

# Japan



## Policies, Interventions and Actions

### Obesity Management Guidelines 2022

The "Obesity Treatment Guidelines 2022" have been revised to incorporate the latest knowledge in order to keep up with advances in treatment and academics. It also touches on the social initiatives that the Japan Society for the Study of Obesity aims to take to improve the welfare of people with obesity, including eliminating stigma.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Japan Society for the Study of Obesity
Find out more:	<a href="http://www.jasso.or.jp">www.jasso.or.jp</a>
References:	<a href="https://www.jstage.jst.go.jp/article/endocrj/advpub/0/advpub_EJ23-0593/_article/-char/ja">https://www.jstage.jst.go.jp/article/endocrj/advpub/0/advpub_EJ23-0593/_article/-char/ja</a>

### 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.

## Hoken Program (Obesity Policy)

No details available, document in Japanese

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Linked document:	<a href="#">Download linked document</a>

## Health Japan 21 (2nd edition)

National health measures for extending people's healthy life expectancy. This policy includes 53 goals covering nutrition, dietary habits, exercise, smoking cessation, etc

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health, Labour and Welfare
Find out more:	<a href="http://www.mhlw.go.jp">www.mhlw.go.jp</a>

## Labelling of trans fatty acids

Producers and retailers are required to display the trans fatty acid content of products as part of the nutritional labelling. Previously, mandatory nutritional labelling did not include trans fatty acid content.

Categories:	Labelling Regulation/Guidelines
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Consumer Affairs Agency
Find out more:	<a href="http://gifna.who.int">gifna.who.int</a>
Linked document:	<a href="#">Download linked document</a>

## Food Education Promotion Council

Convening nutrition partners

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2007 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Agriculture
Find out more:	<a href="http://www.maff.go.jp">www.maff.go.jp</a>
References:	<a href="https://extranet.who.int/nutrition/gina/en/node/27012">https://extranet.who.int/nutrition/gina/en/node/27012</a> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## School Lunch Program - Shokuiku

Providing food and nutrition education together

Categories:	Evidence of Community Interventions/Campaign Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2005-2015
Find out more:	<a href="http://gifna.who.int">gifna.who.int</a>
Linked document:	<a href="#">Download linked document</a>
References:	Ministry of Agriculture, Forestry, and Fisheries

## Food-based dietary guidelines

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2000 (ongoing)
Target age group:	Adults and children
Organisation:	Various ministries
Find out more:	<a href="http://www.fao.org">www.fao.org</a>
References:	<a href="https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/japan/en/">https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/japan/en/</a>

## Walk-to-school policy

Many education boards require students to walk to school if the school is located within a certain distance from the child's home. The walk-to-school practice has helped combat childhood obesity by providing regular physical activity.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	1953 (ongoing)
Target age group:	Children
Organisation:	Government
References:	<a href="http://www.who.int/kobe_centre/interventions/urban_planning/List-05_ICUH_14047_WTS.pdf">http://www.who.int/kobe_centre/interventions/urban_planning/List-05_ICUH_14047_WTS.pdf</a> (last accessed 29 Feb 2016)

## 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="http://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> 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: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Nutrient content lists

In Japan, producers and retailers are required by law to provide a list of the nutrient content of pre-packaged food products (with limited exceptions), even in the absence of a nutrition or health claim. The rules define which nutrients must be listed and on what basis (eg per 100g/per serving).

Categories:	Labelling Regulation/Guidelines
Target age group:	Adults and children
References:	<a href="https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327">https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=0#step3=327</a>