

# Cyprus



## 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:	<a href="#">Download linked document</a>
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. <a href="https://iris.who.int/handle/10665/376957">https://iris.who.int/handle/10665/376957</a> . License: CC BY-NC-SA 3.0 IGO

## 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:	<a href="#">Download linked document</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/node/36162">https://extranet.who.int/nutrition/gina/en/node/36162</a> (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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## 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:	<a href="#">Download linked document</a>
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. <a href="https://doi.org/10.1159/000496183">https://doi.org/10.1159/000496183</a>

## Promotion of healthy diet and prevention of obesity and diet-related NCDs

These programmes and actions were reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to healthy diets, overweight and diet-related NCDs. More actions and programmes reported can be accessed through the country page.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of NCD strategy
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	WHO
Find out more:	<a href="https://extranet.who.int">extranet.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	<p>Action - GNPR 2016-2017: Promotion of healthy diet and prevention of obesity and diet-related NCDs (q12a) [Internet]. Global database on the implementation of National nutrition and exercise guidelines ] - Food-based dietary guidelines - ...   Global database on the Implementation of Nutrition Action (GINA) [Internet]. extranet.who.int. [cited 2020 Jul 25]. Available from: <a href="https://extranet.who.int/nutrition/gina/en/node/24300">https://extranet.who.int/nutrition/gina/en/node/24300</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></p>

## 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:	<a href="http://ec.europa.eu">ec.europa.eu</a>
References:	<a href="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">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</a>

## 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:	<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>

## 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:	<a href="http://ec.europa.eu">ec.europa.eu</a>
Linked document:	<a href="#">Download linked document</a>
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: <a href="https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf">https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf</a> &&zwnj;

## EV ZIN Program

"Supervised educational support and sports program employment in primary and secondary school children. Priority of the program was the psycho-educational support of the children, their educational support to improve their learning outcomes and promote healthy forms engaging children through sports activities."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013-2020
Target age group:	Children
References:	<a href="https://www.naac.org.cy/uploads/46f8ecb97d.pdf">https://www.naac.org.cy/uploads/46f8ecb97d.pdf</a>

## 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:	<a href="http://eur-lex.europa.eu">eur-lex.europa.eu</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/node/22917">https://extranet.who.int/nutrition/gina/en/node/22917</a> (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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## 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:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework <a href="http://www.wcrf.org/NOURISHING">www.wcrf.org/NOURISHING</a>

## National nutrition and exercise guidelines

Cyprus has two sets of guidelines, one directed at the general population and another at children aged 6–12 years. The guidelines were developed by a multi-sectoral group headed by the Ministry of Health and involving the Ministry of Education, consumer and nutrition associations and non-governmental organizations.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2007 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="http://www.fao.org/nutrition/education-nutritionnelle/food-dietary-guidelines/regions/cyprus/fr/">http://www.fao.org/nutrition/education-nutritionnelle/food-dietary-guidelines/regions/cyprus/fr/</a>

## 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:	<a href="#">Download linked document</a>
References:	<a href="https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924">https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924</a>

## 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:	<a href="http://www.ideficsstudy.eu">www.ideficsstudy.eu</a>
References:	<a href="https://www.ideficsstudy.eu/index.php?id=1161&amp;L=144%27%27A%3D0">https://www.ideficsstudy.eu/index.php?id=1161&amp;L=144%27%27A%3D0</a>

## 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:	<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>

## Ministry of Health National Nutrition and Exercise Guidelines

[Articles in Greek]. Available for Infants, children and adults

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.moh.gov.cy">www.moh.gov.cy</a>



