

Italy



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

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

National Prevention Plan 2020-2025

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

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

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)

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. Obes Facts 15 March 2019; 12 (1): 40–66. https://doi.org/10.1159/000496183

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.

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.

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.

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

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

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)

In 2004, the Self-Regulatory Code of Conduct on Commercial Communication was expanded to protect children's nutrition. The regulations apply for children aged 3–12 years old and indicate that marketing aimed at children should not encourage or imply 'unhealthy dietary behaviours' through product design and packaging. The Ministry of Health later developed guidelines to inform the implementation of the voluntary marketing code.

Categories:	Evidence of Marketing Guidelines/Policy
Categories (partial):	Industry/Government regulations - voluntary /pledges Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
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.

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) 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/

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/

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.

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). Eating and Weight disorders. 2016(21). pp. 305â€“307.

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.

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.

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."

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.

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.

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.

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."

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."

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).

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, Penderzza, 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.

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 dell'Autodisciplina Pubblicitaria (IAP) has a Code of Marketing Communication Self-Regulation (1966, 47th edition effective January 16th, 2009) which includes a section on children and young people and mentions food. 59th edition - 2015.

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 dell'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.

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)

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 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/

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"

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'Obesità 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

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) Società Italiana di Pediatria (SINut) Società Italiana di Nutrizione (SISDCA) Società 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 Obesità SIO-ADI 2016-17. (SIP) Società Italiana di Pediatria(SINut), Società Italiana di Nutrizione, (SISDCA) Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare

The Walking bus - PIEDIBUS scheme

A scheme that promotes physical activity by walking to school.

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

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