



Policies, Interventions and Actions

2023–2030 National Nutrition Strategy

Launched in collaboration with WHO in October 2022. The strategy addresses malnutrition, overweight and obesity, micronutrient deficiencies, and diet-related non-communicable diseases, as well as to promote healthy diets.

| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
|-------------------|--|
| Year(s): | 2023-2030 |
| Target age group: | |
| Organisation: | Ministry of Health |
| References: | https://www.jordannews.jo/Section-109/News/Jordan-launches-2023-2030-National-Nutrition-Strategy-23569 |

Strategy on nutrition for the Eastern Mediterranean Region 2020-2030

The WHO strategy on nutrition for the Eastern Mediterranean Region (2020-2030) sets objectives and plans to improve nutrition in the region by 2030. This includes preventing overweight, obesity, and diet-related NCDs. The strategy sets targets to reduce the prevalence of overweight in children under 5, halt the rise in diabetes and overweight in adults, halt the rise in overweight in children and adolescents, and eliminate industrially-processed trans fats from the food supply. A framework for countries to reach these goals is provided.

| Categories: | Transnational Obesity Strategies/Policy/Recommendations or Action Plan |
|----------------------|--|
| Year(s): | 2020-2030 |
| Target age group: | |
| Organisation: | World Health Organization |
| Find out more: | <u>iris.who.int</u> |
| Linked document: | Download linked document |
| References: | Strategy on nutrition for the Eastern Mediterranean Region, 2020–2030. Cairo: WHO Regional Office for the Eastern Mediterranean; 2019. Licence: CC BY-NC-SA 3.0 IGO |



Mandatory measures to reduce sodium in bread

The percentage of table salt in kamaj (Arabic) bread should not exceed 1%, estimated on the basis of dry weight. The percentage of table salt in other types of bread should not exceed 1.5 percent, estimated on the basis of dry weight.

| Categories: | Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan |
|-------------------|--|
| Year(s): | 2019 (ongoing) |
| Target age group: | |
| Organisation: | Government |
| Linked document: | Download linked document |
| References: | http://www.jsmo.gov.jo/En/EServices/Standards/Pages/stdDetails.aspx?mfn=5883 (Accessed 27.01.22) |

Guidelines for Bariatric Surgery in Jordan

| Categories (partial): | Evidence of Management/treatment guidelines |
|-----------------------|---|
| Year(s): | 2018 (ongoing) |
| Target age group: | |
| Organisation: | The Jordanian Society for Obesity Surgery |
| Linked document: | Download linked document |

The national strategy and plan of action against diabetes, hypertension, dyslipidemia and obesity in Jordan

The purpose of this document is to adapt the global guidance on NCDs to the prevailing cultural, social, and economic specificities of Jordan.

| Categories: | Evidence of National Obesity Strategy/Policy or Action plan |
|-------------------|---|
| Year(s): | 2015 (ongoing) |
| Target age group: | |
| Organisation: | Government |
| Linked document: | Download linked document |
| | |



12-week school-based weight loss educational intervention

A randomised controlled trial involving an intervention group and a control group. Intervention involved a 12?week educational programme focusing on diet and exercise (including counselling). Following this weight loss any weight loss achieved was assessed.

| Categories: | Health Effectiveness Reviews (obesity related) |
|----------------------|---|
| Year(s): | 2012 (ongoing) |
| Target age group: | ססססס |
| Organisation: | Salameh et al 2016 |
| Find out more: | www.ncbi.nlm.nih.gov |
| Linked document | Download linked document |
| References: | Salameh et al. 2016. Effectiveness of a 12?week school?based educational preventive programme on weight and fasting blood glucose in "at?riskâ€Â[]adolescents of type 2 diabetes mellitus: Randomized controlled trial. International Journal of Nursing practice. 23(3). doi: 10.1111/ijn.12528. |

Mandatory standard for food in schools: Food standards in school canteens

In 2012, the Jordanian Ministry of Health set food standards regulating what could be sold to students in school canteens. Prohibited food includes drinks and juices that contain less than 30% fruit juice and confectionery.

| Categories: | Evidence of School Food Regulations |
|----------------------|---|
| Year(s): | 2012 (ongoing) |
| Target age group: | 00000 |
| Organisation: | Ministry of Health |
| Linked document: | Download linked document |
| References: | https://extranet.who.int/nutrition/gina/en/node/66515 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/ |



National commitment to action on social determinants of health in Jordan: Addressing obesity

This draft background paper is one of several in a series commissioned by the World Health Organization for the World Conference on Social Determinants of Health, held 19-21 October 2011, in Rio de Janeiro, Brazil. The goal of these papers is to highlight country experiences on implementing action on social determinants of health.

| Categories (partial): | Non-national obesity strategies |
|-----------------------|--|
| Year(s): | 2011 (ongoing) |
| Target age group: | |
| Organisation: | WHO |
| Linked document: | Download linked document |
| References: | http://www.who.int/sdhconference/resources/draft_background_paper18_jordan.pdf (last accessed 29 Feb 2016) |

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