

# Lebanon



## Policies, Interventions and Actions

### 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:	Adults and children
Organisation:	World Health Organization
Find out more:	<a href="https://iris.who.int">iris.who.int</a>
Linked document:	<a href="#">Download linked document</a>
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

### National Childhood obesity awareness campaign 2018

National Childhood obesity awareness campaign 2018 (in arabic)

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Republic of Lebanon - Ministry of public Health
Find out more:	<a href="http://www.moph.gov.lb">www.moph.gov.lb</a>
Linked document:	<a href="#">Download linked document</a>
References:	Republic of Lebanon - Ministry of public Health. National Childhood obesity awareness campaign 2018. Available from: <a href="https://www.moph.gov.lb/en/Pages/11/18616/the-national-children-obesity-awareness-campaign-2018">https://www.moph.gov.lb/en/Pages/11/18616/the-national-children-obesity-awareness-campaign-2018</a> . [Accessed 17th January 2019].

## National Campaign for the Prevention of Obesity and Kidney Diseases 2017

A campaign to emphasise the consequences of obesity particularly in relation to kidney disease. This campaign promotes a healthy lifestyle and outlines measures requires to maintain a healthy body. [Document in Arabic].

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Republic of Lebanon - Ministry of Public Health.
Find out more:	<a href="http://www.moph.gov.lb">www.moph.gov.lb</a>
Linked document:	<a href="#">Download linked document</a>
References:	Republic of Lebanon - Ministry of Public Health. National Campaign for the Prevention of Obesity and Kidney Diseases 2017. Available from: <a href="https://www.moph.gov.lb/en/Pages/11/11526/national-campaign-for-the-prevention-of-obesity-and-kidney-diseases">https://www.moph.gov.lb/en/Pages/11/11526/national-campaign-for-the-prevention-of-obesity-and-kidney-diseases</a> . [Last Accessed 17th January 2019].

## A National Non Communicable Disease Prevention and Control Plan (NCD-PCP)

This document proposes a set of strategic objectives specifically tailored for Lebanon.

Categories:	Evidence of NCD strategy
Year(s):	2015-2020
Target age group:	Adults and children
Organisation:	Ministry of Public Health
Find out more:	<a href="http://www.moph.gov.lb">www.moph.gov.lb</a>
Linked document:	<a href="#">Download linked document</a>

## Health-E-PALS school based intervention

A school based intervention with 3 main focuses: class curriculum, family involvement and food service aiming to change eating and physical activity habits as well as weight and health of the children.

Categories:	Evidence of Community Interventions/Campaign
Year(s):	2014 (ongoing)
Target age group:	Children
Organisation:	Habib-Mourad et al
Find out more:	<a href="http://www.ncbi.nlm.nih.gov">www.ncbi.nlm.nih.gov</a>
Linked document:	<a href="#">Download linked document</a>
References:	Habib-Mourad et al. 2014. Promoting healthy eating and physical activity among school children: findings from Health-E-PALS, the first pilot intervention from Lebanon. BMC Public Health. 14(940). doi: 10.1186/1471-2458-14-940.

## Food-based dietary guidelines

The guidelines for Lebanese adults was launched in 2013 and have been adopted by by the Ministry of Public Health. The Lebanese Cedar Food Guide provides a graphic illustration of the food groups and the recommended intakes. It also recommendations on safe water consumption and engagement in physical activity for improving general health.

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults
Linked document:	<a href="#">Download linked document</a>

## 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>

## Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions (“the Code”) in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

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