

Iceland



Policies, Interventions and Actions

Nordic Nutrition Recommendations

The Nordic Nutrition Recommendations (NNR) is an international collaboration among health and food authorities in Denmark, Finland, Iceland, Norway, and Sweden. The NNR2023 project has developed science advice based on the health effects of foods and response to the country-specific public health challenges and burden of diseases, food consumption patterns, as well as the country-specific environmental impacts of food consumption.

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|-------------------|---|
| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2023 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Nordic Council of Ministers |
| Find out more: | pub.norden.org |
| Linked document: | Download linked document |

CLINICAL MANAGEMENT FOR ADULTS LIVING WITH OBESITY: GUIDELINES

Clinical Guidelines for Management of Obesity in Icelandic Adults (in Icelandic)

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| Categories: | Evidence of Management/treatment guidelines |
| Year(s): | 2020 (ongoing) |
| Target age group: | Adults |
| Find out more: | www.landlaeknir.is |

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)

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| 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) |

Dietary and nutrient guidelines

The main objective of the work is to contribute to the desired development of the diet of the population in accordance with the recommendations of diet and nutrients.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Categories (partial): | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2015 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | The Directorate of Health |
| Find out more: | www.landlaeknir.is |
| Linked document: | Download linked document |

Action plan to reduce the prevalence of obesity

The government's priority is to call for cooperation between all ministries to coordinate efforts to reduce unhealthy lifestyles and the nation's growing weight. - Tax on unhealthy eating – concessions on loyalty - Research on lifestyles – regular monitoring – assessment of the effectiveness of actions - Strengthening health care services - Check for movement - Nutritional counselling within the health care sector - Nordic Loyalty Badge - Obesity clinical guidelines for children (reviewed) and for adults - Mat á heilsufarsáhrifum (health impact assessment) - Map fat bias and counteract them (Available only in Icelandic language)

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|-------------------|---|
| Categories: | Evidence of National Obesity Strategy/Policy or Action plan |
| Year(s): | 2013 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Welfare |
| 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/36100 (last accessed 21.07.22) |

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 13 December 2016.

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2011 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | European Parliament and the Council of the European Union |
| 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/22917 (last accessed 28.06.22) |

Leiðbeinandi reglur um neytendavernd barna

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 March 2009. (Available only in Icelandic language)

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2009 (ongoing) |
| Target age group: | Children |
| Linked document: | Download linked document |
| References: | Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en/node/41605 (last accessed 20.07.22) |

Life Run

Web based physical activity diary to promote physical activity in everyday life through information, competitions and mass media campaigns.

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2008 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | National Olympic and Sports Association of Iceland |
| Find out more: | lifshlaupid.is |

A better life through diet and physical activity: Nordic plan of action on better health and quality of life through diet and physical activity

This document provides solutions to the problems of an unhealthy diet, physical inactivity, and overweight primarily found in action at the national or local level.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy Evidence of Community Interventions/Campaign |
| Year(s): | 2006 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Nordic Council of Ministers |
| Linked document: | Download linked document |

Consumer spokesmans and children ombudsma's guidelines for increased consumer protection regarding marketing directed at children

The guidelines have been developed by the independent, but government-appointed Consumer Spokesman and Children's Ombudsman, who have developed a voluntary agreement. This can be defined as approved self-regulation (subject to verification)

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Year(s): | 2005 (ongoing) |
| Target age group: | Children |
| Organisation: | Consumers spokesman and children ombudsman |

Cycle to work

National, annual project to promote physical activity through cycling among employees with a web based registration and competition.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2003 (ongoing) |
| Target age group: | Adults |
| Organisation: | National Olympic and Sports Association of Iceland, department Sport for All |
| Find out more: | hjoladivinnuna.is |

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)

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| Categories: | Evidence of Breastfeeding promotion or related activity |
| Target age group: | Adults |
| Organisation: | Ministry of Health (information provided by the GINA program) |
| Find out more: | extranet.who.int |
| References: | Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): https://extranet.who.int/nutrition/gina/en |

Group of specialist for food based dietary guidelines

National Multisectoral stakeholder mechanism in place (such as Coalition, Taskforce, Committee) for Obesity or Nutrition (including obesity)

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| Categories: | Evidence of a multi-sectoral national coordination mechanism for obesity or nutrition (including obesity) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |

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