidelines

In 2002, the The Belgium Association for the Study of Obesity (BASO) published its first consensus on assessment and treatment of overweight and obesity as a guideline for general practitioners and specialists. This was updated in 2020.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	The Belgium Association for the Study of Obesity (BASO)
References:	https://belgium.easo.org/publications/

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
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/36162 (last accessed 12.07.22) 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/

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

Nutri-Score labelling

The Nutri-Score labelling system is a 5-point colour coded nutritional rating system. It was originally implemented in France and has since been adopted by multiple countries in the WHO European region. The Belgian government recommend the voluntary implementation of the Nutri-Score system, since the policy was adopted by the Minister of Public Health, Food Safety and Environment in Belgium in April 2019.

Categories:	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document
References:	Information sourced from Global Food Research Programme

Snack & Chill

The principle of the project is simple: offering healthy, affordable snacks and drinks in a cozy setting . Think of: seasonal fruits and vegetables and water, with or without a taste. The framework? This can be a school shop, a nicely decorated school bar or a simply decorated table ... Schools decide for themselves how much time they spend. Pupils participate! Students are heard and involved in this project. Schools that want to know what their students think about this project can present them with our short online questionnaire . In this way, they immediately see whether the students are open to the project and whether they are willing to help, for example to make the school bar or to sell snacks. A school can also hold different classes responsible for making and / or operating the shop. Schools complete the project as they wish, depending on their own capacity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Flemish Institute of Health
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Wat is Snack & Chill? [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/snack-chill/wat [Accessed: 8 July 2020a]. []

School Fruit, Vegetables and Milk Scheme

"Applicable since 1 August 2017, the EU school fruit, vegetables and milk scheme combines two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework for more efficiency and an enhanced focus on health and educational. The scheme supports the distribution of products, educational measures and information measures. The scheme supports the distribution of fruit, vegetables, milk and certain milk products to schoolchildren, from nursery to secondary school. EU countries approve a list of products (in collaboration with their health and nutrition authorities) which will help achieve the schemes objective of helping children to follow a healthy diet. Priority is for fresh fruit and vegetables and for plain milk. In order to support a varied diet and/or specific nutritional needs, EU countries may also make processed fruit and vegetables such as juices and soups and certain milk products such as yoghurt and cheese, available. Additionally, under stricter conditions, milk-based drinks may be included." - EU Commission

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Organisation:	European Commission
Find out more:	ec.europa.eu
References:	https://ec.europa.eu/info/food-farming-fisheries/key-policies/common-agricultural-policy/market-measures/school-fruit-vegetables-and-milk-scheme/school-scheme-explained_en

Feel4Diabetes

The overall aim of the Feel4Diabetes programme was "developing and implementing a community-based intervention to promote behavioural changes and creating a more supportive social and physical environment to prevent diabetes in vulnerable families across Europe". The programme was in place in Finland, Belgium, Spain, Hungary, Bulgaria, and Greece.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016-2018
Target age group:	Adults and children
Find out more:	feel4diabetes-study.eu
Linked document:	Download linked document
References:	https://feel4diabetes-study.eu/

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Children
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en 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/

The Federal Health Nutrition plan 2016

Five strategic objectives for implementation of the strategies of the WHO and the European Commission in the areas of nutrition and health in Belgium. These include engaging the public sector (product reformulation), targeting breastfeeding and under-nutrition, micronutrient deficiencies, carrying out food monitoring and surveys, and carrying out scientific research in nutrition.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Service public federale
Find out more:	www.health.belgium.be
Linked document:	Download linked document
References:	SPF Santé Publique - Health.Belgium. The Federal Health Nutrition Plan. Available from: https://www.health.belgium.be/fr/alimentation/politique-alimentaire/alimentation-et-sante/politique-nutritionnelle [Accessed 31 July 2019].

General Health Tax

A 'general health tax' applied to applied to all soft drinks, including non-alcoholic drinks and water containing added sugar or other sweeteners or flavours. The amount of tax has increase since its implementation in 2015. A tax is also applied to ingredients intended in the manufacture of soft drinks. In December 2015, the Belgian government increased the excise duty on soft drinks by 0.03 Euro per litre as part of a general "health tax" (Law on measures to strengthen job creation and purchasing power–26 December 2015). The now 0.068 Euro (around \$0.07) per litre excise duty came into effect on 1 January 2016 and is applied to all soft drinks, including non-alcoholic drinks and water containing added sugar or other sweeteners or flavours. An excise duty is also applied to any substance intended for the use of manufacturing soft drinks (liquid: 0.41 Euro per litre, around \$0.45; powder: 0.68 Euro per kg, around \$0.70).

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Belgium Government
Find out more:	www.wcrf.org
Linked document:	Download linked document
References:	Currently a web link to this intervention is unavailable. If you are aware of the location of this document/intervention, please contact us at obesity@worldobesity.org

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf ‍

Sport Na School

Teachers are awarded 30 mins exempt from lessons to work within the local community to raise physical activity levels in 12-18 year olds. For a fixed (low) amount, the SNS pass allows these young people to practise organized sports immediately after school, free of obligation, throughout the school year. This initiative was being rolled out across Flanders during 2015.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Sport Na School
Find out more:	www.sportnaschool.be
Linked document:	Download linked document
References:	Factory www.antwerpfactory.com , A. (n.d.) Home. [Online]. Sport na School. Available from: https://sportnaschool.be/ . []

Brisk Walking

Aims to improve moderate physical activity and improve fitness of elderly by motivating them to take up Brisk Walking in a group context.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults
Organisation:	LOGO, regional health organisation, Centre of Expertise for Fall Prevention in Flanders (EFF) and the Flemish Institute for Health promotion and Disease prevention (VIGeZ)
Find out more:	www.gezondegemeente.be
References:	Anon (n.d.) Projecten. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten?themas=beweging-sedentair-gedrag [Accessed: 8 July 2020ag]. []

The Belgian Pledge

"Since 2012, the Belgian Pledge has been the food sector's answer to the justified demand for responsible advertising to children. With this self-regulatory initiative, participating food companies, traders, restaurant chains and caterers are making clear commitments regarding advertising to children under 12 years of age. Moreover, these commitments respond to the rapidly changing media use of children. In 2017, for example, the scope of responsible advertising expanded to include social media channels and, since 2020, online influencers have also been included in the scope."

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Children
Find out more:	www.belgianpledge.be

EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
Find out more:	eur-lex.europa.eu
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/22917 (last accessed 28.06.22) 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/

Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Flemish working group on nutrition and exercise

A ministerial decree was passed on the 4th May 2010, which established the Flemish working group on nutrition and exercise.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010 (ongoing)
Target age group:	Adults and children
References:	https://www.zorg-en-gezondheid.be/ministerieel-besluit-van-4-mei-2010-tot-oprichting-van-de-vlaamse-werkgroep-voeding-en-beweging

Law on Advertising

This is a self-regulatory code to restrict the marketing of food and beverages to children.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	Belgian Advertising Ethics Jury (JEP)
Find out more:	www.euro.who.int
Linked document:	Download linked document
References:	WHO Europe. http://www.euro.who.int/en/health-topics/noncommunicable-diseases/cancer/publications/2013/marketing-of-foods-high-in-fat,-salt-and-sugar-to-children-update-20122013 (last accessed 8 Sept 2015)

10,000 steps

Aims to promote PA in adults by stimulating them to take 10,000 steps a day (8,000 steps in older people).

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Adults
Organisation:	The University of Ghent (pilot study) and VIGeZ (Flemish Institute of Health promotion and Disease prevention)
Find out more:	www.10000stappen.be
References:	Anon (n.d.) 10.000 stappen. [Online]. 10000stappen.gezondleven.be. Available from: https://10000stappen.gezondleven.be/ [Accessed: 8 July 2020a]. []

Loi relative au régime d'accise des boissons non alcoolisées et du café

Mandatory volume or weight based specific excise tax on unhealthy food or drink products adopted by the House of Representatives from December 2009. (Available only in French language)

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2009 (ongoing)
Target age group:	Adults and children
Organisation:	House of Representatives
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/26240 (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/

Flemish Draft Action Plan on Nutrition and Physical Activity 2008-2015

A plan to encourage the entire population of Flanders to be more physically active and to have a more balanced diet.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Multidisciplinary Intervention
Year(s):	2008-2015
Target age group:	Adults and children
Organisation:	Flemish Ministry of Welfare, Public Health and Family
Find out more:	be.brussels
Linked document:	Download linked document

Flemish media decree

Advertising aimed at children and young people shall not encourage or condone excessive consumption of foods and beverages containing substances the excessive consumption of which is not recommended, such as fats, trans fatty acids, salt or sodium and sugars. Adopted by The Minister-President of the Flemish Government from February 2008. Applies to Flanders only. (Available only in French language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Children
Organisation:	The Minister-President of the Flemish Government
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/8330 (last accessed 18.07.22) 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/

White Paper on Food and Non-Alcoholic Beverages Advertising to Children

Analysis of food and non-alcoholic beverages on children's dietary habits development and future policy options.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2007 (ongoing)
Target age group:	Children
Organisation:	Federal Public Service - National Food and Action Plan
Find out more:	www.health.belgium.be
Linked document:	Download linked document
References:	MARAGKOUidakis, P. (2017) Food and non-alcoholic beverage marketing to children and adolescents. [Online]. 20 June 2017. EU Science Hub - European Commission. Available from: https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion-prevention/other-policies/marketing . □

EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

IDEFICS - Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS

"A community-oriented intervention programme for primary prevention of obesity in a controlled study design. This intervention part of the IDEFICS study examined feasibility, effectiveness and sustainability of a coherent set of intervention modules addressing diet, physical activity and coping with stress."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006-2012
Target age group:	Children
Organisation:	Bremen Institute for Prevention Research and Social Medicine
Find out more:	www.ideficsstudy.eu
References:	https://www.ideficsstudy.eu/index.php?id=1161&L=144%27%27A%3D0

Practical guidelines for healthy eating

Guidelines to improve dietary habits and increase physical activity of the general population.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Minister of Social Affairs and Public Health
Find out more:	www.fao.org
Linked document:	Download linked document

NUBEL foundation

The non-profit organization Nubel (Nutriments Belgique) was created on March 9, 1990; Revised statutes published in the Belgian Official Gazette on July 13, 2009. The non-profit association manages scientific nutritional information relating to the foodstuffs which constitute "normal" food in Belgium. The further development of the Nubel database was made possible by the Federal Impulse program on "Health Risks" carried out on the initiative of the Belgian State - Prime Minister's Services, Programming of scientific policy.

Categories:	Labelling Regulation/Guidelines
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1990 (ongoing)
Target age group:	Adults and children
Organisation:	Nubel foundation
Find out more:	www.health.belgium.be
Linked document:	Download linked document
References:	Anon (2016b) NUBEL. [Online]. 27 January 2016. SPF Santé Publique. Available from: https://www.health.belgium.be/fr/alimentation/politique-alimentaire/alimentation-et-sante/nubel . []

Salt content regulations

Since 1985, mandatory regulations have set the maximum salt content of bread at 2%. Regulated by a Royal Decree.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1985 (ongoing)
References:	https://www.euro.who.int/__data/assets/pdf_file/0009/186462/Mapping-salt-reduction-initiatives-in-the-WHO-European-Region.pdf

An Eye for goodie

An eye for Lekkers is the brand new Flemish project on vegetables, fruit and / or milk at school. Together with the slurp and slice mascots, students discover different types of fruit and vegetables and taste milk. Eye for Lekkers will replace the well-known Tutti Frutti from the 2017-2018 school year.

Categories:	Evidence of Marketing Guidelines/Policy Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Children
Organisation:	Flemish Institute of Health
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Oog voor lekkers. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/oog-voor-lekkers [Accessed: 8 July 2020r]. []

CHIREC obesity clinic of DELTA Hospital Multidisciplinary approach for obesity management

CHIREC Obesity Clinic of DELTA Hospital brings together specialists, particularly in nutrition, digestive and bariatric surgery, gastroenterology, but also in psychology, for comprehensive management of obesity

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Adults and children
Organisation:	CHIREC Obesity Clinic - HÃ ́pital DELTA
Find out more:	chirec.be
Linked document:	Download linked document
References:	Available from: http://chirec.be/fr/centres/810000-centres-de-l-obesite/ (Accessed August 2019)

Colourful Healthy

Health promotion programme

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Flemish Institute of Health
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Kleurrijk Gezond. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/kleurrijk-gezond [Accessed: 8 July 2020p]. []

Dip? Dice. Do IT!

Dip? Dice. Do it! is a fun game form that encourages students to move more in the classroom by means of movement snacks. Each game box contains a manual, a die, 80 cards with movement snacks and 60 cards with health facts. Students also answer a question about healthy food via a card from the game. Why? Children sit too much in front of TV, behind the computer or tablet, but also in the classroom. For health and better concentration, it is important to interrupt sitting and to move once in a while. Practical Download game? Schools can Dip? Dice. Do it! download or print, just like all playing cards, and the drawings depicting the movement gussets via www.healthylife.be/projects/dip-dobbel-doe. You can find the materials at the bottom of the page. Attend training? Teachers who would like to follow the training on movement snacks and Dip? Dice. Do it! can request this from MOEV. The training costs 50 euros (half a day).

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Logodender
Find out more:	logodender.be
Linked document:	Download linked document
References:	Anon (n.d.) Dip? Dobbel. Doe! [Online]. Logo Dender. Available from: https://logodender.be/content/dip-dobbel-doe-5 . []

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:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en 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/

Gourmet Food

Lekkerbekjes' turns tasting and exercise into a game.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Flemish Institute of Health
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Lekkerbekjes. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/lekkerbekjes [Accessed: 8 July 2020q]. []

Healthy in the Workplace

What is Healthy in the workplace? A healthy lifestyle is all too often considered as an individual choice, but the environment exerts at least as much influence on people's choices. After all, health and work are closely linked and influence each other. Work has an impact on the health of the working population and the health of the population has an impact on work ability and on the employment rate. A Healthy in the workplace coach helps to ensure that health is given a permanent place in the company and that everyone is supported in the workplace.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults
Organisation:	Flemish Institute for Healthy Living
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Gezond op de werkvloer. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/gezond-op-de-werkvloer [Accessed: 8 July 2020q]. []

Healthy Working

"Healthy Working is a collaboration between employees and supervisors to create a work environment that continuously protects and promotes the health, safety and well-being of all employees. For example, the working environment should encourage employees to make healthy choices."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Adults
Organisation:	Flemish Institute of Healthy Living
Find out more:	www.gezondleven.be
References:	https://www.gezondleven.be/settings/gezond-werken

Move On

Move on is an exercise referral intervention

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Adults
Organisation:	Flemish Institute for Health Living
Find out more:	logodender.be
Linked document:	Download linked document
References:	Anon (n.d.) Bewegen Op Verwijzing. [Online]. Logo Dender. Available from: https://logodender.be/content/bewegen-op-verwijzing-0 [Accessed: 8 July 2020k]. []

Viasano

"Viasano is a community intervention programme set up by local authorities for citizens. The principle of the Viasano program methodology is to mobilize all the local actors who revolve around the family: schools, school restaurants, associations, sports clubs, playgrounds, homework schools, health professionals, traders...to help them change their way of life and their environment in depth and in the long term."

Categories (partial):	Evidence of Community Interventions/Campaign
Target age group:	Adults and children
Organisation:	Viasano
Find out more:	www.viasano.be

Woogie Boogie

Intervention aimed at reducing still time in toddlers

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	Flemish Institute for Health Living
Find out more:	www.gezondleven.be
Linked document:	Download linked document
References:	Anon (n.d.) Woogie Boogie. [Online]. Vlaams Instituut Gezond Leven. Available from: https://www.gezondleven.be/projecten/woogie-boogie [Accessed: 8 July 2020as]. □

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