

Latvia



Policies, Interventions and Actions

Physical activity guidelines

"Physical activity for Latvian residents" - guidelines for adults and children.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2020 (ongoing)
Target age group:	Adults and children
Organisation:	Centre for Disease Prevention and Control of Latvia
Linked document:	Download linked document

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)

Transforming Baltic Diets

Workshop - Defining and developing criteria for sustainable and healthy Baltic diets in order to generate a tangible future roadmap • Coordinating existing data across the region that reflects the current state of the Baltic food system and its components and harvesting useful data and analyses that can help policy-makers to develop better and more targeted solutions • Creating an independent Baltic future food “lab” to put new and innovative ideas to the test, and to scale up what already works in order to create more buy-in within the region

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2019 (ongoing)
Target age group:	Adults and children
Organisation:	WHO Europe, Nordic Council of Ministers Secretariat and Baltic offices
Linked document:	Download linked document

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.

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

Energy drinks Law

Latvia has banned the sale and advertisement of energy drinks containing caffeine or stimulants like taurine and guarana to people under the age of 18.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Children

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

Grozījums Reklāmas likumā

Advertising aimed at children and young people shall not encourage or condone excessive consumption of foods and beverages containing substances the excessive consumption of which is not recommended, such as fats, trans fatty acids, salt or sodium and sugars. Adopted by Saeimā from November 2016. (Available only in Latvian language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Children
Organisation:	Saeimā
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/8474 (last accessed 20.07.22)

Health Promotion program for Jelgava city 2016-2022

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2016-2022
Target age group:	Adults and children
Organisation:	Jelgava city council
Find out more:	www.jelgava.lv
Linked document:	Download linked document
References:	Jelgava city council. VESELĪBAS VEICINĀŠANAS PROGRAMMA JELGAVAS PILSĒTĪBĀ 2016.-2022.GADAM. Available from: http://www.jelgava.lv/files/jelgavas-ves_veic_programma_2016-2022.pdf [accessed july 2019].

Noteikumi par pārtikā lietojamu sāļi

National regulation with maximum thresholds for manufactured food/drink content relating to specific unhealthy ingredients adopted by Cabinet of Ministers from December 2015. (Available only in Latvian language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Organisation:	Cabinet of Ministers
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/25885 (last accessed 20.07.22)

Riga Initiative

Based on the WHO Health Cities Initiative. Improving access to public health programmes, developing health cities and creating healthy and active recreation

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2015 (ongoing)
Target age group:	Adults and children
Linked document:	Download linked document

European Union (EU) Action Plan on Childhood Obesity 2014-2020

EU Action plan. To contribute to halting the rise in overweight and obesity in children and young people (0-18 years) by 2020

Categories:	Transnational Obesity Strategies/Policy or Action Plan
Year(s):	2014-2020
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	ec.europa.eu
Linked document:	Download linked document
References:	EU Action Plan on Childhood Table of contents [Internet]. Available from: https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/childhoodobesity_actionplan_2014_2020_en.pdf & amp; amp; amp; amp; amp; amp; amp; amp; amp; amp; amp; amp; zwnj;

Excise tax on non alcoholic beverages

Since 2016 excise duty rate increased to 7.40Euro per 100 Litres.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2014 (ongoing)
Target age group:	Adults and children
Find out more:	www.fm.gov.lv
References:	Ministry of Finance of the Republic of Latvia

Outdoor Fitness Exercise Programmes

Project to show adults the possibility of using outdoor exercise equipment which is available for free in many parks and beaches.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013 (ongoing)
Target age group:	Adults and children
Organisation:	Riga City Council Welfare Department

Sports Policy Guidelines 2013-2020

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2013-2020
Target age group:	Adults and children
Organisation:	Cabinet of Ministers
Linked document:	Download linked document

Creativity in Physical Activity

This intervention aims to increase daily physical activity by promoting appropriate and available forms of physical activity in local communities for adults over 45.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012
Target age group:	Adults
Organisation:	Government; The Ministry of Health of the Republic of Latvia
Find out more:	www.spkc.gov.lv

NCD targets for Latvia

Latvia's NCD targets include the aim of reducing the proportion of people aged 15-64 years who are overweight or obese to 46% by 2020 (49.1% 2012).

Categories:	Evidence of NCD strategy
Year(s):	2012-2020
Target age group:	Adults
References:	https://extranet.who.int/ncdcss/Data/LVA_Latvia_NCD_targets.pdf

Nordic Walking for the Elderly

Free Nordic walking lessons for the elderly in every territorial part of Riga to promote daily physical activity and social interaction.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2012 (ongoing)
Target age group:	Adults
Organisation:	Government; Riga City Council Welfare Department

Regulations on Nutritional Norms for Students of Educational Institutions, Clients of Social Care and Social Rehabilitation Institutions and Patients of Medical Institutions

In 2012, regulations were introduced which set mandatory nutritional content and quality levels in public institutions. including in school meals.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of School Food Regulations
Year(s):	2012 (ongoing)
Target age group:	Children
Linked document:	Download linked document
References:	https://likumi.lv/ta/id/245300-noteikumi-par-uztura-normam-izglitiba-iestazu-izglitojamiem-socialas-aprupes-un-socialas-rehabilitacijas-instituciju

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):	2011 (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)

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

Memorandum of Cooperation

The Ministry of Health signed a Memorandum of Cooperation with the Federation of Food Enterprises and the soft drink business association on changes to children-orientated soft drink advertising

Categories (partial):	Evidence of Marketing Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health
Find out more:	vm.ee
References:	Currently a web link to this intervention is unavailable. If you are aware of the location of this document/intervention, please contact us at obesity@worldobesity.org

Memorandum of Cooperation with industry representatives

In 2011, the Latvian Ministry of Health signed a Memorandum of Cooperation with the Federation of Food Enterprises and the Association of Soft Drink Companies to encourage companies not to advertise soft drinks to children aged 12 or under. The Memorandum applies to soft drink marketing in movie theatres and on TV if the audience consists of at least 50% children, and includes marketing activities on the internet and in the press.

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2011 (ongoing)
Target age group:	Children
References:	https://policydatabase.wcrf.org/level_one?page=nourishing-level-one#step2=3#step3=313

Public Health Strategy 2011-2017

A medium-term public health policy planning document which aims to prolong the healthy life years of the Latvian population and to prevent untimely deaths, while maintaining, improving and restoring health.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011-2017
Target age group:	Adults and children
Organisation:	Ministry of Health of the Republic of Latvia
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

The Implementation Plan of Measures to Supply Fruit and Vegetables to Schools

This plan aims to increase the consumption of fresh fruit and vegetables by the students of comprehensive education institutions.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2010-2013
Target age group:	Children
Organisation:	Ministry of Agriculture
Linked document:	Download linked document

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/

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

Latvian Nutrition Council

The Nutrition Council was established in 2006 with the aim: "To promote the implementation of nutrition policy by analyzing public health problems related to nutrition and providing proposals for solving these problems"

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2006 (ongoing)
References:	https://www.vm.gov.lv/lv/uztura-padome

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 Evidence of School Food Regulations
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

Sports Policy Guidelines 2004-2009

This document, besides addressing the support to athletes and competitive sport, also defines the responsibility for compulsory physical education in children and to provide access to sport for disabled people.

Categories (partial):	Evidence of Physical Activity Guidelines/Policy
Year(s):	2004-2009
Target age group:	Adults and children
Organisation:	Cabinet of Ministers
Linked document:	Download linked document
References:	Information provided with kind permission of HEPA Europe (European network for the promotion of health-enhancing physical activity): http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe

Dietary guidelines for adults (Latvian: Veselīga uztura ieteikumi pieaugušajiem)

The Latvian dietary guidelines for children were published in 2003, the guidelines for the elderly in 2007 and those for adults a year later, in 2008. Guidelines for pregnant woman were published in 2017 as well as those for vegetarians. An updated version of guidelines for adults and for the consumption of vegetables, fruits and berries were launched in 2020. There are plans to revise dietary guidelines for children and elderly in 2021.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2003 (ongoing)
Target age group:	Adults
References:	http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/latvia/en/

Guidelines for healthy nutrition 2003-2013 (Pamatnostadnes Veseligs uzturs 2003-2013)

The document includes guidelines for healthy eating and the goal to increase public awareness on the importance of regular physical activity.

Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Year(s):	2003-2013
Target age group:	Adults and children
Organisation:	Cabinet of Ministers
Find out more:	likumi.lv
Linked document:	Download linked document

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

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