



2023–2030 National Nutrition Strategy

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.io/Section-109/News/Jordan-launches-2023-2030-National-Nutrition-Strategy-23569>

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: iris.who.int

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?mf=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:	□□□□□□
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-risk' 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:	□□□□□□
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/

