

Anglija



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region (UK-wide policy)

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:	Odrasli in otroci
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

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Calorie Labelling (Out of Home Sector) (England) Regulations 2021

In its 2020 policy paper "Tackling obesity: empowering adults and children to live healthier lives", the Government committed to introducing legislation to require large out-of-home food businesses to add calorie labels to the food they sell. The Government introduced the Calorie Labelling (Out of Home Sector) (England) Regulations 2021 ('the Regulations') in July 2021. They entered into force on 6 April 2022.

Categories:	Labelling Regulation/Guidelines
Year(s):	2022 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Government
Linked document:	Download linked document

Advertising and Sponsorship Policy

The Advertising and Sponsorship Policy approved by Bristol City Council restricts the marketing of food and drinks high in fat, sugar and/or salt. The policy covers all advertising generated by the Council itself and advertising and sponsorship by third parties on Bristol City Council-owned sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2021 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Bristol City Council
Linked document:	Download linked document
References:	https://news.bristol.gov.uk/news/new-rules-to-reduce-unhealthy-food-ads-in-bristol#:~:text=Under%20the%20policy%2C%20ads%20that,sites%20such%20as%20bus%20shelters.

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Target age group:	Odrasli in otroci
Organisation:	Bristol City Council
Linked document:	Download linked document
References:	https://news.bristol.gov.uk/news/new-rules-to-reduce-unhealthy-food-ads-in-bristol#:~:text=Under%20the%20policy%2C%20ads%20that,sites%20such%20as%20bus%20shelters.

Turning the Tide: A 10-year Healthy Weight Strategy (UK-wide policy)

"Our 10-year healthy weight strategy sets out a long-term agenda of evidence-informed policies with 30 recommendations, covering food and drink marketing, early years and treatment as well as the infrastructure needed to ensure policies are robustly implemented and evaluated."

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2031
Target age group:	Odrasli in otroci
Linked document:	Download linked document
References:	http://obesityhealthalliance.org.uk/turningthetide/

Calorie reduction: guidelines for the food industry (UK-wide policy)

This report sets out the calorie reduction ambitions for all food industry sectors, including: the approach to calorie reduction and reformulation, the different ambitions set across food industry sectors recognising that more action is required in the eating out, takeaway and delivery sectors, food products included in the categories and baseline figures for the different food sectors

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2020 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Calorie reduction: guidelines for the food industry. A technical report outlining guidelines for industry, 2017 baseline calorie levels and next steps. Public Health England. Available at https://www.gov.uk/government/publications/calorie-reduction-guidelines-for-the-food-industry (last accessed 11.09.20)

Cycling and Walking plan for England

This plan describes the vision to make England a great walking and cycling nation. It sets out the actions required at all levels of government to make this a reality, grouped under four themes: better streets for cycling and people, cycling and walking at the heart of decision-making, empowering and encouraging local authorities, enabling people to cycle and protecting them when they do

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Health
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Cycling and Walking plan England. Dept of Health (2020)

National Food Strategy for England

This independent report, published on 15 July 2021, looks at the entire food chain, from field to fork. This includes production, marketing, processing, sale and purchase of food (for consumption in the home and out of it). It also looks at the consumer practices, resources and institutions involved in these processes. The report makes recommendations for government, which has promised to respond formally with a White Paper within 6 months. Part one of this independent report was published in July 2020. The independent review was led by Henry Dimbleby supported by an advisory panel and Defra officials. Henry Dimbleby is co-founder of Leon restaurants, the lead non-executive director at Defra and co-author of The School Food Plan.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	UK Government
References:	https://www.gov.uk/government/publications/national-food-strategy-for-england

Obesity strategy

A series of measures are due to be introduced as part of a new obesity strategy that aims to help people lose weight to 'beat coronavirus (COVID-19) and protect the NHS'. Measures included: Ban on TV and online adverts for food high in fat, sugar and salt before 9pm, End of deals like 'buy one get one free' on unhealthy food high in salt, sugar and fat, Calories to be displayed on menus to help people make healthier choices when eating out – while alcoholic drinks could soon have to list hidden 'liquid calories' and a new campaign to help people lose weight, get active and eat better after COVID-19 "wake-up call"

Categories:	Evidence of National Obesity Strategy/Policy or Action plan Evidence of Marketing Guidelines/Policy Labelling Regulation/Guidelines
Year(s):	2020 (ongoing)
Target age group:	Odrasli in otroci
Find out more:	www.gov.uk
References:	New Obesity Strategy unveiled as country urged to lose weight to beat coronavirus (COVID-19) and protect the NHS. Press release. https://www.gov.uk/government/news/new-obesity-strategy-unveiled-as-country-urged-to-lose-weight-to-beat-coronavirus-covid-19-and-protect-the-nhs (Last accessed 27.07.20)

Policy paper, Tackling obesity: empowering adults and children to live healthier lives (UK-wide policy)

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2020 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Health and Social Care
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Policy paper, Tackling obesity: empowering adults and children to live healthier lives, Published 27 July 2020.

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:	Odrasli in otroci
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/

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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 (UK-wide policy)

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. Obes Facts 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

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Whole systems approach to obesity

A guide and set of resources to support local authorities with implementing a whole systems approach to address obesity and promote a healthy weight.

Categories:	Non-national obesity strategies
Year(s):	2019 (ongoing)
Target age group:	Odrasli
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document

Care of Women with Obesity in Pregnancy (UK-wide policy)

This is the second edition of this guideline. The first edition was published in 2010 as a joint guideline with the Centre of Maternal and Child Enquiries under the title 'Management of Women with Obesity in Pregnancy'.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Odrasli
Organisation:	Royal Collgege of Obstetricians and Gynaecologists
Find out more:	obgyn.onlinelibrary.wiley.com
Linked document:	Download linked document
References:	Denison FC, Aedla NR, Keag O, Hor K, Reynolds RM, Milne A, Diamond A, on behalf of the Royal College of Obstetricians and Gynaecologists. Care of Women with Obesity in Pregnancy. Green-top Guideline No. 72. BJOG 2018

Childhood Obesity: A Plan for Action, Chapter 2

This plan - which following the first plan published in 2016 - outlines the actions the government will take towards its goal of halving childhood obesity and reducing the gap in obesity between children from the most and least deprived areas by 2030.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Otroci
Organisation:	Department of Health and Social Care
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Childhood obesity: a plan for action, Chapter 2. Department of Health and Social Care: Global Public Health Directorate: Obesity, Food and Nutrition

Physical activity and the environment

This guideline covers how to improve the physical environment to encourage and support physical activity. The aim is to increase the general population's physical activity levels.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Weight management: lifestyle services for overweight or obese children and young people. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph47 (Last accessed 21.07.20)

Soft drinks industry levy

The Soft Drinks Industry Levy is a mandatory tax on the amount of sugar present in soft drinks in the UK. It is a two-tiered tax, affecting both manufacturers and importers of soft drinks. This levy was introduced by the UK Government in March 2016 and was enforced in April 2018 as a method of reducing the levels of sugar being consumed through soft drinks.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	UK Government
Find out more:	www.gov.uk
References:	https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy

Soft Drinks Levy (UK-wide policy)

The Soft Drinks Industry Levy aims to encourage producers to reduce added sugar content in drinks, market low-sugar alternatives, and reduce portion sizes for high-sugar drinks. The excise tax is levied on any prepackaged soft drink with added sugar containing at least 5 g of total sugars per 100 ml. The tax is £0.18 per litre on drinks with 5–8 g total sugar per 100 ml and £0.24 per litre on drinks with >8 g total sugar per 100 ml. Milk-based drinks with >75% milk, milk substitute drinks (e.g. plant based milks), pure fruit juices or any other drinks with no added sugar, are exempt. Producers who produce <1 million litres/year are also exempt.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2018 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	HM Revenue and Customs
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	HM Revenue and Customs. Soft drinks Industry Levy. Available from: https://www.gov.uk/topic/business-tax/soft-drinks-industry-levy [Last accessed 13 December 2018]. http://www.legislation.gov.uk/ukxi/2018/264/pdfs/ukxi_20180264_en.pdf

Everybody active, every day: 2 year update

This is an update on the 'Everybody active, every day' physical activity framework for England that was launched in 2015.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document

Healthy Active Schools System (HASS) (UK-wide policy)

This is a free tool devised and delivered by a UK children's activity provider 'Fit For Sport.' It is an online activity measurement tool which allows schools to track, monitor and evaluate children's activity levels in schools.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Otroci
Organisation:	Fit For Sport
Find out more:	www.healthyactiveschools.co.uk

NCD Country Profiles 2018 (Obesity Targets) (UK-wide policy)

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:	Odrasli in otroci
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

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Year(s):	2017 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	World Health Organisation
Linked document:	Download linked document
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

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

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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

Childhood Obesity - A Plan for Action

The government's plan to reduce England's rate of childhood obesity within the next 10 years by encouraging primary school children to eat more healthily and stay active and industry to cut the amount of sugar in food and drinks.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2016 (ongoing)
Target age group:	Otroci
Organisation:	HM Government
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	Childhood obesity: a plan for action. Department of Health, Prime Minister's Office, 10 Downing Street, HM Treasury and Cabinet Office

EU nutrient content lists (UK-wide policy)

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 13 December 2016.

Categories:	Labelling Regulation/Guidelines
Year(s):	2016 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	European Commission
Find out more:	eur-lex.europa.eu

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling (UK-wide policy)

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:	Otroci
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/

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Government 5 A Day logo

The Government recommends that we eat at least 5 portions of a variety of fruit and vegetables a day. This advice is based on epidemiological evidence that shows an association between the consumption of more than 400g a day of fruit and vegetables and a reduced risk of certain diet related chronic diseases, such as heart disease, stroke and some cancers. A new suite of Government 5 A Day logos has been developed to promote the 5 A Day message and help increase consumption of fruit and vegetables.

Categories:	Labelling Regulation/Guidelines
Year(s):	2016 (ongoing)
Target age group:	Odrasli
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document

Government Dietary Recommendations (UK-wide policy)

Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years. NB These guidelines relate to England, The form the basis of the Eatwell guide which is applicable across all the nations.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	assets.publishing.service.gov.uk

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (UK-wide policy)

This guidance supports the development of front of pack (FoP) nutrition labels that are compliant with the UK Health Ministers. Recommendation on the use of colour coding as an additional form of expression and with EU Regulation No. 1169/2011 on the provision of food information to consumers (EU FIC). The provision of FoP information remains voluntary, but if provided it must meet the requirements set out in the EU FIC. UPDATED 2016

Categories:	Labelling Re
Year(s):	
Target age group:	
Organisation:	The guidance was developed by the Department of Health, the Food Standards Agency, and devolved administrations in Scotland and Wales in collaboration with the British
Find out more:	
Linked document:	Downlo
References:	Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. Updated https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/566251/FoP_Nutrition_labelling (last

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Local Authority Declaration on Healthy Weight

Food Active has designed the Local Authority Declaration on Healthy Weight to support local government to exercise their responsibility in developing and implementing policies which promote healthy weight. The declaration which requires senior level local authority commitment encapsulates a vision to promote healthy weight and improve the health and well-being of the local population. In January 2016, Blackpool Borough Council were the first to adopt the Local Authority Declaration on Healthy Weight. Since then, 23 local authorities across England have adopted similar declarations. A reviewed version of the declaration was relaunched in 2020.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Food Active
Find out more:	www.foodactive.org.uk
Linked document:	Download linked document

One You

The campaign encourages adults to take control of their health by eating a healthier diet, drinking less alcohol, exercising more, and quitting smoking. It encourages adults to take part in a free online health quiz, called 'How Are You?', to identify where they can make small changes. The quiz provides personalised recommendations and directs people to tools and advice created by experts to help them take action.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Odrasli
Organisation:	Public Health England
Find out more:	www.nhs.uk

The Child's Obesity Strategy (UK-wide policy)

This report calls for a ban on fast food takeaway deliveries to schools and the introduction of initiatives such as new classifications on unhealthy food and loyalty cards to tackle the childhood obesity epidemic in the UK.

Categories:	Non-national obesity strategies
Year(s):	2016 (ongoing)
Target age group:	Otroci
Organisation:	Published by Royal Society for Public Health (RSPH), the Youth Health Movement and Slimming World.
Find out more:	www.rsph.org.uk
Linked document:	Download linked document

Walk to School Week (UK-wide policy)

Walk to School Week is a project run by the UK charity 'Living Streets.' It uses various campaigns and projects to overcome barriers to walking and encourage millions of people in the UK to walk.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016 (ongoing)
Target age group:	Otroci
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

Give Up Loving Pop (GULP)

GULP is a campaign from Food Active which aims to raise awareness of the health harms associated with overconsumption of sugary drinks. Food Active is a collaborative programme launched by the North West Directors of Public Health in November 2013 to address increasing levels of obesity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Otroci
Organisation:	Food Active
Find out more:	www.giveuplovingpop.org.uk
Linked document:	Download linked document

Guidelines on Preventing excess weight gain (NICE) (UK-wide policy)

Guidelines on how to prevent becoming overweight/obese, including interventions and activities in which weight is not the primary outcome, such as those aimed at preventing cardiovascular disease or type 2 diabetes, improving mental wellbeing or increasing active travel.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for health care and excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	National Institute for health care and excellence (2015). Preventing excess weight gain. Available from: https://www.nice.org.uk/guidance/ng7/resources/preventing-excess-weight-gain-pdf-51045164485 . [Accessed 14 December 2018].

Healthier Options Takeaways (HOT)

Broxtowe Borough Council implemented the Healthier Options Takeaway (HOT) Merit scheme in conjunction with Nottinghamshire County Council and the other district Councils within Nottinghamshire. The HOT Merit aims to increase accessibility and awareness of healthier options in takeaway outlets, and forms part of an approach to reduce obesity within Nottinghamshire.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Nottinghamshire County Council
Find out more:	www.nottinghamshire.gov.uk

Healthy New Towns

The Healthy New Towns programme worked with 10 demonstrator sites across England to explore how the development of new places could create healthier and connected communities with integrated and high-quality services.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	NHS England
Find out more:	www.england.nhs.uk
Linked document:	Download linked document

Preventing excess weight gain

This guideline covers behaviours such as diet and physical activity to help children (after weaning), young people and adults maintain a healthy weight or help prevent excess weight gain. The aim is to prevent a range of diseases and conditions including cardiovascular disease and type 2 diabetes and improve mental wellbeing.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Management/treatment guidelines Non-national obesity strategies
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Preventing excess weight gain. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ng7 (Last accessed 21.07.20)

Preventing excess weight gain (NICE Guidelines NG7) (UK-wide policy)

These guidelines makes recommendations on behaviours that may help people maintain a healthy weight or prevent excess weight gain.

Categories:	Non-national obesity strategies
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Care Excellence (NICE)
Find out more:	www.nice.org.uk
Linked document:	Download linked document

School Food Regulations 2014

Legislation was passed in 2014 and was implemented in 2015 surrounding the mandatory standards of school food in England. This was an update of present legislation from 2007 (School Food Standards 2007). The legislation set mandatory nutritional standards on schools meals and nutrient content regulations.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Otroci
Organisation:	UK Government
References:	https://www.legislation.gov.uk/uksi/2014/1603/pdfs/ukxi_20141603_en.pdf

School Food Regulations 2014 (No. 1603) (UK-wide policy)

Applicable to school lunches and food provided to students on school premises, will come into force 1 January 2015. These replace the School Food Standards of 2007.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of School Food Regulations
Year(s):	2015 (ongoing)
Target age group:	Otroci
Organisation:	Government
Find out more:	www.legislation.gov.uk
Linked document:	Download linked document

Sporting Future: A New Strategy for an Active Nation 2015 (UK-wide policy)

'This cross-government strategy will tackle head on the flatlining levels of sport participation and high levels of inactivity in this country. Through this strategy, government is redefining what success in sport means, with a new focus on five key outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.'

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Culture, Media and Sport
Find out more:	www.gov.uk
Linked document:	Download linked document

Sugar Reduction: The evidence for action

This report details a review of the international evidence on interventions to help the nation reduce their sugar consumption. It contains options including further regulation of promotions, restrictions on the marketing of high sugar products, the impact of fiscal measures and a voluntary reformulation programme.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	www.gov.uk
Linked document:	Download linked document

SUGAR SMART

SUGAR SMART is a campaign by food charity Sustain working with councils, businesses, institutions and other sectors to help reduce overconsumption of sugar in their local areas. SUGAR SMART supports local campaigns to take on across-sector approach to transform their food environment and raise public awareness of the impacts of consuming too much sugar.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Sustain
Find out more:	www.sugarsmartuk.org
Linked document:	Download linked document

The Food Standards Agency's Strategy for 2015-2020 (UK-wide policy)

'The FSA Strategy 2015 -20 reinvigorates our pledge to put consumers first in everything we do, so that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat, now and in the future.'

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015-2020
Target age group:	Odrasli in otroci
Organisation:	Food Standards Agency
Find out more:	www.food.gov.uk
Linked document:	Download linked document

The Requirements for School Food Regulations 2014 (No. 1603)

These regulations, which came into force on 1 January 2015, are applicable to school lunches and food provided to students on school premises. These replace the School Food Standards of 2007. Measures include various food based standards, including a legal requirement for schools to provide milk to children once during the school day (with some exceptions).

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Otroci
Organisation:	UK Government
Find out more:	www.legislation.gov.uk
Linked document:	Download linked document

Thrive Plymouth (UK-wide policy)

Thrive Plymouth is a ten year programme which aims to improve health and wellbeing in Plymouth and narrow the gap in health status between people in the city. Its objective is to generate collective action for social change around the main lifestyle choices that determine health and wellbeing in Plymouth. The programme will encourage and enable partners (residents, organisations, institutions) to support positive lifestyle choices in different settings. It encourages eating a healthy diet, leading active lifestyle, drinking sensibly and not smoking. Year one focus was the workplace, year two focus was schools and year three will be focused on the 'One You' campaign.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Plymouth City Council
Find out more:	www.plymouth.gov.uk

Go-Golborne! Community-based pilot intervention to address childhood obesity

A pilot intervention to prevent childhood obesity in the Royal Borough of Kensington and Chelsea between 2014 and 2018. It is a multi-strategy approach targeting children aged 0-16 years and their families in all settings where children live, learn and play.

Categories (partial):	Evidence of Community Interventions/Campaign Health Effectiveness Reviews (obesity related)
Year(s):	2014-2018
Target age group:	Otroci
Organisation:	Royal Borough of Kensington and Chelsea
Find out more:	www.rbkc.gov.uk
Linked document:	Download linked document
References:	Vamos E.P, Lewis, E, Junghans, C, Hrobonova, E, Dunsford, E. and Millett, C. 2016. Public Health. Community-based pilot intervention to tackle childhood obesity: a whole-system approach. 140. pp. 109-118. doi: 10.1016/j.puhe.2016.07.013.

GP Guidance: Management of nutrition following bariatric surgery (UK-wide policy)

This guideline assumes that the bariatric centre will provide the first two years of follow up for the patient before discharging back to the care of the General Practitioner.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	British Obesity & Metabolic Surgery Society. GP Guidance: Management of nutrition following bariatric surgery August 2014
Find out more:	www.bomss.org.uk
References:	http://www.bomss.org.uk/wp-content/uploads/2014/09/GP_Guidance-Final-version-1Oct141.pdf

Healthier and more sustainable catering

Catering guidance that offers practical advice on how to make catering affordable, healthier and more sustainable. First published in 2014 and updated in 2017.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	www.gov.uk

MAN v FAT (UK-wide policy)

Man V Fat is a digital magazine and social media community designed to support and champion men who want to lose weight. It also runs bootcamps and football leagues for men with a BMI of 30+.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Odrasli
Organisation:	Andrew Shanahan, a writer for The Guardian, The Times and Loaded.
Find out more:	manvfat.com

Maternal and child nutrition

This guideline covers the nutrition of pregnant women, including women who are planning to become pregnant, mothers and other carers of children aged under 5 and their children. In particular, it aims to address disparities in the nutrition of low-income and other disadvantaged groups compared with the general population.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Maternal and child nutrition. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph11 (Last accessed 22.07.20)

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document

National Clinical Guidelines: Obesity

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

National Clinical Guidelines: Obesity (UK-wide policy)

Clinical guidelines for the identification, assessment and management of overweight and obesity in children, young people and adults

Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Care Excellence
Find out more:	www.nice.org.uk

Obesity: identification, assessment and management

This guideline covers identifying, assessing and managing obesity in children (aged 2 years and over), young people and adults. It aims to improve the use of bariatric surgery and very-low-calorie diets to help people who are obese to reduce their weight.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Obesity: identification, assessment and management. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/cg189 (Last accessed 21.07.20)

Physical activity: exercise referral schemes

This guideline covers exercise referral schemes for people aged 19 and older, in particular, those who are inactive or sedentary. The aim is to encourage people to be physically active.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2014 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity: exercise referral schemes. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph54 (Last accessed 22.07.20)

The Government Buying Standard for Food and Catering Services (GBSF)

The Government Buying Standard for Food and Catering Services (GBSF of 2014, updated March 2015) by the Department of Environment, Food and Rural Affairs (Defra) sets out standards for the public sector when buying food and catering services. Public sector organisations are encouraged to follow these standards when buying food and catering services. The GBSF sets out the minimum standards that must be adhered to if food or catering services are procured via Crown Commercial Services (CCS). These standards are already mandatory across central government departments and their agencies. This ensures that food and drink served on the government estate, including prisons, the armed forces and hospitals that are also required to follow the GBSF, encourages and enables healthier eating habits.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2014 (ongoing)
Organisation:	UK Government
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=6#step3=338

Weight management: lifestyle services for overweight or obese adults

This guideline covers multi-component lifestyle weight management services including programmes, courses, clubs or groups provided by the public, private and voluntary sector. The aim is to help people lose weight and become more physically active to reduce the risk of diseases associated with obesity. This includes coronary heart disease, stroke, type 2 diabetes and various cancers.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Weight management: lifestyle services for overweight or obese adults. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph53 (Last accessed 21.07.20)

BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups

This guideline covers the link between body mass index (BMI) and waist circumference and the risk of disease among adults from black, Asian and other minority ethnic groups in the UK. The aim was to determine whether lower cut-off points should be used for these groups as a trigger for lifestyle interventions to prevent conditions such as diabetes, myocardial infarction or stroke.

Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity and the environment. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ng90 (Last accessed 21.07.20)

Box Chicken

Box Chicken was a healthy street food campaign aimed at children in low income areas to tackle childhood obesity. Box Chicken was a project by Shift (formerly We Are What We Do), a not for-profit behaviour change company that aims to shift the everyday behaviours of individuals by tackling a series of major social and environmental issues, such as mental health, youth obesity and domestic food and energy waste.

Categories (partial):	Evidence of Community Interventions/Campaign Health Effectiveness Reviews (obesity related)
Year(s):	2013
Target age group:	Otroci
Organisation:	Shift
Find out more:	shiftdesign.org
Linked document:	Download linked document
References:	https://shiftdesign.org/portfolio/box-chicken/#overview (Last accessed 16.07.20)

Front of Pack nutrition labelling - traffic light (UK-wide policy)

Since 2013, the UK has recommended the "Traffic Light" Front of Pack Nutrition Labelling system. The system combines colour coding and percentage reference intakes in line with UK health ministers' recommendations and the requirements of Article 35 of EU Regulation 1169/2011 on the provision of food information to consumers. The system is voluntary.

Categories:	Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Government
Find out more:	www.gov.uk

Girls active

The award winning Girls Active was created on the back of a 12 month action research project conducted by the Youth Sport Trust, and is supported by Women in Sport. Teachers are trained in changing the physical activity sport culture and lessons at school with the aim of increasing physical activity level in school girls.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Otroci
Organisation:	Youth Sport Trust
Find out more:	www.youthsporttrust.org
Linked document:	Download linked document

Look Up

'Look Up' is one of the European Youth Tackling Obesity (EYTO) campaigns based in the London Borough of Islington, England. It is entirely managed by local young people of Islington and was launched via Facebook and Twitter pages, which they use to post content such as tips and challenges to encourage young people to be active and try new, healthier foods.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2013-2015
Target age group:	Otroci
Find out more:	www.eyto.org.uk
References:	European Youth Tackling Obesity (EYTO) project. http://www.eyto.org.uk/about/the-campaigns/home (last accessed 10 Feb 2016)

Measuring Up: The medical profession's prescription for the nation's obesity crisis (UK-wide policy)

A report suggesting a number of policy measures to tackle obesity, a ban on junk food advertising before 9pm and recommendations on reducing the proximity of fast food outlets to schools.

Categories:	Evidence of Marketing Guidelines/Policy
Categories (partial):	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 Labelling Regulation/Guidelines
Year(s):	2013 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	The Academy of Medical Royal Colleges
Find out more:	www.aomrc.org.uk
Linked document:	Download linked document

Out to Lunch (UK-wide policy)

This campaign works with restaurants and pub chains to improve the food and service offered to children and families when they eat out on the high street. With the help of a team of 'secret diner' parents, the campaign compiled an 'Out to Lunch' league table, ranking 21 of Britain's top high street chains. Out to Lunch aims to improve healthy menu development and encourages good sourcing and preparation practices.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2013 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	The Soil Association
Find out more:	www.soilassociation.org

Physical activity: brief advice for adults in primary care

This guideline covers providing brief advice on physical activity to adults in primary care. It aims to improve health and wellbeing by raising awareness of the importance of physical activity and encouraging people to increase or maintain their activity level.

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity: brief advice for adults in primary care. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph44 (Last accessed 22.07.20)

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (UK-wide policy)

The Healthy Eating Regulations impose requirements and standards on the types of food and drink that can be served at breakfast and lunch, including nutritional standards.

Year(s):	2013 (ongoing)
Target age group:	Otroci
Organisation:	Welsh Government
Find out more:	www.assembly.wales
Linked document:	Download linked document

Weight management: lifestyle services for overweight or obese children and young people

This guideline covers lifestyle weight management services for children and young people aged under 18 who are overweight or obese. It advises how to deliver effective weight management programmes that support children and young people to change their lifestyle and manage their weight.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2013 (ongoing)
Target age group:	Otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph46 (Last accessed 21.07.20)

Most Active County (MAC) programme

The Most Active County (MAC) programme is Suffolk Council's 2012 Olympics legacy programme for sport, physical activity and health. Most Active County works with local and national partners to create, promote and commission physical activity opportunities that support healthy lifestyles to flourish in Suffolk. It focuses on bringing added value to the good work that many organisations across the county do to engage people in physical activity.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Suffolk Council
Find out more:	www.mostactivecounty.com

Obesity: working with local communities

This guideline covers how local communities, with support from local organisations and networks, can help prevent people from becoming overweight or obese or help them lose weight. It aims to support sustainable and community-wide action to achieve this.

Categories:	Non-national obesity strategies
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2012 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Obesity: working with local communities. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph42 (Last accessed 21.07.20)

Physical activity: walking and cycling

This guideline covers encouraging people to increase the amount they walk or cycle for travel or recreation purposes.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity: walking and cycling. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph41 (Last accessed 22.07.20)

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:	Odrasli in otroci
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 (UK-wide policy)

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:	Otroci
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

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:	Otroci
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

Multidisciplinary Tier 3 weight management service (UK-wide policy)

Evaluation of this multi-disciplinary approach using focus groups revealed that participants described high levels of satisfaction. A Tier 3 weight management service for obese patients with complex co-morbidity was successfully delivered in a primary care setting with a full multidisciplinary team. Health outcomes were good compared with existing services.

Categories:	Evidence of Multidisciplinary Intervention
Year(s):	2011 (ongoing)
Target age group:	Odrasli
Organisation:	Jennings et al 2014
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Jennings et al 2014. Evaluation of a multidisciplinary Tier 3 weight management service for adults with morbid obesity, or obesity and comorbidities, based in primary care. Clinical Obesity. doi: 10.1111/cob.12066

Public Health 'Responsibility Deal'

In England, through the Government's Responsibility Deal launched in 2011, the food industry has made voluntary commitments (pledges) to reformulate their products to reduce salt, saturated and trans fats, and calories. Through the Responsibility Deal, approximately 40 companies have signed up to the calorie reduction 'pledge', including major retailers, manufacturers and caterers, as of October 2014. These companies are taking a range of actions, including reducing portion sizes, to help people consume fewer calories.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2011 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Health
Find out more:	webarchive.nationalarchives.gov.uk
Linked document:	Download linked document

Start Active, Stay Active (UK-wide policy)

A UK-wide document that presents guidelines on the volume, duration, frequency and type of physical activity required across the life course to achieve general health benefits. It is aimed at the NHS, local authorities and a range of other organisations designing services to promote physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Health, Physical Activity, Health Improvement and Protection
Linked document:	Download linked document

All Wales Obesity Pathway (UK-wide policy)

The Pathway is a tool for Health Boards, working jointly with Local Authorities and other key stakeholders, to map local policies, services and activity for both children and adults against four tiers of intervention, and to identify any gaps.

Year(s):	2010 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Welsh Assembly Government
Find out more:	www.wales.nhs.uk

Nippers' Nutrition Programme

In April 2010, jointly with the NHS Healthy Weight Programme, the Nippers' Nutrition Programme was developed aimed at supporting settings across Cornwall to provide children in their care with nutritious food.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Otroci
Organisation:	Cornwall Council
Find out more:	www.cornwall.gov.uk
Linked document:	Download linked document

The CHANGE! (Children's Health, Activity and Nutrition: Get Educated!) Project: a clustered randomised controlled trial

A randomised intervention study on 318 children aged 10-11 years from 6 Intervention and 6 Comparison schools. This intervention assessed the effects of a teacher-led curriculum, learning resources, and homework tasks (educating children on physical activity and nutrition) on waist circumference, body mass index (BMI), BMI z-scores, physical activity and sedentary time, and food intake.

Categories (partial):	Evidence of Community Interventions/Campaign Health Effectiveness Reviews (obesity related)
Year(s):	2010-2011
Target age group:	Otroci
Organisation:	Fairclough et al
Find out more:	bmcpublichealth.biomedcentral.com
Linked document:	Download linked document
References:	Fairclough et al 2013. Promoting healthy weight in primary school children through physical activity and nutrition education: a pragmatic evaluation of the CHANGE! randomised intervention study. BMC Public Health. 13 (626). DOI: https://doi.org/10.1186/1471-2458-13-626 .

The Toy Box Study (UK-wide policy)

The Toy Box intervention is a multicomponent, kindergarten-based, family-involved intervention, focusing on the promotion of water consumption, healthy snacking, physical activity and the reduction/ breaking up of sedentary time in preschool children and their families.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010-2014
Target age group:	Odrasli in otroci
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

Weight management before, during and after pregnancy

This guideline covers how to assess and monitor body weight and how to prevent someone from becoming overweight or obese before, during and after pregnancy. The aim is help all women who have a baby to achieve and maintain a healthy weight by adopting a balanced diet and being physically active.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2010 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Weight management before, during and after pregnancy. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph27 (Last accessed 22.07.20)

Change4Life

Public health, social marketing campaign to address the causes of obesity and encourage improvements in diet, activity level and alcohol consumption.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2009 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Public Health England
Find out more:	www.nhs.uk

Creating an Active Wales (UK-wide policy)

This action plan sets out the steps the Welsh Assembly Government will take, with partners, to achieve an active, healthy and inclusive Wales. Creating an Active Wales focuses on four strategic aims; to develop a physical environment that makes it easier for people to choose to be more physically active; to support children and young people to live active lives, and become active adults; to encourage more adults to be more active, more often throughout life and to increase participation in sport, by all sectors of the population.

Year(s):	2009 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Welsh Government
Find out more:	www.wales.nhs.uk
Linked document:	Download linked document

Healthy Weight, Healthy Lives: One Year On

This is a report on the delivery of Healthy Weight, healthy Lives: A Cross-Government Strategy for England, published in January 2008. It sets out how to continue to build a society that supports healthy weight.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan Health Effectiveness Reviews (obesity related)
Year(s):	2009-2011
Target age group:	Odrasli in otroci
Organisation:	Cross Government Obesity Unit, Department of Health
Linked document:	Download linked document

Physical activity for children and young people

This guideline covers promoting physical activity for children and young people aged under 18 at home, preschool, school and in the community. It includes raising awareness of the benefits of physical activity, listening to what children and young people want, planning and providing spaces and facilities, and helping families build physical activity into their daily lives.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	Otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity for children and young people. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph17 (Last accessed 22.07.20)

Healthy Stadia Network (UK-wide policy)

"At Healthy Stadia, we encourage professional and amateur sports clubs, league operators, national and international governing bodies of sport to develop their stadia and sports facilities as health-promoting environments. We do this by supporting them to adopt a range of policies and practices in support of the health of their fans, their staff and the surrounding community. The definition we give to Healthy Stadia is: Healthy Stadia are... those who promote the health of visitors, fans, players, employees and the surrounding community... places where people can go to have a positive, healthy experience playing or watching sport."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Odrasli in otroci
References:	https://healthystadia.eu/healthy-stadia-concept/

Healthy Weight, Healthy Lives: A Cross-Government Strategy for England

This cross-government strategy aimed to introduce a sustained programme to support people to maintain a healthy weight. It was followed by a public annual report that assessed progress, looked at the latest evidence and trends, and made recommendations for further action.

Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2008-2011
Target age group:	Odrasli in otroci
Organisation:	Department of Health
Find out more:	www.gov.uk
Linked document:	Download linked document

Physical activity in the workplace

This guideline covers how to encourage employees to be physically active. The aim is to increase the working population's physical activity levels.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	Odrasli
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Physical activity in the workplace. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/ph13 (Last accessed 22.07.20)

re:refresh

The re:refresh programme aims to offer the people of Blackburn with Darwen the opportunity to access a range of leisure, health and well-being activities, health and dietary advice.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2008 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Blackburn with Darwen Borough Council and the Care Trust Plus
Find out more:	www.refreshbwd.com

Developing a Whole School Food and Fitness Policy (UK-wide policy)

This document is designed to guide and support schools as they develop whole school food & fitness policies

Year(s):	2007 (ongoing)
Target age group:	Otroci
Organisation:	Welsh Government
Linked document:	Download linked document

Health, Exercise and Nutrition in the Really Young (HENRY) (UK-wide policy)

"Health, Exercise and Nutrition in the Really Young (HENRY) is an eight-week obesity prevention programme currently delivered in children's centres across the UK."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2007 (ongoing)
Target age group:	Otroci
Find out more:	www.henry.org.uk
References:	https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7410-0

EU health and nutrient claims regulation (UK-wide policy)

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:	Odrasli in otroci
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

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:	Odrasli in otroci
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Obesity prevention

This guideline covers preventing children, young people and adults becoming overweight or obese. It outlines how the NHS, local authorities, early years' settings, schools and workplaces can increase physical activity levels and make dietary improvements among their target populations.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2006 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	National Institute for Health and Clinical Excellence
Find out more:	www.nice.org.uk
Linked document:	Download linked document
References:	Obesity prevention: Clinical guideline. National Institute for Health and Clinical Excellence. https://www.nice.org.uk/guidance/cg43/resources (Last accessed 21.07.20)

Choosing activity: a physical activity action plan

This document sets out the Government's plan to encourage and coordinate the action of a range of departments and organisations in order to promote increased participation in physical activity across England.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	Odrasli in otroci
Organisation:	Department of Health
Find out more:	webarchive.nationalarchives.gov.uk
Linked document:	Download linked document
References:	Choosing activity : a physical activity action plan. Department of Health, Great Britain (2005)

Game Plan, Strategy for delivering the Government's sport and physical activity objectives (UK-wide policy)

This document describes the United Kingdom's Government objectives for sport and physical activity and identifies ways of improving Government support. It was published in 2002 by two government departments: the Social Exclusion Unit and the Department of Culture, Media and Sport. The overall objectives of the plan are to increase the participation of all people in sport and to improve results in international competition.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2002-2020
Target age group:	Odrasli in otroci
Organisation:	Department for Culture, Media and Sport
Find out more:	www.sportdevelopment.org.uk
References:	DCMS/Strategy Unit. (2002) Game plan: A strategy for delivering government's sport and physical activity objectives. London: Cabinet Office

The Eatwell Plate

The United Kingdom published its first national food model in 1994, and it has been updated since then. The national food model, then known as 'The Balance of Good Health', was launched in 1994. It was revised and named 'The eatwell plate' in 2007. The most recent model, the Eatwell Guide, was published in March 2016. The revision of the eatwell plate to the Eatwell Guide in 2016 was led by Public Health England in association with Food Standards Scotland, the Welsh Government and by the Food Standards Agency in Northern Ireland. The Eatwell Guide has been accepted across UK government departments.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	1994 (ongoing)
Target age group:	Odrasli in otroci
Find out more:	www.gov.uk
Linked document:	Download linked document
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/united-kingdom/en/

UK Code of Broadcast Advertising (BCAP Code) (UK-wide policy)

Statutory rules on advertisements for HFSS foods on TV channels dedicated to children. These regulations ban the advertising of food high in fat, sugar, and salt (as defined by a nutrient profiling model) during television programs that have particular appeal to children aged younger than 16 years. Since 2011, the provisions of the Code of Advertising Practice now apply to advertisers own websites and advertising on social media sites.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	1961 (ongoing)
Target age group:	Otroci
Organisation:	UK Code of Broadcast Advertising (BCAP Code)
Find out more:	www.cap.org.uk
Linked document:	Download linked document

An evaluation of a public–private partnership to reduce artificial trans fatty acids in England

Knai C et al. (2017) An evaluation of a public–private partnership to reduce artificial trans fatty acids in England, 2011–2016. European Journal of Public Health, ckx002, 1–4.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

An evaluation of the UK Food Standard Agency’s salt campaign (UK-wide policy)

An evaluation of the UK Food Standard Agency’s salt campaign

Categories (partial):	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

CAP non-broadcast code

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Target age group:	Otroci
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

CAP non-broadcast code (UK-wide policy)

"The CAP non-broadcast code has rules that cover non-broadcast advertising (for example print, online), sales promotion and direct marketing (such as telesales and email). The code specifies standards for accuracy and honesty that businesses must stick to, including specific conditions, such as: advertising to children" - UK Gov. The CAP non-broadcast code includes Mandatory regulation of food advertising in non-broadcast media.

Target age group:	Otroci
Organisation:	UK Government
Find out more:	www.asa.org.uk
References:	https://www.gov.uk/marketing-advertising-law/advertising-codes-of-practice

Children's exposure to food advertising: the impact of statutory restrictions. (UK-wide policy)

Whalen R et al. (2017) Children's exposure to food advertising: the impact of statutory restrictions. Health Promotion International, 34(2), 227-235.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Commercial promotion of food to children

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Categories:

Evidence of Marketing Guidelines/Policy

Target age group:

Otroci

References:

https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Commercial promotion of food to children (UK-wide policy)

"A combination of statutory and government-approved private sector self-regulation techniques are used to control the commercial promotion of food to children. Statutory rules apply to child-targeted television advertisements for HFSS foods as defined by the nutrient profiling scheme developed by the Food Standards Agency. "Child-targeted" marketing is defined as marketing during preschool children's programmes, during programmes made for children under the age of 16 in children's airtime, and youth-oriented programming that attracts a significantly higher-than-average proportion of viewers younger than 16 years (the proportion of viewers under 16 is 20% higher than the general viewing population). The rules apply to commercial and public service broadcast channels and all cable and satellite channels. The objectives are to limit children's exposure to advertising for HFSS products and to restrict the use of advertising techniques appealing to children." - WHO

Target age group:

Otroci

References:

https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? (UK-wide policy)

Fogarty AW et al. (2007) Does participation in a population-based dietary intervention scheme have a lasting impact on fruit intake in young children? *International Journal of Epidemiology*, 36(5), 1080-1085.

Categories:	Health Effectiveness Reviews (obesity related)
Find out more:	pubmed.ncbi.nlm.nih.gov
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Evaluation of the effectiveness of front-of-pack labelling (UK-wide policy)

Sacks G et al. (2009) Impact of front-of-pack 'traffic-light' nutrition labelling on consumer food purchases in the UK. *Health Promotion International*, 24(4), 344-352.

Categories:	Health Effectiveness Reviews (obesity related)
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

FIT FANS

A free health programme for men and women aged 35-65 who are looking to lose weight, get fitter and lead a more active life. The 12 week programme is delivered by coaching staff from the local football club at the stadium.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Odrasli
Find out more:	www.efltrust.com

GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling (UK-wide policy)

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:	Odrasli
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/

Living Streets (UK-wide policy)

UK charity campaigning to get everyone out walking more

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	Odrasli in otroci
Organisation:	Living Streets
Find out more:	www.livingstreets.org.uk

MEND (Mind,Exercise,Nutrition...Do it!) 5-7 Programme (UK-wide policy)

"The MEND 5-7 programme is a comprehensive, multi-component intervention designed to tackle obesity in childhood. The programme supports families by providing information on child nutrition (based on government healthy eating guidelines), active play and parenting practices to help parents practically integrate these recommendations into everyday life. The programme uses a non-diet approach to prevent unduly restrictive eating which can lead to problematic eating behaviours."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Otroci
References:	https://www.researchgate.net/publication/236639812_Assessing_the_short-term_outcomes_of_a_community-based_intervention_for_overweight_and_obese_children_The_MEND_5-7_programme

One You

One You is an NHS community weight loss programme provided in group settings by local councils.

Categories:	Evidence of Community Interventions/Campaign
Target age group:	Odrasli in otroci
Find out more:	www.nhs.uk
References:	https://www.kentcht.nhs.uk/service/one-you-kent/one-you-weight-loss/

re:balance (UK-wide policy)

Weight loss programme based in Camden or Islington. You can either refer yourself or a GP can refer you. Rebalance is a 12 week, group, weight-loss programme of exercise and dietary advice for overweight or obese adults. It covers nutritional advice, healthy-eating guidance, online, cognitive behavioural support and help to get active.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Target age group:	Odrasli
Find out more:	www.camden.gov.uk

The Family Project (a multi-disciplinary family-based programme for treating childhood obesity) (UK-wide policy)

A multi-component family focused education package involving physical activity sessions and educational workshops focusing on; healthy eating, physical activity, reducing sedentary behaviour, behaviour change and psychological well being. Workshops were also delivered by a multi-disciplinary team comprising; a dietitian, physical activity health promotion officer, an educational or clinical psychologist and 2-3 physical activity instructors.

Categories:	Evidence of Multidisciplinary Intervention
Target age group:	Otroci
Organisation:	Coppins et al 2011
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Coppins et al 2011. Effectiveness of a multi-disciplinary family-based programme for treating childhood obesity (the Family Project). Eur J Clin Nutr. 2011 Aug;65(8):903-9.

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