

Jordan



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:	Adults and children
Organisation:	Ministry of Health
References:	https://www.jordannews.jo/Section-109/News/Jordan-launches-2023-2030-National-Nutrition-Strategy-23569

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:	Adults and children
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:	Adults and children
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:	Adults and children
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:	Children
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:	Children
Organisation:	Ministry of Health
Linked document:	Download linked document
References:	https://extranet.who.int/nutrition/gina/en/node/66515

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:	Adults and children
Organisation:	WHO
Linked document:	Download linked document
References:	http://www.who.int/sdhconference/resources/draft_background_paper18_jordan.pdf (last accessed 29 Feb 2016)