

Kiina



Policies, Interventions and Actions

Incoming - General Rules for Nutrition Labeling of Prepackaged Foods (GB 28050-2025)

The new GB 28050-2025 standard mandates nutrition labels to include saturated fat and sugar content alongside previously required nutrients, and introduces a warning for children and adolescents to limit salt, oil, and sugar intake. This standard is set to take effect on March 16, 2027.

Categories:	Labelling Regulation/Guidelines
Year(s):	2027 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	National Health Commission, State Administration for Market Regulation
Find out more:	apps.fas.usda.gov
References:	Nutritional Labeling Standards for Prepackaged Food Finalized. 2025. Report Number: CH2025-0074. United States Department of Agriculture, Global Agricultural Information Network

"Healthy Diet, Reasonable Diet" Campaign

To further promote the National Nutrition Plan, the "Healthy Diet, Reasonable Diet" campaign will advocate for increasing intake of vegetables, fruits, whole grains and seafood.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2025 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	National Health Commission
Find out more:	www.nhc.gov.cn

Healthy Weight Management Action Plan

The Healthy Weight Management Action Plan aims to establish a supportive environment for weight management in China, increase public health literacy, and slow the increase in overweight and obesity by 2030. It was incorporated into the Healthy China 2030 national strategic plan in 2025. (In Chinese)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2025-2030
Target age group:	Aikuiset ja lapset
Organisation:	National Health Commission
Find out more:	www.nhc.gov.cn
Linked document:	Download linked document

2024 Guidelines for the Diagnosis and Treatment of Obesity

The first set of multidisciplinary guidelines to standardise the diagnosis and treatment of obesity, The guidelines address the diagnosis standards, classification and staging of obesity. Its treatment section includes methods for behavioral, psychological and sports-based interventions, medical nutrition therapy, medication treatments, weight-loss and metabolic surgery, as well as approaches from traditional medicine. (In Chinese)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	National Health Commission
Find out more:	www.nhc.gov.cn
Linked document:	Download linked document

Weight Management Guidelines (2024)

As part of the "Weight Management Years" campaign, an evidence-based guide for health personnel to carry out weight management was issued in 2024. (In Chinese)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	National Health Commission
Find out more:	www.nhc.gov.cn
Linked document:	Download linked document

Weight Management Years Campaign

In July 2024, 16 Chinese national agencies, including the National Health Commission and the Ministry of Civil Affairs, released the implementation plan for the "Weight Management Years Campaign" to promote population-level weight control measures for 3 years. The campaign is built around 8 slogans: "lifelong commitment, active monitoring, a balanced diet, physical activity, good sleep, reasonable targets and family action".

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2024 (ongoing)
Organisation:	National Health Commission and others
Find out more:	www.nhc.gov.cn

Chinese Dietary Guidelines (2022)

The 5th edition of Chinese Dietary Guidelines was released in 2022. (Summary, full document unavailable)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2022 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	Chinese Nutrition Society
Find out more:	en.cnsoc.org

Guidelines for medical nutrition treatment of overweight/obesity in China (2021)

These guidelines provide a clinical reference for the standardized treatment and management of overweight / obesity. They cover the relationship of weight loss with different dietary patterns, meal replacement foods, biorhythms, intestinal microecology, metabolic surgery, and medical nutritional intervention, as well as weight loss in special populations.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2021 (ongoing)
Target age group:	Aikuiset ja lapset
Find out more:	pubmed.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Nutrition and Metabolic Management Branch of China International Exchange and Promotive Association for Medical and Health Care, Clinical Nutrition Branch of Chinese Nutrition Society, Chinese Diabetes Society, Chinese Society for Parenteral and Enteral Nutrition, Chinese Clinical Nutritionist Center of Chinese Medical Doctor Association. Guidelines for medical nutrition treatment of overweight/obesity in China (2021). Asia Pac J Clin Nutr. 2022;31(3):450-482. doi: 10.6133/apjcn.202209_31(3).0013. PMID: 36173217.

Physical Activity Guidelines for Chinese (2021)

These guidelines provide physical activity recommendations for children, adults, older people, and people with chronic diseases.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	Bureau for Diseases Prevention and Control of the National Health Commission
Find out more:	www.besjournal.com

Implementation Plan for Obesity Prevention and Control among Children and Adolescents

This plan aims to actively prevent and control overweight and obesity in children and adolescents. This is proposed to be achieved by improving nutrition and health literacy, encouraging physical activity, strengthening weight management services, improving food supply in schools, among other strategies. The plan sets an objective to reduce the annual increase in overweight and obesity rates in children and adolescents by 70%. (In Chinese)

Categories:	Evidence of Obesity Target Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020-2030
Target age group:	Lapset
Organisation:	National Health Commission, Ministry of Education
Find out more:	www.moe.gov.cn
References:	Ministry of Education of the People's Republic of China. Notice on Issuing the Implementation Plan for Obesity Prevention and Control among Children and Adolescents National Health Commission Disease Control and Prevention [2020] No. 16

Voluntary front-of-pack labelling

China introduced the FOP nutrition labeling concept in the revised standard for nutrition labeling, GB28050-xxxx. It encourages the industry to provide supplemental nutrition information on the front panel of the package to facilitate consumer understanding. It also offers flexibility for companies to properly design FOP nutrition labeling to help guide the consumers to achieve a balanced diet and reduce the consumption of fat, sugar, and salt.

Categories:	Labelling Regulation/Guidelines
Year(s):	2020 (ongoing)
Target age group:	Aikuiset ja lapset
References:	https://myemail.constantcontact.com/China-Revamps-Food-Nutrition-Labeling-Regulations.html?soid=1116651795207&aid=P2KmSjqyazM

Regulations on Food Safety and Nutrition and Health Management in Schools (Order No. 45)

This guideline is intended to ensure food safety and nutritional health in schools. It recommends that schools should provide nutritional guidance to students, and promote healthy eating based on dietary guidelines. It also states that retailers and canteens on school campuses should avoid selling high-salt, high-sugar and high-fat foods. (In Chinese)

Categories:	Evidence of School Food Regulations
Year(s):	2019 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	Ministry of Education
Find out more:	www.moe.gov.cn

Medium-to-Long Term Plan for the Prevention and Treatment of Chronic Diseases (2017-2025)

Under Healthy China 2030, this plan aims to strengthen the prevention and treatment of chronic diseases and increase the healthy life expectancy of the Chinese population. (In Chinese)

Categories:	Evidence of NCD strategy
Year(s):	2017-2025
Target age group:	Aikuiset
Organisation:	National Health Commission
Find out more:	www.nhc.gov.cn

The National Nutrition Plan (2017-2030)

As part of Healthy China 2030, the National Nutrition Plan aims to improve nutrition in the country, particularly among children and students. The plan sets targets to raise nutrition and health knowledge, increase exclusive breastfeeding rates, reduce stunting in children, halt the rise in obesity among students, reduce daily salt intake by 20%, and slow down the rise in overweight and obesity generally by 2030.

Categories:	Evidence of Obesity Target Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2017-2030
Target age group:	Aikuiset ja lapset
Organisation:	General Office of the State Council
Find out more:	gifna.who.int
Linked document:	Download linked document

Healthy China 2030

A national strategic plan aiming to promote healthy lifestyles, improve health services and the health industry, and build a sustainable health system to provide essential health services to every citizen by 2020 and reach the main health indicators of high income countries by 2030

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2030
Target age group:	Aikuiset ja lapset
Organisation:	Central Committee of the Communist Party and the State Council,
Find out more:	www.who.int
Linked document:	Download linked document
References:	Tan X, Liu X, and Shao H. Healthy China 2030: A Vision for Health Care. VALUE IN HEALTH REGIONAL ISSUES 12C (2017) 112-114

Action Plan to Reduce the Double Burden of Malnutrition in the Western Pacific Region (2015–2020)

The WHO action plan to reduce the double burden of malnutrition in the Western Pacific Region. It calls for accelerated efforts to improve nutrition. The plan includes targets to halt the increase in childhood overweight and adult and adolescent diabetes and obesity by 2025.

Categories:	Evidence of Obesity Target Transnational Obesity Strategies/Policy/Recommendations or Action Plan
Year(s):	2015-2020
Target age group:	Lapset
Organisation:	World Health Organisation
Find out more:	www.who.int
Linked document:	Download linked document
References:	World Health Organization. 2015. Action plan to reduce the double burden of malnutrition in the Western Pacific Region (2015–2020).

China's National Program for Food and Nutrition (2014-2020)

To improve and balance the nutrient intake from food and further to control obesity in China. The program focuses on effectively securing food supplies, optimizing the food structure and improving the nutritional status of all Chinese.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014-2020
Target age group:	Aikuiset ja lapset
Organisation:	Government of China
Find out more:	www.gov.cn
Linked document:	Download linked document
References:	China's National Program for Food and Nutrition (2014-2020) [Internet]. www.chinadaily.com.cn . [cited 2020 Jul 22]. Available from: http://www.chinadaily.com.cn/m/chinahealth/2014-05/16/content_17514060.htm []

YOG- Obesity study; community based physical activity intervention

An RCT providing additional 1-year tailored multi-component physical activity program to children in 4th and 7th grade of school, including classroom curricula, school environment support, family involvement and fun programs/events. This aimed to prevent childhood obesity in Nanjing. The intervention was found to be feasible and effective in promoting physical activity and preventing obesity among the general student population in a large city in China

Categories:	Non-national obesity strategies
Year(s):	2014 (ongoing)
Target age group:	Lapset
Organisation:	Wang et al.
Find out more:	www.nature.com
Linked document:	Download linked document
References:	Wang et al. Childhood obesity prevention through a community-based cluster randomized controlled physical activity intervention among schools in china: the health legacy project of the 2nd world summer youth olympic Games (YOG-Obesity study). International Journal of Obesity (2018) 42, pp. 625â€“633.

China National Program for Child Development (2011-2020)

The aim of this policy is to develop Chinese children's growth in various aspects and to control childhood obesity and overweight.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2011-2020
Target age group:	Lapset
Organisation:	Government of China
Find out more:	www.gov.cn
Linked document:	Download linked document
References:	China National Program for Child Development (2011-2020) - All China Women's Federation [Internet]. www.womenofchina.cn. [cited 2020i Jul 22]. Available from: http://www.womenofchina.cn/womenofchina/html1/Sources/1502/997-1.htm []

Sunshine Sports program

The policy of one hour of physical activity (PA) in schools every day aims to improve the intensity of physical activity and control childhood and adolescent obesity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Lapset
Organisation:	Department of Education
Find out more:	en.olympic.cn
Linked document:	Download linked document
References:	Fuzhou promotes youth sports at campus - Official Website of the Chinese Olympic Committee [Internet]. en.olympic.cn. [cited 2020 Jul 22]. Available from: http://en.olympic.cn/photo/2015-10-22/2355162.html □

The twelfth Five-Year Plan for National Economic and Social Development

To improve life expectancy, prevent obesity and related chronic disease and popularize health education. Healthy lifestyle initiatives began in 2012 and will cover more than 50 percent of Chinese communities by 2015 with the goal of reducing the prevalence of obesity to less than 12% in adults and less than 8% in children by 2015.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2015
Target age group:	Aikuiset ja lapset
Organisation:	State council
Find out more:	policy.asiapacificenergy.org
Linked document:	Download linked document
References:	12th Five-Year Plan (2011-2015) for National Economic and Social Development ESCAP Policy Documents Management [Internet]. policy.asiapacificenergy.org. [cited 2020 Jul 22]. Available from: https://policy.asiapacificenergy.org/node/37 □

Chinese Adults Physical Activity Guidelines

Through improving the level of physical activity to control and prevent obesity and related chronic diseases in Chinese adults.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Aikuiset
Organisation:	People's Republic of China Ministry of Health, Bureau of Disease Control and Prevention
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Muntner P, Gu D, Wildman RP, Chen J, Qan W, Whelton PK, et al. Prevalence of Physical Activity Among Chinese Adults: Results From the International Collaborative Study of Cardiovascular Disease in Asia. American Journal of Public Health [Internet]. 2005 Sep 1 [cited 2020 Jul 22];95(9):1631–1636. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1449408/ []

Guideline on Snacks for Chinese Children and Adolescents

Improve dietary issues amongst Chinese children and adolescents resulting in controlling childhood obesity and adolescent obesity

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2008 (ongoing)
Target age group:	Lapset
Organisation:	People's Republic of China Ministry of Health, Bureau of Disease Control and Prevention
Find out more:	pubmed.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Yu D, Zhang B, Zhao L, Wang H. [Snacks consumption in Chinese children and adolescents at the ages of 3-17 years]. Wei Sheng Yan Jiu = Journal of Hygiene Research [Internet]. 2008 Nov 1 [cited 2020 Jul 22];37(6):710–713. Available from: https://pubmed.ncbi.nlm.nih.gov/19239008/ []

The Chinese dietary guidelines

To use the best available scientific evidence to provide information on the types and amounts of foods, food groups and dietary patterns that aim to: promote health and wellbeing; reduce the risk of diet-related conditions and reduce the risk of chronic disease.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	Chinese Nutrition Society
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Wang S, Lay S, Yu H, Shen S. Dietary Guidelines for Chinese Residents (2016): comments and comparisons. Journal of Zhejiang University-SCIENCE B. 2016 Sep;17(9):649–56. □

The guidelines for prevention and control of overweight and obesity in Chinese adults

Guidelines to prevent and control overweight and obesity in Chinese adults.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2004 (ongoing)
Target age group:	Aikuiset
Organisation:	Biomed Environ Sci /Chen C,Â Lu FC and Department of Disease Control Ministry of Health, PR China.
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Chen C, Lu FC, Department of Disease Control Ministry of Health, PR China. The guidelines for prevention and control of overweight and obesity in Chinese adults. Biomedical and environmental sciences: BES [Internet]. 2004 [cited 2020 Jul 22];17 Suppl:1–36. Available from: https://pubmed.ncbi.nlm.nih.gov/15807475/ □

National Plan of Action for Nutrition

Ensuring food supply and implementation of appropriate interventions to alleviate hunger and food shortage, reduce the incidence of energy-protein malnutrition, prevent, control and eliminate micronutrient deficiencies. Through proper guidance to food consumption behaviour, improvement of dietary patterns and promotion of healthy life style, this policy aims to improve the general nutrition status of the people and prevent nutrition-related chronic disease.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1997 (ongoing)
Target age group:	Aikuiset ja lapset
Organisation:	The Ministry of Health
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/

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:	Aikuiset
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/

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:	Aikuiset
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

National food and nutrition consulting committee

National Multisectoral stakeholder mechanism in place.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Aikuiset ja lapset
Find out more:	extranet.who.int

Nutrient content lists

In China, producers and retailers are required by law to provide a list of the nutrient content of pre-packaged food products (with limited exceptions), even in the absence of a nutrition or health claim. The rules define which nutrients must be listed and on what basis (eg per 100g/per serving).

Categories:	Labelling Regulation/Guidelines
Target age group:	Aikuiset ja lapset
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327

PDF created on July 16, 2025