

Croatia



Policies, Interventions and Actions

Action Plan for Obesity Prevention 2024–2027

In March 2024 the Croatian government adopted the Action Plan for Obesity Prevention for the period 2024–2027. The document emphasises that obesity is a complex multifactorial disease but also a major risk factor for the development of other chronic non-communicable diseases. The action plan contains a target to halt the prevalence of overweight and obesity at 2019 levels by 2027.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2024-2027
Target age group:	Adults and children
Organisation:	Government
Find out more:	esavjetovanja.gov.hr
Linked document:	Download linked document

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

Special Tax on Coffee and Soft Drinks

In the Law and Decree on Special Tax on Coffee and Soft Drinks, sugar in soft drinks is taxed according to the amount of sugar per mL of soft drink. Under two grams of sugar results in no special tax. However, there are three brackets of grams of sugar per ML above this that results in progressively more special tax.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Government
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 26.06.23) 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/

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

CROATIA PHYSICAL ACTIVITY FACTSHEET

The country physical activity factsheets summarize specific areas of focus in terms of monitoring and surveillance based on a number of core indicators, as well as policies and action in the area of health-enhancing physical activity (HEPA) promotion for the European Union Member States of the WHO European Region including physical activity levels for adults, adolescents and children.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	WHO
Find out more:	www.euro.who.int
Linked document:	Download linked document
References:	Croatia - Physical activity factsheet (2018) [Internet]. www.euro.who.int . [cited 2020p Jul 23]. Available from: https://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/data-and-statistics/physical-activity-fact-sheets/physical-activity-country-fact-sheets/croatia []

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

STRATEGY FOR THE IMPLEMENTATION OF THE SCHOOL SCHEME IN THE REPUBLIC OF CROATIA FROM 2017/2018 TO 2022/2023 SCHOOL YEAR

Since the consumption of fruit and vegetables and milk and milk products decreases as students' age increases, and in order to shape children's eating habits in this developmental phase and increase the proportion of fruit and vegetables and milk and milk products in their diet, to prevent obesity and other diseases caused by unsuitable eating habits and reduce the intake of food with a large proportion of fat, sugar and salt, the School Scheme will be implemented among primary and secondary school children.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017 (ongoing)
Target age group:	Children
Organisation:	European Commission
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	STRATEGY FOR THE IMPLEMENTATION OF THE SCHOOL SCHEME IN THE REPUBLIC OF CROATIA FROM [Internet]. 2017d. Available from: https://ec.europa.eu/info/sites/info/files/food-farming-fisheries/key_policies/documents/hr-school-scheme-strategy-2017-23_en.pdf []

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/

Pravilnik o Ā½itaricama i Proizvodima Od Ā½itarica

National regulation with maximum thresholds for manufactured food/drink content relating to specific unhealthy ingredients adopted September 2016. (Available only in English language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
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/79837 (last accessed 20.07.22) 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/

Healthy Living Logo

The healthy living logo is a voluntary front of pack nutrition label. Use of the logo must fulfil nutrient criteria based on the recommended daily intake of energy and selected nutrients (total fat, saturated fatty acids, carbohydrates, sugars, proteins, salt) per adult.

Categories:	Labelling Regulation/Guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Croatian Government
Find out more:	www.hzjz.hr
Linked document:	Download linked document

National Programme "Living Health" 2015

Promotes Nutrition and Physical activity to prevent overweight and obesity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Republic of Croatia the Ministry of Health
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) https://extranet.who.int/nutrition/gina/sites/default/files/HRV%202015%20National%20Programme%20Living%20Healthy.pdf [Accessed 18 December 2018]. 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 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 & zwnj;

National health development strategy

National obesity strategy for Croatia.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2012-2020
Target age group:	Adults and children
Organisation:	Government of the Republic of Croatia
References:	https://extranet.who.int/ncdccs/Data/HRV_B11_Skracena%20Nacionalna%20strategija%20razvoja%20zdravstva%20-%20HRV%20-%20za%20web.pdf

National Strategy for Health Development 2012-2020

Includes emphasis on prevention of Chronic diseases involving altering poor nutritional and physical activity habits (amongst others).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2012-2020
Target age group:	Adults and children
Organisation:	Croatian Parliament
Find out more:	www.mindbank.info
Linked document:	Download linked document
References:	WHO MiNDbank - National Health Care Strategy 2012-2020 [Internet]. www.mindbank.info . [cited 2020at Jul 23]. Available from: https://www.mindbank.info/item/2077 □

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

National Action Plan for Overweight Prevention and Treatment

The Action Plan aims to encourage the extension and intensity of the activities related to health promotion and prevention of chronic diseases, and the complexity of the causes and consequences of excess body weight.

(NOPA)

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Evidence of NCD strategy
Year(s):	2010-2012
Target age group:	Adults and children
Organisation:	Ministry of Health and Social Care
Find out more:	www.sst.dk
Linked document:	Download linked document
References:	NATIONAL ACTION PLAN AGAINST OBESITY Recommendations and Perspectives Short version [Internet]. Available from: https://www.sst.dk/~media/681E3288F0A14C2EAA71ED9C4866D01F.ashx □

CROATIAN NATIONAL CONSENSUS ON THE DIAGNOSIS AND TREATMENT OF OBESITY

In 2002, the Croatian Society for Obesity was founded at the Croatian Chamber of Commerce, in the organization of which two national congresses on obesity have been held so far. A national consensus on the diagnosis and treatment of obesity was adopted at both congresses. Taking into account the poor long-term results of obesity treatment only with recommendations on dietary changes and increased physical activity, in the second consensus of April 2006. recommendations are given for earlier initiation of pharmacotherapy and surgical treatment of obesity than recommended in the previous consensus.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2006 (ongoing)
Organisation:	Croatian Society for Obesity
References:	https://www.bib.irb.hr/457004?rad=457004

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

Healthy Living Croatia

To improve health and quality of life of the population by reducing behavioural and socio-medical risk factors by educating to improve knowledge and attitudes on healthy eating behaviours and importance of physical activity.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2003-2022
Target age group:	Adults and children
Organisation:	Croatian institute of public health
Find out more:	esifundsforhealth.eu
Linked document:	Download linked document
References:	ESI funds for health (2018). Healthy Living croatia 2018. http://esifundsforhealth.eu/sites/default/files/2018-04/HR_Healthy%20Living%20final_0.pdf [Accessed 8th Nov].

Food based dietary guidelines

A set of dietary guidelines; the dietary guidelines for adults were published in 2002. The guidelines for children 7–10 years old were published in 2008, and those for adolescents 11–15 years old in 2012.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2002 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	www.fao.org
Linked document:	Download linked document
References:	Croatia [Internet]. Food and Agriculture Organization of the United Nations. [cited 2020n Jul 23]. Available from: http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/croatia/en/ []

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/

Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Children
Organisation:	World Health Organization
Linked document:	Download linked document
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf

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