

Hungary



Policies, Interventions and Actions

Commercial Determinants of Noncommunicable Diseases in the WHO European Region

This report highlights the substantial impact of commercial determinants on noncommunicable diseases (NCDs) in the WHO European Region. Nearly 7500 deaths per day in the Region are attributed to commercial determinants, such as tobacco, alcohol, processed food, fossil fuels and occupational practices. These commercial products and practices contribute to 25% of all deaths in the Region. The report’s chapters systematically explore various facets of how commercial interests exacerbate NCDs and key strategies used by commercial actors to negatively influence NCD-related policies at the national and international level. The report also provides selected case studies from the Region to illustrate key strategies and outcomes of industry influence on health policies. The report then calls for urgent and coordinated action to address the commercial determinants of NCDs. It advocates for building coalitions based on the values of equity, sustainability, and resilience. Public health actors are urged to develop competencies in economic and legal frameworks, enforce transparency, and manage conflicts of interest effectively. The report underscores the need for robust financial reforms and strict regulation to curb industry power and protect public health. By implementing these strategies, the Region can accelerate progress towards global NCD targets and Sustainable Development Goals by 2030.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2024 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation (WHO)
Linked document:	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

Annex III to Regulation (EC) No 1925/2006 of the European Parliament and of the Council as regards trans fat, other than trans fat naturally occurring in fat of animal origin

Measures to limit or virtually eliminate industrially-produced trans fatty acids in food intended for the final consumer and/or for supply to retail. Adopted by The European Commission from April 2019. (Available in multiple languages)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	The European Commission
Linked document:	Download linked document
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/36162 (last accessed 12.07.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

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

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

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

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

Feel4Diabetes

The overall aim of the Feel4Diabetes programme was "developing and implementing a community-based intervention to promote behavioural changes and creating a more supportive social and physical environment to prevent diabetes in vulnerable families across Europe". The programme was in place in Finland, Belgium, Spain, Hungary, Bulgaria, and Greece.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2016-2018
Target age group:	Adults and children
Find out more:	feel4diabetes-study.eu
Linked document:	Download linked document
References:	https://feel4diabetes-study.eu/

GNPR 2016-2017: Infant and young child nutrition - Breastfeeding promotion and/or counselling

This programme was reported by countries for the 2nd WHO Global Nutrition Policy Review 2016-2017 module on actions related to infant and young child nutrition. Information provided by WHO GINA Programme.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2016 (ongoing)
Target age group:	Children
Find out more:	extranet.who.int
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf &amp;amp;amp;amp;amp;amp;amp;amp;amp;amp;wnj;

Decree on Trans Fats

The 2013 decree in Hungary set a limit of 2 grams per 100 grams of fat.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Find out more:	ec.europa.eu

Regulations on the quantity of trans fats allowed in foods

Regulations on the quantity of trans fat allowed in certain amounts of foodstuffs.

Categories:	Industry/Government regulations - voluntary /pledges
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of health
Find out more:	extranet.who.int
Linked document:	Download linked document
References:	Information provided with kind permission of GINA (Global database on the Implementation of Nutrition Action) https://extranet.who.int/nutrition/gina/en/node/25332 . 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/

Codex Alimentarius Hungaricus

Since 2012, Hungary have had legislation in place which sets mandatory limits on the maximum salt content in certain bakery products.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2012 (ongoing)
References:	https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/salt_report1_en.pdf

Decree 20/2012 on the Operation of Public Education Institutions and the Use of Names of Public Education Institutions

Since 2012, food and beverages subject to the public health product tax may not be sold on school premises or at events organised for school children, including out-of-school events based on the Decree.

Categories:	Evidence of School Food Regulations
Year(s):	2012 (ongoing)
Target age group:	Children
Organisation:	Government
References:	NOURISHING Database

Ministerial Decree 20/2012 (VIII. 31.) on the Operation of the Educational Institutions

This decree was introduced in 2012, and sets mandatory regulations that all products included in the Public Health Product Tax (see Taxation/Subsidies section) are forbidden from being sold in schools and at school events.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of School Food Regulations
Year(s):	2012 (ongoing)
Target age group:	Children
References:	https://njt.hu/jogszabaly/2012-48-20-5H.13

Obesity treatment guidelines

In 2012, The Hungarian Society of Obesitology and Movement Therapy released obesity treatment guidelines 'Professional and organizational guidelines for the treatment of obesity'.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2012 (ongoing)
Organisation:	The Hungarian Society of Obesitology and Movement Therapy
Find out more:	80.99.190.226

EU Regulation 1169/2011

Passed in 2011, EU Regulation 1169/2011 on the Provision of Food Information to Consumers requires a list of the nutrient content of most pre-packaged food to be provided on the back of the pack from October 2011.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	European Parliament and the Council of the European Union
Find out more:	eur-lex.europa.eu
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/22917 (last accessed 28.06.22) Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: https://gifna.who.int/

Evaluation of the EU school milk and fruit scheme

European Court of Auditors (2011) Are the school milk and school fruit schemes effective? Special Report No 10. Publications Office of the European Union, Luxembourg.

Categories:	Health Effectiveness Reviews (obesity related)
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	EUROPEAN COURT OF AUDITORS
Linked document:	Download linked document
References:	Information provided with kind permission of World Cancer Research Fund International from their NOURISHING framework www.wcrf.org/NOURISHING

Public Health Product Tax

Tax on a series of unhealthy products: certain soft drinks, energy drinks, pre-packed sweetened products, salty snacks and condiments It has the specific health objectives of promoting both healthier food consumption by individuals and product reformulation by manufacturers.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry for National Economy
Find out more:	www.kormany.hu
Linked document:	Download linked document

Senior Walking Club

Aims to increase moderate physical activity of retired Hungarians by forming walking groups.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Adults
Organisation:	National Federation of Leisure Sport
Linked document:	Download linked document

Eco-school

"The Ministry of Education and Culture and the Ministry of Rural Development have commonly created the title 'Eco-school' so that the principles of sustainability, environmental consciousness and development appear the most effectively possible in educational institutes." Schools in Hungary can apply for 'eco-school' certification upon meeting a series of criteria. Eco-schools include principles of healthy eating and sustainability.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	The Ministry of Education and Culture and the Ministry of Rural Development
Find out more:	www.oktatas.hu
References:	https://ofi.oh.gov.hu/system-ecoschool-title

The Hungarian Aqua Promoting Programme in the Young (HAPPY)

HAPPY aims to reduce the excessive consumption of sugary drinks and to popularise water consumption among primary school students.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2010 (ongoing)
Target age group:	Children
Organisation:	National Institute for Food and Nutrition Science
Find out more:	www.oeti.hu
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

Happy Week

Annual national kindergarten-school program, in which thousands of children take part every year, draws the attention of young people to quench their thirst with water instead of sugary soft drinks in order to preserve their health

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2009 (ongoing)
Target age group:	Children
Organisation:	National Institute for Food and Nutrition Science
Find out more:	ogyei.gov.hu

National strategy for sport 2007–2020

A strategy which includes recommendations on levels of physical activity

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2007-2020
Target age group:	Adults and children
Organisation:	Government
Find out more:	www.kormany.hu
Linked document:	Download linked document

EU health and nutrient claims regulation

Regulation n° 1924/2006 establishes EU-wide rules on the use of specified health and nutrient claims. The European Commission approves claims provided they are based on scientific evidence and accessible consumers. The European Food Safety Authority is responsible for evaluating the scientific evidence supporting health claims. Nutrition claims may only be used on food defined as "healthy" by a nutrient profile.

Categories:	Labelling Regulation/Guidelines
Year(s):	2006 (ongoing)
Target age group:	Adults and children
Organisation:	European Commission
Linked document:	Download linked document
References:	https://eur-lex.europa.eu/legal-content/en/ALL/?uri=CELEX%3A32006R1924

Green Kindergarten Network

A network of Kindergartens in Hungary who have been awarded the 'Green Kindergarten' certification by achieving a set of criteria relating to sustainability and healthy lifestyle.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006 (ongoing)
Target age group:	Children
Organisation:	Central Transdanubia Region Green Kindergarten Base Institution
Find out more:	zoldovoda.hu

IDEFICS - Identification and prevention of Dietary- and lifestyle-induced health Effects In Children and infantS

"A community-oriented intervention programme for primary prevention of obesity in a controlled study design. This intervention part of the IDEFICS study examined feasibility, effectiveness and sustainability of a coherent set of intervention modules addressing diet, physical activity and coping with stress."

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2006-2012
Target age group:	Children
Organisation:	Bremen Institute for Prevention Research and Social Medicine
Find out more:	www.ideficsstudy.eu
References:	https://www.ideficsstudy.eu/index.php?id=1161&L=144%27%27A%3D0

Dietary Guidelines in Hungary

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2004 (ongoing)
Target age group:	Adults and children
Organisation:	National Institute for Food and Nutrition Science
Linked document:	Download linked document

Nutrition and physical activity guidelines

Hungarian Ministries of Health, Agriculture and Education released updated Food-based dietary guidelines in 2004, including obesity strategy (see linked website). Hungarian physical activity guidelines also published in 2015 - Physical Education Strategies in Health Development Provisions (see linked document).

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2004 (ongoing)
Find out more:	www.fao.org
Linked document:	Download linked document

'Johan Bela', National programme for the decade of Health

This document, issued by the Hungarian Ministry of Health in 2003, updates and expands the public health programme "For a Healthy Nation". The overall goal of the national programme is to give all Hungarian citizens the opportunity to live as healthy as possible. This was translated in the goal to increase life expectancy at birth by three years for both genders within ten years

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003 (ongoing)
Target age group:	Adults and children
Organisation:	Hungarian Ministry of Health
Linked document:	Download linked document
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

Did the junk food tax make the Hungarians eat healthier?

Bíró A (2015) Did the junk food tax make the Hungarians eat healthier? Food Policy, 54, 107-115

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

Prohibition of marketing in child welfare and protection institutions

"Hungary has legislation in place on the basic conditions for and restrictions on advertising, which prohibits marketing in any kind of institutions caring for children under the age of 14 years. Act XLVIII of 2008 prohibits commercial advertising in child welfare and protection institutions, kindergartens, elementary schools and elementary school dormitories. Such prohibition does not apply, however, to the advertising of activities and events related to a healthy lifestyle and to displaying the names, trademarks and other designations of those organizing such activities and events, as long as the display is directly related to these activities and events. An advertising code of ethics, developed by the Self-regulated Marketing Body, also exists." - WHO

Categories:	Evidence of Marketing Guidelines/Policy
Target age group:	Children
Organisation:	Hungarian Advertising Self-Regulatory Board
Find out more:	www.euro.who.int
References:	https://www.euro.who.int/__data/assets/pdf_file/0019/191125/e96859.pdf

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