

# Iran



## Policies, Interventions and Actions

### IRAN-Ending Childhood Obesity (IRAN-ECHO) Program

The IRAN-ECHO program is implementing multicomponent interventions by considering life course dimensions. The program has two parts: a population approach and an individual approach. The population approach considers different periods in life, including prenatal, infancy, childhood, and adolescence, as well as family and society.

Categories (partial):	Non-national obesity strategies
Year(s):	2017 (ongoing)
Target age group:	Children
Linked document:	<a href="#">Download linked document</a>
References:	Sayyari AA, Abdollahi Z, Ziaodini H, et al. Methodology of the Comprehensive Program on Prevention and Control of Overweight and Obesity in Iranian Children and Adolescents: The IRAN-Ending Childhood Obesity (IRAN-ECHO) Program. <i>Int J Prev Med.</i> 2017;8:107. Published 2017 Dec 19. doi:10.4103/ijpvm.IJPVM_426_17

### National action plan for non-communicable diseases prevention and control in Iran; a response to emerging epidemic

The aim of the document is to present the emerging Iranian architecture for NCDs' prevention and control and create NCDs' national action plan to move forward.

Categories:	Evidence of NCD strategy
Categories (partial):	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Iranian Non Communicable Diseases Committee (INCDC)
Linked document:	<a href="#">Download linked document</a>
References:	Peykari N, Hashemi H, Dinarvand R, et al. National action plan for non-communicable diseases prevention and control in Iran; a response to emerging epidemic. <i>J Diabetes Metab Disord.</i> 2017;16:3. Published 2017 Jan 23. doi:10.1186/s40200-017-0288-4

## 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:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## National standards for trans-fat reduction in edible oils and foods

There is a mandatory national 2% TFA limit in oils and fats only.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Iranian National Standardization Organization
Linked document:	<a href="#">Download linked document</a>
References:	Countdown to 2023: WHO report on global trans fat elimination 2021. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.

## Regulations on Food Marketing to Children

In Iran, soft drinks have been banned in advertisements since 2004. Article 37 in the 5th national development plan (2011-2016), banned the advertising of health-threatening goods and services. The list of goods and services included in this regulation is determined by the Ministry of Health annually. According to the 'Set of Production Criteria for Television and Radio Advertising' (2016) , food products cannot be advertised during children's programs, and the use of children living with obesity or individuals portrayed as overeating or eating a food product greedily in food advertising is banned. There is reportedly poor compliance with this regulation.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Adults and children
Organisation:	Government
References:	Omidvar, N., Al-Jawaldeh, A., Amini, M., Babashahi, M., Abdollahi, Z. and Ranjbar, M., 2021. Food Marketing to Children in Iran: Regulation that Needs Further Regulation. <i>Current Research in Nutrition and Food Science Journal</i> , 9(3), pp.722-744.

## Food Based Dietary Guideline

### Food Based Dietary Guidelines Iran (in Persian)

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Department of Community Nutrition in the Ministry of Health and Medical Education; with the involvement of the School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences; Iranian Nutrition Society; and the National Nutrition and Food Technology Research Institute, Tehran
Linked document:	<a href="#">Download linked document</a>

## Mandatory measures to reduce sodium selected food products

The Iranian government has established maximum salt levels in most commonly consumed canned foods such as tomato paste and salty snacks, and all types of bread.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Iranian National Standardization Organization
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/57261">https://extranet.who.int/nutrition/gina/en/node/57261</a> (Accessed 27.01.22)

## Minimum rules for labeling food and beverage products

Since 2015, the Iranian Food and Beverages labelling regulation has mandated a front of pack traffic light label. The label is mandatory for all industrial foods which are manufactured in, or imported into, Iran. The regulation also mandates to include energy, protein, carbohydrates, total fat, saturated fat, trans fat, salt (sodium chloride) and sugar in the nutrition facts section.

Categories:	Labelling Regulation/Guidelines
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Food and Drug Administration
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/42843">https://extranet.who.int/nutrition/gina/en/node/42843</a>

## National Document for Prevention and Control of Non Communicable Diseases and the Related Risk Factors in the Islamic Republic of Iran,2015-2025

Categories:	Evidence of NCD strategy
Year(s):	2015-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>

## Mandatory standard for food in schools: National healthy school canteen policy

According to the policy, all schools are banned from selling unhealthy food products such as pizzas, sugary drinks and confectionery in school canteens. Based on the HSC guideline, all schools in Iran have to comply and provide healthy food and drink choices in their canteens]. In 2018, the revision of the HSC guideline ensured the promotion of fruits due to their low availability in schools' canteens. It is reported that the majority of foods and beverages available in Iranian school canteens do not comply with the national standards.

Categories:	Evidence of School Food Regulations
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health and Medical Education
References:	Ministry of Health and Medical Education. National Guidelines for Healthy Nutrition Canteen in Schools. Tehran, Iran: Ministry of Health and Medical Education; 2017.

## Supreme Council of Health and Food Security

The main objectives of this Council include health promotion, improvement of the living quality of population and coordination in the field of food security, health and nutrition. The Council is under supervision of the Ministry of Health and the president of the country is the head of Council.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2005 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	<a href="https://www.fao.org/faolex/results/details/en/c/LEX-FAOC165139">https://www.fao.org/faolex/results/details/en/c/LEX-FAOC165139</a> (Accessed 03.03.22)

## Marketing in schools

Any form(s) of marketing in kindergartens, schools, and spaces specified for children have been banned. This is covered by 'The Regulation on the Establishment and Monitoring of the Work and Activity of Advertising Centers' (1980) and 'The Policies and Regulations Governing on Environmental Advertising' (2010). There is reportedly poor compliance with these regulations.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	1980 (ongoing)
Target age group:	Children
References:	Omidvar, N., Al-Jawaldeh, A., Amini, M., Babashahi, M., Abdollahi, Z. and Ranjbar, M., 2021. Food Marketing to Children in Iran: Regulation that Needs Further Regulation. <i>Current Research in Nutrition and Food Science Journal</i> , 9(3), pp.722-744.

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

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

## Treatment guidelines for Surgery

Treatment guidelines for bariatric surgery in Iran. In Persian not available in English

Categories:	Evidence of Management/treatment guidelines
Target age group:	Adults
Find out more:	<a href="https://new.iums.ac.ir">new.iums.ac.ir</a>