

# Lebanon



## Policies, Interventions and Actions

### 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].

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|-------------------|---|
| 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.

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|-------------------|--|
| 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.

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| 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.

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|-------------------|---|
| 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)

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|-------------------|--|
| 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="https://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> |

## 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.

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| 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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