



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:	0-14, 15-49, 50-64, 65+
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

Eat and drink well – recommendations of the German Nutrition Society (DGE)

In 2024, the German Nutrition Society (DGE) released the most recent update of the Food-Based Dietary Guidelines (FBDG) for Germany. They recommend eating colourfully, healthily, and sustainably with a focus on plant-based food.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	□□□□□□□□□□
Organisation:	German Nutrition Society (DGE)
Find out more:	www.dge.de
Linked document:	Download linked document

Good Food for Germany - Food Strategy of the Federal Government (2024)

Germany's nutrition strategy, aiming to create a food system that enables everyone to eat healthily and sustainably by 2050 with the goal of improving public health, preventing disease, and protecting the environment. (In German)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	□□□□□□□□□□
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	www.in-form.de
Linked document:	Download linked document

Guidelines for the Prevention and Treatment of Obesity (2024)

Version 5 of the German guidelines for the prevention and treatment of obesity. These evidence-based guidelines are intended for all professionals involved in treating and preventing obesity.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2024-2029
Target age group:	□□□□□□□□
Organisation:	Deutsche Adipositas Gesellschaft (DAG) German Obesity Society
Find out more:	register.awmf.org
Linked document:	Download linked document

JA PreventNCD

Joint Action to Prevent Non-Communicable Diseases and Cancer (JA Prevent NCD) is a three year project funded by the EUforHealth 2021-2027 programme. It is designed to reduce the burden of cancer and NCDs across Europe by supporting member states (22 EU member states and Iceland, Norway, and Ukraine) to implement effective prevention strategies by focusing on both personal and societal risk factors. The project aims to reduce fragmentation and duplication of actions.

Categories:	Transnational Obesity Strategies/Policy/Recommendations or Action Plan Evidence of NCD strategy
Year(s):	2024-2027
Organisation:	EUforHealth 2021-2027
Find out more:	preventncd.eu

DGE-Quality Standard for Catering with "Meals on Wheels" and in Residential Homes for the Elderly

"Meals on Wheels" are privately purchased meals produced by a manufacturer and delivered to customers directly. The German Nutrition Society provides quality standards and certifications for the manufacturers of these meals, and for catering in residential homes for the elderly

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2023 (ongoing)
Target age group:	□□□□□□□□
Organisation:	German Nutrition Society (DGE)
Linked document:	Download linked document

DGE-Quality Standard for Meals in Schools (5th edition)

The German Nutrition Society (DGE) school food guidelines are voluntary across Germany. The guidelines set regulations surrounding the quality and content of school meals. However, 2 states of Germany have passed these guidelines by Law. In 2014, Berlin set these guidelines as mandatory. The state of Saarland similarly enforces these guidelines on a mandatory basis. The first guidelines were published in 2007 as part of IN FORM. The most recent update, the 5th edition released in 2023, is linked below.

Categories:	Evidence of School Food Regulations
Year(s):	2023 (ongoing)
Target age group:	□□□□□□
Organisation:	German Nutrition Society (DGE)
Find out more:	www.dge.de
Linked document:	Download linked document

National Education and Communication Strategy on Diabetes Mellitus

The aim of this strategy is to systematise, strengthen, and consolidate diabetes prevention in Germany by developing and implementing quality-assured and evidence-based education and information programs.

Categories:	Evidence of NCD strategy
Year(s):	2022 (ongoing)
Target age group:	
Organisation:	Federal Ministry For Health
Find out more:	www.bundesgesundheitsministerium.de
Linked document:	Download linked document
References:	Nationale Aufklärungs- und Kommunikationsstrategie zu Diabetes mellitus an der BZgA (2022). Strategiepapier 2022. BZgA, Köln. DOI: https://doi.org/10.17623/32671.3

Action Plan for the Further Development of IN FORM (2021)

The 2021 update to the IN FORM National Action Plan to prevent malnutrition, lack of exercise, obesity, and related diseases. Its priorities include: improving health in the first 1000 days of life, and among children and seniors; implementing DGE quality standards for daycare and school meals; more attention on improving the health of vulnerable population groups; and tackling pandemic-related challenges to eating and exercise habits. (In German)

Categories:	Evidence of Physical Activity Guidelines/Policy Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021 (ongoing)
Target age group:	
Organisation:	The Federal Ministry of Health and the Federal Ministry of Food and Agriculture
Find out more:	www.in-form.de
Linked document:	Download linked document

German Sustainable Development Strategy

This updated strategy sets out how Germany intends to achieve the 17 UN Sustainable Development Goals (SDGs) by 2030. It sets specific goals to permanently halt the increase in obesity among adults, children, and adolescents. The strategy was first launched in 2016, and updated in 2021.

Categories:	Evidence of Obesity Target
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2021-2030
Target age group:	□□□□□□□□□□
Organisation:	The Federal Government
Find out more:	www.bundesregierung.de
Linked document:	Download linked document

National Strategy for Breastfeeding Promotion

This strategy sets out plans to make Germany more breastfeeding-friendly

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2021 (ongoing)
Target age group:	□□□□□□□□□□
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	www.bmel.de
Linked document:	Download linked document

European practical and patient-centred guidelines for adult obesity management in primary care

This article aims to provide obesity management guidelines specifically tailored to GPs, favouring a practical patient-centred approach. The focus is on GP communication and motivational interviewing as well as on therapeutic patient education. The new guidelines highlight the importance of avoiding stigmatization, something frequently seen in different health care settings. In addition, managing the psychological aspects of the disease, such as improving self-esteem, body image and quality of life must not be neglected.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Linked document:	Download linked document
References:	Dominique Durrer Schutz, Luca Busetto, Dror Dicker, Nathalie Farpour-Lambert, Rachel Pryke, Hermann Toplak, Daniel Widmer, Volkan Yumuk, Yves Schutz; European Practical and Patient-Centred Guidelines for Adult Obesity Management in Primary Care. <i>Obes Facts</i> 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

Guidelines for the Treatment and Prevention of Obesity in Children and Adolescents (2019)

Version 4 of the clinical guidelines for the prevention and treatment of obesity in children and adolescents in Germany

Categories:	Evidence of Management/treatment guidelines
Year(s):	2019 (ongoing)
Target age group:	□□□□□□
Organisation:	Working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ)
Find out more:	register.awmf.org
Linked document:	Download linked document
References:	Evidence-based (S3) guideline of the working group Childhood and adolescent obesity (AGA) of the German Obesity Society (DAG) and the German Society for Children and Adolescent Medicine (DGKJ) https://www.awmf.org/uploads/tx_szleitlinien/050-002L_S3_Therapie-Praevention-Adipositas-Kinder-Jugendliche_2019-11.pdf (last accessed 29.01.20)

Guideline on surgery for obesity and metabolic diseases (2018)

Version 2 of the German evidence-based guidelines on "Surgery for Obesity". (In German)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	□□□□□□□□
Organisation:	Deutsche Gesellschaft Fur Allgemein und Viszeralchirurgie (DGAV) German Society for General and Visceral Surgery
Find out more:	register.awmf.org
Linked document:	Download linked document

National Reduction and Innovation Strategy for Sugar, Fats and Salt in Ready-to-Use Products (2018)

The strategy aims to reduce the sugar, fat, and salt content in packaged foods through voluntary agreements with the food industry. The food industry has committed to several key reduction targets by 2025, especially for products aimed at children. A final report on the strategy with recommendations and new reduction targets is expected in 2025.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2018-2025
Target age group:	□□□□□□□□
Organisation:	Bundesministerium fur Ernährung und landwirtschaft
Find out more:	www.bmel.de
Linked document:	Download linked document

Food-based dietary guidelines (FBDGs) - Germany

The German dietary guidelines were first published in 1956 and have been regularly updated since then. This version was published in 2017.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2017-2024
Target age group:	00000000
Organisation:	German Nutrition Society (DGE)
Find out more:	www.fao.org
Linked document:	Download linked document
References:	https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/germany/en/ (last accessed 21.07.22)

NCD Country Profiles 2018 (Obesity Targets)

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:	0000000000000000
Organisation:	World Health Organisation
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

Guidelines to Prevent Obesity in Childhood and Adolescence

Recommenations by the 'German Alliance of Non-communicable Diseases' include one hour of physical activity at school, promotion of healthy food choices by taxing unhealthy foods, mandatory quality standards for meals at kindergarten and schools as well as a ban on unhealthy food advertisement addressing children.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2016
Target age group:	□□□□□□
Organisation:	German Alliance of Non-communicable Diseases
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Bläher S, Kromeyer-Hauschild K, Graf C, Gränewald-Funk D, Widhalm K, Korsten-Reck U, Markert J, Gässfeld C, Mäller MJ, Moss A, Wabitsch M, Wiegand S. Current Guidelines to Prevent Obesity in Childhood and Adolescence. Klinische Padiatrie. 228 (1) pp. 1-10.

Join the Health Boat

Kindergarten and pre-school targeted intervention aiming to increase fruit and vegetable intake and physical activity and decrease sugar sweetened beverages and total screen time.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Year(s):	2016-2017
Target age group:	□□□□□□
Organisation:	"Baden-Württemberg Foundation"
Find out more:	www.gesundes-boot.de
Linked document:	Download linked document
References:	https://www.gesundes-boot.de/kindergarten/gesundheitsstudie-2017/

National Recommendations for Physical Activity and Physical Activity Promotion

Evidence-based recommendations for physical activity and physical activity promotion in Germany. There are specific recommendations for children and adolescents, adults, and the elderly, as well as adults with chronic illnesses. (In German)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	□□□□□□□□□□
Organisation:	Federal Ministry of Health
Find out more:	www.bundesgesundheitsministerium.de
Linked document:	Download linked document

Priority funding for the prevention of obesity in children and adolescents

In 2015, the Federal Ministry of Health established the prevention of obesity in children and adolescents as a funding priority, aiming to improve the quality and effectiveness of interventions and develop educational materials. The ministry has supported a number of research projects and initiatives in pursuit of these goals.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2015 (ongoing)
Target age group:	□□□□□□
Organisation:	Federal Ministry of Health
Find out more:	www.bundesgesundheitsministerium.de

Eat Better, Move More

"Eat Better, Move More" is a German initiative to reduce childhood obesity by involving children and families. Part of the wider INFORM project.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	□□□□□□
Organisation:	Federal Ministry of Health
Linked document:	Download linked document


Guidelines for the Prevention and Treatment of Obesity

Evidence-based guideline on the prevention and treatment of obesity, aiming to improve the perception of the health problem of obesity, and give specific information and recommendations on prevention.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2014
Target age group:	
Organisation:	Deutsche Adipositas Gesellschaft
Find out more:	www.adipositas-gesellschaft.de
Linked document:	Download linked document
References:	Deutsche Adipositas Gesellschaft (2014). Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf . [Accessed 14 December 2018].

Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity

Interdisciplinary guideline of quality S3 for Prevention and treatment of obesity [article in german]

Categories (partial):	Non-national obesity strategies Evidence of Management/treatment guidelines
Year(s):	2014 (ongoing)
Target age group:	
Organisation:	Deutsche Adipositas-Gesellschaft (DAG)
Linked document:	Download linked document
References:	Deutsche Adipositas-Gesellschaft (DAG). 2014. Interdisziplinäre Leitlinie der Qualität S3 zur Prävention und Therapie der Adipositas. Available from: https://www.adipositas-gesellschaft.de/fileadmin/PDF/Leitlinien/S3_Adipositas_Praevention_Therapie_2014.pdf [accessed August 2019]

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:	□□□□□□
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

“Healthy and Active Aging” programme

The “Healthy and Active Aging” programme aims to promote healthy behaviour for older people in Germany by improving health literacy and implementing health promoting measures. The programme focuses on promoting physical activity, through the Everyday Training Programme (ATP) and other similar measures. It was launched by the Federal Center for Education in 2010 and since February 2025, has been led by the Federal Institute of Public Health (BIÖG).

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	□□□□□□□□
Organisation:	Federal Institute of Public Health (BIÖG)
Find out more:	www.gesund-aktiv-aelter-werden.de

The Toy Box Study

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:	□□□□□□□□□□
Organisation:	EU funded multidisciplinary team project
Find out more:	www.toybox-study.eu

Healthy Start Young Family Network

The main aim of this network is to support pregnant women and young parents by providing uniform information on nutrition, physical activity and allergy prevention. The network publishes and regularly updates recommendations on nutrition and physical activity in infants and young children and during pregnancy. Dissemination of information is via face-to-face training of health professionals, development and distribution of materials and media such as flyers, stickers, posters, and apps, as well as an extensive PR work.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	□□□□□□□□□□
Organisation:	Healthy Start Young Family Network is part of the Federal Centre for Nutrition as well as of the National Action Plan IN FORM (Germany's initiative to promote healthy diets and physical activity)
Find out more:	www.gesund-ins-leben.de
Linked document:	Download linked document

Verhaltensregeln des Deutschen Werberats über die kommerzielle Kommunikation für Lebensmittel

Voluntary marketing restriction: advertising aimed at children and young people shall not encourage or condone excessive consumption of foods and beverages containing substances the excessive consumption of which is not recommended, such as fats, trans fatty acids, salt or sodium and sugars. Adopted from July 2009. (Available only in German)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2009 (ongoing)
Target age group:	□□□□□□
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/41604 (last accessed 18.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Fit In Seniority â Healthy Eating, Better Living

Promoting a healthy lifestyle for older people through information about healthy nutrition, physical activity and social interaction.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2008 (ongoing)
Target age group:	□□□□□□□□
Organisation:	German Association for Nutrition (DGE) and the Federal Association of Elderly Organisation (BAGSO).

Fit50+

Aims at improving the general working ability among unemployed. Core elements are healthy living and eating, physical activity and coping.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	□□□□□□□□
Organisation:	RegioVision GmbH developed the modules, modification and optimization between 2007 and 2010 with the Institute for Preventive Medicine, University of Rostock.
Find out more:	www.gesundheitliche-chancengleichheit.de

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

The JuvenTUM project; physical education program on physical activity, fitness, and health in children

A prospective study assessing eight Bavarian primary schools (n=724 children) randomized one to one to either an intervention school (427) or a control school (297). Children in the intervention school attended 10 health-related lessons at school over 1 year and their parents and teachers attended 2 and 3 educational health-related lessons, respectively, and received 10 newsletters on health issues. Daily physical activity, physical fitness, and anthropometric data were then obtained.

Categories (partial):	Evidence of Community Interventions/Campaign
Year(s):	2006-2007
Target age group:	□□□□□□
Organisation:	Siegrist et al. 2013.
Find out more:	www.ncbi.nlm.nih.gov
Linked document:	Download linked document
References:	Siegrist et al. 2013. Effects of a physical education program on physical activity, fitness, and health in children: The JuvenTUM project. Scand J Med Sci Sports. 23. pp. 323â€“330.

Fit am Ball

Fit Am Ball is a collaboration between schools and sports clubs to promote ball games, especially football, in extracurricular activities. The national scheme started in 2003 and targets children in grades 3-6.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2005 (ongoing)
Target age group:	□□□□□□
Organisation:	The Institute for Social and Cultural Hermeneutic Research (ISK) in Frankfurt
Find out more:	www.fitamball.de
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe

Germany becomes fit , join us (Deutschland wird fit, Gehen Sie mit)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2005 (ongoing)
Target age group:	0000000000000000
Organisation:	Ministry of Health
Find out more:	deutschland.wirdfit.de
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://data.euro.who.int/PhysicalActivity/?TabID=107126

Act Against Unfair Competition

"According to federal law in Germany, marketing must comply with the legal framework established to control unfair competition. It prohibits any type of advertising that directly invites children to purchase a marketed product themselves or take up a marketed service themselves or cause their parents or other adults to do so. Advertising on the radio and on television as well as teleshopping are subject to the provisions on the protection of minors laid down in section 6 of the Interstate Treaty on the Protection of Human Dignity and the Protection of Minors in Broadcasting and Telemedia Services." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2004 (ongoing)
Target age group:	000000
References:	https://www.euro.who.int/__data/assets/pdf_file/0006/155436/e96047.pdf

GUT DRAUF Campaign

A national campaign to promote healthy eating, exercise, and stress management in children and young people. The campaign partners with institutions and professionals to promote health.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	1993 (ongoing)
Target age group:	000000
Organisation:	Federal Center for Health Education (BZgA)
Find out more:	www.gutdrauf.net

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:	□□□□□□□□
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/

NCD targets for Germany

NCD targets for Germany include the aim of permanently halting the increase of obesity rate among adults (18 years and older).

Categories:	Evidence of NCD strategy
Target age group:	□□□□□□□□
References:	https://extranet.who.int/ncdccs/Data/DEU_Germany_NCD_targets_2019.pdf

Peb Online

The Platform Nutrition and Exercise eV (peb) is an open alliance with numerous members from the public sector, science, business, sport, health care and civil society. At peb, they are all actively committed to a balanced diet and regular and sufficient exercise as essential components of a health-promoting lifestyle for children and adolescents. Many documents and links available on website.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign
Target age group:	□□□□□□
Organisation:	Die Plattform Ernährung und Bewegung e.V.
Find out more:	www.pebonline.de

The FIT KID certification for day care centres

"Daycare centers can get certified for healthy eating in their facility. To do this, they have to use a checklist for four weeks DGE-Check the quality standard in the daycare center and take part in an audit. After passing the audit, the daycare centers are allowed to use the name FIT KID certification and advertise it. The certificate can be extended through regular re-audits."

Categories:	Evidence of Community Interventions/Campaign
Target age group:	□□□□□□
Organisation:	Federal Ministry of Food and Agriculture
Find out more:	www.fitkid-aktion.de
References:	https://www.bmel.de/DE/themen/ernaehrung/gesunde-ernaehrung/kita-und-schule/qualitaetsstandards-kindertageseinrichtungen.html

PDF created on July 16, 2025