

Italy



Policies, Interventions and Actions

National Prevention Plan 2020-2025

The "National Prevention Plan 2020-2025", adopted with the State-Regions Agreement of 6 August 2020

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2020-2025 |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Find out more: | www.epicentro.iss.it |
| Linked document: | Download linked document |

Proposed alternative front of package labelling

New battery label based on 'whole food' rather than constituents of food, has been approved for Italy by the EU. Currently being harmonised into the system with full integration by 2022

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2020 (ongoing) |
| Target age group: | Adults and children |
| Find out more: | ec.europa.eu |

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) |

Physical activity guidelines

Guidelines on physical activity for different age groups and with reference to physiological and pathophysiological situations and specific subgroups of the population.

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2019 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |

Give me 5 Campaign

An educational campaign to prevent obesity in children, by teaching the importance of a healthy, balanced diet.

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| Categories (partial): | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2018 (ongoing) |
| Target age group: | Children |
| Organisation: | Mati Group in collaboration with the Pancrazio Association, Federation Italiana Medici Pediatricians (FIMP), of the Italian Association of Dietetics and Clinical Nutrition (Adi) and of the Bambino Gesù 'Pediatric Hospital of Rome |
| Find out more: | www.regioni.it |
| Linked document: | Download linked document |
| References: | Available from http://www.regioni.it/newsletter/n-3390/del-31-05-2018/obesita-infantile-al-via-la-campagna-dammi-il-5-in-10-regioni-18142/ (Accessed August 2019). |

Guidelines for healthy eating

In 2018, the Food and Nutrition Research Centre released the revised version of 'Linee guida per una sana alimentazione', the Italian nutritional guidelines for healthy eating.

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2018 (ongoing) |
| Organisation: | Food and Nutrition Research Centre |
| Linked document: | Download linked document |

Linee guida per una sana alimentazione 2018

More than ten years after the last revision, the 2018 revision of the Guidelines for healthy eating is published. It is the Italian reference document on healthy eating aimed at consumers. It collects and periodically updates a series of food recommendations and indications, elaborated by a specific scientific commission, made up of prestigious scholars from the world of nutrition and beyond

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| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2018 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Find out more: | www.crea.gov.it |

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

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| 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 |

Shared objectives for the improvement of nutritional characteristics of food products with particular attention to the population of children (3-12 years)

Monitoring the reduction of sugar, saturated fat, trans fat and salt, increased fibre and reduced portion sizes of certain products (e.g. cereal, confectionery, beverages, dairy products) aimed at children. And a report on Guidelines regarding commercial communications on food products and beverages for the protection of children and their proper nutrition.

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| Categories: | Evidence of Marketing Guidelines/Policy |
| Categories (partial): | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Industry/Government regulations - voluntary /pledges |
| Year(s): | 2017 (ongoing) |
| Target age group: | Children |
| Organisation: | Ministry of Health |
| Find out more: | www.salute.gov.it |
| Linked document: | Download linked document |
| References: | Ministry of Health. Shared objectives for the improvement of nutritional characteristics of food products with particular attention to the population of children (3-12 years) - Monitoring report 2017. Available from: http://www.salute.gov.it/imgs/C_17_opuscoliPoster_376_ulterioriallegati_ulterioreallegato_0_alleg.pdf (Accessed 6 March 2019). |

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.

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| Categories: | Labelling Regulation/Guidelines |
| Year(s): | 2016 (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) |

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.

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| 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 |

Italian Society for Obesity (SIO) management algorithm for overweight or obese patients

A therapeutic algorithmic chart based on the well-established EOSS (Edmonton Obesity Staging System) composed of five stages. Uses colour coding to identify appropriate treatment options depending on stage of EOSS, BMI category and age group.

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| Categories: | Evidence of Management/treatment guidelines |
| Year(s): | 2016 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Italian Society for Obesity (SIO) |
| Find out more: | www.ncbi.nlm.nih.gov |
| Linked document: | Download linked document |
| References: | Santini, F, Busetto, L, Cresci, B. and Sbraccia, P. (2016). SIO management algorithm for patients with overweight or obesity: consensus statement of the Italian Society for Obesity (SIO). <i>Eating and Weight disorders</i> . 2016(21). pp. 305-307. |

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

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| 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 |

National Health Plan

Italian national health plan, including national obesity strategy

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| Categories: | Evidence of National Obesity Strategy/Policy or Action plan |
| Year(s): | 2014-2019 |
| Target age group: | Adults and children |
| References: | https://extranet.who.int/ncdccs/Data/ITA_B11_National%20health%20Plan%202014-2019.pdf |

The Class Sports (Sport di Classe) programme

Class Sport is a project to promote physical education from primary school onwards.

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| Categories: | Evidence of Physical Activity Guidelines/Policy |
| Year(s): | 2014 (ongoing) |
| Target age group: | Children |
| Organisation: | Ministry of Education, Universities and Research, the Italian Olympic Committee (CONI) and the Presidency of the Council of Ministers |
| Find out more: | www.progettospordiclasse.it |

Intensive Lifestyle Intervention to Treat Overweight/Obese Children and Adolescents

A multidisciplinary intervention including nutrition, exercise, and psychological aspects based on a family-based approach which was delivered for six months for children and three months for adolescents. The intervention aimed to assess the effects of participants' risk of cardiometabolic disease, changes in body composition, adherence to a Mediterranean diet and physical performance.

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| Categories: | Evidence of Multidisciplinary Intervention |
| Year(s): | 2013-2014 |
| Target age group: | Children |
| Organisation: | Ranucci et al |
| Find out more: | www.ncbi.nlm.nih.gov |
| Linked document: | Download linked document |
| References: | Ranucci et al. 2017. Effects of an Intensive Lifestyle Intervention to Treat Overweight/Obese Children and Adolescents. Biomed Res Int. doi: 10.1155/2017/8573725. |

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.

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| 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 |

Healthy Stadia Network

"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."

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| Categories: | Evidence of Community Interventions/Campaign |
| Year(s): | 2008 (ongoing) |
| Target age group: | Adults and children |
| References: | https://healthystadia.eu/healthy-stadia-concept/ |

Gaining Health - Guadagnare salute

This is a coordinated action plan for counteracting the 4 leading risk factors for noncommunicable diseases, including poor nutrition.

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| Year(s): | 2007 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Council of Ministers |
| Find out more: | www.salute.gov.it |
| Linked document: | Download linked document |

A multidisciplinary weight loss intervention in overweight and obese children and adolescents

A multi-disciplinary weight loss intervention aimed at reducing overweight and obesity in children and adolescents. This intervention involved medical, psychological and nutritional sessions, during which counselling on how to modify lifestyle choices was delivered.

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| Categories: | Evidence of Multidisciplinary Intervention |
| Year(s): | 2006-2016 |
| Target age group: | Children |
| Organisation: | Mameli et al 2017. |
| Find out more: | www.ncbi.nlm.nih.gov |
| Linked document: | Download linked document |
| References: | Mameli et al 2017. Effects of a multidisciplinary weight loss intervention in overweight and obese children and adolescents: 11 years of experience. PLoS One. 2017; 12(7): e0181095. |

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.

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| 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 |

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."

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| 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 |

Nutrition-Friendly Schools Initiative (NFSI)

"The NFSI is a school-based programme that addresses the double burden of malnutrition –undernutrition, including micronutrient deficiencies, and overweight/obesity. It is a tool for developing a school environment that promotes the nutritional well-being of school-age children and increases their physical activity levels."

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| Categories: | Evidence of Community Interventions/Campaign |
| Year(s): | 2006 (ongoing) |
| Target age group: | Children |
| Organisation: | World Health Organization |
| Linked document: | Download linked document |
| References: | https://ec.europa.eu/health/sites/default/files/nutrition_physical_activity/docs/implementation_report_a1c_en.pdf |

Weight loss intervention

Counselling on lifestyle changes in small groups attending the clinic (advice on healthy eating, exercise, and reducing screen time).

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| Categories: | Evidence of Multidisciplinary Intervention |
| Year(s): | 2006-2016 |
| Target age group: | Children |
| Organisation: | Endocrinology and Diabetes Clinic of V. Buzzi Children's Hospital |
| Find out more: | journals.plos.org |
| Linked document: | Download linked document |
| References: | Mameli, C, Krakauer, J.C, Krakauer, N.Y, Bosetti, A, Ferrari, C.M, Schneider, L, Borsani, B, Arrigoni, S, Pendezza, E, Zuccotti, G.V. (2017) 'Effects of a multidisciplinary weight loss intervention in overweight and obese children and adolescents: 11 years of experience' PLOSone, 12(7), https://doi.org/10.1371/journal.pone.0181095 . |

Guidelines for healthy Italian food habits

These guidelines aim to establish and disseminate the basic information for a balanced diet.

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| Categories (partial): | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
| Year(s): | 2003 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | Ministry of Health |
| Find out more: | sito.entecra.it |
| Linked document: | Download linked document |
| References: | National Research Institute on Food and Nutrition |

Code of Marketing Communication Self-Regulation

The self-regulatory organisation for the advertising industry, the Istituto dellâ Autodisciplina Pubblicitaria (IAP) has a â Code of Marketing Communication Self-Regulationâ (1966, 47th edition effective January 16th, 2009) which includes a section on children and young people and mentions food. 59th edition - 2015.

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| Categories: | Industry/Government regulations - voluntary /pledges |
| Year(s): | 1966 (ongoing) |
| Target age group: | Adults and children |
| Organisation: | The self-regulatory organisation for the advertising industry, the Istituto dellâ Autodisciplina Pubblicitaria (IAP) |
| Find out more: | www.iap.it |
| Linked document: | Download linked document |

Giocampus

The Giocampus project is a multi-areas and multi-partner nutrition and sport educational program for children aged from 6 to 14 years held at the University of Parma in Italy. It joins physical activities, nutrition education, play and expressive and creative activities.

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| Categories: | Evidence of Community Interventions/Campaign |
| Target age group: | Children |
| Organisation: | The program is supported by the Town Council, School Inspectorate, Postgraduate School of Paediatrics, Graduate school of Sport and Exercise Sciences of University, Sport Clubs, the food industry and the media. |
| Find out more: | www.giocampus.it |

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 |

Grow Felix Project

"GROW FELIX" a project promoted by the Campania Regional Health Department, Campania Regional School Office...(which) addresses the issue of promoting proper nutrition and adequate physical activity with didactic itineraries specifically outlined for primary schools"

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| Categories: | Evidence of Community Interventions/Campaign |
| Target age group: | Children |
| References: | https://www.secondocircolopomigliano.eu/scuola/wp-content/uploads/2013/03/Crescer-Felix.pdf |

Standard Italiani per la Cura dell'Obesita SIO-ADI 2016-17

Obesity Guidelines covering both adults and children in terms of Adults and Children_x000D__x000D__x000D__x000D_ Prevention, Classification, Diagnosis, Treatment

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| Categories: | Evidence of Management/treatment guidelines |
| Categories (partial): | Evidence of National Obesity Strategy/Policy or Action plan |
| Target age group: | Adults and children |
| Organisation: | (SIP) Societa Italiana di Pediatria (SINut) Societa Italiana di Nutraceutica(SISDCA) Societa Italiana per lo Studio dei Disturbi del Comportamento Alimentare |
| Find out more: | www.sio-obesita.org |
| Linked document: | Download linked document |
| References: | i Standard Italiani per la Cura della Obesita SIO-ADI 2016-17. (SIP) Societa Italiana di Pediatria(SINut), Societa Italiana di Nutraceutica, (SISDCA) Societa Italiana per lo Studio dei Disturbi del Comportamento Alimentare |

The Walking bus - PIEDIBUS scheme

A scheme that promotes physical activity by walking to school.

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| Categories: | Evidence of Community Interventions/Campaign |
| Target age group: | Children |
| Organisation: | The scheme is run by the municipalities, local health authorities, schools and parents associations. |
| Find out more: | www.piedibus.it |